

LUNES							MARTES				MIÉRCOLES				JUEVES				VIERNES											
3							4				5				6				7											
Lentejas guisadas/ Stewed lentils							Arroz tres delicias/ Rice three delights				Crema de calabacín/ Cream of zucchini				Garbanzos con chorizo/ Chickpeas with chorizo				Brócoli al ajillo con bacon/ Garlic broccoli with bacon											
Albóndigas con tomate/ Meatballs with tomato							Escalope de cerdo/ Pork schnitzel				Tortilla de patatas/ Spanish omelette				Lengüadina rebozada/ Breaded dab				Pollo asado/ Roasted chicken											
Ensalada/ Salad							Pimientos asados/ Roasted peppers				Ensalada/ Salad				Ensalada/ Salad				Ensalada/ Salad											
Fruta variada/ Varied fruit							Fruta variada/ Varied fruit				Fruta variada/ Varied fruit				Natillas y fruta/ Custard and fruit				Fruta variada/ Varied fruit											
KCal 696	HC 29	Prot 56	Lip 48				KCal 998	HC 40	Prot 112	Lip 46			KCal 559	HC 32	Prot 50	Lip 16			KCal 704	HC 29	Prot 63	Lip 42			KCal 508	HC 27	Prot 24	Lip 38		
<b>10</b>							<b>11</b>				<b>12</b>				<b>13</b>				<b>14</b>											
Patatas en salsa verde/ Potatoes in green sauce							Alubias estofadas/ Stewed beans				DÍA DE LA HISPANIDAD				Menestra de verduras/ Vegetable stew				Macarrones con chorizo/ Macaroni with chorizo											
Filete de ternera a la plancha/ Grilled beef steak							Merluza a la vizcaína/ Hake in Biscay sauce								Huevos con bechamel rebozados/ Eggs with bechamel batter				Filete de pollo a la plancha/ Grilled chicken fillet											
Champiñones/ Mushrooms							Patatas cocidas/ Cooked potatoes				Ensalada/ Salad				Ensalada/ Salad				Ensalada/ Salad											
Fruta variada/ Varied fruit							Fruta variada/ Varied fruit				Fruta en almíbar/ Fruit in syrup				Yogurt y fruta/ Yogurt and fruit				Fruta variada/ Varied fruit											
KCal 623	HC 23	Prot 64	Lip 36				KCal 743	HC 18	Prot 91	Lip 44			KCal 593	HC 35	Prot 31	Lip 35			KCal 675	HC 25	Prot 68	Lip 42								
<b>17</b>							<b>18</b>				<b>19</b>				<b>20</b>				<b>21</b>											
Lentejas con verduras/ Lentils with vegetables							Judías verdes con patatas/ Green beans with potatoes				Arroz con tomate/ Rice with tomato				Crema de calabaza/ Pumpkin cream				Garbanzos estofados/ Stewed chickpeas											
Filetes de sajonia a la plancha/ Grilled saxony steaks							Filete de ternera a la plancha/ Grilled beef steak				Salmón a la plancha/ Grilled salmon				Pollo asado/ Roasted chicken				Tortilla francesa/ Omelette											
Pimientos asados/ Roasted peppers							Ensalada/ Salad				Ensalada/ Salad				Patatas fritas/ Fries				Ensalada/ Salad											
Fruta variada/ Varied fruit							Fruta variada/ Varied fruit				Fruta en almíbar/ Fruit in syrup				Actimel y fruta/ Actimel and fruit				Fruta variada/ Varied fruit											
KCal 666	HC 23	Prot 63	Lip 47				KCal 491	HC 23	Prot 36	Lip 32			KCal 792	HC 38	Prot 81	Lip 31			KCal 637	HC 31	Prot 52	Lip 34			KCal 588	HC 27	Prot 55	Lip 26		
<b>24</b>							<b>25</b>				<b>26</b>				<b>27</b>				<b>28</b>											
Crema de verduras/ Vegetables cream							Pasta a la carbonara/ Pasta carbonara				Ensalada campera/ Country salad				Cocido castellano/ Castilian stew Sopa/ soup				Coliflor gratinada/ Grated cauliflower											
Pollo guisado/ Stewed chicken							Merluza al ajillo con pimentón/ Hake in garlic with paprika				Salchichas blancas a la plancha/ Grilled white sausages				Garbanzos y verdura/ Chickpeas and vegetables				Tortilla de patatas/ Spanish omelette											
Verduras/ Vegetables							Ensalada/ Salad				Champiñones/ Mushrooms				Carnes/ Meats				Ensalada/ Salad											
Fruta variada/ Varied fruit							Fruta variada/ Varied fruit				Fruta variada/ Varied fruit				Yogurt y fruta/ Yogurt and fruit				Fruta variada/ Varied fruit											
KCal 591	HC 29	Prot 43	Lip 34				KCal 807	HC 40	Prot 73	Lip 37			KCal 958	HC 62	Prot 62	Lip 35			KCal 635	HC 23	Prot 67	Lip 36			KCal 654	HC 36	Prot 55	Lip 24		
<b>31</b>																														
Patatas a la riojana/ Potatoes Riojana's style																														
Filete de pollo a la plancha/ Grilled chicken fillet																														
Ensalada/ Salad																														
Fruta variada/ Varied fruit																														
KCal 587	HC 21	Prot 57	Lip 40																											

 Dietista-Nutricionista  
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# EQUILIBRA TU DIETA

BALANCE YOUR DIET

## CADA DÍA

EVERY DAY

Desayuno  
Breakfast



Media mañana  
Morning snack



Cena  
Dinner



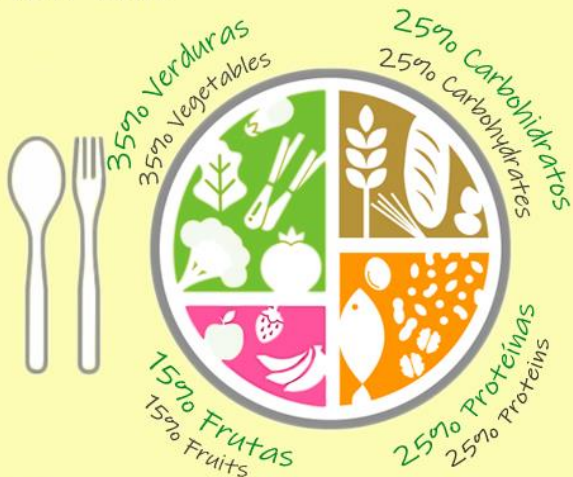
Comida  
Lunch



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

