

WEEK 1

Healthy Menu: 4 to 8 years. Calorific Requirement: 1,200 – 1,400 kcal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	*T.V.C.: 1,361.5 kcal **16% - 27% - 57%	*T.V.C.: 1,362.6 kcal **20% - 24% - 56%	*T.V.C.: 1,376.3 kcal **18% - 27% - 55%	*T.V.C.: 1,306.8 kcal **20% - 26% - 54%
BREAKFAST 15%	- Skimmed Milk, 1 glass, 200 ml - Chocolate Cereals, 2.5 handfuls, 40 g	- Fresh Orange Juice, ½ glass, 100 ml - Wholemeal Bread, 2 slices, 40 g - Serrano Ham, 2 thin slices, 20 g - Ripe Tomato, for spreading, 15 g	- Chopped Papaya, 1 slice, 100 g - Skimmed Milk, 1 glass, 200 ml - Wheat Gofio 3 level soup spoons, 30 g	- Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 heaped soup spoon, 10 g - Porridge Oats, 3 soup spoons, 30 g
T.V.C. %	191,6 kcal 21% - 8% - 72%	178,0 kcal 23% - 8% - 69%	199,4 kcal 24% - 6% - 70%	184,5 kcal 27% - 12% - 61%
MORNING SNACK 10%	- Cherries, 8-10, 80 g - Biscuits "Bifidus" w/ Sesame, 2, 20 g	- Fermented Milk 0%, 1 pot, 105 ml - Banana, 1 small/med., 100 g	- Wholemeal Bread, 2 slices, 40 g - Serrano Ham, 2 thin slices, 20 g - Tomato, 1 slice, 20 g	- Maria Biscuits, 4, 24 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml
T.V.C. %	143.0 kcal 7% - 21% - 71%	117.8 kcal 13% - 2% - 85%	132.2 kcal 29% - 10% - 62%	118.6 kcal 14% - 23% - 63%
LUNCH 30- 35%	- Macaroni w/ Tomato Sauce, 1 ladle, 130 g - Veal steak, 1 small fillet, 75 g - Mixed Salad w/ Grated Carrot, Dressing, 100 g - Mandarin, Small/Med, 120 g - Wholemeal Bread, 1 serving, 20 g - Yoghurt, 0% fat, 1 pot, 125 g	- Chard and Chickpea Stew, 1 ladle, 150 g - Rabbit in Salmorejo Sauce, 2 pieces, 100 g - Canarian Wrinked Potatoes, 4 small, 100 g - Watermelon, 10 large pieces, 200 g	- Vegetable and Sweetcorn Stew 1 ladle, 150 g - Tuna Pizza w/ Mushrooms, Cheese 1 slice, 150g - Tomato and Lettuce Salad (Finely Chopped), 160 g - Kiwi Fruit, 1 small, 100g	- Soup of Green Vegetables w/ Egg, 2 ladles, 200g - Chicken Meatballs in Sauce, 3, 75 g - Carrots and French Beans, Steamed, 80 g - Wholemeal Bread, 1 serving, 20 g
T.V.C. %	494.0 kcal 18% - 29% - 53%	418.9 kcal 23% - 31% - 46%	441.4 kcal 23% - 38% - 39%	404.2 kcal 20% - 25% - 55%
AFTERNOON SNACK 15%	- Fresh Orange Juice, Half Glass, 100 ml - Mini Toast, 2, 20 g - Fresh Goat´s Cheese, 1 slice, 20 g	- Yoghurt, 0% Fat, 1 pot, 125 ml - Wholemeal Bread, 8 cm, 50 g - Melted Cheese, well spread, 30 g	- Yoghurt, 0% Fat, 1 pot, 125 ml - Chocolate Cereals, 2 handfuls, 30 g - Strawberries, 5 small, 75 g	- Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 teaspoon, 5 g - Banana, medium, 120g
T.V.C. %	176.2 kcal 14% - 28% - 58%	186.0 kcal 25% - 10% - 65%	176.1 kcal 12% - 7% - 81%	163.8 kcal 24% - 8% - 68%
DINNER 25- 30%	- Cream of Marrow Soup, 2 ladles, 150 g - Spanish Omelette w/ Spinach, 120 g - Sliced Tomato, 1 med., 100 g - Fresh or Tinned Pineapple, chopped, 6 soup spoons, 150 g	- Vegetable and Carrot Soup w/ Noodles, 1 ladle, 100 g - Hake a la Romana, 1 small fillet, 100 g - Sautéed Courgette, 1 small/med. 120 g - Nectarine, 1 small, 100 g - Wholemeal Bread, 1 serving, 20 g	- Cream of Carrot Soup, 1 ladle, 150 g - Ham Croquettes, 3, 75 g - Chips, 2 handfuls, 80 g - Apple, 1 small, 120 g	- Spanish Country Omelette, (w/ Onion, Peppers, and Ham), one quarter, 180 g - Mixed Salad w/ Grated Carrot, 120 g - Melon, 1 wedge, 150 g - Wholemeal Bread, 2 servings, 40 g
T.V.C. %	356.6 kcal 16% - 35% - 49%	461.9 kcal 17% - 32% - 51%	427.2 kcal 10% - 39% - 51%	435.7 kcal 19% - 39% - 42%

*T.C.V.: Total Calorific Value · ** Percentages of protein, fat and carbohydrates, respectively.

See Annexe 1 for an explanation of the weights and measures.

Healthy Menu: 4 to 8 years. Calorific Requirement: 1,200 – 1,400 kcal

	FRIDAY *T.V.C.: 1,369.5 kcal **20% - 23% - 57%	SATURDAY *T.V.C.: 1,366.0 kcal **17% - 20% - 63%	SUNDAY *T.V.C.: 1,342.1 kcal **17% - 28% - 55%
BREAKFAST 15%	- Fresh Orange Juice, ½ glass, 100 ml - Wholemeal Bread, 6 cm, 30 g - Fresh Goat's Cheese, 2 thin slices, 30 g - Tomato, 1 slice, 20 g	- Skimmed Milk, 1 glass, 200 ml - Chocolate Cereals, 1 small bowl, 40 g	- Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 teaspoon, 5 g - Multigrain Crackers, 4, 32 g - Turkey Breast, 1 think slice, 15 g
T.V.C. %	204.0 kcal 17% - 32% - 51%	191.6 kcal 21% - 8% - 71%	204.5 kcal 28% - 13% - 59%
MORNING SNACK 10%	- Multigrain Crackers, 4, 32 g - Cook Ham, 1 thin slices, 15 g - Mandarin, small, 100 g	- Banana, 1 small/med., 100 g - Yoghurt, 0% fat, 1 pot, 125 g	- Peach, 1 large, 200 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml
T.V.C. %	131.0 kcal 17% - 21% - 62%	141.1 kcal 14% - 4% - 82%	129.5 kcal 12% - 2% - 86%
LUNCH 30- 35%	- Watercress and bean Stew, 2 ladles, 150 g - Grilled Tuna, 1 small fillet, 60 g - Canarian Green Mojo, 1 soup spoon, 10 ml - Canarian Wrinked Potatoes, 3, 100 g - Apple, small, 120 g - Yoghurt, 0% fat, 1 pot, 125 g - Wholemeal Bread, 1 serving, 20 g	- French beans w/ Fresh Tomato Sauce, Sliced Ham, 1 ladle 150 g - Lentil Stew (4 soup spoons), white rice, (3 heaped soup spoons), 150 g - Papaya, 1 slice, small, 120 g	- Chickpea and Spinach Stew, 1 ladle, 150 g - Chayote, vegetable and egg filling, 2 halves, 300 g - Kiwi Fruit, small, 100 g - Wholemeal Bread, 1 serving, 20 g
T.V.C. %	462.3 kcal 22% - 24% - 54%	519.7 kcal 16% - 23% - 61%	407.2 kcal 12% - 34% - 54%
AFTERNOON SNACK 15%	- Apricots, 4-5 med., 200 g - Liquid Yoghurt, low fat 1 pot, 200 ml	- Liquid Yoghurt, Low Fat, with Fruit Pulp, 1 pot, 100 ml - Biscuits "Bifidus" w/ Sesame Seeds, 3, 30 g	- Sliced Brown Bread, 2 med. slices, 50g - Fresh Goat's cheese, 2 thin slices, 30 g - Tomato, 1 slice, 20 g
T.V.C. %	184.2 kcal 25% - 1% - 74%	204.5 kcal 10% - 27% - 63%	199.2 kcal 20% - 36% - 44%
DINNER 25- 30%	- Cream of Vegetable Soup, 1 large ladle, 150 g - Roast Turkey, 1 fillet, 60 g - Sliced Tomato w/ Oregano, 1, 100 g - Pear, 1 medium, 160 g - Wholemeal Bread, 1 serving, 20 g	- Soup Julienne, 1 ladle, 150 g - Grilled Chicken Breast, 1 small fillet, 60 g - Cabbage, Lettuce, Pineapple and Mayonnaise Salad, 150 g - Strawberries, 5 small, 75 g - Wholemeal Bread, 1 serving, 20 g	- Cream of Pumpkin Soup, 1 ladle, 150 g - Fish Stew, (white fish), 150 g - Pear, medium/small, 120 g - Wholemeal Bread, 1 serving, 20 g
T.V.C. %	388.0 kcal 18% - 29% - 53%	309.1 kcal 24% - 25% - 51%	401.7 kcal 18% - 34% - 48%

*T.C.V.: Total Calorific Value · ** Percentages of protein, fat and carbohydrates, respectively.

See Annexe 1 for an explanation of the weights and measures.

WEEK 2

Healthy Menu: 4 to 8 years. Calorific Requirement: 1,200 – 1,400 kcal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	*T.V.C.: 1,391.3 kcal **19% - 29% - 52%	*T.V.C.: 1,353.0 kcal **16% - 26% - 58%	*T.V.C.: 1,417.3 kcal **16% - 31% - 53%	*T.V.C.: 1,355.7 kcal **18% - 29% - 53%
BREAKFAST 15%	- Skimmed Milk, 1 glass, 200 ml - Breakfast Cereals, flakes, 1 small bowl, 40 g	- Fresh Orange Juice, ½ glass, 100 ml - Wholemeal Bread, 2 slices, 40 g - Fresh Goat´s Cheese, 1 slice, 20 g - Olive Oil, 1 teaspoon, 5 ml	- Skimmed Milk, 1 glass, 200 ml - Breakfast Cereals, flakes, 1 small bowl, 40 g	- Skimmed Milk, 1 glass, 200 ml - Chocolate Cereals, 2 handfuls, 30 g - Strawberries, 3-4 small, 60 g
T.V.C. %	187.0 kcal 21% - 5% - 74%	235.8 kcal 13% - 40% - 47%	187.0 kcal 21% - 5% - 74%	174.5 kcal 22% - 9% - 69%
MORNING SNACK 10%	- Mandarin, small, 100 g - Biscuits "Bifidus" w/ Sesame Seeds, 2, 20 g	- Yoghurt, low fat, 1 pot, 125 ml - Pear, 1 medium, 150 g	- Banana, 1 small, 100 g - Fermented Milk w/ L. casei 0% fat, 1 pot, 105ml	- Sliced Brown Bread, 2 small slices, 50 g - Serrano Ham, 2 thin slices, 20 ml - Tomato, sliced, 1, 20 g
T.V.C. %	121.1 kcal 8% - 23% - 69%	124.7 kcal 13% - 5% - 82%	117.8 kcal 14% - 5% - 81%	127.2 kcal 31% - 14% - 55%
LUNCH 30- 35%	- Pea and Carrot Stew, 6 soup spoons, 90 g - Pork fillet, grilled, 1 slice, 80 g - Chips, 1 handful, 80 g - Banana, 1 small, 100g - Wholemeal Bread, 2 servings, 40 g	- Marrow Stew, 1 ladle, 150 g - Sardines, fried, 2 med./small, 80 g - Boiled Potatoes, sliced, 4 -5 soup spoons, 125 g - Kiwi Fruit, medium, 150 g - Wholemeal Bread, 1 serving, 20 g	- Chickpea and Vegetable Stew, 1 ladle, 150 g - Pizza, Ham and Cheese and Mushroom 1 ½ slices, 150 g - Mixed Salad w/ Olives, 120 g - Orange, 1 medium, 150g	- Watercress and Bean Stew, 1 ladle, 150 g - Rioja Style Chicken, 2 pieces, 100 g - Chips, 1 ½ potatoes, 80 g - Mandarin, medium, 120 g - Wholemeal Bread, 1 serving, 20g
T.V.C. %	502.7 kcal 19% - 33% - 48%	449.0 kcal 19% - 28% - 53%	518.5 kcal 18% - 37% - 45%	434.6 kcal 18% - 32% - 50%
AFTERNOON SNACK 15%	- Wholemeal Bread, 2 slices, 40 g - Cooked ham, 2 thin slices, 30 g - Yoghurt, 0% fat, 1 pot, 125 g	- Yoghurt, 0% Fat, 1 pot, 125 ml - Chocolate Cereals, ½ bowl, 20 g	- Soya and Fig Biscuits, 2, 34 g - Melon, medium slice, 150 g	- Fresh Orange Juice, ½ glass, 100 ml - Toast, 2 slices, 20 g - Fresh Goat´s Cheese, 2 thin slices, 30 g
T.V.C. %	188.4 kcal 28% - 21% - 51%	182.5 kcal 13% - 2% - 85%	188.8 kcal 11% - 37% - 52%	203.2 kcal 16% - 34% - 50%
DINNER 25- 30%	- Spanish Omelette, 2 wedges, 150 g - Tomato w/ Oregano, sliced, 1 medium, 150 g - Papaya, 1 serving, 150 g - Wholemeal Bread, 1 servings, 20 g	- Vegetable and Carrot Soup w/ Noodles, 1 ladle, 100 g - Veal Hamburger, grilled, small, 75 g - Stewed Vegetables, ½ small plate, 100 g - Strawberries, 6-7 small, 100 g	- Leek Purée, 1 ladle, 150 g - Spanish Omelette w/ ham, 70 g - Apple, 1 small, 130 g - Wholemeal Bread, 1 serving, 20 g	- Carrot Soup with Pasta Stars, 8 soup spoons of solids, 120 g - Mackerel Fish Balls, 3, 80 g - Carrot, French Beans and Courgette, 100 g - Pear, med./small, 120 g
T.V.C. %	392.1 kcal 16% - 42% - 42%	358.0 kcal 18% - 35% - 47%	405.2 kcal 14% - 44% - 42%	416.2 kcal 13% - 35% - 52%

*T.C.V.: Total Calorific Value · ** Percentages of protein, fat and carbohydrates, respectively.

See Annexe 1 for an explanation of the weights and measures.

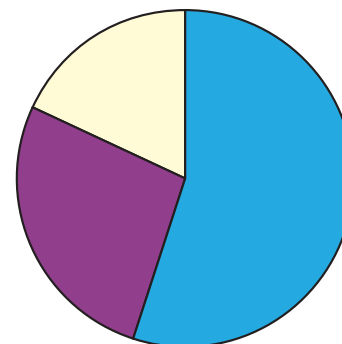
Healthy Menu: 4 to 8 years. Calorific Requirement: 1,200 – 1,400 kcal

		FRIDAY	SATURDAY	SUNDAY
		*T.V.C.: 1,330.0 kcal **17% - 29% - 54%	*T.V.C.: 1,387.7 kcal **16% - 33% - 51%	*T.V.C.: 1,339.0 kcal **21% - 23% - 56%
BREAKFAST 15%	<ul style="list-style-type: none"> - Yoghurt, 0% fat, 1 pot, 125 g - Multigrain Crackers, 4, 32 g - Sugar-free Jam, 1 teaspoon, 5 g - Butter, serving for spreading, 5 g 	<ul style="list-style-type: none"> - Fresh Orange Juice, ½ glass, 100 ml - Wholemeal Bread, 2 servings, 40 g - Cooked Ham, 1 thin slice, 15 g - Tomato, 1 thin slice, 20 g 	<ul style="list-style-type: none"> - Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 teaspoon, 5 g - Breakfast Cereals, flakes, 1 small bowl, 40 g 	
T.V.C. %	199.0 kcal 13% - 28% - 59%	189.3 kcal 15% - 20% - 65%	205.6 kcal 19% - 5% - 75%	
MORNING SNACK 10%	<ul style="list-style-type: none"> - Apple, medium, 150 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml - Milk Fermented Milk w/ L. casei 0%, 1 pot, 105 ml - Almonds, 8, 8 g 	<ul style="list-style-type: none"> - Maria Biscuits, 4, 20 g - Burgos Cheese, 2 thin slices, 30 g 	<ul style="list-style-type: none"> - Strawberries, 3 small, 45 g - Milk, Chocolate and Yoghurt Biscuits, 2, 23 g - Yoghurt, 0% fat, 1 pot, 125 g 	
T.V.C. %	157.4 kcal 12% - 29% - 59%	146.3 kcal 13% - 44% - 43%	153.0 kcal 16% - 27% - 57%	
LUNCH 30- 35%	<ul style="list-style-type: none"> - Canarian "Rancho" Stew, 1 ladle, 150g - Turkey Medallion, 1 slice, 60 g - Boiled Potatoes, sliced, 3-4 pieces, 50 g - Watermelon, 10 large pieces, 200 g - Wholemeal Bread, 1 serving, 20 g 	<ul style="list-style-type: none"> - French beans w/ Fresh Tomato Sauce and Ham, 1 ladle 150 g - Fish Stew, (white fish), 150 g - Banana, 1 small, 100 g - Wholemeal Bread, 1 serving, 20 g 	<ul style="list-style-type: none"> - Cabbage, Lettuce, Pineapple and Mayonnaise Salad, 120 g - Melon, 1 slice, 250 g - Wholemeal Bread, 1 serving, 20 g 	
T.V.C. %	430.6 kcal 20% - 20% - 60%	458.5 kcal 19% - 39% - 42%	456.3 kcal 24% - 28% - 50%	
AFTERNOON SNACK 15%	<ul style="list-style-type: none"> - Sliced Brown Bread, 2 slices, 50 g - Burgos Cheese, 2 thin slices, 30 g - Tomato, 2 thin slices, 30 g 	<ul style="list-style-type: none"> - Liquid Yoghurt, low fat, 1 pot, 200 ml - Breakfast Cereals, flakes, ½ small bowl, 20 g 	<ul style="list-style-type: none"> - Multigrain Crackers, 4, 32 g - Serrano Ham, 2 thin slices, 20 g - Tomato, 2 thin slices, 30 g 	
T.V.C. %	175.2 kcal 18% - 29% - 53%	171.0 kcal 25% - 2% - 73%	160.5 kcal 24% - 16% - 60%	
DINNER 25- 30%	<ul style="list-style-type: none"> - Cream of Pumpkin Soup, 1 ladle, 150 g - Scrambled Egg w/ Mushrooms 100 g - Cherries, 9-10, 80 g - Pear, 1 medium, 160 g - Wholemeal Bread, 1 serving, 20 g 	<ul style="list-style-type: none"> - Paisana Soup, 1 ladle, 150 g - Carrot and Egg Croquettes, 3, 75 g - Tomato, sliced and Tuna, 75 g - Pear, med./small, 100 g 	<ul style="list-style-type: none"> - Cream of carrot Soup, 1 ladle, 150 g - Breaded Fillet of Hake, 100 g - Lettuce Julienne, 100 g - Apple, 1 medium, 120 g 	
T.V.C. %	367.8 kcal 16% - 42% - 42%	422.6 kcal 12% - 40% - 48%	363.6 kcal 21% - 29% - 50%	

*T.C.V.: Total Calorific Value · ** Percentages of protein, fat and carbohydrates, respectively.

See Annexe 1 for an explanation of the weights and measures.

Averaged Nutritional Contribution



CARBOHYDRATES	55%
FAT	27%
PROTEIN	18%
Kcal totals	1.361,0

AVERAGE VALUES	MENU 4 to 8 years 1,200 - 1,400 kcal
Total Calories	1,361.0 kcal
Proteins (% T.V.C. - g)	18% - 61.3 g
Fat (% T.V.C. - g)	27% - 40.4 g
Carbohydrates (% T.V.C. - g)	55% - 187.7 g
Fibre (g)	22.6
Calcium (mg)	881.7
Iron (mg)	14.7
Zinc (mg)	7.3
Sodium (mg)	1,083.2
Potassium (mg)	2,822.6
Phosphorus (mg)	1,161.1
Vitamin D (µg)	5.6
Saturated Fat (g)	10.0
Monounsaturated Fat (g)	18.2
Polyunsaturated Fat (g)	4.9