

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
FESTIVO	Whole-wheat macarroni with tomato sauce 	Galician-style soup 	Brown rice with mixed vegetables 	Broccoli with béchamel sauce 
	Grilled cod Lettuce, tomato and sweetcorn salad 	Potato omelet 	Roasted chicken thigh in its natural sauce Lettuce and olive salad 	Kickpeas bolognese with cheese 
	Fruit	Fruit	Fruit	Fruit
Energy: 492 kcal . Lipids: 20,2 g . Saturated Fatty Acids: 4,8 g . Carbohydrates: 50,0 g . Sugar: 14,6 g . Protein: 22,5 g . Salt: 1,7 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011				
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Homemade chicken noodle soup 	Green beans with oil and carrot 	Vegetables and white bean stew 	Pumpkin cream soup 	Brown rice with mixed vegetables 
Roasted loin with lettuce, tomato and sweetcorn salad 	Tuna cannelloni au gratin with tomato salad 	Fried eggs White rice with tomato sauce 	Cickpeas, chicken and vegetables from the stew 	Grilled hake Lettuce, tomato and olive salad 
Fruit yoghurt 	Fruit	Fruit	Fruit	Fruit
Energy: 631 kcal . Lipids: 32,7 g . Saturated Fatty Acids: 9,8 g . Carbohydrates: 50,9 g . Sugar: 22,7 g . Protein: 26,2 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 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Brown rice tomato and onion 	Castilian-style lentils with chorizo 	Sautéed broccoli 	Pumpkin cream soup 	Vegetable and legume soup 
Roasted chicken thigh in its natural sauce Lettuce, tomato and carrot salad 	Grilled cod with lettuce, tomato and sweetcorn salad 	Potato omelet 	Chickpeas bolognese with cheese 	Breaded breast chicken with boiled potatoes 
Fruit	Fruit	Fruit	Fruit	Yogurt 
Energy: 722 kcal . Lipids: 42,3 g . Saturated Fatty Acids: 7,9 g . Carbohydrates: 50,9 g . Sugar: 17,0 g . Protein: 29,7 g . Salt: 1,9 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011				
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Whole wheat spirals with tomato and oregano 	Carrot cream soup 	Wholemeal bread with assorted vegetables 	Castilian-style lentil stew 	Broccoli with béchamel sauce 
Grilled salmon in orange sauce Beet and lettuce salad 	Loin filet 	Cickpeas, chicken and vegetables stew 	Grilled hake Lettuce, tomato and beet salad 	Fried eggs White rice with tomato sauce 
Yogurt 	Fruit	Fruit	Fruit	Fruit
Energy: 539 kcal . Lipids: 24,2 g . Saturated Fatty Acids: 4,8 g . Carbohydrates: 48,2 g . Sugar: 17,7 g . Protein: 27,8 g . Salt: 1,7 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011				
MONDAY 30	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Green beans with oil and carrot 				
Turkey stew with vegetable sauce with rice 				
Yogurt 				
Energy: 612 kcal . Lipids: 29,5 g . Saturated Fatty Acids: 6,0 g . Carbohydrates: 35,2 g . Sugar: 14,3 g . Protein: 48,0 g . Salt: 4,0 g . - . 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.