

MONDAY 27	TUESDAY 28	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	
			Traditional Spanish salad 	Vegetables and white bean stew 	
			Fried eggs with chistorra French fries 	Battered and fried hake with sautéed carrot 	
			Fruit	Fruit	
<small>Energy: 599Kcal. Fats: 21.0 g. SFA: 2.3 g. Carbohydrates: 85.7 g. Sugar: 15.0 g. Protein: 16.9 g. Salt: 1.7 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-8-year-old children with a recommended caloric intake of 1,742 Kcal/day. Energy: 792 Kcal. Fats: 27.0 g. SFA: 2.3 g. Carbohydrates: 112.8 g. Sugar: 17.9 g. Protein: 24.6 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-13-year-old children with a recommended caloric intake of 2,279 Kcal/day. Energy: 1103Kcal. Fats: 37.1 g. SFA: 3.6 g. Carbohydrates: 155.6 g. Sugar: 25.9 g. Protein: 36.9 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 14-18-year-old children with a recommended caloric intake of 3,152 Kcal/day.</small>					
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	
Espaguettis a la carbonara 	Carrot cream soup 	Lettuce, tomato, sweetcorn and tuna salad 	Homestyle lentil stew 	Potatoes stewed with vegetables (carrot, courgette, onion, pepper) 	
Baked tilapia with sautéed green beans 	Ham croquettes with lettuce, tomato and sweetcorn salad 	Chicken rice	Roast chicken ham in its natural juice with mushrooms 	French omelet Lettuce and olive salad 	
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit	
<small>Energy: 609 Kcal. Fats: 21.0 g. SFA: 1.9 g. Carbohydrates: 86.9 g. Sugar: 14.6 g. Protein: 18.3 g. Salt: 1.7 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-8-year-old children with a recommended caloric intake of 1,742 Kcal/day. Energy: 757 Kcal. Fats: 26.7 g. SFA: 2.9 g. Carbohydrates: 105.8 g. Sugar: 18.3 g. Protein: 23.6 g. Salt: 1.7 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-13-year-old children with a recommended caloric intake of 2,279 Kcal/day. Energy: 910 Kcal. Fats: 32.3 g. SFA: 3.7 g. Carbohydrates: 127.4 g. Sugar: 24.2 g. Protein: 27.6 g. Salt: 1.7 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 14-18-year-old children with a recommended caloric intake of 3,152 Kcal/day.</small>					
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	
Lettuce, tomato and hard-boiled egg salad 	Rice with tomato sauce 	Cheakpea and vegetable stew 	Macaroni with chorizo 	Pumpkin cream soup	
Lean pork with tomato with boiled potatoes 	Baked Frankfurter with sautéed carrot 	with mushrooms 	Hard-boiled eggs with lettuce and carrot salad 	Andalusian-style hake with lettuce and tomato salad 	
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit	
<small>Energy: 608 Kcal. Fats: 20.7 g. SFA: 1.9 g. Carbohydrates: 84.7 g. Sugar: 14.3 g. Protein: 20.8 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-8-year-old children with a recommended caloric intake of 1,742 Kcal/day. Energy: 798 Kcal. Fats: 28.0 g. SFA: 3.0 g. Carbohydrates: 111.7 g. Sugar: 19.0 g. Protein: 23.6 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-13-year-old children with a recommended caloric intake of 2,279 Kcal/day. Energy: 1104 Kcal. Fats: 37.4 g. SFA: 3.8 g. Carbohydrates: 127.4 g. Sugar: 24.2 g. Protein: 27.1 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 14-18-year-old children with a recommended caloric intake of 3,152 Kcal/day.</small>					
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	
Lettuce, sweetcorn, grated carrot, green olive and hard-boiled egg salad 	Carrot cream soup 	Lentil and vegetable stew 	Potato stew with chicken 	Rice with vegetables 	
Tri-colour fusilli with tuna 	Lettuce, tomato and sweetcorn salad 	Lean pork stew to the gardener 	Scrambled eggs with mushrooms with lettuce and carrot salad 	Monkfish tail in American-style sauce with lettuce and sweetcorn salad 	
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit	
<small>Energy: 609 Kcal. Fats: 22.0 g. SFA: 2.0 g. Carbohydrates: 85.4 g. Sugar: 13.9 g. Protein: 17.4 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-8-year-old children with a recommended caloric intake of 1,742 Kcal/day. Energy: 792 Kcal. Fats: 27.0 g. SFA: 2.3 g. Carbohydrates: 112.8 g. Sugar: 17.9 g. Protein: 24.6 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-13-year-old children with a recommended caloric intake of 2,279 Kcal/day. Energy: 1103Kcal. Fats: 37.1 g. SFA: 3.6 g. Carbohydrates: 155.6 g. Sugar: 25.9 g. Protein: 36.9 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 14-18-year-old children with a recommended caloric intake of 3,152 Kcal/day.</small>					
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	
Assorted salad 	Fusilli Bolognese 	Vegetable cream soup 	White bean stew with croutons 	Potato and fish stew 	
Cuban rice 	Grilled hake with sautéed carrot 	Grilled hamburger with sautéed mushrooms 	Lean pork with tomato with roasted vegetables 	Scrambled courgettes and onions with lettuce and carrot salad 	
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit	
<small>Energy: 599Kcal. Fats: 21.0 g. SFA: 2.3 g. Carbohydrates: 85.7 g. Sugar: 15.0 g. Protein: 16.9 g. Salt: 1.7 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-8-year-old children with a recommended caloric intake of 1,742 Kcal/day. Energy: 792 Kcal. Fats: 27.0 g. SFA: 2.3 g. Carbohydrates: 112.8 g. Sugar: 17.9 g. Protein: 24.6 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-13-year-old children with a recommended caloric intake of 2,279 Kcal/day. Energy: 1103Kcal. Fats: 37.1 g. SFA: 3.6 g. Carbohydrates: 155.6 g. Sugar: 25.9 g. Protein: 36.9 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 14-18-year-old children with a recommended caloric intake of 3,152 Kcal/day.</small>					
Water and bread are included in all menus.					