

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES
02
03
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16
17
18
19
20
23
24
25
26
27
30
Kcal 700
Lip. 17

P. 44
H.C. 81

- Lentejas
- Filete de abadejo romana con lechuga
- Fruta
- Pan

Kcal 936
Lip. 27

P. 42
H.C. 128

- Pasta de verduras con tomate
- Hamburguesa de vacuno al horno en salsa jardinera
- Yogurt natural azucarado
- Pan

Kcal 760
Lip. 30

P. 18
H.C. 100

- Crema de calabacín
- Tortilla de patata con ensalada liz
- Fruta
- Pan

Kcal 898
Lip. 33

P. 37
H.C. 108

- Alubias blancas
- Salmón con mahonesa
- Fruta
- Pan

Kcal 868
Lip. 22

P. 30
H.C. 136

- Arroz con tomate
- Bacalao a la gallega
- Fruta
- Pan

Kcal 816
Lip. 36

P. 26
H.C. 95

- Vainas rehogadas
- Albóndigas de vacuno y cerdo a la jardinera
- Fruta
- Pan

Kcal 831
Lip. 24

P. 43
H.C. 105

- Garbanzos
- Filete de merluza con piperrada
- Yogurt sabores
- Pan

Kcal 749
Lip. 35

P. 29
H.C. 78

- Puré de verdura
- Alitas de pollo con ensalada liz
- Fruta
- Pan

Kcal 990
Lip. 42

P. 58
H.C. 96

- Patatas a la riojana
- Lomo adobado de cerdo empanado con lechuga
- Fruta
- Pan

Kcal 718
Lip. 19

P. 44
H.C. 81

- Lentejas
- Filete de abadejo en salsa verde
- Fruta
- Pan

Kcal 1066
Lip. 34

P. 27
H.C. 163

- Arroz a la marinera
- Croquetas con jamón york y lechuga
- Fruta
- Pan

Kcal 819
Lip. 35

P. 43
H.C. 81

- Borrajás estofadas
- Estofado de pollo con verduras
- Flan vainilla
- Pan

Kcal 802
Lip. 23

P. 41
H.C. 101

- Alubias rojas con chorizo
- Filete de merluza en salsa marinera
- Fruta
- Pan

Kcal 678
Lip. 23

P. 32
H.C. 88

- Crema de calabaza y zanahoria
- Escalope de cerdo con lechuga
- Fruta
- Pan

Kcal 687
Lip. 19

P. 41
H.C. 88

- Marmitako
- Zancarrón con pimientos
- Fruta
- Pan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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	Kcal 700 Lip. 17	P. 44 H.C. 81		Kcal 936 Lip. 27	P. 42 H.C. 128		Kcal 760 Lip. 30	P. 18 H.C. 100		Kcal 898 Lip. 33	P. 37 H.C. 108
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Kcal 868 Lip. 22	P. 30 H.C. 136		Kcal 816 Lip. 36	P. 26 H.C. 95		Kcal 831 Lip. 24	P. 43 H.C. 105		Kcal 749 Lip. 35	P. 29 H.C. 78		Kcal 990 Lip. 42	P. 58 H.C. 96
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Kcal 718 Lip. 19	P. 44 H.C. 81		Kcal 1066 Lip. 34	P. 27 H.C. 163		Kcal 819 Lip. 35	P. 43 H.C. 81		Kcal 802 Lip. 23	P. 41 H.C. 101		Kcal 678 Lip. 23	P. 32 H.C. 88
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Kcal 687 Lip. 19	P. 41 H.C. 88
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- Lentils
- Battered haddock fillet with lettuce
- Fruit
- Bread
- Vegetable pasta with tomato sauce
- Baked veal hamburger in vegetable sauce
- Naturally sweetened yogurt
- Bread
- Courgette cream
- Spanish omelette with liz salad
- Fruit
- Bread
- White Beans
- Salmon with mayonnaise
- Fruit
- Bread
- Rice with tomato sauce
- Galician cod
- Fruit
- Bread
- Sautéed green beans
- Veal and pork meatballs with mixed vegetables
- Fruit
- Bread
- Chickpeas
- Hake fillet with peppers
- Different flavors yogurt
- Bread
- Vegetable cream
- Chicken wings with liz salad
- Fruit
- Bread
- Rioja potatoes
- Breaded marinated pork loin with lettuce
- Fruit
- Bread
- Lentils
- Haddock fillet in green sauce
- Fruit
- Bread
- Rice with seafood
- Ham croquettes with lettuce
- Fruit
- Bread
- Borages stew
- Chicken stew with vegetables
- Vanilla flan
- Bread
- Red beans with sausage
- Hake fillet in seafood sauce
- Fruit
- Bread
- Pumpkin and carrot cream
- Pork escalope with lettuce
- Fruit
- Bread
- Tuna stew
- Hock with peppers
- 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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