

# Octubre 2024

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Menú elaborado por el Departamento de Nutrición de MAWERSA, S.L.

| Lunes  | Martes   | Miércoles | Jueves  | Viernes |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
|--|----------|-----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|-----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|--|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|-----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|-----|---|--|-------|----------|---------|---------|--------|-----|----|----|-----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|-----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|----|----|--|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|---|-----|---|--|-------|----------|---------|---------|--------|-----|----|----|-----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|-------|----------|---------|---------|--------|-----|----|----|----|---|
|  <p>7</p> <p>MACARRONES CARBONARA CON BACON CRUJIENTE</p> <p>REVUELTO DE HUEVO CON ENSALADA DE LECHUGA, ZANAHORIA RALLADA</p> <p>YOGUR FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>693</td> <td>34</td> <td>38</td> <td>62</td> <td>9</td> </tr> </tbody> </table> <p>14</p> <p>FIDEUA CON MAGRO Y VERDURITAS</p> <p>DELICIAS DE MAR CON ENSALADA DE LECHUGA Y TOMATE</p> <p>YOGUR FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>717</td> <td>21</td> <td>24</td> <td>100</td> <td>2</td> </tr> </tbody> </table> <p>21</p> <p>CREMA DE VERDURAS Y HORTALIZAS</p> <p>TORTILLA DE YORK Y QUESO CON ENSALADA DE LECHUGA Y TOMATE ECOLÓGICO</p> <p>YOGUR FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>603</td> <td>34</td> <td>30</td> <td>61</td> <td>9</td> </tr> </tbody> </table> <p>28</p> <p>ARROZ CON TOMATE</p> <p>GALLO AL HORNO CON ENSALADA DE LECHUGA, ZANAHORIA RALLADA</p> <p>YOGUR FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>600</td> <td>25</td> <td>19</td> <td>89</td> <td>2</td> </tr> </tbody> </table> | Kcal.    | Prot.(g)  | Lip.(g) | H.C.(g) | AGS(g) | 693 | 34 | 38 | 62 | 9 | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | AGS(g) | 717 | 21 | 24 | 100 | 2 | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | AGS(g) | 603 | 34 | 30 | 61 | 9 | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | AGS(g) | 600 | 25 | 19 | 89 | 2 | <p>1</p> <p>CREMA DE CALABACIN Y PUERROS</p> <p>ALBÓNDIGAS DE TERNERA CON ARROZ INTEGRAL</p> <p>FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>625</td> <td>32</td> <td>22</td> <td>79</td> <td>4</td> </tr> </tbody> </table> <p>8</p> <p>ARROZ CON POLLO Y PAPAS</p> <p>BOQUERONES EN TEMPURA CON ENSALADA DE LECHUGA Y TOMATE</p> <p>FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>636</td> <td>25</td> <td>13</td> <td>106</td> <td>3</td> </tr> </tbody> </table> <p>15</p> <p>LENTEJAS CASERAS</p> <p>HUEVO FRITO CON SALSA DE TOMATE NATURAL</p> <p>FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>638</td> <td>33</td> <td>19</td> <td>87</td> <td>1</td> </tr> </tbody> </table> <p>22</p> <p>CODITOS BOLOÑESA</p> <p>GALLINETA MENIER</p> <p>FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> 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EN SALSA CON PATATAS AL ROMERO</p> <p>LECHE FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>662</td> <td>32</td> <td>27</td> <td>78</td> <td>6</td> </tr> </tbody> </table> <p>10</p> <p>PATATAS HUERTANA</p> <p>CACHELOS DE MERLUZA CON ENSALADA DE LECHUGA Y TOMATE</p> <p>FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>603</td> <td>33</td> <td>23</td> <td>70</td> <td>2</td> </tr> </tbody> </table> <p>17</p> <p>JUDIAS VERDES CON ZANAHORIA BABY</p> <p>ESCALOPE DE POLLO CON ENSALADA DE LECHUGA Y TOMATE</p> <p>LECHE FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>608</td> <td>32</td> <td>20</td> <td>80</td> <td>5</td> </tr> </tbody> 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| 32 | 20 | 80 | 5 | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | AGS(g) | 696 | 39 | 9 | 119 | 2 | <p>4</p> <p>SOPA DE COCIDO</p> <p>COMPLEMENTO DE COCIDO GARBANZOS, CHORIZO, POLLO, REPOLLO, MORCILLO</p> <p>FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>621</td> <td>28</td> <td>10</td> <td>100</td> <td>1</td> </tr> </tbody> </table> <p>11</p> <p>COLIOFLOR CON BECHAMEL</p> <p>RAGOUT DE PAVO CON GUARNICIÓN DE ARROZ BASMATI</p> <p>FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>AGS(g)</th> </tr> </thead> <tbody> <tr> <td>621</td> <td>28</td> <td>22</td> <td>76</td> <td>6</td> </tr> </tbody> </table> <p>18</p> <p>CANELONES DE CARNE</p> <p>PESCADILLA CON ENSALADA DE LECHUGA, PEPINILLOS, MAIZ</p> <p>FRUTA DE TEMPORADA</p> <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> 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| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 693  | 34       | 38        | 62      | 9       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 717  | 21       | 24        | 100     | 2       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 603  | 34       | 30        | 61      | 9       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 600  | 25       | 19        | 89      | 2       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 625  | 32       | 22        | 79      | 4       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 636  | 25       | 13        | 106     | 3       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 638  | 33       | 19        | 87      | 1       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 663  | 35       | 18        | 91      | 4       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 621  | 28       | 10        | 100     | 1       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 630  | 37       | 10        | 102     | 2       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 696  | 46       | 18        | 88      | 3       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 686  | 18       | 24        | 100     | 3       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 702  | 40       | 24        | 85      | 2       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 640  | 15       | 39        | 59      | 10      |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 662  | 32       | 27        | 78      | 6       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 603  | 33       | 23        | 70      | 2       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 608  | 32       | 20        | 80      | 5       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 608  | 32       | 20        | 80      | 5       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 696  | 39       | 9         | 119     | 2       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 621  | 28       | 10        | 100     | 1       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 621  | 28       | 22        | 76      | 6       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 609  | 38       | 18        | 74      | 2       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| Kcal.  | Prot.(g) | Lip.(g)   | H.C.(g) | AGS(g)  |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |
| 603  | 34       | 23        | 72      | 7       |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |    |  |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |   |     |   |  |       |          |         |         |        |     |    |    |     |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |       |          |         |         |        |     |    |    |    |   |

