

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Homemade poultry noodle soup 	Cantonese rice 	Pumpkin cream soup con costrones 	Tallarines en salsa boloñesa 	Homestyle lentils with vegetables 
Pork escalope with boiled potatoes 	battered and fried squid rings with lettuce, tomato, sweetcorn and onion salad 	Veal stew with demi-glace sauce 	Baked hake with vegetables 	Baked chicken ham with lettuce and tomato salad 
Fruit 	Fruit yoghurt 	Fruit 	Fruit 	Fruit 
<small>Energy: 610 Kcal. Fats: 20.3 g. SFA: 2.0 g. Carbohydrates: 86.9 g. Sugar: 14.6 g. Protein: 20.1 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: 798Kcal. Fats: 28.3 g. SFA: 2.7 g. Carbohydrates: 112.4 g. Sugar: 17.5 g. Protein: 23.8 g. Salt: 1.5 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: 1064 Kcal. Fats: 36.9g. SFA: 3.9 g. Carbohydrates: 150.6 g. Sugar: 26.1 g. Protein: 32.6 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 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Meat paella 	Boiled potato, bean, carrot and egg 	pasta with bacon 	White bean stew 	Cauliflower au gratin 
Battered and fried John Dory with fried vegetables 	Turkey stew with vegetable sauce with potato cubes 	Permit with tomato sauce with boiled potatoes 	Potato omelet with fresh tomato 	Roast fresh ham with finely sliced potatoes 
Fruit 	Fruit 	Fruit 	Macedonia de frutas 	Fruit yoghurt 
<small>Energy: 598Kcal. Fats: 20.2 g. SFA: 1.8 g. Carbohydrates: 85.3 g. Sugar: 15.0 g. Protein: 18.9 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: 780 Kcal. Fats: 27.4 g. SFA: 2.7 g. Carbohydrates: 108.7 g. Sugar: 18.2 g. Protein: 24.7 g. Salt: 1.5 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: 1087Kcal. Fats: 37.1 g. SFA: 4.0 g. Carbohydrates: 153.6 g. Sugar: 25.9 g. Protein: 34.7 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 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Lentil and chorizo stew 	Macaroni with tuna and tomato sauce 	Sautéed broccoli 	Cuban-style rice 	Vegetable cream soup 
Biscayan-style cod with boiled potatoes 	Grilled chicken breast with lettuce and tomato salad 	Salisbury steak in tomato sauce with boiled potatoes 	Battered and fried hake with lettuce and carrot salad 	Raxo de cerdo gallego fresco with French fries 
Fruit 	Fruit yoghurt 	Fruit 	Fruit 	Fruit 
<small>Energy: 609Kcal. Fats: 21.1 g. SFA: 2.0 g. Carbohydrates: 87.9 g. Sugar: 14.5 g. Protein: 16.9 g. Salt: 1.5 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: 790Kcal. Fats: 26.9 g. SFA: 2.8 g. Carbohydrates: 110.3 g. Sugar: 17.7 g. Protein: 26.7 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: 1013Kcal. Fats: 35.8 g. SFA: 3.9 g. Carbohydrates: 142.3 g. Sugar: 26.8 g. Protein: 30.4 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 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2
Fish Fideua (noodle paella) 	Cabbage and potatoes 	Empanada gallega 		
Pork loin in English-style sauce with sautéed vegetables 	Orange roast chicken ham with tomato and sweetcorn salad 	Grilled hake with boiled potatoes 		
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>				
<p>Water and bread are included in all menus. </p>				