

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Sautéed broccoli 	Whole wheat Macaroni with Tomato  	Pumpkin cream soup 	Brown rice with tomato  	Lentils with chorizo    
Roasted chicken thigh in its natural sauce with boiled potatoes 	Grilled Cod with tomato and sweetcorn salad   	Marinated pork loin with lettuce, tomato and sweetcorn salad    	Chickpeas, chicken and stew vegetables  	Potato omelet with tomato and sweetcorn salad 
Ice-cream 	Fruit	Fruit	Fruit	Fruit
Energy: 536 kcal . Lipids: 20,4 g . Saturated Fatty Acids: 5,7 g . Carbohydrates: 59,2 g . Sugar: 16,9 g . Protein: 23,9 g . Salt: 1,6 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011				
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Green Beans Rioja Style    	Pasta salad            	Rice alla Milanese         	Vegetables and white bean stew  	Courgette cream soup with croutons         
Grilled chicken hamburger with chips             	Salmon in Orange with lettuce and carrot salad             	Bean puree with chicken fajitas and vegetables with salad             	Potato omelet   	Roast fresh ham with fried vegetables         
Yogurt 	Fruit	Fruit	Fruit	Fruit
Energy: 484 kcal . Lipids: 17,8 g . Saturated Fatty Acids: 4,6 g . Carbohydrates: 55,5 g . Sugar: 13,5 g . Protein: 23,9 g . Salt: 2,1 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011				
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Brown rice with vegetables  	Carrot cream soup  	Lentils with chorizo    	Broccoli with béchamel sauce    	Whole-grain macaroni with onion, tomato and oregano    
English-style hake with lettuce, tomato and sweetcorn salad             	Veal stew with demi-glace sauce with roasted vegetables         	Potato omelet with tomato salad     	Chickpeas, chicken and stew vegetables      	Grilled chicken breast with lettuce and carrot salad         
Fruit	Fruit	Fruit	Fruit	Ice-cream 
Energy: 643 kcal . Lipids: 29,6 g . Saturated Fatty Acids: 6,1 g . Carbohydrates: 64,5 g . Sugar: 17,9 g . Protein: 24,8 g . Salt: 2,2 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011				
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Energy: . Lipids: . Saturated Fatty Acids: . Carbohydrates: . Sugar: . Protein: . Salt: . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011				
MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Energy: . Lipids: . Saturated Fatty Acids: . Carbohydrates: . Sugar: . Protein: . Salt: . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011				
The menus include water and bread or wholemeal bread.        				