

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
		Whole-grain macaroni with onion, tomato and oregano 	Green beans with oil and carrot 	Lentil and vegetable stew 
		Roast chicken ham in its natural juice with lettuce, tomato and cucumber salad 	English-style hake with boiled potatoes 	Potato omelet with tomato and sweetcorn salad 
		Ice-cream cup 	Fruit	Fruit

Energy: 538 kcal . Lipids: 21,6 g . Saturated Fatty Acids: 5,8 g . Carbohydrates: 59,4 g . Sugar: 18,3 g . Protein: 22,1 g . Salt: 1,3 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Brown rice with mixed vegetables 	Pumpkin cream soup	Broccoli with béchamel sauce 	Wholemeal Macaroni with fried tomato 	Vegetables and white bean stew 
English-style cod with lettuce, tomato and soya broth salad 	Roasted chicken thigh in its natural sauce with lettuce, tomato and sweetcorn salad 	Baked hake in carrot sauce with fried vegetables 	Chickpeas Bolognese with cheese 	Potato omelet 
Yogurt 	Fruit	Fruit	Fruit	Fruit

Energy: 480 kcal . Lipids: 17,6 g . Saturated Fatty Acids: 4,1 g . Carbohydrates: 59,3 g . Sugar: 13,6 g . Protein: 22,4 g . Salt: 2,0 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Homestyle lentil stew 	Whole-grain macaroni with onion, tomato and oregano 	Carrot cream soup	Wholemeal rice with tomato	Homemade vegetable soup 
Meatballs in tomato sauce with roasted vegetables 	Baked salmon with lettuce and carrot salad 	Fried eggs with boiled potatoes 	Chickpeas, Chicken and vegetables from the stew 	Baked hake in carrot sauce with sautéed broccoli 
Ice-cream cup 	Fruit	Fruit	Fruit	Fruit

Energy: 521 kcal . Lipids: 18,8 g . Saturated Fatty Acids: 4,1 g . Carbohydrates: 61,7 g . Sugar: 20,6 g . Protein: 20,5 g . Salt: 2,3 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 1	FRIDAY 2
Green beans with oil and carrot 	Vegetables and white bean stew 	Pumpkin cream soup		
Grilled chicken hamburger with olive, carrot, and lettuce salad 	Fried eggs 	Grilled cod Lettuce, tomato and asparagus salad 		
Yogurt 	Fruit	Fruit		

Energy: 201 kcal . Lipids: 7,7 g . Saturated Fatty Acids: 1,8 g . Carbohydrates: 20,0 g . Sugar: 7,8 g . Protein: 10,6 g . Salt: 0,5 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9

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.



According to Royal Decree 1420/2006, fishery products to be consumed raw or almost raw have already been frozen.
En nuestros menús utilizamos sal yodada y, según la elaboración, aceite de girasol, girasol alto oleico u oliva.