



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1	1	2	3	4
	Alubias con verduras/ Beans with vegetables Tortilla de patatas/ Spanish omelette Ensalada/ Salad Fruta variada/ Varied fruit	Pasta con tomate y chorizo/ Pasta with tomato and chorizo Merluza al ajillo/ Hake with garlic Ensalada/ Salad Fruta variada/ Varied fruit	Cocido castellano/ Castilian stew Sopa/ soup Garbanzos y verdura/ Chickpeas and vegetables Carnes/ Meats Natillas y fruta/ Custard and fruit	Judías verdes con patatas/ Green beans with potatoes Pollo asado/ Roasted chicken Ensalada/ Salad Fruta variada/ Varied fruit
KCal 785 Lip 29 HC 90 Prot 32	KCal 747 Lip 32 HC 75 Prot 36	KCal 635 Lip 23 HC 67 Prot 36	KCal 526 Lip 26 HC 36 Prot 33	
7	8	9	10	11
Puré de patata y zanahoria/ Mashed potato and carrot Carne de ternera guisada/ Stewed beef Patatas fritas / Fries Fruta variada/ Varied fruit	Lentejas con verduras/ Lentils with vegetables Pollo guisado/ Stewed chicken Verduras/ Vegetables Fruta variada/ Varied fruit	Paella/ Paella Tortilla francesa/ Omelette Ensalada/ Salad Fruta en almíbar/ Fruit in syrup	Sopa de ave y fideos/ Poultry and noodle soup Bacalao a la vizcaína/ Biscayan-style cod Patatas/ Potatoes Yogurt y fruta/ Yogurt and fruit	Alubias estofadas/ Stewed beans Escalope de cerdo/ Pork schnitzel Ensalada/ Salad Fruta variada/ Varied fruit
KCal 706 Lip 33 HC 64 Prot 34	KCal 730 Lip 27 HC 66 Prot 49	KCal 596 Lip 24 HC 73 Prot 19	KCal 569 Lip 21 HC 59 Prot 34	KCal 908 Lip 37 HC 81 Prot 54
14	15	16	17	18
Menestra de verduras/ Vegetable stew Filete de pollo empanado/ Breaded chicken fillet Ensalada/ Salad Fruta variada/ Varied fruit	Crema de calabaza/ Pumpkin cream Tortilla de patatas/ Spanish omelette Ensalada/ Salad Fruta variada/ Varied fruit	Patatas con carne/ Potatoes with meat Merluza rebozada/ Breaded hake Ensalada/ Salad Fruta variada/ Varied fruit	Pasta con tomate y atún/ Pasta with tomato and tuna Filetes rusos/ Russian steaks Pimientos asados/ Roasted peppers Actimel y fruta/ Actimel & fruit	Garbanzos con verduras/ Chickpeas with vegetables Salchichas blancas a la plancha/ Grilled white sausages Ensalada/ Salad Fruta variada/ Varied fruit
KCal 601 Lip 29 HC 41 Prot 40	KCal 561 Lip 29 HC 56 Prot 17	KCal 802 Lip 39 HC 65 Prot 45	KCal 791 Lip 31 HC 78 Prot 46	KCal 850 Lip 53 HC 56 Prot 32
21	22	23	24	25
Lentejas guisadas/ Stewed lentils Albóndigas con tomate/ Meatballs with tomato Patatas fritas / Fries Fruta variada/ Varied fruit	Arroz con pollo/ Rice with chicken Huevos con bechamel rebozados/ Eggs with bechamel batter Ensalada/ Salad Fruta variada/ Varied fruit	Crema de calabacín/ Cream of zucchini Filete de cerdo a la plancha/ Grilled pork steak Champiñones/ Mushrooms Fruta en almíbar/ Fruit in syrup	Garbanzos con chorizo/ Chickpeas with chorizo Lengüadina rebozada/ Breaded dab Ensalada/ Salad Natillas y fruta/ Custard and fruit	Brócoli al ajillo con bacon/ Garlic broccoli with bacon Pollo asado/ Roasted chicken Ensalada/ Salad Fruta variada/ Varied fruit
KCal 696 Lip 29 HC 56 Prot 48	KCal 815 Lip 33 HC 106 Prot 21	KCal 518 Lip 31 HC 32 Prot 26	KCal 704 Lip 29 HC 63 Prot 42	KCal 508 Lip 27 HC 24 Prot 38
28	29	30	31	
Patatas a la riojana/ Potatoes Riojana's style Filete de ternera a la plancha/ Grilled beef steak Champiñones/ Mushrooms Fruta variada/ Varied fruit	Alubias guisadas/ Stewed beans Tortilla de jamón/ Ham omelette Ensalada/ Salad Fruta variada/ Varied fruit	Pasta a la boloñesa/ Pasta Bolognese Bacalao al horno/ Baked cod Pimientos asados/ Roasted peppers Fruta variada/ Varied fruit	Lentejas estofadas/ Stewed lentils Filetes de sajonia a la plancha/ Grilled saxonny steaks Ensalada/ Salad Yogurt y fruta/ Yogurt and fruit	
KCal 662 Lip 27 HC 60 Prot 40	KCal 677 Lip 30 HC 56 Prot 39	KCal 638 Lip 19 HC 74 Prot 40	KCal 675 Lip 24 HC 64 Prot 47	

Dietista-Nutricionista
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EQUILIBRA TU DIETA

BALANCE YOUR DIET

CADA DÍA
EVERY DAY

Desayuno
Breakfast



Media mañana
Morning snack



Cena
Dinner

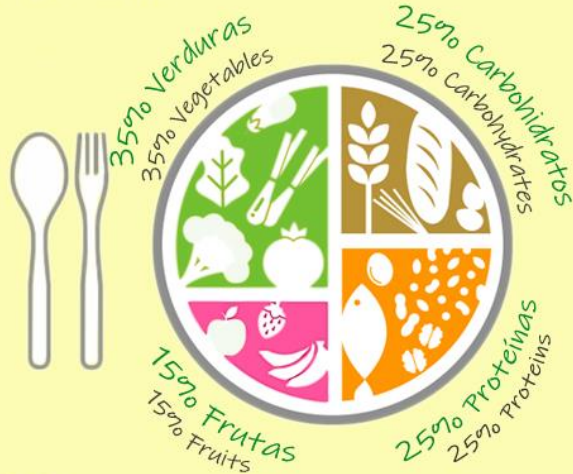


Comida
Lunch



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

