



	Monday	Tuesday	Wednesday	Thursday	Friday
14-18 SEPTEMBER WEEK 1	Vegetable cream Mini chicken thighs with garlic pasta spirals Vegetable burger with garlic pasta spirals	Cauliflower cream Chicken croquettes with diced potatoes Beans with sauce and diced potatoes Yogurt	Pumpkin cream Pickled loin with rice Chickpeas with vegetables and rice	Alphabet soup Stoker with sauce and boiled potatoes Tofu with sauce and boiled potatoes	Watercress soup Lasagna Macaroni Vegetable Macaroni
	Kcal: 623,61 Prot 15,81 H.C.:101,28 Lip:13,04 Fibra: 18,06	Kcal: 763 Pro: 28,20 H.C.:95,60 Lip:23,50 Fibra: 12,20	Kcal: 782,85 Pro: 31 H.C.:95 Lip:27,34 Fibra: 21	Kcal: 762,41 Pro:37 H.C.:93,88 Lip:30,34 Fibra:25	Kcal: 691 Pro: 32,7 H.C.:51 Lip:18,0 Fibra: 15,30
21-25 SEPTEMBER WEEK 2	Pumpkin cream Baked chicken with tropical salad Chickpea burger with tropical salad	Vegetable soup with chickpeas Meatballs with sauce and rice Soy with sauce and rice	Alphabet soup with chicken Riojana style stoker with boiled potatoes Lentil sauté with boiled potatoes	Courgette cream Tuna macaroni Vegetable macaroni Yogurt	Carrot cream Breaded chicken fingers with tabule salad Bean stew
	Kcal:593,83 Pro: 25,77 H.C.:55,08 Lip:25,48 Fibra: 12,54	Kcal: 764,45 Pro: 29,20 H.C.:99,27 Lip:23,5 Fibra: 11,17	Kcal: 654 Pro: 15,30 H.C.:65 Lip:32 Fibra: 8,47	Kcal: 764,45 Pro: 28,20 H.C.:95,60 Lip:23,50 Fibra: 12,20	Kcal: 758 Pro: 18,31 H.C.:113,8 Lip:25,05 Fibra: 12,107

Vegetarian options marked in green. Menu served with water, bread, fruit and yoghurt. Cream or soup offered as first dish. Grilled dishes are also available without sauce.

- Menu is served with White/whole wheat bread and water.
- Seasonal fruit is offered for dessert.
- The calories are indicative and will depend on the amount served.
- The menu is prepared according to la ley de Seguridad Alimentaria y Nutrición, 5th July 2011.

Nutritional needs and calories done by:

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