

LUNES 27	MARTES 28	MIÉRCOLES 29	JUEVES 30	VIERNES 1	
				Garbanzos estofados con chorizo 	
				Nuggets de pollo con ensalada de tomate 	
				Fruta fresca	
<small>Energy: 609Kcal, Fats: 21.0 g, SFA: 2.1 g, Carbohydrates: 87.3 g, Sugar: 14.3 g, Protein: 17.9 g, Salt: 1.6 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: 785 Kcal, Fats: 28.6 g, SFA: 2.8 g, Carbohydrates: 107.4 g, Sugar: 18.1 g, Protein: 24.7 g, 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: 1064 Kcal, Fats: 36.9 g, SFA: 3.9 g, Carbohydrates: 151.7 g, Sugar: 25.5 g, Protein: 31.4 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>					
LUNES 4	MARTES 5	MIÉRCOLES 6	JUEVES 7	VIERNES 8	
Judías verdes rehogadas con bacon 	Arroz con magra de cerdo	Alubias pintas con verduras 	Fideua de verduras con calabacín, champiñón, cebolla, guisantes y zanahoria 	Puré de acelga, calabacín y zanahoria 	
Lomo adobado al horno con pimientos asados 	Albóndigas caseras de cerdo en salsa de tomate 	Tortilla de patata casera con lechuga 	Muslo de pollo asado en salsa hortelana con ensalada de tomate 	Merluza al horno con ajo y perejil con lechuga 	
Fruta fresca	Fruta fresca	Yogur de sabores 	Fruta fresca	Fruta fresca	
<small>Energy: 537 Kcal, Fats: 20.3 g, SFA: 1.9 g, Carbohydrates: 72.6 g, Sugar: 13.9 g, Protein: 15.9 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: 780 Kcal, Fats: 30.3 g, SFA: 2.9 g, Carbohydrates: 100.5 g, Sugar: 19.1 g, Protein: 26.4 g, Salt: 1.8 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: 1006 Kcal, Fats: 33.8 g, SFA: 3.5 g, Carbohydrates: 135.0 g, Sugar: 24.6 g, Protein: 40.4 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>					
LUNES 11	MARTES 12	MIÉRCOLES 13	JUEVES 14	VIERNES 15	
		Lentejas estofadas con cebolla, ajo, zanahoria y chorizo 	Arroz con pollo 	Judías verdes al estilo casero con patata y jamón serrano 	
		Bacalao al orio 	Palometa en salsa alicantina 	Salchichas frescas de cerdo con tomate con pimientos rojos 	
		Yogur de sabores 	Fruta fresca	Fruta fresca	
<small>Energy: 602 Kcal, Fats: 22.9 g, SFA: 2.1 g, Carbohydrates: 80.6 g, Sugar: 13.9 g, Protein: 18.4 g, Salt: 1.6 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: 721 Kcal, Fats: 24.8 g, SFA: 2.4 g, Carbohydrates: 99.2 g, Sugar: 17.6 g, Protein: 25.3 g, Salt: 1.6 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: 979 Kcal, Fats: 35.2 g, SFA: 4.0 g, Carbohydrates: 140.9 g, Sugar: 26.2 g, Protein: 40.4 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>					
LUNES 18	MARTES 19	MIÉRCOLES 20	JUEVES 21	VIERNES 22	
Macarrones con salsa de tomate 	Sopa casera de ave con fideos (*) 	Guisantes con jamón y patatas dado 	Arroz blanco con salsa de tomate	Brócoli rehogado con jamón 	
Rape a la inglesa con ensalada de lechuga y tomate 	Estofado de pavo en salsa hortelana (guisante, champiñón, zanahoria) 	Limanda a la romana con lechuga 	Lomo de cerdo con puerro y zanahoria 	Hamburguesa casera de cerdo a la plancha con ensalada de tomate 	
Fruta fresca	Fruta fresca	Yogur de sabores 	Fruta fresca	Fruta fresca	
<small>Energy: 546 Kcal, Fats: 19.9 g, SFA: 1.7g, Carbohydrates: 77.1 g, Sugar: 13.1g, Protein: 14.7 g, Salt: 1.5mg. 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: 724 Kcal, Fats: 28.6 g, SFA: 3.0g, Carbohydrates: 98.7 g, Sugar: 19.6g, Protein: 18.0 g, Salt: 1.8mg 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: 1040 Kcal, Fats: 31.5g, SFA: 3.6g, Carbohydrates: 152.3 g, Sugar: 23.6g, Protein: 36.7 g, 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>					
LUNES 25	MARTES 26	MIÉRCOLES 27	JUEVES 28	VIERNES 29	
Arroz de verduras zanahoria, pimiento y paleta cocida 	Acelgas rehogadas con paleta cocida 	Macarrones con crema, bacon y cebolla 	Lentejas con chorizo 	Borraja con patata 	
Filete de limanda rebozada 	Muslo de pollo asado en salsa jardinera con lechuga 	Delicias de merluza con ensalada de lechuga y tomate 	Tortilla francesa Jamón York y queso 	Pechuga de pollo a la plancha con lechuga 	
Fruta fresca	Fruta fresca	Yogur de sabores 	Fruta fresca	Fruta fresca	
<small>Energy: 594 Kcal, Fats: 18.7 g, SFA: 2.2 g, Carbohydrates: 85.3 g, Sugar: 14.5 g, Protein: 21.1 g, Salt: 1.8 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: 710 Kcal, Fats: 23.6 g, SFA: 2.6 g, Carbohydrates: 105.2 g, Sugar: 18.9 g, Protein: 20.6 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: 988 Kcal, Fats: 32.2 g, SFA: 3.2 g, Carbohydrates: 143.2 g, Sugar: 23.9 g, Protein: 31.3 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>					
En todos los menus se incluye Agua y pan.					

Cumpliendo el RD 1420/2006 todo producto de la pesca para consumo en crudo o prácticamente crudo ha sido previamente congelado.

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