

# WEEK 1

## Healthy Menu: 14 to 18 years. Calorific Requirement: 1,800 – 2,200 kcal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	*T.V.C.: 2,153.0 kcal   **18% - 29% - 53%	*T.V.C.: 2,154.4 kcal   **18% - 28% - 54%	*T.V.C.: 2,098.6 kcal   **18% - 28% - 54%	*T.V.C.: 2,005.0 kcal   **20% - 29% - 51%
<b>BREAKFAST</b> <b>15%</b>	- Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 soup spoon 10 g - Breakfast Cereals, flakes, 1 small bowl, 40 g - Blanched Almonds, 2 soup spoons, 10 g	- Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 teaspoon, 5 g - Toast, 4 slices, 40 g - Melted Low Fate Cheese, for spreading, 20 g	- Skimmed Milk, 1 glass, 200 ml - Wheat Gofio, 4 soup spoons, 40 g - Papaya, 1 large slice, 200 g	- Skimmed Milk, 1 glass, 200 ml - Porridge Oats, 6 soup spoons, 60 g
<b>T.V.C.   %</b>	288.0 kcal   17% - 21% - 62%	304.1 kcal   21% - 12% - 67%	283.8 kcal   19% - 6% - 75%	311.1 kcal   22% - 11% - 67%
<b>MORNING</b> <b>SNACK</b> <b>10%</b>	- Cherries, 10-12, medium, 120 g - Biscuits "Bifidus" w/ Sesame Seeds, 4, 20 g	- Fermented Milk 0%, 1 pot, 105 ml - Apple, med./large, 180 g - Cashew Nuts, 8, 16 g	- Wholemeal Bread, 2 slices, 40 g - Cooked Ham, 2 thin slices, 20 g - Tomato, 1 slice, 20 g - Olive Oil, 1 teaspoon, 5 ml - Fermented Milk w/ L. casei 0% fat, 1 pot, 105ml	- Wholemeal Bread, 6 cm, 50 g - Fresh Goat's Cheese, 3 thin slices, 45 g
<b>T.V.C.   %</b>	255.5 kcal   7% - 24% - 69%	193.9 kcal   13% - 34% - 53%	204.9 kcal   24% - 29% - 47%	240.8 kcal   20% - 38% - 42%
<b>LUNCH</b> <b>30- 35%</b>	- Macaroni w/ Tomato Sauce, Parmesan Cheese, 1½ ladles, 200 g - Veal steak, 1 medium fillet, 100 g - Mixed Salad w/ Grated Carrot, Dressing, 120 g - Mandarin, large, 180 g - Yoghurt, Bio Normal, 1 pot, 125 g	- Chard and Chickpea Stew, 1 large ladle, 200 g - Rabbit in Salmorejo Sauce, 3 pieces, 125 g - Canarian Wrinkled Potatoes, 4 small, 150 g - Watermelon, 1 large slice, 250 g - Wholemeal Bread, 1 serving, 20 g - Liquid Yoghurt, low fat, 1 small pot, 100 g	- Vegetable and Sweetcorn Stew 1½ ladles, 250 g - Tuna Pizza w/ Mushrooms, Cheese large serving, 200 g - Mixed Salad w/ Asparagus, 160 g - Pancakes with Jam and Kiwi Fruit, 200 g	- Soup of Green Vegetables w/ Egg, 2 ladles, 250g - Chicken Meatballs in Sauce, 5, 120 g - Carrots and French Beans, Steamed, with diced Potatoes, 200 g - Orange, med./large, 200 g - Wholemeal Bread, 2 servings, 40 g
<b>T.V.C.   %</b>	785.9 kcal   19% - 34% - 47%	726.9 kcal   20% - 28% - 52%	674.0 kcal   21% - 35% - 44%	635.1 kcal   20% - 25% - 55%
<b>AFTERNOON</b> <b>SNACK</b> <b>15%</b>	- Fresh Orange Juice, 1 glass, 200 ml - Wholemeal Bread, 6 cm, 50 g - Serrano Ham, 3 thin slices, 30 g	- Fruit Yoghurt, low fat, 1 pot, 125 ml - Wholemeal Bread, 2 servings, 40 g - Cured pork loin, 2 slices, 26 g	- Liquid Yoghurt, low fat, 1 pot, 200 ml - Chocolate Breakfast Cereals, 2 handfuls, 30 g	- Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 teaspoon, 5 g - Biscuits w/ Chocolate, Yoghurt, 5, 58 g
<b>T.V.C.   %</b>	262.0 kcal   22% - 9% - 69%	300.4 kcal   17% - 29% - 54%	276.1 kcal   11% - 6% - 83%	315.3 kcal   18% - 32% - 50%
<b>DINNER</b> <b>25- 30%</b>	- Marrow Soup, 2 ladles, 200 g - Spanish Omelette w/ Spinach, 1 large wedge, 150 g - Sliced Tomato w/ Tuna, 1 med., 150 g - Fresh or Tinned Pineapple, chopped, 5-6 soup spoons, 150 g - Wholemeal Bread, 1 serving, 20 g	- Vegetable and Carrot Soup w/ Noodles, 1½ ladle, 150 g - Hake a la Romana, 1 med. fillet, 100 g - Sautéed Courgette, diced, medium, 150 g - Kiwi Fruit, 1 medium, 150 g - Wholemeal Bread, 1 serving, 20 g	- Cream of Carrot Soup, 2 ladles, 200 g - Ham Croquettes, 4-5, 120 g - Chips, 2 small potatoes, 100 g - Apple, 1 med./small 150 g - Yoghurt, 0% fat, 1 pot, 125 g	- Spanish Country Omelette, (w/ Onion, Peppers, and Ham), 2½ wedges, 200 g - Mixed Salad w/ Grated Carrot, 180 g - Melon, 1 slice, 200 g - Wholemeal Bread, 2 servings, 40 g
<b>T.V.C.   %</b>	561.6 kcal   19% - 40% - 41%	629.1 kcal   17% - 32% - 51%	659.8 kcal   14% - 40% - 46%	502.7 kcal   18% - 39% - 43%

\*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: 14 to 18 years. Calorific Requirement: 1,800 – 2,200 kcal

	FRIDAY *T.V.C.: 2,010.8 kcal   **18% - 29% - 53%	SATURDAY *T.V.C.: 2,052.6 kcal   **18% - 25% - 57%	SUNDAY *T.V.C.: 2,154.5 kcal   **16% - 29% - 55%
<b>BREAKFAST</b> 15%	- Fresh Orange Juice, 1 glass, 200 ml - Wholemeal Bread, 8 cm, 40 g - Fresh Goat's Cheese, 3 thin slices, 45 g	- Skimmed Milk, 1 glass, 200 ml - Chocolate Cereals, 1 small bowl, 40 g - Almonds, 3 soup spoons, 15 g	- Skimmed Milk, 1 glass, 200 ml - Instant Chocolate, 1 level soup spoon, 10 g - Multigrain Crackers, 6, 48 g - Sugar-free jam, 2 teaspoons, 10 g - Cooked Ham, 2 thin slices, 30 g
<b>T.V.C.   %</b>	310.3 kcal   16% - 31% - 53%	286.9 kcal   18% - 30% - 52%	330.5 kcal   24% - 21% - 55%
<b>MORNING</b> <b>SNACK</b> 10%	- Multigrain Crackers, 4, 32 g - Cook Ham, 2 thin slices, 20 g - Mandarin, medium, 150 g	- Banana, 1 large, 165 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml	- Pineapple, chopped, 4-5 heaped soup spoons, 120 g - Rice Pudding, semi-skimmed, 1 pot, 135 g
<b>T.V.C.   %</b>	214.2 kcal   20% - 13% - 67%	176.1 kcal   12% - 5% - 83%	214.4 kcal   10% - 12% - 78%
<b>LUNCH</b> 30- 35%	- Watercress and bean Stew, 1 large ladle, 120 g - Grilled Tuna, 1 fillet, 100 g - Canarian Green Mojo, 3 soup spoons, 30 ml - Canarian Wrinkled Potatoes, 3-4 egg-sized, 150 g - Mango, medium, 200 g - Wholemeal Bread, 2 servings, 20 g	- French beans w/ Fresh Tomato Sauce, Sliced Ham, 1 large ladle, 200 g - Lentil Stew (5 full soup spoons), white rice, (4 heaped soup spoons), 200 g - Papaya, 1 serving, 200 g - Yoghurt, 0% fat, 1 pot, 125 g	- Chickpea and Spinach Stew, 1 large full ladle, 250g - Chayote, vegetable and egg filling, Kiwi Fruit, med./large, 200 g - Wholemeal Bread, 1 serving, 20 g - Yoghurt, 0% fat, 1 pot, 125 g
<b>T.V.C.   %</b>	708.7 kcal   21% - 26% - 53%	744.9 kcal   17% - 22% - 61%	634.3 kcal   13% - 27% - 60%
<b>AFTERNOON</b> <b>SNACK</b> 15%	- Dried Peaches, 6, 42 g - Almonds, 30, 30 g - Yoghurt, low fat, 1 pot, 125 ml	- Liquid Yoghurt, low fat, 1 pot, 200 ml - Biscuits "Bifidus" w/ Sesame Seeds, 5, 50 g	- Wholemeal Bread, 3 servings, 30 g - Fresh Goat's cheese, 3 thin slices, 45 g - Tomato, 3 thin slices, 50 g - Olive Oil, 1 teaspoon, 5 ml
<b>T.V.C.   %</b>	288.3 kcal   13% - 43% - 44%	299.6 kcal   19% - 23% - 58%	321.3 kcal   16% - 44% - 40%
<b>DINNER</b> 25- 30%	- Cream of Vegetable Soup, 2 ladles, 200 g - Roast Turkey, 1 fillet, 80 g - Tomato, sliced, w/ Oregano, 1 med./large 150 g - Pear, med./large, 180 g - Wholemeal Bread, 1 serving, 20 g	- Paisana Soup, 1½ large ladle, 200 g - Grilled Pork Loin, 1 serving, 80 g - Mixed Salad w/ Cabbage, Pineapple, Tuna & Mayonnaise, 150 g - Strawberries, 8-10, 150 g - Wholemeal Bread, 2 serving, 40 g	- Cream of Pumpkin Soup, 2 ladles, 200 g - Fish Stew, (white fish), 200 g - Sharon Fruit, 3 medium, 150 g - Wholemeal Bread, 2 serving, 40 g
<b>T.V.C.   %</b>	489.3 kcal   18% - 31% - 51%	545.1 kcal   23% - 32% - 45%	654.0 kcal   17% - 33% - 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.

## WEEK 2

## Healthy Menu: 14 to 18 years. Calorific Requirement: 1,800 – 2,200 kcal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	*T.V.C.: 2,133.0 kcal   **19% - 28% - 53%	*T.V.C.: 2,113.5 kcal   **18% - 30% - 52%	*T.V.C.: 2,164.2 kcal   **15% - 29% - 56%	*T.V.C.: 2,176.3 kcal   **17% - 30% - 53%
<b>BREAKFAST</b> <b>15%</b>	- Skimmed Milk, 1 glass, 200 ml - Gofio, 5 level soup spoons, 50 g - Strawberries, 3 medium, 90 g	- Fresh Orange Juice, ½ glass, 200 ml - Sliced Brown Bread, 2 med. slices, 50 g - Fresh Burgos Cheese, 2 slices, 40 g	- Skimmed Milk, 1 glass, 200 ml - Breakfast Cereals, flakes, 1 full small bowl, 50 g - Banana, small, 80 g, chopped into cereal	- Skimmed Milk, 1 glass, 200 ml - Muesli w/ Fruit, sugar free, 2½ handfuls, 60 g - Strawberries, 5, small, 75 g
<b>T.V.C.   %</b>	264.1 kcal   21% - 7% - 72%	280.6 kcal   15% - 24% - 61%	296.7 kcal   15% - 5% - 80%	274.1 kcal   21% - 13% - 66%
<b>MORNING</b> <b>SNACK</b> <b>10%</b>	- Biscuits (Milk, Chocolate & Yoghurt), 3, 35 g	- Soya/Fig Biscuits, 2, 34 g - Apple, medium, 150 g	- Multigrain Biscuits, 4 32 g - Serrano Ham, 2 thin slices, 20 g - Fermented Milk w/ L. casei, 0% fat 1 pot, 105ml	- Sliced Brown Bread, 2 large slices, 60 g - Fresh Goat's cheese, 2 thin slices, 30 g - Tomato, 2 thin slices, 30 g
<b>T.V.C.   %</b>	183.2 kcal   14% - 31% - 55%	220.2 kcal   8% - 24% - 68%	181.8 kcal   27% - 15% - 58%	224.3 kcal   19% - 33% - 48%
<b>LUNCH</b> <b>30- 35%</b>	- Pea and Carrot Stew, 1 full ladle, 200 g - Chicken Breast, grilled, 1 medium fillet, 100 g - Chips, 3½ small potatoes, 180 g - Banana, 1 med. 150g - Wholemeal Bread, 2 servings, 40 g	- Marrow Stew, 1 full ladle, 250 g - Sardines, fried, 4 med., 150 g - Boiled Potatoes, sliced, 5 soup spoons, 150 g - Kiwi Fruit, 1 med./large, 180 g - Wholemeal Bread, 2 servings, 40 g - Fermented Milk w/ L. casei, 0% fat, 1 pot, 105 ml	- Chickpea and Vegetable Stew, 1 full ladle, 250 g - Pizza, Ham and Cheese and Mushroom small plate sized, 200 g - Mixed Salad w/ Olives, 150 g - Sharon Fruit, 4, 120 g	- Watercress and Bean Stew, 1 full ladle, 250 g - Rioja Style Chicken, 3 pieces, 150 g - Chips, 3 small potatoes, 150 g - Mandarin, med./large, 180 g - Wholemeal Bread, 1 serving, 20g
<b>T.V.C.   %</b>	843.2 kcal   22% - 35% - 43%	750.2 kcal   21% - 30% - 49%	765.5 kcal   16% - 35% - 49%	680.4 kcal   17% - 34% - 49%
<b>AFTERNOON</b> <b>SNACK</b> <b>15%</b>	- Breakfast Cereals, flakes 1 x 200 ml bowl, 40 g - Yoghurt, normal bio, 20 g Mixed together in a bowl	- Wholemeal Bread, 3 servings, 60 g - Manchego Cheese, 2 slices, 40 g - Tomato, 2 thin slices, 30 g	- Almonds, 25, 25 g - Raisins, 1 handful, 25 g - Fruit Yoghurt, Low Fat, 1 pot, 125 g	- Fresh Orange Juice, 1glass, 200 ml - Toast, 4 slices, 40 g - Cooked Ham, 2 thin slices, 30 g
<b>T.V.C.   %</b>	281.2 kcal   10% - 14% - 76%	300.7 kcal   22% - 37% - 41%	332.0 kcal   13% - 37% - 50%	330.0 kcal   14% - 24% - 62%
<b>DINNER</b> <b>25- 30%</b>	- Spanish Omelette, small plate sized, 200 g - Tomato, sliced, baked, w/ Parmesan Cheese, 1 medium, 150 g - Papaya, 1 serving, 150 g - Wholemeal Bread, 3 servings, 60 g	- Vegetable and Carrot Soup w/ Noodles, 1½ ladles, 150 g - Veal Hamburger w/cheese, grilled, medium, 100 g - Stewed Vegetables, 1 ladle, 120 g - Pineapple, chopped, 4 servings, 150g - Wholemeal Bread, 1 serving, 20 g	- Leek Purée, 2 ladles, 200 g - Vegetable Terrine, (w/ Egg), 1 serving, 150 g - Apple, 1 med./large, 180 g - Wholemeal Bread, 3 servings, 60 g	- Carrot Soup with Pasta Stars, 10 soup spoons or 1½ ladles, 150 g - Mackerel Fish Balls, 6, 150 g - Carrot, French Beans and Courgette, 120 g - Pear, medium, 150g - Yoghurt, 0% fat, 1 pot, 125 g - Wholemeal Bread, 1 serving, 20 g
<b>T.V.C.   %</b>	561.3 kcal   20% - 35% - 45%	561.8 kcal   17% - 32% - 51%	588.2 kcal   12% - 33% - 55%	667.5 kcal   16% - 33% - 51%

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

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

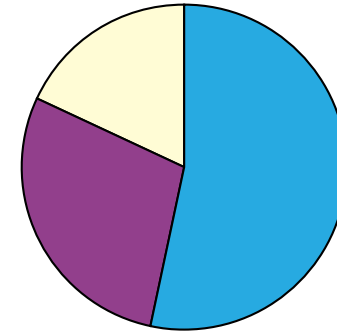
## Healthy Menu: 14 to 18 years. Calorific Requirement: 1,800 – 2,200 kcal

FRIDAY		SATURDAY		SUNDAY	
*T.V.C.: 2,125.9 kcal   **15% - 30% - 55%		*T.V.C.: 2,182.5 kcal   **15% - 34% - 51%		*T.V.C.: 2,023.9 kcal   **21% - 25% - 54%	
<b>BREAKFAST</b> 15%	- Yoghurt, 0% fat, 1 pot, 125 g - Multigrain Crackers, 6, 48 g - Sugar-free Jam, 1 rounded teaspoons, 10 g - Butter, serving for spreading, 8 g	- Fresh Orange Juice, 1 glass, 200 ml - Wholemeal Bread, 6 cm, 50 g - Fresh Goat's Cheese, 2 slices, 40 g	- Skimmed Milk, 1 glass, 200 ml - Wheat Gofio, 5 level soup spoons, 50 g - Papaya, 1 slice, 100 g		
<b>T.V.C.   %</b>	289.7 kcal   11% - 30% - 59%	320.5 kcal   15% - 27% - 58%	277.4 kcal   20% - 6% - 74%		
<b>MORNING</b> <b>SNACK</b> 10%	- Apple, med./large, 180 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml - Almonds, 12, 12 g	- Multigrain Crackers, 6, 48 g - Fresh Burgos Cheese, 1 slice, 20 g - Cooked ham, 1 thin slice, 15 g	- Wholemeal Bread, 6 cm, 50 g - Tinned Tuna, in Olive Oil, ½ tin, drained, 30 g		
<b>T.V.C.   %</b>	198.0 kcal   12% - 33% - 55%	248.4 kcal   16% - 28% - 56%	204.9 kcal   22% - 30% - 48%		
<b>LUNCH</b> 30- 35%	- Canarian "Rancho" Stew, 2 ladles, 250 g - Turkey Medallion in Sauce, 1 medium slice, 100 g - Boiled Potatoes, sliced, 5-6 soup spoons, 150 g - Watermelon, 1 slice, 200 g - Wholemeal Bread, 1 serving, 20 g	- French beans w/ Fresh Tomato Sauce and Ham, 1 ladle 200 g - Fish Stew, (white fish), 200 g - Banana, 1 medium, 150 g - Wholemeal Bread, 2 slices, 40 g - Fermented Milk w/ L. casei 0%, 1 pot, 105 ml	- Cabbage, Lettuce, Pineapple and Mayonnaise Salad, 150 g - Paella (Meat and Seafood), 1 full flat plate, 300 g - Melon, 1 large slice, 250 g - Wholemeal Bread, 1 slice, 20 g		
<b>T.V.C.   %</b>	702.5 kcal   20% - 21% - 59%	686.1 kcal   19% - 36% - 45%	678.7 kcal   23% - 28% - 49%		
<b>AFTERNOON</b> <b>SNACK</b> 15%	- Biscuits w/ Milk, Chocolate & Yoghurt, 4, 46 g - Vanilla Flan, without Egg, 1 pot, 110 g	- Yoghurt, 0% fat, 1 pot, 125 g - Breakfast Cereals, flakes, 2 handfuls, 30 g - Almonds, 20, 20 g All mixed together in a bowl, Almonds sliced or chopped	- Multigrain Crackers, 6, 48 g - Serrano Ham, 1 thin slice, 20 g - Manchego Cheese, 2 thin slices, 30 g - Tomato, 2 slices, 20 g - Olive Oil, 1 teaspoon, 5 ml		
<b>T.V.C.   %</b>	313.6 kcal   10% - 30% - 60%	272.0 kcal   13% - 37% - 50%	320.5 kcal   21% - 34% - 45%		
<b>DINNER</b> 25- 30%	- Cream of Pumpkin Soup, 2 ladles, 200 g - Scrambled Egg w/ Mushrooms 150 g - Cherries, 8, 160 g - Rye Bread, 2 slices, 40 g - Yoghurt, 0% fat, 1 pot, 125 g	- Soup Julienne, 1 large ladle, 200 g - Carrot and Egg Croquettes, 4, 100 g - Tomato, sliced, and Tuna, 6-7 soup spoons, 150 g - Pear, med./large, 160 g - Wholemeal Bread, 1 slice, 20 g	- Cream of carrot Soup, 2 ladles, 200 g - Breaded Fillet of Hake, 2 pieces, 100 g - Lettuce Julienne, 120 g - Apple, large, 180 g - Wholemeal Bread, 1 slices, 40 g		
<b>T.V.C.   %</b>	622.1 kcal   16% - 37% - 47%	655.5 kcal   12% - 38% - 50%	542.4 kcal   17% - 25% - 58%		

\*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



<b>CARBOHYDRATES</b>	<b>54%</b>
<b>FATS</b>	<b>29%</b>
<b>PROTEIN</b>	<b>17%</b>
<b>Kcal totals</b>	<b>2,110.0</b>

<b>AVERAGE VALUES</b>	<b>MENU 14 to 18 years 1,800 - 2,200 kcal</b>
Total Calories	2,110.0 kcal
Protein (% *T.V.C. - g)	17% - 92.7 g
Fat (% *T.V.C. - g)	29% - 67.5 g
Carbohydrates (% *T.V.C. - g)	54% - 282.4 g
Fibre (g)	33.2
Calcium (mg)	1,318.1
Iron (mg)	23.1
Zinc (mg)	11.7
Sodium (mg)	1,714.5
Potassium (mg)	4,041.8
Phosphorus (mg)	1,709.1
Vitamin D (µg)	8.1
Saturated Fat (g)	16.6
Monounsaturated Fat (g)	30.2
Polyunsaturated Fat (g)	8.5