

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Courgette cream soup 		Lentil and vegetable stew 	Stewed potatoes in marinara sauce 	Cantonese rice 
Chicken nuggets with lettuce and sweetcorn salad 	Fusilli Bolognese 	Dogfish in green sauce with lettuce and carrot salad 	French omelet with peas 	Lean pork with tomato with sautéed carrot 
Fruit 	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 739 kcal. Lipids: 44,8 g. Saturated Fatty Acids: 7,3 g. Carbohydrates: 56,2 g. Sugar: 16,8 g. Protein: 23,7 g. Salt: 2,5 g. - - 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: 874 kcal. Lipids: 51,1 g. Saturated Fatty Acids: 8,9 g. Carbohydrates: 67,8 g. Sugar: 21,6 g. Protein: 30,7 g. Salt: 3,1 g. - - 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: 1.012 kcal. Lipids: 57,2 g. Saturated Fatty Acids: 10,3 g. Carbohydrates: 80,5 g. Sugar: 23,1 g. Protein: 37,4 g. Salt: 3,8 g. - - 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 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Macaroni with tomato 	Carrot cream soup 	Stew 	Assorted salad 	Vegetables and white bean stew 
Baked tilapia with olive, carrot, and lettuce salad 	Baked Frankfurter with tomato with French fries 	Monkfish tail in American-style sauce with sautéed green beans 	Chicken rice 	Potato omelet with olive, carrot, and lettuce salad 
Fruit 	Fruit	Fruit yoghurt 	Fruit	Fruit
<small>Energy: 477 kcal. Lipids: 19,0 g. Saturated Fatty Acids: 4,0 g. Carbohydrates: 48,5 g. Sugar: 15,3 g. Protein: 23,3 g. Salt: 2,4 g. - - 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: 623 kcal. Lipids: 25,9 g. Saturated Fatty Acids: 5,7 g. Carbohydrates: 61,3 g. Sugar: 20,0 g. Protein: 30,0 g. Salt: 3,2 g. - - 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: 786 kcal. Lipids: 33,1 g. Saturated Fatty Acids: 7,2 g. Carbohydrates: 75,2 g. Sugar: 21,9 g. Protein: 35,0 g. Salt: 4,2 g. - - 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 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
	Pumpkin cream soup		Potatoes stewed with vegetables 	Castilian-style lentil stew 
Hard-boiled egg with lettuce and sweetcorn salad 	Chicken croquettes with lettuce, tomato, sweetcorn and onion salad 	Rice and seafood 	Roast chicken ham in its natural juice with sautéed carrot 	Hake in green sauce with sautéed green beans 
Fruit 	Fruit	Fruit yoghurt 	Fruit yoghurt 	Fruit
<small>Energy: 539 kcal. Lipids: 31,1 g. Saturated Fatty Acids: 5,3 g. Carbohydrates: 44,1 g. Sugar: 16,2 g. Protein: 17,6 g. Salt: 1,5 g. - - 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: 640 kcal. Lipids: 35,8 g. Saturated Fatty Acids: 6,4 g. Carbohydrates: 53,0 g. Sugar: 19,6 g. Protein: 22,6 g. Salt: 1,8 g. - - 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: 751 kcal. Lipids: 40,8 g. Saturated Fatty Acids: 7,4 g. Carbohydrates: 63,3 g. Sugar: 20,9 g. Protein: 27,9 g. Salt: 2,3 g. - - 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 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Rice with tomato sauce 	Homemade poultry soup 			
Scrambled eggs with mushrooms 	Lettuce, tomato and sweetcorn salad 			
Fruit 	Fruit			
<small>Energy: 107 kcal. Lipids: 3,4 g. Saturated Fatty Acids: 0,7 g. Carbohydrates: 13,3 g. Sugar: 4,3 g. Protein: 5,2 g. Salt: 0,5 g. - - 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: 149 kcal. Lipids: 5,3 g. Saturated Fatty Acids: 1,2 g. Carbohydrates: 17,1 g. Sugar: 6,4 g. Protein: 7,5 g. Salt: 0,6 g. - - 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: 173 kcal. Lipids: 5,9 g. Saturated Fatty Acids: 1,3 g. Carbohydrates: 20,6 g. Sugar: 6,4 g. Protein: 8,5 g. Salt: 0,7 g. - - 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
<small>Energy: . Lipids: . Saturated Fatty Acids: . Carbohydrates: . Sugar: . Protein: . Salt: . - - 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: . Lipids: . Saturated Fatty Acids: . Carbohydrates: . Sugar: . Protein: . Salt: . - - 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: . Lipids: . Saturated Fatty Acids: . Carbohydrates: . Sugar: . Protein: . Salt: . - - 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>				
<p align="center">Water and bread are included in all menus. </p>				