

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

1



Dietista-Nutricionista  
Sandra Soria García  
Nº Colegiada:  
EUS00293

4

5

6

7

8

Macarrones con chorizo/  
Macaroni with chorizo

Filetes de sajonia a la plancha/  
Grilled saxony steaks

Pimientos asados/ Roasted peppers

Fruta variada/ Varied fruit

KCal 770 Lip 33 HC 74 Prot 42

**FESTIVO:  
VIRGEN DE SAN LORENZO**

11

12

13

14

15

Crema de verduras/  
Vegetables cream  
Pollo asado/  
Roasted chicken

Patatas asadas/ Roast potatos  
Fruta variada/ Varied fruit

KCal 640 Lip 31 HC 52 Prot 35

Alubias guisadas/  
Stewed beans  
Tortilla de jamón/  
Ham omelette

Ensalada/ Salad  
Fruta variada/ Varied fruit

KCal 677 Lip 30 HC 56 Prot 39

Arroz con tomate/  
Rice with tomato  
Filete de ternera a la plancha/  
Grilled beef steak

Ensalada/ Salad  
Fruta en almíbar/ Fruit in syrup

KCal 731 Lip 30 HC 81 Prot 34

Puré de patata y zanahoria/  
Mashed potato and carrot  
San Jacobo casero/  
Ham and cheese and breading

Pimientos asados/ Roasted peppers  
Actimel y fruta/ Actimel and fruit

KCal 581 Lip 21 HC 77 Prot 16

Lentejas con verduras/  
Lentils with vegetables  
Lenguadina rebozada/  
Breaded dab

Ensalada/ Salad  
Fruta variada/ Varied fruit

KCal 670 Lip 23 HC 66 Prot 44

18

19

20

21

22

Sopa de verduras y estrellas/  
Vegetables soup

Albóndigas con tomate/  
Meatballs with tomato  
Patatas fritas / Fries

Fruta variada/ Varied fruit

KCal 632 Lip 26 HC 65 Prot 31

Garbanzos con chorizo/  
Chickpeas with chorizo

Filete de pollo a la plancha/  
Grilled chicken fillet

Pimientos asados/ Roasted peppers

Fruta variada/ Varied fruit

KCal 641 Lip 22 HC 60 Prot 45

Pasta con tomate y atún/  
Pasta with tomato and tuna

Escalope de cerdo/  
Pork schnitzel

Ensalada/ Salad

Fruta variada/ Varied fruit

KCal 951 Lip 40 HC 93 Prot 53

Patatas con carne/  
Potatoes with meat

Merluza rebozada/  
Breaded hake

Ensalada/ Salad

Yogurt y fruta/ Yogurt and fruit

KCal 802 Lip 39 HC 65 Prot 45

Judías verdes con champiñones/  
Green beans with mushrooms

Tortilla de patatas/  
Spanish omelette

Ensalada/ Salad

Fruta variada/ Varied fruit

KCal 548 Lip 29 HC 49 Prot 18

25

26

27

28

29

Menestra de verduras/  
Vegetable stew

Pollo asado/  
Roasted chicken

Ensalada/ Salad

Fruta variada/ Varied fruit

KCal 547 Lip 29 HC 29 Prot 39

Crema de calabaza/  
Pumpkin cream

Tortilla de patatas/  
Spanish omelette

Ensalada/ Salad

Fruta variada/ Varied fruit

KCal 561 Lip 29 HC 56 Prot 17

Arroz con tomate/  
Rice with tomato

Filetes de lomo a la plancha/  
Grilled tenderloin steaks

Ensalada/ Salad

Fruta en almíbar/ Fruit in syrup

KCal 747 Lip 34 HC 81 Prot 28

Arroz con pollo/  
Chicken rice

Merluza en salsa de tomate/  
Hake in tomato sauce

Ensalada/ Salad

Natillas y fruta/ Custard and fruit

KCal 720 Lip 24 HC 87 Prot 36

Lentejas estofadas/  
Stewed lentils

Filete de ternera a la plancha/  
Grilled beef steak

Champiñones / Mushrooms

Fruta variada/ Varied fruit

KCal 690 Lip 23 HC 67 Prot 48

# EQUILIBRA TU DIETA

BALANCE YOUR DIET

## CADA DÍA

EVERY DAY

Desayuno  
Breakfast



20%



10%

Media mañana  
Morning snack



Cena  
Dinner

25%

35%



Comida  
Lunch

10%



Merienda  
Afternoon snack

## CADA COMIDA

EVERY MEAL



Agua  
Water



Aceites saludables  
Healthy oils



Lácteos  
Dairies

## RECOMENDACIONES PARA LAS CENAS

DINNER RECOMMENDATIONS

SI COMEMOS IF AT LUNCH WE EAT

POR LA NOCHE CENAMOS FOR DINNER WE'LL HAVE

Arroz, pasta, patatas o legumbres  
Rice, pasta, potatoes or legumes

Verduras crudas o cocidas  
Raw or cooked vegetables

Verduras / Vegetables

Arroz, pasta, patatas / Rice, pasta, potatoes

Carne / Meat

Pescado o huevos / Fish or eggs

Pescado / Fish

Carne o huevo / Meat or eggs

Huevos / Eggs

Carne o pescado / Meat or fish

Frutas / Fruits

Lácteos o fruta / Dairies or fruits

Lácteos / Dairies

Frutas / Fruits

