

| MONDAY 27 | TUESDAY 28 | WEDNESDAY 29 | THURSDAY 30 | FRIDAY 31 |
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| MONDAY 3 | TUESDAY 4 | WEDNESDAY 5 | THURSDAY 6 | FRIDAY 7 |
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| MONDAY 10 | TUESDAY 11 | WEDNESDAY 12 | THURSDAY 13 | FRIDAY 14 |
| Courgette cream soup  | | Tri-colour fusilli with tomato  | Potatoes stewed with vegetables (carrot, courgette, onion, pepper)  | Vegetables and white bean stew  |
| Chicken nuggets with lettuce and sweetcorn salad  | Ribs and cauliflower paella  | Biscayan-style hake with lettuce and carrot salad  | French omelet with sautéed carrot  | Roast chicken ham in its natural juice with mushrooms  |
| 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: 24.9 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: 155.1 g. Sugar: 26.1 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 17 | TUESDAY 18 | WEDNESDAY 19 | THURSDAY 20 | FRIDAY 21 |
| Pumpkin cream soup  | Lentil and chorizo stew  | | Rice with tomato sauce  | Homemade chicken noodle soup  |
| Baked tilapia with sautéed green beans  | Scrambled eggs with mushrooms  | Macaroni in carbonara sauce  | Baked Frankfurter Lettuce, tomato and sweetcorn salad  | Hard-boiled egg with boiled potatoes  |
| 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: 786 Kcal. Fats: 27.9 g. SFA: 2.5 g. Carbohydrates: 110.2 g. Sugar: 18.6 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: 867 Kcal. Fats: 30.0 g. SFA: 4.0 g. Carbohydrates: 122.3 g. Sugar: 23.8 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 24 | TUESDAY 25 | WEDNESDAY 26 | THURSDAY 27 | FRIDAY 28 |
| Stewed potatoes with meat  | Andalusien-style stew  | Lettuce, sweetcorn, grated carrot, green olive and hard-boiled eea salad  | Spaghetti Bolognese  | Carrot cream soup  |
| Lettuce, tomato and sweetcorn salad  | Hard-boiled eggs with mushrooms  | Chicken rice  | Potato omelet Lettuce, tomato and sweetcorn salad  | Hake fillets Lettuce, tomato and sweetcorn 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: 24.8 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.  | | | | |