



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
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 saxony steaks Ensalada/ Salad Yogurt y fruta/ Yogurt and fruit	Crema de verduras/ Vegetables cream Pollo guisado/ Stewed chicken Verduras/ Vegetables Fruta variada/ Varied 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	KCal 591 Lip 29 HC 43 Prot 34
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Judías verdes con patatas/ Green beans with potatoes Salchichas blancas a la plancha/ Grilled white sausages Champiñones/ Mushrooms Fruta variada/ Varied fruit	Sopa de carne y fideos/ Beef noodle soup Huevos con bechamel rebozados/ Eggs with bechamel batter Ensalada/ Salad Fruta variada/ Varied fruit	Garbanzos con chorizo/ Chickpeas with chorizo Filete de pollo a la plancha/ Grilled chicken fillet Pimientos asados/ Roasted peppers Fruta en almíbar/ Fruit in syrup	Arroz con tomate/ Rice with tomato Filetes de lomo a la plancha/ Grilled tenderloin steaks Ensalada/ Salad Actimel y fruta/ Actimel & fruit	Lentejas con verduras/ Lentils with vegetables Lengua de buey rebozada/ Breaded dab Ensalada/ Salad Fruta variada/ Varied fruit
KCal 713 Lip 49 HC 39 Prot 24	KCal 559 Lip 30 HC 39 Prot 31	KCal 641 Lip 22 HC 60 Prot 45	KCal 747 Lip 34 HC 81 Prot 28	KCal 670 Lip 23 HC 66 Prot 44
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Crema de verduras/ Vegetables cream Albóndigas en salsa verde/ Meatballs in green sauce Patatas asadas/ Roast potatoes Fruta variada/ Varied fruit	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 636 Lip 28 HC 60 Prot 32	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
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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

 Dietista-Nutricionista  
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# EQUILIBRA TU DIETA

BALANCE YOUR DIET

CADA DÍA  
EVERY DAY

Desayuno  
Breakfast



Media mañana  
Morning snack



Cena  
Dinner

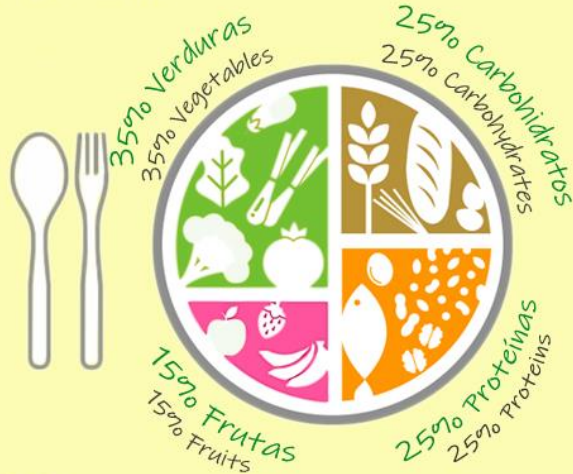


Comida  
Lunch



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