



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



Dietista-Nutricionista
Sandra Soria Garcia
Nº Colegiada:
EUS00293

 Dietista-Nutricionista Sandra Soria García Nº Colegiada: EUS00293										1 Pasta con tomate y chorizo/ Pasta with tomato and chorizo Merluza al ajillo/ Hake with garlic Ensalada/ Salad Fruta variada/ Varied fruit KCal 747Lip 32HC 75Prot 36					2 Cocido castellano/ Castilian stew Sopa/ soup Garbanzos y verdura/ Chickpeas and vegetables Carnes/ Meats Natillas y fruta/ Custard and fruit KCal 635Lip 23HC 67Prot 36					3 Judías verdes con patatas/ Green beans with potatoes Pollo asado/ Roasted chicken Ensalada/ Salad Fruta variada/ Varied fruit KCal 526Lip 26HC 36Prot 33				
6 Puré de patata y zanahoria/ Mashed potato and carrot Carne de ternera guisada/ Stewed beef Patatas fritas / Fries Fruta variada/ Varied fruit KCal 706Lip 33HC 64Prot 34					7 Lentejas con verduras/ Lentils with vegetables Pollo guisado/ Stewed chicken Verduras/ Vegetables Fruta variada/ Varied fruit KCal 730Lip 27HC 66Prot 49					8 Paella/ Paella Tortilla francesa/ Omelette Ensalada/ Salad Fruta en almíbar/ Fruit in syrup KCal 596Lip 24HC 73Prot 19					9 Sopa de ave y fideos/ Poultry and noodle soup Bacalao a la vizcaína/ Biscayan-style cod Patatas/ Potatoes Yogurt y fruta/ Yogurt and fruit KCal 569Lip 21HC 59Prot 34					10 Alubias estofadas/ Stewed beans Escalope de cerdo/ Pork schnitzel Ensalada/ Salad Fruta variada/ Varied fruit KCal 908Lip 37HC 81Prot 54				
13 FESTIVO: DÍA DE LA HISPANIDAD					14 Crema de calabaza/ Pumpkin cream Tortilla de patatas/ Spanish omelette Ensalada/ Salad Fruta variada/ Varied fruit KCal 561Lip 29HC 56Prot 17					15 Patatas con carne/ Potatoes with meat Merluza rebozada/ Breaded hake Ensalada/ Salad Fruta variada/ Varied fruit KCal 802Lip 39HC 65Prot 45					16 Pasta con tomate y atún/ Pasta with tomato and tuna Filetes rusos/ Russian steaks Pimientos asados/ Roasted peppers Actimel y fruta/ Actimel & fruit KCal 791Lip 31HC 78Prot 46					17 Garbanzos con verduras/ Chickpeas with vegetables Salchichas blancas a la plancha/ Grilled white sausages Ensalada/ Salad Fruta variada/ Varied fruit KCal 850Lip 53HC 56Prot 32				
20 Lentejas guisadas/ Stewed lentils Albóndigas con tomate/ Meatballs with tomato Patatas fritas / Fries Fruta variada/ Varied fruit KCal 696Lip 29HC 56Prot 48					21 Arroz con pollo/ Rice with chicken Huevos con bechamel rebozados/ Eggs with bechamel batter Ensalada/ Salad Fruta variada/ Varied fruit KCal 815Lip 33HC 106Prot 21					22 Crema de calabacín/ Cream of zucchini Filete de cerdo a la plancha/ Grilled pork steak Champiñones/ Mushrooms Fruta en almíbar/ Fruit in syrup KCal 518Lip 31HC 32Prot 26					23 Garbanzos con chorizo/ Chickpeas with chorizo Lenguadina rebozada/ Breaded dab Ensalada/ Salad Natillas y fruta/ Custard and fruit KCal 704Lip 29HC 63Prot 42					24 Brócoli al ajillo con bacon/ Garlic broccoli with bacon Pollo asado/ Roasted chicken Ensalada/ Salad Fruta variada/ Varied fruit KCal 508Lip 27HC 24Prot 38				
27 Patatas a la riojana/ Potatoes Riojana's style Filete de ternera a la plancha/ Grilled beef steak Champiñones/ Mushrooms Fruta variada/ Varied fruit KCal 662Lip 27HC 60Prot 40					28 Alubias guisadas/ Stewed beans Tortilla de jamón/ Ham omelette Ensalada/ Salad Fruta variada/ Varied fruit KCal 677Lip 30HC 56Prot 39					29 Pasta a la boloñesa/ Pasta Bolognese Bacalao al horno/ Baked cod Pimientos asados/ Roasted peppers Fruta variada/ Varied fruit KCal 638Lip 19HC 74Prot 40					30 Lentejas estofadas/ Stewed lentils Filetes de sajonia a la plancha/ Grilled saxony steaks Ensalada/ Salad Yogurt y fruta/ Yogurt and fruit KCal 675Lip 24HC 64Prot 47					31 DÍA NO LECTIVO: DÍA DEL DOCENTE				



EQUILIBRA TU DIETA

BALANCE YOUR DIET

CADA DÍA

EVERY DAY

Desayuno
Breakfast



20%



10%

Media mañana
Morning snack



25%

Cena
Dinner

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

