

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

01	Kcal 627 Lip. 18	P. 28 H.C. 87	02	Kcal 702 Lip. 16	P. 44 H.C. 98	03	Kcal 845 Lip. 25	P. 49 H.C. 104	04	Kcal 561 Lip. 17	P. 16 H.C. 85	05	Kcal 659 Lip. 19	P. 36 H.C. 88
	<ul style="list-style-type: none"> - Patatas a la riojana - Hamburguesa de vacuno al horno con tomate y pimientos - Fruta - Pan 			<ul style="list-style-type: none"> - Fabada asturiana - Bacalao romana con lechuga - Fruta - Pan 			<ul style="list-style-type: none"> - Espaguetis boloñesa - Pechugas de pollo rebozadas con ensalada - Yogur - Pan 			<ul style="list-style-type: none"> - Crema de calabaza y zanahoria - Tortilla de patata con pimientos rojos - Fruta - Pan 			<ul style="list-style-type: none"> - Lentejas con verdura - Filete de merluza en salsa verde - Fruta - Pan 	
08	Kcal 648 Lip. 27	P. 36 H.C. 64	09	Kcal 668 Lip. 16	P. 29 H.C. 107	10	Kcal 702 Lip. 35	P. 34 H.C. 63	11	Kcal 791 Lip. 23	P. 54 H.C. 92	12	Kcal 724 Lip. 21	P. 37 H.C. 96
	<ul style="list-style-type: none"> - Menestra de verduras - Lomo adobado de cerdo con ensalada - Yogur - Pan 			<ul style="list-style-type: none"> - Arroz con salchichas y pollo - Fritos de pixín con ensalada - Fruta - Pan 			<ul style="list-style-type: none"> - Sopa de ave con fideos - Picadillo con patatas - Fruta - Pan 			<ul style="list-style-type: none"> - Cocido de garbanzos - Carne guisada de ternera con verduras - Fruta - Pan 			<ul style="list-style-type: none"> - Espirales con atún y tomate - Bacalao al horno con lechuga - Fruta - Pan 	
15			16			17			18			19		

22	Kcal 791 Lip. 40	P. 21 H.C. 87	23	Kcal 670 Lip. 15	P. 33 H.C. 99	24	Kcal 911 Lip. 28	P. 61 H.C. 100	25	Kcal 701 Lip. 22	P. 30 H.C. 100	26	Kcal 830 Lip. 27	P. 33 H.C. 114
	<ul style="list-style-type: none"> - Crema de calabacín - Albóndigas de vacuno a la jardinera con patatas fritas - Fruta - Pan 			<ul style="list-style-type: none"> - Macarrones napolitana - Palometa al horno con tomate - Fruta - Pan 			<ul style="list-style-type: none"> - Cocido de garbanzos - Muslo de pollo asado con patatas fritas - Flan vainilla - Pan 			<ul style="list-style-type: none"> - Paella - Filete de merluza romana con lechuga - Fruta - Pan 			<ul style="list-style-type: none"> - Pote asturiano - Huevos villarroy con lechuga - Fruta - Pan 	
29	Kcal 813 Lip. 30	P. 23 H.C. 112	30	Kcal 603 Lip. 8	P. 38 H.C. 95									
	<ul style="list-style-type: none"> - Coditos salteados con champiñón y bacon - Varitas de merluza con lechuga - Fruta - Pan 			<ul style="list-style-type: none"> - Alubias blancas con verdura - Lomo sajonia con ensalada - 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

01	Kcal 627 Lip. 18	P. 28 H.C. 87	02	Kcal 702 Lip. 16	P. 44 H.C. 98	03	Kcal 845 Lip. 25	P. 49 H.C. 104	04	Kcal 561 Lip. 17	P. 16 H.C. 85	05	Kcal 659 Lip. 19	P. 36 H.C. 88
	<ul style="list-style-type: none"> - Rioja potatoes - Baked veal hamburger with tomato and peppers - Fruit - Bread 			<ul style="list-style-type: none"> - Asturian bean stew - Battered cod with lettuce - Fruit - Bread 			<ul style="list-style-type: none"> - Bolognese spaghetti - Breaded chicken breasts with salad - Yogurt - Bread 			<ul style="list-style-type: none"> - Pumpkin and carrot cream - Spanish omelette with red peppers - Fruit - Bread 			<ul style="list-style-type: none"> - Lentils with vegetables - Hake fillet in green sauce - Fruit - Bread 	
08	Kcal 648 Lip. 27	P. 36 H.C. 64	09	Kcal 668 Lip. 16	P. 29 H.C. 107	10	Kcal 702 Lip. 35	P. 34 H.C. 63	11	Kcal 791 Lip. 23	P. 54 H.C. 92	12	Kcal 724 Lip. 21	P. 37 H.C. 96
	<ul style="list-style-type: none"> - Vegetable stew - Marinated pork loin with salad - Yogurt - Bread 			<ul style="list-style-type: none"> - Rice with sausages and chicken - Monkfish croquettes with salad - Fruit - Bread 			<ul style="list-style-type: none"> - Fowl soup with noodles - Chorizo with potatoes - Fruit - Bread 			<ul style="list-style-type: none"> - Chickpeas with vegetables - Stewed veal with vegetables - Fruit - Bread 			<ul style="list-style-type: none"> - Spirals with tuna and tomato sauce - Baked cod with lettuce - Fruit - Bread 	
15			16			17			18			19		

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	<ul style="list-style-type: none"> - Courgette cream - Veal meatballs with mixed vegetables and chips - Fruit - Bread 			<ul style="list-style-type: none"> - Neapolitan macaroni - Bream baked with tomato - Fruit - Bread 			<ul style="list-style-type: none"> - Chickpeas with vegetables - Grilled chicken thigh with chips - Vanilla flan - Bread 			<ul style="list-style-type: none"> - Paella - Battered hake fillet with lettuce - Fruit - Bread 			<ul style="list-style-type: none"> - Asturian stew - Villarroy eggs with lettuce - Fruit - Bread 	
29	Kcal 813 Lip. 30	P. 23 H.C. 112	30	Kcal 603 Lip. 8	P. 38 H.C. 95									
	<ul style="list-style-type: none"> - Macaroni sautéed with mushroom and bacon - Hake sticks with lettuce - Fruit - Bread 			<ul style="list-style-type: none"> - White beans with vegetables - Pork loin with salad - 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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