

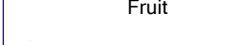
























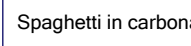


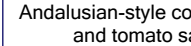





MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
			Macaroni and tomato and cheese 	Sautéed broccoli
			Hake fillets Lettuce and tomato salad 	Grilled pork loin with chips
			Fruit 	Peaches in syrup
<small>Energy: 595Kcal. Fats: 20.6g. SFA: 2.3g. Carbohydrates: 82.6g. Sugar: 13.6g. Protein: 19.8g. Salt: 1.7mg. 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: 773Kcal. Fats: 27.2g. SFA: 2.4g. Carbohydrates: 106.9g. Sugar: 18.3g. Protein: 25.2g. Salt: 1.7mg. 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: 981 Kcal. Fats: 31.9 g. SFA: 4.1 g. Carbohydrates: 141.3 g. Sugar: 25.3 g. Protein: 32.3 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 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Cantonese rice 	Chickpea stew 	Spaghetti Bolognese 	Green beans Riojan style 	Lentil and vegetable stew 
Roast chicken ham in its natural juice with sautéed vegetables 	Potato omelet with tomato salad 	Baked cod with sautéed vegetables 	Veal stew with vegetable sauce and potato cubes 	English-style hake Lettuce and tomato salad 
Fruit yoghurt 	Fruit	Fruit	Fruit	Fruit
<small>Energy: 610Kcal. Fats: 21.1g. SFA: 2.3g. Carbohydrates: 84.2g. Sugar: 14.6g. Protein: 21.0g. Salt: 1.7mg. 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: 734Kcal. Fats: 28.2 g. SFA: 2.6 g. Carbohydrates: 111.4 g. Sugar: 17.9 g. Protein: 23.7 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: 929Kcal. Fats: 32.2g. SFA: 3.9g. Carbohydrates: 130.3g. Sugar: 29.7g. Protein: 29.7g. Salt: 1.7mg. 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 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Cheakpea and vegetable stew 	Homemade chicken noodle soup 	Pasta salad 	Vegetable cream soup 	Cuban-style rice 
Grilled coalfish with lettuce and tomato salad 	Breaded breast chicken with chips 	Battered permit Lettuce, tomato and sweetcorn salad 	Turkey stew with vegetable sauce and potato cubes 	Baked hake in carrot sauce with sautéed broccoli 
Fruit yoghurt 	Fruit	Fruit yoghurt 	Fruit	Fruit
<small>Energy: 604Kcal. Fats: 21.1 g. SFA: 2.0 g. Carbohydrates: 85.2 g. Sugar: 13.5g. Protein: 18.5 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: 797Kcal. Fats: 27.1 g. SFA: 2.3 g. Carbohydrates: 114.6 g. Sugar: 18.4 g. Protein: 23.9g. 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: 868 Kcal. Fats: 30.1 g. SFA: 3.7 g. Carbohydrates: 120.0 g. Sugar: 26.4 g. Protein: 28.8 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 28	TUESDAY 29	WEDNESDAY 30		
Pumpkin cream soup 	Spaghetti in carbonara sauce 	Homestyle lentil stew 		
Pork stew with vegetables with rice 	Andalusian-style cod Lettuce and tomato salad 	Roast chicken ham in its natural juice with French fries 		
Fruit yoghurt 	Fruit	Fruit		
<small>Energy: 604Kcal. Fats: 21.1 g. SFA: 2.0 g. Carbohydrates: 85.2 g. Sugar: 13.5g. Protein: 18.5 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: 797Kcal. Fats: 27.1 g. SFA: 2.3 g. Carbohydrates: 114.6 g. Sugar: 18.4 g. Protein: 23.9g. 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: 868 Kcal. Fats: 30.1 g. SFA: 3.7 g. Carbohydrates: 120.0 g. Sugar: 26.4 g. Protein: 28.8 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>				
<p align="center">Water and bread are included in all menus. </p>				