

COLEGIO REGINA MUNDI JANUARY 2023 COLEGIO REGINA MUNDI



MONDAY 9	TUESDAY 10	WEDNEODAY	ELUIDOD 11/10	
	TUESDAT IU	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Courgette cream soup		Lentil and vegetable stew	Stewed potatoes in marinara sauce	Cantonese rice
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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
300000000000				Ö
Fruit	Fruit	Fruit	Fruit yoghurt	Fruit
Fnorm: 730 kcal Linide: 44 8 m Saturated Fatty Acide: 7.3 m Carbo	uhudratee: 56.2 a. Sunari 16.8 a. Protein: 23.7 a. Salt: 2.5 a Nutr	Highest evaluation calculated according to a consensus document on Sch	ool meals issued in 2010, for 3-8 year-old children with a recommende	d calorir intako of 1 742 Kral/day
Energy: 7-97 kcal . Lipids: 4-7, 1 g . Saturated Fatty Acids: 8,9 g . Carbo Energy: 1.012 kcal . Lipids: 51,1 g . Saturated Fatty Acids: 8,9 g . Carbo Energy: 1.012 kcal . Lipids: 57,2 g . Saturated Fatty Acids: 10,3 g . Ca	ingulates: 30,2 g , Sugar : 0,6 g , Protein: 30,7 g , Sait: 3,1 g , - Nutr hydrates: 67,8 g , Sugar: 21,6 g , Protein: 30,7 g , Sait: 3,1 g , - Nutr rbohydrates: 80,5 g . Sugar: 23,1 g . Protein: 37,6 g . Sait: 3,8 g N	itional evaluation calculated according to a consensus document on Sch lutritional evaluation calculated according to a consensus document on	ool meals issued in 2010, for 9-13 year-old children with a recommend School meals issued in 2010, for 14-18 year-old children with a recommend	ed caloric intake of 2.279 Kcal/day nended caloric intake of 3.152 Kcal/day
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Macaroni with tomato	Carrot cream soup	Stew	Assorted salad	Vegetables and white bean stew
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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
	30			
Fruit	Fruit	Fruit yoghurt	Fruit	Fruit
Energy: 477 kcal . Lipids: 19,0 g . Saturated Fatty Acids: 4,0 g . Carbo Fnergy: 673 kcal Lipids: 25.9 g . Saturated Fatty Acids: 5.7 g . Carbo	hydrates: 48,5 g . Sugar: 15,3 g . Protein: 23,3 g . Salt: 2,4 g Nutr hydrates: 61 3 g . Sugar: 20.0 g . Protein: 30.0 g . Salt: 3.7 g Nutr	itional evaluation calculated according to a consensus document on Sch	ool meals issued in 2010, for 3-8 year-old children with a recommende ool meals issued in 2010, for 9-13 year-old children with a recommend ool meals issued in 2010, for 14-18 year-old children with a recommen	d caloric intake of 1.742 Kcal/day
Energy: 780 kcal . Lipids: 33,1 g . Saturated Fatty Acids: 7,2 g . Carbo MONDAY 23	hydrates: 75,2 g . Sugar: 21,8 g . Protein: 38,0 g . Salt: 4,2 g Nutr	itional evaluation calculated according to a consensus document on Sch	ool meals issued in 2010, for 14-18 year-old children with a recommen	ded caloric intake of 3.152 Kcal/day FRIDAY 27
MONDAT 20	Pumpkin cream soup	WEDNESDAT 20	Potatoes stewed with vegetables	Castilian-style lentil stew
	r unipain cream soup		Solutions stewed with regulables	
Hard-boiled egg with lettuce and sweetcorn salad	Chicken croquettes with lettuce, tomato, sweetcorn and onion	Rice and seafood	Roast chicken ham in its natural juice with sautéed carrot	Hake in green sauce with sautéed green beans
(A)	Salad See Salad		jaice with cauteou carret	
Fruit	Fruit	Fruit yoghurt	Fruit yoghurt	Fruit
		0	0	
Energy: 549 Kcal . Lipids: 31, 18 . Saturated Fatty Acids: 5, 3 g . Carbo Energy: 640 kcal . Lipids: 35,8 g . Saturated Fatty Acids: 6,4 g . Carbo Energy: 751 kcal . Lipids: 40,8 g . Saturated Fatty Acids: 7,4 g . Carbo	nydrates: 44,1 g. Sugar: 16,2 g. Protein: 17,6 g. Sait: 1,5 g Nutr hydrates: 53,0 g. Sugar: 19,6 g. Protein: 22,6 g. Sait: 1,8 g Nutr hydrates: 63,3 g. Sugar: 20,9 g. Protein: 27,9 g. Sait: 2,3 g Nutr	ntional evaluation calculated according to a consensus document on Sch itional evaluation calculated according to a consensus document on Sch itional evaluation calculated according to a consensus document on Sch	ool meals issued in 2010, for 3-8 year-old children with a recommende ool meals issued in 2010, for 9-13 year-old children with a recommend ool meals issued in 2010, for 14-18 year-old children with a recommen	d caloric intake of 1.742 Kcal/day ed caloric intake of 2.279 Kcal/day ded caloric intake of 3.152 Kcal/day
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			
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Fruit	Fruit			
Energy: 107 kcal . Lipids: 3,4 g . Saturated Fatty Acids: 0,7 g . Carboh Energy: 149 kcal . Lipids: 5,3 g . Saturated Fatty Acids: 1,2 g . Carboh Energy: 173 kcal . Lipids: 5,9 g . Saturated Fatty Acids: 1,3 g . Carboh	vydrates: 13,3 g . Sugar: 4,3 g . Protein: 5,2 g . Salt: 0,5 g Nutritio yydrates: 17,1 g . Sugar: 6,4 g . Protein: 7,5 g . Salt: 0,6 g Nutritio yydrates: 20,6 g . Sugar: 6,5 g . Protein: 8,5 g . Salt: 0,7 g Nutritio	I nal evaluation calculated according to a consensus document on School nal evaluation calculated according to a consensus document on School nal evaluation calculated according to a consensus document on School	I meals issued in 2010, for 3-8 year-old children with a recommended ca meals issued in 2010, for 9-13 year-old children with a recommended meals issued in 2010, for 14-18 year-old children with a recommended	l Joloric Intake of 1.742 Kcal/day caloric Intake of 2.279 Kcal/day caloric Intake of 3.152 Kcal/day
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
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 o	hildren with a recommended caloric intake of 1,742 Kcal/day	
Energy: . Lipids: . Saturated Fatty Acids: . Carbohydrates: . Sugar: Energy: . Lipids: . Saturated Fatty Acids: . Carbohydrates: . Sugar:	. rrotein: . Salt: Nutritional evaluation calculated according to a . Protein: . Salt: Nutritional evaluation calculated according to a	consensus document on School meals issued in 2010, for 3-8 year-old consensus document on School meals issued in 2010, for 9-13 year-old consensus document on School meals issued in 2010, for 14-18 year-old	cniidren with a recommended caloric intake of 2,279 Kcal/day d children with a recommended caloric intake of 3,152 Kcal/day	
Water and bread are i		A		