

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

05 Kcal 770 P. 35
Lip. 25 H.C. 89

- Lentejas
- Salchichas frankfurt con tomate y patatas
- Fruta
- Pan

06 Kcal 865 P. 36
Lip. 23 H.C. 127

- Espirales con tomate
- Bacalao en salsa marinera
- Fruta
- Pan

07 Kcal 719 P. 55
Lip. 17 H.C. 83

- Crema de guisantes
- Muslo de pollo asado con champiñón, zanahoria y patata
- Yogurt natural
- Pan

08 Kcal 877 P. 21
Lip. 21 H.C. 150

- Arroz con tomate
- Tortilla de patata con lechuga
- Fruta
- Pan

09 Kcal 813 P. 54
Lip. 17 H.C. 104

- Alubias blancas
- Lomo fresco de cerdo empanado con ensalada liz
- Natillas
- Pan

12

13 Kcal 921 P. 36
Lip. 27 H.C. 134

- Arroz con salchichas y chorizo
- Filete de merluza empanado con lechuga
- Fruta
- Pan

14 Kcal 850 P. 43
Lip. 43 H.C. 70

- Puré de acelgas y espinacas
- Cerdo guisado a la riojana
- Yogurt natural
- Pan

15 Kcal 829 P. 45
Lip. 22 H.C. 102

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

16 Kcal 759 P. 41
Lip. 25 H.C. 88

- Crema de calabacín
- Pechugas de pollo rebozadas con ensalada liz
- Flan vainilla
- Pan

19 Kcal 690 P. 33
Lip. 23 H.C. 89

- Sopa de estrellas con pollo y huevo
- Medallones de merluza en salsa marinera
- Fruta
- Pan

20 Kcal 911 P. 35
Lip. 30 H.C. 123

- Tallarines con tomate
- Bacalao romana con mahonesa
- Fruta
- Pan

21 Kcal 690 P. 61
Lip. 15 H.C. 65

- Lentejas
- Muslo de pollo asado con lechuga
- Yogurt natural
- Pan

22 Kcal 733 P. 42
Lip. 26 H.C. 82

- Puré de verdura
- Carne guisada de ternera con verduras
- Fruta
- Pan

23 Kcal 839 P. 36
Lip. 27 H.C. 105

- Alubias rojas
- Tortilla de patata y chorizo con ensalada liz
- Actimel
- Pan

26 Kcal 754 P. 39
Lip. 30 H.C. 85

- Crema de calabaza y zanahoria
- Estofado de pavo con verduras
- Fruta
- Pan

27 Kcal 896 P. 38
Lip. 20 H.C. 136

- Arroz tres delicias
- Filete de abadejo romana con lechuga
- Fruta
- Pan

28 Kcal 918 P. 35
Lip. 44 H.C. 92

- Menestra de verduras
- Albóndigas de pollo y cerdo en salsa suave con patatas
- Yogurt natural
- Pan

29 Kcal 826 P. 43
Lip. 25 H.C. 102

- Garbanzos con chorizo
- Medallones de merluza en salsa verde
- Fruta
- Pan

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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

05 Kcal 770 P. 35
Lip. 25 H.C. 89

- Lentils
- Frankfurters with tomato and potatoes
- Fruit
- Bread

06 Kcal 865 P. 36
Lip. 23 H.C. 127

- Spirals with tomato sauce
- Cod in seafood sauce
- Fruit
- Bread

07 Kcal 719 P. 55
Lip. 17 H.C. 83

- Peas cream
- Grilled chicken thigh with mushroom, carrot and potato
- Natural yogurt
- Bread

08 Kcal 877 P. 21
Lip. 21 H.C. 150

- Rice with tomato sauce
- Spanish omelette with lettuce
- Fruit
- Bread

09 Kcal 813 P. 54
Lip. 17 H.C. 104

- White Beans
- Breaded fresh pork loin with liz salad
- Custard
- Bread

12

13 Kcal 921 P. 36
Lip. 27 H.C. 134

- Rice with sausages and chorizo
- Breaded hake fillet with lettuce
- Fruit
- Bread

14 Kcal 850 P. 43
Lip. 43 H.C. 70

- Chard and spinach cream
- Stewed pork in rioja sauce
- Natural yogurt
- Bread

15 Kcal 829 P. 45
Lip. 22 H.C. 102

- Chickpeas
- Haddock fillet in green sauce
- Fruit
- Bread

16 Kcal 759 P. 41
Lip. 25 H.C. 88

- Courgette cream
- Breaded chicken breasts with liz salad
- Vanilla flan
- Bread

19 Kcal 690 P. 33
Lip. 23 H.C. 89

- Stars soup with chicken and egg
- Hake slice in seafood sauce
- Fruit
- Bread

20 Kcal 911 P. 35
Lip. 30 H.C. 123

- Tagliatelle with tomato sauce
- Battered cod with mayonnaise
- Fruit
- Bread

21 Kcal 690 P. 61
Lip. 15 H.C. 65

- Lentils
- Grilled chicken thigh with lettuce
- Natural yogurt
- Bread

22 Kcal 733 P. 42
Lip. 26 H.C. 82

- Vegetable cream
- Stewed veal with vegetables
- Fruit
- Bread

23 Kcal 839 P. 36
Lip. 27 H.C. 105

- Red beans
- Potato and chorizo omelette with liz salad
- Actimel
- Bread

26 Kcal 754 P. 39
Lip. 30 H.C. 85

- Pumpkin and carrot cream
- Turkey stew with vegetables
- Fruit
- Bread

27 Kcal 896 P. 38
Lip. 20 H.C. 136

- Fried rice
- Battered haddock fillet with lettuce
- Fruit
- Bread

28 Kcal 918 P. 35
Lip. 44 H.C. 92

- Vegetable stew
- Chicken and pork meatballs in light sauce with potatoes
- Natural yogurt
- Bread

29 Kcal 826 P. 43
Lip. 25 H.C. 102

- Chickpeas with chorizo
- Hake slice in green sauce
- Fruit
- Bread

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

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