

MONDAY 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	Spaghetti with tomato sauce 	Green beans with potatoes 	Rice with fish 	Homestyle chickpea stew 
	Orio-style cod with salad 	Homemade pork hamburger in demi-glace sauce with mushrooms 	Breast chicken in vegetable sauce 	Breaded limanda with a slice of fresh tomato 
	Fruit 	Fruit 	Fruit 	Fruit yoghurt 
Energy: 693 kcal . Lipids: 38,0 g . Saturated Fatty Acids: 7,5 g . Carbohydrates: 50,0 g . Sugar: 17,6 g . Protein: 34,0 g . Salt: 3,3 g . - - Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011				
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Rice with tomato sauce 	Macaroni Bolognese 	Meat and fish paella 	Vegetable cream soup 	Vegetables and white bean stew 
Battered hake fillet with salad 	French omelet with salad 	Cordon Bleu with salad 	Chicken thigh in its natural juice with lettuce and sweetcorn salad 	Cod in green sauce 
Fruit 	Fruit yoghurt 	Fruit 	Fruit 	Fruit 
Energy: 701 kcal . Lipids: 36,6 g . Saturated Fatty Acids: 6,0 g . Carbohydrates: 64,4 g . Sugar: 18,2 g . Protein: 24,4 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 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
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 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
	Cuban-style rice 		Lentil stew with chorizo 	
	Frankfurter with tomato sauce with salad 		Breaded limanda fillet with lettuce 	Roasted chicken thigh in its natural sauce with chips 
	Peaches in syrup 		Fruit 	Fruit 
Energy: 479 kcal . Lipids: 29,4 g . Saturated Fatty Acids: 6,3 g . Carbohydrates: 31,2 g . Sugar: 11,6 g . Protein: 19,8 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 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 1	FRIDAY 2
Tagliatelle with tomato sauce 	Sautéed green beans with potatoes and carrot 	Cantonese rice 		
Potato omelet with salad 	Homemade pork meatballs in tomato sauce 	Spring rolls with salad 		
Fruit 	Fruit 	Ice-cream 		
Energy: 1.693 kcal . Lipids: 139,8 g . Saturated Fatty Acids: 22,2 g . Carbohydrates: 81,2 g . Sugar: 24,2 g . Protein: 23,3 g . Salt: 2,6 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.