

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1
				Cuban-style rice 
				Roasted loin with lettuce, tomato and sweetcorn salad 
				Ice-cream 
<small>Energy: 580 Kcal, Fats: 20.0 g, SFA: 2.0g, Carbohydrates: 81.6 g, Sugar: 14.4 g, Protein: 18.6 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: 798 Kcal, Fats: 27.8 g, SFA: 3.0g, Carbohydrates: 112.3 g, Sugar: 19.6 g, Protein: 24.7 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: 988 Kcal, Fats: 34.7 g, SFA: 4.0g, Carbohydrates: 146.1 g, Sugar: 27.1 g, Protein: 28.9 g, Salt: 1.5 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 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Pasta salad 	Judías verdes con ajada gallega 	Empanada gallega casera 	Vegetable cream soup 	Homestyle lentils with vegetables 
Biscay-style hake with boiled potatoes 	Creamy rice with baby cuttlefish 	Chicken ham stewed with vegetables 	Turkey stew with vegetable sauce 	Lenguado frito with olive, carrot, and lettuce salad 
Fruit	Fruit	Fruit yoghurt 	Fruit	Fruit
<small>Energy: 602 Kcal, Fats: 21.7 g, SFA: 1.8 g, Carbohydrates: 86.3 g, Sugar: 14.3 g, Protein: 15.6 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: 772 Kcal, Fats: 26.3 g, SFA: 2.6 g, Carbohydrates: 110.3 g, Sugar: 18.7 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: 1089 Kcal, Fats: 38.2 g, SFA: 3.8 g, Carbohydrates: 153.2 g, Sugar: 24.3 g, Protein: 33.3 g, Salt: 1.5 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 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Meat and fish paella 	Sautéed broccoli 	Macaroni Bolognese 	Cheakpea and vegetable stew 	Homemade vegetable and meat soup with noodles 
Haddock in tomato sauce with boiled potatoes 	Baked chicken ham with French fries 	Battered and fried hake with lettuce and tomato salad 	Potato omelet with lettuce and tomato salad 	Roast fresh ham with boiled potatoes 
Fruit	Fruit	Fruit	Macedonia de frutas	Fruit yoghurt 
<small>Energy: 609 Kcal, Fats: 22.3 g, SFA: 2.0 g, Carbohydrates: 85.3 g, Sugar: 15.8 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: 772 Kcal, Fats: 25.4 g, SFA: 2.3 g, Carbohydrates: 106.3 g, Sugar: 19.0 g, Protein: 25.7 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: 975 Kcal, Fats: 33.9 g, SFA: 3.8 g, Carbohydrates: 137.8 g, Sugar: 23.9 g, Protein: 33.8 g, Salt: 1.5 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 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Spaghetti with ham 	Homestyle lentil stew 	Spanish potato salad 	Cold and warm appetizers 	
Homemade beef meatballs in tomato sauce 	Baked hake with boiled potatoes 	Breaded chicken fillet with lettuce and tomato salad 	Pizza with tuna and bacon 	
Fruit	Fruit	Fruit yoghurt 	Ice-cream 	
<small>Energy: 605 Kcal, Fats: 21.1 g, SFA: 1.9 g, Carbohydrates: 83.7 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: 756 Kcal, Fats: 26.1 g, SFA: 2.9 g, Carbohydrates: 107.5 g, Sugar: 17.6 g, Protein: 22.9 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: 1101 Kcal, Fats: 38.7 g, SFA: 4.0 g, Carbohydrates: 152.3 g, Sugar: 25.4 g, Protein: 36.1 g, Salt: 1.5 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 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<p><b>Water and bread are included in all menus.</b> </p>				