

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



Dietista-Nutricionista  
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Nº Colegiada:  
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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	3
		Arroz con tomate/ Rice with tomato Tortilla francesa/ Omelette Ensalada/ Salad Fruta en almíbar/ Fruit in syrup	Judías verdes con patatas/ Green beans with potatoes Lengüadina rebozada/ Breaded dab Ensalada/ Salad Natillas y fruta/ Custard and fruit	Lentejas estofadas/ Stewed lentils Pollo guisado/ Stewed chicken Champiñones/ Mushrooms Fruta variada/ Varied fruit
		KCal 663 Lip 30 HC 81 Prot 16	KCal 540 Lip 25 HC 44 Prot 30	KCal 778 Lip 30 HC 72 Prot 50
6	7	8	9	10
Sopa de carne y estrellas/ Meat and stars soup Filetes de sajonia a la plancha/ Grilled saxony steaks Pimientos asados/ Roasted peppers Fruta variada/ Varied fruit	Alubias con verduras/ Beans with vegetables Huevos con bechamel rebozados/ Eggs with bechamel batter Ensalada/ Salad Fruta variada/ Varied fruit	Pasta a la carbonara/ Pasta Carbonara Merluza en salsa verde/ Hake in green sauce Ensalada/ Salad Fruta variada/ Varied fruit	Brócoli al ajoarriero/ Broccoli with garlic and paprika Pollo asado/ Roasted chicken Patatas asadas/ Roast potatoes Yogurt y fruta/ Yogurt and fruit	Patatas con carne/ Potatoes with meat Filete de ternera a la plancha/ Grilled beef steak Ensalada/ Salad Fruta variada/ Varied fruit
KCal 523 Lip 23 HC 43 Prot 35	KCal 774 Lip 32 HC 69 Prot 43	KCal 785 Lip 36 HC 75 Prot 37	KCal 631 Lip 32 HC 41 Prot 40	KCal 637 Lip 27 HC 57 Prot 39
13	14	15	16	17
Crema de verduras/ Vegetables cream Albóndigas a la jardinera/ Meatballs with vegetables Patatas fritas/ Fries Fruta variada/ Varied fruit	Lentejas con chorizo/ Lentils with chorizo Tortilla de patatas/ Spanish omelette Ensalada/ Salad Fruta variada/ Varied fruit	Arroz con tomate/ Rice with tomato Salmón a la plancha/ Grilled salmon Ensalada/ Salad Fruta en almíbar/ Fruit in syrup	Judías verdes con patatas/ Green beans with potatoes Salchichas blancas a la plancha/ Grilled white sausages Pimientos asados/ Roasted peppers Actimel y fruta/ Actimel and fruit	Garbanzos estofados/ Chickpea stew Filete de pollo a la plancha/ Grilled chicken fillet Ensalada/ Salad Fruta variada/ Varied fruit
KCal 621 Lip 29 HC 56 Prot 31	KCal 770 Lip 33 HC 76 Prot 37	KCal 792 Lip 38 HC 81 Prot 31	KCal 697 Lip 47 HC 41 Prot 23	KCal 605 Lip 21 HC 55 Prot 45
20	21	22	23	24
		<b>Menú gallego: / Galician menu:</b> Croquetas de pulpo / Octopus croquettes Lacón a la gallega / Galician lacon  Fruta variada/ Varied fruit	Menestra de verduras/ Vegetable stew Lengüadina rebozada/ Breaded dab Ensalada/ Salad Yogurt y fruta/ Yogurt and fruit	Alubias guisadas/ Stewed beans Tortilla francesa/ Omelette Ensalada/ Salad Fruta variada/ Varied fruit
		KCal 727 Lip 27 HC 30 Prot 29	KCal 561 Lip 28 HC 37 Prot 36	KCal 625 Lip 24 HC 67 Prot 28
27	28			
Patatas a la riojana/ Potatoes Riojana's style Filetes de lomo a la plancha/ Grilled tenderloin steaks Ensalada/ Salad Fruta variada/ Varied fruit	Crema de calabacín/ Cream of zucchini Pollo asado/ Roasted chicken Patatas asadas/ Roast potatoes Fruta variada/ Varied fruit			
KCal 653 Lip 31 HC 57 Prot 33	KCal 635 Lip 35 HC 46 Prot 33			



# 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

