

WEEK 1

Healthy Menu: 9 to 13 years. Calorific Requirement: 1,600 – 1,600 kcal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	*T.V.C.: 1,781.1 kcal **18% - 27% - 55%	*T.V.C.: 1,783.7 kcal **20% - 30% - 50%	*T.V.C.: 1,772.1 kcal **18% - 27% - 55%	*T.V.C.: 1,705.4 kcal **19% - 26% - 55%
BREAKFAST 15%	- Skimmed Milk, 1 glass, 200 ml - Chocolate Cereals, 2.5 handfuls, 40 g	- Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 teaspoon, 5 g - Strawberries, 3-4 med./small, 60 g - Breakfast Cereals, flakes, 1 small bowl, 40 g	- Papaya, chopped, 1 serving, 150 g - Skimmed Milk, 1 glass, 200 ml - Wheat Gofio 4 level soup spoons, 40 g	- Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 teaspoon, 5 g - Porridge Oats, 5 soup spoons, 50 g
T.V.C. %	230.7 kcal 18% - 7% - 75%	226.7 kcal 18% - 6% - 76%	261.3 kcal 20% - 6% - 74%	239.3 kcal 25% - 13% - 62%
MORNING SNACK 10%	- Cherries, 3-4, small, 60 g - Fibre Biscuits w/ Sesame, 2, 20 g - Yoghurt, 0% fat, 1 pot, 125 g	- Fermented Milk 0%, 1 pot, 105 ml - Apple, medium, 150 g - Almonds, 15, 15 g	- Wholemeal Bread, 2 slices, 40 g - Cooked Ham, 1 thin slice, 15 g - Mandarin, medium, 150 g	- Banana, medium/large, 160 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml
T.V.C. %	161.1 kcal 14% - 20% - 66%	201.1 kcal 13% - 39% - 48%	186.2 kcal 16% - 13% - 71%	172.1 kcal 12% - 5% - 83%
LUNCH 30- 35%	- Macaroni w/ Tomato Sauce, Parmesan Cheese, 1 ladle, 150 g - Veal steak, 1 small fillet, 80 g - Mixed Salad w/ Grated Carrot, Dressing, 120 g - Mandarin, medium/large, 150 g - Wholemeal Bread, 1 serving, 20 g	- Chard and Chickpea Stew, 1 ladle, 150 g - Rabbit in Salmorejo Sauce, 3 pieces, 125 g - Canarian Wrinked Potatoes, 5 small, 120 g - Watermelon, 12 large pieces, 250 g - Wholemeal Bread, 1 serving, 20 g	- Vegetable and Sweetcorn Stew 1 full ladle, 180 g - Tuna Pizza w/ Mushrooms, Cheese 2 slices, 180 g - Lettuce and Chopped Tomato Salad, 160 g - Nectarine, 1 medium, 150 g	- Soup of Green Vegetables w/ Egg, 1½ ladles, 200g - Chicken Meatballs in Sauce, 5, 120 g - Carrots and French Beans, Steamed, with diced Potatoes, 200 g - Orange, med./large, 200 g - Wholemeal Bread, 1 serving, 20 g
T.V.C. %	658.9 kcal 20% - 32% - 48%	562.2 kcal 22% - 30% - 48%	565.6 kcal 21% - 33% - 46%	556.1 kcal 21% - 27% - 52%
AFTERNOON SNACK 15%	- Fresh Orange Juice, Half Glass, 100 ml - Wholemeal Bread, 1 serving, 20 g - Cooked ham, 2 thin slices, 30 g	- Yoghurt, 0% Fat, 1 pot, 125 ml - Wholemeal Bread, 2 servings, 40 g - Manchego Cheese, 2 thin slices, 30 g - Tomato, 2 thin slices, 30 g	- Liquid Yoghurt, low fat, 1 pot, 200 ml - Breakfast Cereals, flakes, ½ bowl, 20 g	- Yoghurt, 0% fat, 2 pots, 250 g - Biscuits w/ Milk, Chocolate and Yoghurt, 4, 46g
T.V.C. %	248.7 kcal 18% - 17% - 65%	248.5 kcal 25% - 34% - 41%	171.0 kcal 25% - 2% - 73%	274.3 kcal 17% - 28% - 55%
DINNER 25- 30%	- Spanish Omelette w/ Spinach, 1 large wedge, 150 g - Sliced Tomato w/ Tuna, 1 med., 150 g - Fresh or Tinned Pineapple, chopped, 4 soup spoons, 150 g	- Vegetable and Carrot Soup w/ Noodles, 1 ladle, 120 g - Hake a la Romana, 1 small fillet, 100 g - Sautéed Courgette, diced, small/med. 120 g - Kiwi Fruit, 1 medium, 150 g - Wholemeal Bread, 1 serving, 20 g	- Cream of Carrot Soup, 1 large ladle, 180 g - Ham Croquettes, 4-5, 120 g - Chips, 1½ small potatoes, 80 g - Apple, 1 medium, 150 g	- Spanish Country Omelette, (w/ Onion, Peppers, and Ham), 2 wedges, 180 g - Mixed Salad w/ Grated Carrot, 150 g - Melon, 1 wedge, 200 g - Wholemeal Bread, 2 servings, 40 g
T.V.C. %	481.7 kcal 18% - 37% - 45%	545.2 kcal 18% - 35% - 47%	588.0 kcal 12% - 43% - 45%	463.6 kcal 18% - 38% - 44%

*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: 9 to 13 years. Calorific Requirement: 1,600 – 1,800 kcal

FRIDAY		SATURDAY		SUNDAY	
*T.V.C.: 1,748.4 kcal **20% - 28% - 52%		*T.V.C.: 1,802.2 kcal **16% - 25% - 59%		*T.V.C.: 1,791.4 kcal **17% - 31% - 52%	
BREAKFAST 15%	- Fresh Orange Juice, ½ glass, 100 ml - Wholemeal Bread, 8 cm, 40 g - Fresh Goat's Cheese, 3 thin slices, 45 g - Tomato, 1 slice, 20 g	- Skimmed Milk, 1 glass, 200 ml - Chocolate Cereals, 1 small bowl, 40 g - Almonds, 1 soup spoon, 5 g	- Liquid Yoghurt, low fat, 1 small pot, 100 ml - Wholemeal Bread, 9 cm, 50 g - Olive Oil, 1 teaspoon, 5 g - Serrano Ham,, 2 thin slices, 20 g		
T.V.C. %	268.6 kcal 18% - 35% - 47%	218.9 kcal 20% - 15% - 65%	292.9 kcal 27% - 20% - 53%		
MORNING SNACK 10%	- Multigrain Crackers, 4, 32 g - Cook Ham, 2 thin slices, 30 g	- Banana, 1 large, 150 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml	- Pineapple, chopped, 2-3 heaped soup spoons, 75 g - Custard (semi-skimmed milk), 1 pot, 135 ml		
T.V.C. %	181.8 kcal 21% - 29% - 50%	163.3 kcal 12% - 5% - 83%	201.0 kcal 11% - 26% - 53%		
LUNCH 30- 35%	- Watercress and bean Stew, 1 full ladle, 180 g - Grilled Tuna, 1 fillet, 80 g - Canarian Green Mojo, 2 soup spoon, 20 ml - Canarian Wrinked Potatoes, 3 egg-sized, 120 g - Mango, medium, 200 g - Yoghurt, 0% fat, 1 pot, 125 g - Wholemeal Bread, 1 serving, 20 g	- French beans w/ Fresh Tomato Sauce, Sliced Ham, 1 full ladle, 180 g - Lentil Stew (4½ full soup spoons), white rice, (3 rounded soup spoons), 180 g - Papaya, 1 serving, 150 g - Wholemeal Bread, 1 serving, 20 g	- Chickpea and Spinach Stew, 1 large full ladle, 200g - Chayote, vegetable and egg filling, 2 halves, 340 g - Kiwi Fruit, medium, 150 g - Wholemeal Bread, 1 serving, 20 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml		
T.V.C. %	597.3 kcal 22% - 25% - 53%	674.5 kcal 16% - 21% - 63%	518.7 kcal 14% - 31% - 55%		
AFTERNOON SNACK 15%	- Raisins, 1 handful, 40 g - Almonds, 15, 15 g - Yoghurt, low fat, 1 pot, 125 ml	- Yoghurt Bio Normal, 1 pot, 125 ml - Biscuits, "Bifidus" with Sesame Seeds, 3, 30 g	- Wholemeal Bread, 2 servings, 40g - Burgos Cheese, 2 thin slices, 30 g - Tomato, 2 slices, 30 g - Olive Oil, 1 teaspoon, 5 ml - Fresh Orange Juice, 1 small glass, 100 ml		
T.V.C. %	236.7 kcal 12% - 32% - 56%	253.4 kcal 15% - 19% - 66%	249.6 kcal 12% - 36% - 52%		
DINNER 25- 30%	- Cream of Vegetable Soup, 1¼ ladle, 180 g - Roast Turkey, 1 fillet, 80 g - Tomato with Parmesan Cheese, sliced and baked, 1 large, 120 g - Wholemeal Bread, 1 serving, 20 g	- Paisana Soup, 1½ large ladle, 200 g - Grilled Pork Loin, 1 serving, 60 g - Carrots and French Beans with Chips, 150g - Strawberries, 6, 75 g - Wholemeal Bread, 1 serving, 20 g - Yoghurt, 0% fat, 1 pot, 125 g	- Cream of Pumpkin Soup, 1¼ ladle, 180 g - Fish Stew, (white fish), 180 g - Pear, medium/large, 180 g - Wholemeal Bread, 1 serving, 20 g		
T.V.C. %	464.0 kcal 22% - 27% - 51%	498.2 kcal 19% - 35% - 46%	529.2 kcal 18% - 37% - 45%		

*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: 9 to 13 years. Calorific Requirement: 1,600 – 1,800 kcal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	*T.V.C.: 1,779.4 kcal **19% - 27% - 54%	*T.V.C.: 1,819.5 kcal **19% - 29% - 52%	*T.V.C.: 1,751.8 kcal **16% - 34% - 50%	*T.V.C.: 1,784.5 kcal **18% - 29% - 53%
BREAKFAST 15%	- Skimmed Milk, 1 glass, 200 ml - Breakfast Chocolate Cereals, 1 full small bowl, 50g	- Fresh Orange Juice, ½ glass, 100 ml - White Bread, 2 slices, 40 g - Manchego Cheese, 2 thin slices, 40 g - Tomato, 1 slice, 20 g	- Skimmed Milk, 1 glass, 200 ml - Breakfast Cereals, flakes, 1 full small bowl, 50 g - 1 full small bowl, 50 g	- Skimmed Milk, 1 glass, 200 ml - Muesli w/ Fruit, sugar free, 2 handfuls, 50 g - Strawberries, 3, small, 45 g
T.V.C. %	230.7 kcal 18% - 7% - 75%	260.2 kcal 20% - 32% - 48%	230.7 kcal 18% - 7% - 75%	228.2 kcal 23% - 14% - 63%
MORNING SNACK 10%	- Mandarin, small/med., 120 g - Biscuits "Bifidus" w/ Sesame Seeds, 2, 20 g	- Fermented Milk w/ L. casei, 0% fat, 1 pot, 105ml - Banana, 1 medium, 150 g	- Wholemeal Bread, 2 servings, 40 g - Fresh Goat's Cheese, 2 slices, 40 g	- Sliced Brown Bread, 2 med. slices, 50 g - Fresh Burgos Cheese, 2 thin slices, 30 ml - Fermented Milk w/ L. casei, 0% fat, 1 pot, 105ml
T.V.C. %	157.3 kcal 14% - 19% - 67%	163.3 kcal 13% - 5% - 82%	176.2 kcal 19% - 36% - 45%	196.5 kcal 21% - 26% - 53%
LUNCH 30- 35%	- Pea and Carrot Stew, 10½ soup spoons, 160 g - Chicken Breast, grilled, 1 small fillet, 80 g - Chips, 3 small potatoes, 150 g - Banana, 1 med. 150g - Wholemeal Bread, 1 serving, 20 g	- Marrow Stew, 2 ladles, 180 g - Sardines, fried, 3 med./small, 130 g - Boiled Potatoes, sliced, 6 soup spoons, 150 g - Kiwi Fruit, 2 med./large, 180 g - Wholemeal Bread, 1 serving, 20 g	- Chickpea and Vegetable Stew, 1 full ladle, 180 g - Pizza, Ham and Cheese and Mushroom 2 slices, 180 g - Mixed Salad w/ Olives, 150 g - Orange, large, 200g	- Watercress and Bean Stew, 1 full ladle, 180 g - Rioja Style Chicken, 3 pieces, 150 g - Chips, 2 small potatoes, 100 g - Mandarin, med./large, 180 g - Wholemeal Bread, 1 serving, 20g
T.V.C. %	678.9 kcal 21% - 35% - 44%	600.0 kcal 20% - 32% - 48%	679.8 kcal 16% - 42% - 42%	572.1 kcal 19% - 34% - 47%
AFTERNOON SNACK 15%	- Breakfast Cereals, flakes 2 handfuls, 30 g - Yoghurt, normal bio, 2 thin slices, 30 g. 1 pot, 125 g. Mixed together in a bowl	- Wholemeal Bread, 3 servings, 60 g - Low fat Melted Cheese, for spreading 20 g - Cooked Ham, 1 thin slice, 15 g	- Pistachio Nuts, 15, 15 g - Raisins, 30, 15 g - Liquid Yoghurt with fruit pulp, 1 small pot, 125 g	- Fresh Orange Juice, ½ glass, 100 ml - Toast, 3 slices, 30 g - Low fat Melted Cheese, 30 g - Jam, sugar –free, 2 teaspoons, 10 g - Almonds, 5, 5 g
T.V.C. %	210.9 kcal 17% - 14% - 69%	195.9 kcal 23% - 16% - 61%	210.1 kcal 11% - 40% - 49%	239.9 kcal 16% - 21% - 63%
DINNER 25- 30%	- Spanish Omelette, 2 wedges, 150 g - Tomato w/ Oregano, sliced, 1 medium, 150 g - Papaya, 1 serving, 180 g - Wholemeal Bread, 2 servings, 40 g	- Vegetable and Carrot Soup w/ Noodles, 1½ ladles, 150 g - Veal Hamburger w/cheese, grilled, medium, 90g - Stewed Vegetables, 100 g - Strawberry Milkshake, 1 soup spoon sesame seed, ¾ glass, 150 ml	- Leek Purée, 1½ ladles, 180 g - Vegetable Terrine, (w/ Egg), 1 serving, 120 g - Apple, 1 med./small, 150 g - Wholemeal Bread, 1 serving, 20 g - Yoghurt, 0% fat, 1 pot, 125 g	- Carrot Soup with Pasta Stars, 10 soup spoons or 1½ ladles, 150 g - Mackerel Fish Balls, 5, 120 g - Carrot, French Beans and Courgette, 100 g - Pear, med./small 120g - Yoghurt, 0% fat, 1 pot, 125 g
T.V.C. %	501.6 kcal 18% - 33% - 49%	600.1 kcal 18% - 42% - 40%	455.0 kcal 14% - 35% - 51%	547.8 kcal 16% - 35% - 49%

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

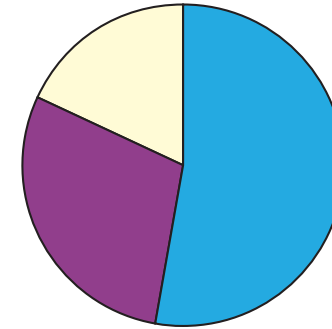
Healthy Menu: 9 to 13 years. Calorific Requirement: 1,600 – 1,800 kcal

	FRIDAY *T.V.C.: 1,787.9 kcal **17% - 29% - 54%	SATURDAY *T.V.C.: 1,802.3 kcal **17% - 33% - 50%	SUNDAY *T.V.C.: 1,768.3 kcal **20% - 26% - 54%
BREAKFAST 15%	- Yoghurt, 0% fat, 1 pot, 125 g - Multigrain Crackers, 5, 40 g - Sugar-free Jam, 2 teaspoons, 10 g - Butter, serving for spreading, 8 g	- Fresh Orange Juice, ½ glass, 100 ml - Wholemeal Bread, 2 servings, 40 g - Cooked Ham, 1 thin slice, 15 g - Tomato, 2 thin slices, 40 g - Olive Oil, 1 teaspoon, 5 g	- Skimmed Milk, 1 glass, 200 ml - Wheat Gofio, 4 level soup spoons, 40 g - Strawberries, 5 small, 75 g
T.V.C. %	259.2 kcal 12% - 32% - 56%	275.3 kcal 16% - 23% - 61%	220.7 kcal 23% - 8% - 69%
MORNING SNACK 10%	- Apple, medium, 150 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml - Almonds, 10, 10 g	- Toast, 2 slices, 20 g - Cheese Triangle, 1, 15 g - Yoghurt, 0% fat, 1 pot, 125 g	- Fermented Milk w/ L. casei 0%, 1 pot, 105 ml - Madeira Cake, home-made, 1 serving, 40 g
T.V.C. %	169.6 kcal 12% - 32% - 56%	158.9 kcal 22% - 28% - 50%	218.2 kcal 9% - 26% - 65%
LUNCH 30- 35%	- Canarian "Rancho" Stew, 1 large ladle, 200 g - Turkey Medallion, 1 slice, 80 g - Boiled Potatoes, sliced, 4 soup spoons, 100 g - Watermelon, 10 large pieces, 200 g - Wholemeal Bread, 1 serving, 20 g	- French beans w/ Fresh Tomato Sauce and Ham, 1 ladle 200 g - Fish Stew, (white fish), 180 g - Banana, 1 medium, 150 g - Wholemeal Bread, 4 cm, 30 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml	- Cabbage, Lettuce, Pineapple and Mayonnaise Salad, 150 g - Paella (Meat and Seafood), 1 small plate, 200 g - Melon, 1 slice, 250 g - Wholemeal Bread, 1 serving, 20 g
T.V.C. %	566.1 kcal 20% - 21% - 59%	635.5 kcal 19% - 35% - 46%	598.1 kcal 22% - 27% - 51%
AFTERNOON SNACK 15%	- Wholemeal Bread, 2 serving, 40 g - Fresh Goat's Cheese, 2 thin slices, 30 g - Tomato, 2 thin slices, 30 g - Liquid Yoghurt, low fat, 1 small pot, 100 ml	- Skimmed Milk with Calcium, 1 glass, 200 ml - Breakfast Cereals, flakes, 2 handfuls, 30 g - Chopped or Blanched Almonds, 2 soups poons, 10 g	- Multigrain Crackers, 4, 32 g - Turkey Breast, 1 thin slice, 15 g - Manchego Cheese, 2 thin slices, 30 g - Yoghurt, 0% fat, 1 pot, 125 g
T.V.C. %	231.1 kcal 24% - 27% - 49%	213.1 kcal 21% - 27% - 52%	280.0 kcal 26% - 34% - 40%
DINNER 25- 30%	- Cream of Pumpkin Soup, 1½ ladle, 180 g - Scrambled Egg w/ Mushrooms 120 g - Cherries, 18-20, 160 g - Wholemeal Bread, 2 servings, 40 g - Yoghurt, 0% fat, 1 pot, 125 g	- Soup Julienne, 1½ ladles, 150 g - Carrot and Egg Croquettes, 4, 100 g - Tomato, sliced and Tuna, 4-5 soup spoons, 80 g - Pear, med./small, 120 g - Yoghurt, 0% fat, 1 pot, 125 g	- Cream of carrot Soup, 1½ ladles, 180 g - Breaded Fillet of Hake, 100 g - Lettuce Julienne, 100 g - Apple, 1 med./large, 150 g - Wholemeal Bread, 1 servings, 20 g
T.V.C. %	561.9 kcal 16% - 34% - 50%	519.5 kcal 13% - 40% - 47%	451.3 kcal 19% - 26% - 55%

*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	53%
FAT	29%
PROTEIN	18%
Kcal totales	1,777.3

VALORES MEDIOS	MENÚ 9 a 13 años 1,600- 1,800 kcal
Kcal totals	1,777.3 kcal
Protein (% T.V.C. - g)	18% - 80.7 g
Fat (% T.V.C. - g)	29% - 56.8 g
Carbohydrates (% T.V.C. - g)	53% - 235.3 g
Fibre (g)	28.2
Calcium (mg)	1,306.2
Iron (mg)	19.8
Zinc (mg)	10.0
Sodium (mg)	1,485.7
Potassium (mg)	3,431.7
Phosphorus (mg)	1,595.2
Vitamin D (µg)	7.1
Saturated Fat (g)	14.2
Monounsaturated Fat (g)	26.8
Polyunsaturated Fat (g)	7.2