


LUNES 3	MARTES 4	MIÉRCOLES 5	JUEVES 6	VIERNES 7
Menestra de verduras con patatas dadas 	Arroz tres delicias 	Crema de calabaza 	Espirales de colores gratinados 	Alubias blancas con verduras 
Muslo de pollo al chilindrón 	Merluza al horno con lechuga 	Filete ruso casero mixto a la plancha con champiñón salteado 	Limanda rebozada con ensalada 	Tortilla de patata casera con loncha de queso y lechuga 
Fruta	Melocotón en almibar	Fruta	Yogur de sabores 	Fruta
<small>Energía: 602 Kcal. Lípidos: 21.7 g. AOS: 1.8 g. Hidratos de Carbono: 86.7 g. Azúcares: 14.3g. Proteínas: 15.6 g. Sal: 1.4 mg. - Valoración nutricional calculada según "Documento de Consenso sobre la alimentación en los Centros Educativos 2010" para un niño de 3-8 años de recomendación diaria de 1.742 Kcal/día Energía: 772 Kcal. Lípidos: 26.3 g. AOS: 2.6 g. Hidratos de Carbono: 110.2 g. Azúcares: 18.7 g. Proteínas: 23.6 g. Sal: 1.4 mg. - Valoración nutricional calculada según "Documento de Consenso sobre la alimentación en los Centros Educativos 2010" para un niño de 9-13 años de recomendación diaria de 2.279 Kcal/día Energía: 1089 Kcal. Lípidos: 38.2 g. AOS: 3.9 g. Hidratos de Carbono: 153.2 g. Azúcares: 24.3 g. Proteínas: 33.3 g. Sal: 1.5 mg. - Valoración nutricional calculada según "Documento de Consenso sobre la alimentación en los Centros Educativos 2010" para un niño de 14-18 años de recomendación diaria de 3.152 Kcal/día</small>				
LUNES 10	MARTES 11	MIÉRCOLES 12	JUEVES 13	VIERNES 14
Macarrones a la boloñesa 	Judías verdes al estilo casero 	Lentejas a la castellana 	Arroz a la jardinera 	Puré de calabacín y patata casero 
Varitas de merluza rebozadas con ensalada 	Estofado de pavo en salsa jardinera 	Jamón fresco asado con pimientos rojos 	Halibut rebozado con tomate natural 	Muslo de pollo asado en su jugo con ensalada 
Yogur de sabores 	Fruta	Fruta	Helado	Fruta
<small>Energía: 609 Kcal. Lípidos: 22.3 g. AOS: 2.0 g. Hidratos de Carbono: 87.3 g. Azúcares: 15.8 g. Proteínas: 16.7 g. Sal: 1.2 mg. - Valoración nutricional calculada según "Documento de Consenso sobre la alimentación en los Centros Educativos 2010" para un niño de 3-8 años de recomendación diaria de 1.742 Kcal/día Energía: 756 Kcal. Lípidos: 23.4 g. AOS: 2.3 g. Hidratos de Carbono: 106.3 g. Azúcares: 18.0 g. Proteínas: 25.7 g. Sal: 1.5 mg. - Valoración nutricional calculada según "Documento de Consenso sobre la alimentación en los Centros Educativos 2010" para un niño de 9-13 años de recomendación diaria de 2.279 Kcal/día Energía: 973 Kcal. Lípidos: 33.9 g. AOS: 3.8 g. Hidratos de Carbono: 137.8 g. Azúcares: 23.9 g. Proteínas: 29.8 g. Sal: 1.6 mg. - Valoración nutricional calculada según "Documento de Consenso sobre la alimentación en los Centros Educativos 2010" para un niño de 14-18 años de recomendación diaria de 3.152 Kcal/día</small>				
LUNES 17	MARTES 18	MIÉRCOLES 19	JUEVES 20	VIERNES 21
Garbanzos estofados 	Espaguetis gratinados 	Menestra de verdura rehogada con jamón 	Sopa casera de ave con estrellitas 	Arroz blanco con tomate 
Lomo adobado a la plancha con lechuga 	Limanda rebozada con ensalada de lechuga y zanahoria 	Pizza casera de jamón York y queso con lechuga 	Albóndigas caseras mixtas en salsa española 	Pechuga de pollo empanada con ensalada de lechuga, tomate, maíz y cebolla 
Fruta	Yogur de sabores 	Fruta	Fruta	Helado
<small>Energía: 669Kcal. Lípidos: 21.1 g. AOS: 1.7g. Hidratos de Carbono: 83.7g. Azúcares: 14.4g. Proteínas: 20.1. Sal: 1.8mg. - Valoración nutricional calculada según "Documento de Consenso sobre la alimentación en los Centros Educativos 2010" para un niño de 3-8 años de recomendación diaria de 1.742 Kcal/día Energía: 756Kcal. Lípidos: 26.3g. AOS: 2.7g. Hidratos de Carbono: 107.3g. Azúcares: 17.6g. Proteínas: 22.9g. Sal: 1.8mg. - Valoración nutricional calculada según "Documento de Consenso sobre la alimentación en los Centros Educativos 2010" para un niño de 9-13 años de recomendación diaria de 2.279 Kcal/día Energía: 1101Kcal. Lípidos: 38.7g. AOS: 4.0g. Hidratos de Carbono: 152.3g. Azúcares: 28.4g. Proteínas: 36.1g. Sal: 1.5mg. - Valoración nutricional calculada según "Documento de Consenso sobre la alimentación en los Centros Educativos 2010" para un niño de 14-18 años de recomendación diaria de 3.152 Kcal/día</small>				
<p>En todos los menus se incluye Agua y pan. </p>				

MONDAY 3					TUESDAY 4					WEDNESDAY 5					THURSDAY 6					FRIDAY 7									
Vegetable stew with ham 					Cantonese rice 					Pumpkin cream soup 					Tri-colour fusilli and cheese au gratin 					Vegetables and white bean stew 									
Chilindrón-style chicken thigh 					Baked hake with lettuce 					Grilled homemade Salisbury steak with mushrooms 					Breaded limanda fillet with lettuce 					Potato omelet with a slice of cheese and lettuce 									
Fruit 					Peaches in syrup 					Fruit 					Fruit yoghurt 					Fruit 									
<small>Energy: 602 Kcal, Fat: 21.7 g, SFA: 1.5 g, Carbohydrates: 96.7 g, Sugar: 14.3 g, Protein: 15.4 g, Salt: 1.4 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-6-year-old children with a recommended caloric intake of 1,742 Kcal/day.</small>					<small>Energy: 772 Kcal, Fat: 26.3 g, SFA: 2.4 g, Carbohydrates: 110.2 g, Sugar: 10.7 g, Protein: 23.4 g, Salt: 1.4 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-12-year-old children with a recommended caloric intake of 2,279 Kcal/day.</small>					<small>Energy: 1089 Kcal, Fat: 35.2 g, SFA: 3.9 g, Carbohydrates: 153.2 g, Sugar: 24.3 g, Protein: 33.7 g, Salt: 1.3 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>					<small>Energy: 609 Kcal, Fat: 22.3 g, SFA: 2.0 g, Carbohydrates: 88.3 g, Sugar: 15.8 g, Protein: 16.9 g, Salt: 1.5 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-6-year-old children with a recommended caloric intake of 1,742 Kcal/day.</small>					<small>Energy: 758 Kcal, Fat: 33.4 g, SFA: 2.3 g, Carbohydrates: 106.3 g, Sugar: 19.2 g, Protein: 25.7 g, Salt: 1.3 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-12-year-old children with a recommended caloric intake of 2,279 Kcal/day.</small>					<small>Energy: 973 Kcal, Fat: 33.9 g, SFA: 3.8 g, Carbohydrates: 127.8 g, Sugar: 23.9 g, Protein: 29.3 g, Salt: 1.6 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 10					TUESDAY 11					WEDNESDAY 12					THURSDAY 13					FRIDAY 14									
Macaroni Bolognese 					Homestyle green beans 					Castilian-style lentil stew 					Rice with vegetables 					Courgette purée with croutons 									
Hake fillets with lettuce 					Turkey stew with vegetable sauce 					Roast fresh ham with red peppers 					Battered and fried halibut with fresh tomato 					Chicken thigh in its natural juice with lettuce 									
Fruit yoghurt 					Fruit 					Fruit 					Ice-cream 					Fruit 									
<small>Energy: 609 Kcal, Fat: 22.3 g, SFA: 2.0 g, Carbohydrates: 88.3 g, Sugar: 15.8 g, Protein: 16.9 g, Salt: 1.5 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-6-year-old children with a recommended caloric intake of 1,742 Kcal/day.</small>					<small>Energy: 758 Kcal, Fat: 33.4 g, SFA: 2.3 g, Carbohydrates: 106.3 g, Sugar: 19.2 g, Protein: 25.7 g, Salt: 1.3 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-12-year-old children with a recommended caloric intake of 2,279 Kcal/day.</small>					<small>Energy: 973 Kcal, Fat: 33.9 g, SFA: 3.8 g, Carbohydrates: 127.8 g, Sugar: 23.9 g, Protein: 29.3 g, Salt: 1.6 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>					<small>Energy: 609 Kcal, Fat: 22.3 g, SFA: 2.0 g, Carbohydrates: 88.3 g, Sugar: 15.8 g, Protein: 16.9 g, Salt: 1.5 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-6-year-old children with a recommended caloric intake of 1,742 Kcal/day.</small>					<small>Energy: 758 Kcal, Fat: 33.4 g, SFA: 2.3 g, Carbohydrates: 106.3 g, Sugar: 19.2 g, Protein: 25.7 g, Salt: 1.3 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-12-year-old children with a recommended caloric intake of 2,279 Kcal/day.</small>					<small>Energy: 973 Kcal, Fat: 33.9 g, SFA: 3.8 g, Carbohydrates: 127.8 g, Sugar: 23.9 g, Protein: 29.3 g, Salt: 1.6 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 17					TUESDAY 18					WEDNESDAY 19					THURSDAY 20					FRIDAY 21									
Chickpea and bacon stew 					Spaghetti au gratin 					Vegetable stew with ham 					Homemade poultry noodle soup 					White rice with tomato sauce 									
Marinated pork loin with lettuce 					Battered and fried limanda with lettuce and carrot salad 					Homemade pizza with ham and cheese with lettuce 					Mixed homemade meatballs in sauce 					English-style chicken breast with lettuce, tomato, sweetcorn and onion salad 									
Fruit 					Fruit yoghurt 					Fruit 					Fruit 					Ice-cream 									
<small>Energy: 605 Kcal, Fat: 23.1 g, SFA: 1.8 g, Carbohydrates: 92.7 g, Sugar: 14.4 g, Protein: 20.1 g, Salt: 1.4 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-6-year-old children with a recommended caloric intake of 1,742 Kcal/day.</small>					<small>Energy: 756 Kcal, Fat: 26.1 g, SFA: 2.5 g, Carbohydrates: 107.3 g, Sugar: 17.4 g, Protein: 22.9 g, Salt: 1.4 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-12-year-old children with a recommended caloric intake of 2,279 Kcal/day.</small>					<small>Energy: 1101 Kcal, Fat: 35.7 g, SFA: 4.0 g, Carbohydrates: 152.3 g, Sugar: 25.4 g, Protein: 36.1 g, Salt: 1.3 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>					<small>Energy: 605 Kcal, Fat: 23.1 g, SFA: 1.8 g, Carbohydrates: 92.7 g, Sugar: 14.4 g, Protein: 20.1 g, Salt: 1.4 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-6-year-old children with a recommended caloric intake of 1,742 Kcal/day.</small>					<small>Energy: 756 Kcal, Fat: 26.1 g, SFA: 2.5 g, Carbohydrates: 107.3 g, Sugar: 17.4 g, Protein: 22.9 g, Salt: 1.4 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-12-year-old children with a recommended caloric intake of 2,279 Kcal/day.</small>					<small>Energy: 1101 Kcal, Fat: 35.7 g, SFA: 4.0 g, Carbohydrates: 152.3 g, Sugar: 25.4 g, Protein: 36.1 g, Salt: 1.3 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 24					TUESDAY 25					WEDNESDAY 26					THURSDAY 27					FRIDAY 28									
<small>Energy: . Lipids: . Saturated Fatty Acids: . Carbohydrates: . Sugar: . Protein: . Salt: . . . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. © EU 11e/9/2011</small>																													
Water and bread are included in all menus.																													

Para SERAL, el objetivo prioritario es dar una alimentación correcta durante la edad escolar que permita al niño crecer con salud.

COMPLETA TU ALIMENTACIÓN DIARIA CON



Desayuno Recomendado

El desayuno puede realizarse en una o dos tomas, pudiendo ser la segunda el de media mañana.

LÁCTEOS: Leche, yogures, queso.

CEREALES: Cereales desayuno, pan, galletas, tostadas.

FRUTAS: Fruta natural, zumos, mermeladas.



Merienda Recomendada

Hay que adaptar la cantidad de alimentos a la de la actividad física que se vaya a realizar durante la tarde.

LÁCTEOS Y FRUTA: Leche, yogures, queso, zumo.

CEREALES: Cereales desayuno, pan, galletas, tostadas.

OTROS: Embutidos, chocolate (1 vez semana).

	COMIDA	CENA
PRIMER PLATO	Arroz, pasta, patata guisada	Crema, puré, verdura cocida
	Crema, puré, verdura cocida	Arroz, pasta, patata
	Legumbre	Ensalada, crema, puré, sopa, verdura cocida
	Sopa	Arroz, pasta, patata
SEGUNDO PLATO	Carne grasa (cerdo, cordero)	Pescado
	Carne magra (ave, ternera)	Huevo, pescado
	Pescado	Carne magra
	Huevo	Carne magra, pescado
POSTRE	Fruta	Fruta, lácteo
	Lácteo	Fruta

Y RECUERDA...



GLUTEN



CRUSTÁCEOS



HUEVOS



PESCADO



CACAHUETES



SOJA



LÁCTEOS



FRUTOS SECOS



APIO



MOSTAZA



SÉSAMO



SULFITOS



ALTRAMUZ



MOLUSCOS



LEGUMBRES

Sabrás que comes siguiendo el **Reglamento Europeo 1169/2011** de Alergias e Intolerancias