

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

			01		02	Kcal 882 Lip. 26	P. 37 H.C. 124	03	Kcal 645 Lip. 23	P. 30 H.C. 82				
06	Kcal 716 Lip. 15	P. 43 H.C. 103	07	Kcal 779 Lip. 32	P. 20 H.C. 103	08	Kcal 972 Lip. 21	P. 34 H.C. 165	09	Kcal 808 Lip. 16	P. 50 H.C. 115			
	- Lentejas - Bacalao a la gallega - Fruta Pan			- Crema de calabaza y zanahoria - Nuggets de pollo con lechuga - Fruta Pan			- Arroz tres delicias - Albóndigas de pollo y cerdo en salsa suave - Yogurt natural azucarado Pan			- Garbanzos - Filete de abadejo romana con ensalada liz - Fruta Pan	10	Kcal 684 Lip. 22	P. 39 H.C. 84	
13	Kcal 802 Lip. 23	P. 42 H.C. 107	14	Kcal 891 Lip. 23	P. 46 H.C. 124	15	Kcal 871 Lip. 19	P. 62 H.C. 112	16	Kcal 706 Lip. 28	P. 18 H.C. 96	17	Kcal 722 Lip. 17	P. 33 H.C. 109
	- Lentejas - Merluza en salsa americana - Fruta Pan			- Espirales con tomate - Pechugas de pollo rebozadas con ensalada liz - Fruta Pan			- Alubias blancas - Estofado de pavo con verduras - Yogurt sabores Pan			- Puré de acelgas y espinacas - Tortilla de patata con ensalada liz - Fruta Pan			- Porrusalda - Bacalao con piperrada - Fruta Pan	
20	Kcal 759 Lip. 31	P. 42 H.C. 79	21	Kcal 890 Lip. 28	P. 46 H.C. 114	22	Kcal 738 Lip. 23	P. 51 H.C. 80	23	Kcal 886 Lip. 24	P. 37 H.C. 135	24	Kcal 855 Lip. 27	P. 29 H.C. 121
	- Vainas rehogadas - Carne guisada de ternera con verduras - Fruta Pan			- Alubias rojas con chorizo - Filete de merluza romana con mahonesa - Fruta Pan			- Sopa de letras - Muslo de pollo asado con ensalada liz - Yogurt natural azucarado Pan			- Arroz con tomate - Bacalao en salsa verde - Fruta Pan			- Crema de guisantes - Croquetas con jamón york y lechuga - Fruta Pan	
27	Kcal 889 Lip. 23	P. 46 H.C. 124	28	Kcal 687 Lip. 23	P. 31 H.C. 88	29	Kcal 867 Lip. 21	P. 49 H.C. 118	30	Kcal 701 Lip. 16	P. 31 H.C. 106	31	Kcal 741 Lip. 16	P. 46 H.C. 105
	- Espaguetis con tomate - Pechugas de pollo rebozadas con lechuga - Fruta Pan			- Puré de verdura - Escalope de cerdo con ensalada liz - Fruta Pan			- Garbanzos - Filete de merluza en salsa marinera - Yogurt sabores Pan			- Patatas en salsa verde - Hamburguesa de vacuno al horno en salsa jardinera - Fruta Pan			- Lentejas - Filete de abadejo romana con lechuga - Fruta Pan	

ALIMENTOS CONSUMIDOS EN LA COMIDA SUGERENCIA PARA LA CENA

Arroz, pasta, patata o legumbre	→	Verduras u hortalizas crudas o cocinadas
Verduras	→	Arroz, pasta o patata
Carnes	→	Pescado o huevo
Pescados	→	Carne o huevo
Huevo	→	Pescado o carne
Fruta	→	Lácteo o fruta
Lácteo	→	Fruta

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

06 Kcal 716 Lip. 15 P. 43 H.C. 103
 - Lentils
 - Galician cod
 - Fruit
 Bread

07 Kcal 779 Lip. 32 P. 20 H.C. 103
 - Pumpkin and carrot cream
 - Chicken nuggets with lettuce
 - Fruit
 Bread

08 Kcal 972 Lip. 21 P. 34 H.C. 165
 - Fried rice
 - Chicken and pork meatballs in light sauce
 - Naturally sweetened yogurt
 Bread

09 Kcal 808 Lip. 16 P. 50 H.C. 115
 - Chickpeas
 - Battered haddock fillet with liz salad
 - Fruit
 Bread

10 Kcal 684 Lip. 22 P. 39 H.C. 84
 - Vegetable stew
 - Breaded fresh pork loin with lettuce
 - Fruit
 Bread

13 Kcal 802 Lip. 23 P. 42 H.C. 107
 - Lentils
 - Hake in American sauce
 - Fruit
 Bread

14 Kcal 891 Lip. 23 P. 46 H.C. 124
 - Spirals with tomato sauce
 - Breaded chicken breasts with liz salad
 - Fruit
 Bread

15 Kcal 871 Lip. 19 P. 62 H.C. 112
 - White Beans
 - Turkey stew with vegetables
 - Different flavors yogurt
 Bread

16 Kcal 706 Lip. 28 P. 18 H.C. 96
 - Chard and spinach cream
 - Spanish omelette with liz salad
 - Fruit
 Bread

17 Kcal 722 Lip. 17 P. 33 H.C. 109
 - Stewed leeks
 - Cod with peppers
 - Fruit
 Bread

20 Kcal 759 Lip. 31 P. 42 H.C. 79
 - Sautéed green beans
 - Stewed veal with vegetables
 - Fruit
 Bread

21 Kcal 890 Lip. 28 P. 46 H.C. 114
 - Red beans with sausage
 - Battered hake fillet with mayonnaise
 - Fruit
 Bread

22 Kcal 738 Lip. 23 P. 51 H.C. 80
 - Alphabet soup
 - Grilled chicken thigh with liz salad
 - Naturally sweetened yogurt
 Bread

23 Kcal 886 Lip. 24 P. 37 H.C. 135
 - Rice with tomato sauce
 - Cod in green sauce
 - Fruit
 Bread

24 Kcal 855 Lip. 27 P. 29 H.C. 121
 - Peas cream
 - Ham croquettes with lettuce
 - Fruit
 Bread

27 Kcal 889 Lip. 23 P. 46 H.C. 124
 - Spaghetti with tomato sauce
 - Breaded chicken breasts with lettuce
 - Fruit
 Bread

28 Kcal 687 Lip. 23 P. 31 H.C. 88
 - Vegetable cream
 - Pork escalope with liz salad
 - Fruit
 Bread

29 Kcal 867 Lip. 21 P. 49 H.C. 118
 - Chickpeas
 - Hake fillet in seafood sauce
 - Different flavors yogurt
 Bread

30 Kcal 701 Lip. 16 P. 31 H.C. 106
 - Potatoes in green sauce
 - Baked veal hamburger in vegetable sauce
 - Fruit
 Bread

31 Kcal 741 Lip. 16 P. 46 H.C. 105
 - Lentils
 - Battered haddock fillet with lettuce
 - Fruit
 Bread



FOOD EATEN AT LUNCHTIME	DINNER SUGGESTIONS
Rice, pasta, potatoes or pulses	Raw or cooked vegetables
Vegetables	Rice, pasta or potatoes
Meat	Fish or meat
Fish	Meat or egg
Egg	Fish or meat
Fruit	Dairy or fruit
Dairy	Fruit

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