

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

7	8	9	10	11
Patatas a la riojana/ Potatoes Riojana's style Filete de ternera a la plancha/ Grilled beef steak Champiñones/ Mushrooms Fruta variada/ Varied fruit KCal 662 HC 27 Prot 60 Lip 40	DÍA DE TODOS LOS SANTOS Alubias estofadas/ Stewed beans Escalope de cerdo/ Pork schnitzel Ensalada/ Salad Fruta variada/ Varied fruit KCal 908 HC 37 Prot 81 Lip 54	Judías verdes con patatas/ Green beans with potatoes Filete de pollo a la plancha/ Grilled chicken fillet Ensalada/ Salad Fruta en almíbar/ Fruit in syrup KCal 441 HC 17 Prot 36 Lip 33	Arroz con tomate/ Rice with tomato Lenguadina rebozada/ Breaded dab Ensalada/ Salad Natillas y fruta/ Custard and fruit KCal 779 HC 32 Prot 89 Lip 32	Lentejas con verduras/ Lentils with vegetables Tortilla francesa/ Omelette Ensalada/ Salad Fruta variada/ Varied fruit KCal 553 HC 21 Prot 58 Lip 29
14	15	16	17	18
Sopa de ave y fideos/ Poultry and noodle soup Carne de ternera guisada/ Stewed beef Patatas/ Potatoes Fruta variada/ Varied fruit KCal 610 HC 22 Prot 63 Lip 37	Lentejas estofadas/ Stewed lentils Salchichas blancas a la plancha/ Grilled white sausages Champiñones/ Mushrooms Fruta variada/ Varied fruit KCal 860 HC 46 Prot 67 Lip 39	Patatas con carne/ Potatoes with meat Merluza rebozada/ Breaded hake Ensalada/ Salad Fruta en almíbar/ Fruit in syrup KCal 802 HC 39 Prot 65 Lip 45	Brócoli al ajillo/ Garlic broccoli Huevos con bechamel rebozados/ Eggs with bechamel batter Ensalada/ Salad Actimel y fruta/ Actimel and fruit KCal 554 HC 33 Prot 26 Lip 34	Arroz con tomate/ Rice with tomato Filete de pollo a la plancha/ Grilled chicken fillet Pimientos asados/ Roasted peppers Fruta variada/ Varied fruit KCal 716 HC 24 Prot 87 Lip 35
21	22	23	24	25
Crema de verduras/ Vegetables cream Filete de ternera a la plancha/ Grilled beef steak Patatas asadas/ Roast potatoes Fruta variada/ Varied fruit KCal 605 HC 28 Prot 51 Lip 33	Garbanzos estofados/ Chickpea stew Tortilla de patatas/ Spanish omelette Ensalada/ Salad Fruta variada/ Varied fruit KCal 738 HC 32 Prot 76 Lip 29	Pasta con tomate y chorizo/ Pasta with tomato and chorizo Salmón a la plancha/ Grilled salmon Ensalada/ Salad Fruta variada/ Varied fruit KCal 786 HC 39 Prot 68 Lip 38	Menú asturiano/ Asturian menu Fabada/ Fabada Lomo al cabrales/ Cabrales loin Patatas fritas/ Fries Yogurt y fruta/ Yogurt and fruit KCal 991 HC 49 Prot 78 Lip 50	Judías verdes con patatas/ Green beans with potatoes Pollo asado/ Roasted chicken Ensalada/ Salad Fruta variada/ Varied fruit KCal 526 HC 26 Prot 36 Lip 33
28	29	30		
Lentejas estofadas/ Stewed lentils Filetes de sajonia a la plancha/ Grilled saxony steaks Pimientos asados/ Roasted peppers Fruta variada/ Varied fruit KCal 710 HC 25 Prot 69 Lip 47	Crema de calabaza/ Pumpkin cream Albóndigas con tomate/ Meatballs with tomato Patatas/ Potatoes Fruta variada/ Varied fruit KCal 611 HC 29 Prot 54 Lip 29	Paella/ Paella Tortilla francesa/ Omelette Ensalada/ Salad Fruta en almíbar/ Fruit in syrup KCal 596 HC 24 Prot 73 Lip 19		



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