

**LUNES**
**MARTES**
**MIÉRCOLES**
**JUEVES**
**VIERNES**
**01**
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<b>07</b> Kcal 490 Lip. 11 P. 25 H.C. 73 – Puré de verdura – Filete sajonia con patatas – Fruta Pan	<b>08</b> Kcal 582 Lip. 23 P. 23 H.C. 72 – Crema de calabacín – Filete de merluza romana con ensalada – Fruta Pan	<b>09</b> Kcal 839 Lip. 24 P. 45 H.C. 109 – Coditos gratinados – Pechugas de pollo en salsa de champiñón – Fruta Pan	<b>10</b> Kcal 694 Lip. 16 P. 45 H.C. 91 – Fabada asturiana – Bacalao al horno con ensalada – Yogur Pan	<b>11</b> Kcal 759 Lip. 26 P. 37 H.C. 100 – Paella – Filete de jamón de cerdo empanado con ensalada – Fruta Pan
<b>14</b> Kcal 490 Lip. 11 P. 25 H.C. 73 – Puré de verdura – Filete sajonia con patatas – Fruta Pan	<b>15</b> Kcal 513 Lip. 11 P. 21 H.C. 82 – Patatas a la riojana – Fritos de pixin con ensalada – Fruta Pan	<b>16</b> Kcal 884 Lip. 21 P. 37 H.C. 136 – Cocido de garbanzos – San jacobco con ensalada – Fruta Pan	<b>17</b> Kcal 763 Lip. 32 P. 45 H.C. 74 – Sopa de ave con fideos – Carne guisada de ternera con verduras – Natillas Pan	<b>18</b> Kcal 717 Lip. 25 P. 29 H.C. 95 – Espirales salteados con champiñón y bacon – Filete de merluza en salsa verde – Fruta Pan
<b>21</b> Kcal 617 Lip. 20 P. 30 H.C. 78 – Arroz tres delicias – Hamburguesa de vacuno al horno con tomate y pimientos – Fruta Pan	<b>22</b> Kcal 819 Lip. 24 P. 51 H.C. 101 – Pote asturiano – Bacalao romana con ensalada – Fruta Pan	<b>23</b> Kcal 728 Lip. 29 P. 44 H.C. 73 – Crema de calabaza y zanahoria – Muslo de pollo asado con patatas fritas – Fruta Pan	<b>24</b> Kcal 807 Lip. 25 P. 37 H.C. 105 – Espaguetis boloñesa – Filete de merluza romana con verduras – Yogur Pan	<b>25</b> Kcal 704 Lip. 19 P. 29 H.C. 103 – Lentejas con verdura – Tortilla de patata con lechuga – Fruta Pan
<b>28</b> Kcal 756 Lip. 36 P. 12 H.C. 96 – Crema de calabacín – Empanadillas de atún con ensalada – Fruta Pan	<b>29</b> Kcal 818 Lip. 21 P. 54 H.C. 109 – Arroz con pollo – Pixin al horno con ensalada – Fruta Pan	<b>30</b> Kcal 795 Lip. 25 P. 43 H.C. 98 – Marmitako – Lomo adobado con pimientos rojos y patata panadera – Flan vainilla Pan	<b>31</b> Kcal 809 Lip. 23 P. 50 H.C. 100 – Macarrones con tomate – Estofado de pavo con verduras – 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

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Kcal 582 Lip. 23 P. 23 H.C. 72

- Courgette cream
- Battered hake fillet with salad
- Fruit
- Bread

Kcal 839 Lip. 24 P. 45 H.C. 109

- Macaroni au gratin
- Chicken breasts in mushroom sauce
- Fruit
- Bread

Kcal 694 Lip. 16 P. 45 H.C. 91

- Asturian bean stew
- Baked cod with salad
- Yogurt
- Bread

Kcal 759 Lip. 26 P. 37 H.C. 100

- Paella
- Breaded pork ham fillet with salad
- Fruit
- Bread

Kcal 490 Lip. 11 P. 25 H.C. 73

- Vegetable cream
- Pork chop with potatoes
- Fruit
- Bread

Kcal 513 Lip. 11 P. 21 H.C. 82

- Rioja potatoes
- Monkfish croquettes with salad
- Fruit
- Bread

Kcal 884 Lip. 21 P. 37 H.C. 136

- Chickpeas with vegetables
- San Jacobo with salad
- Fruit
- Bread

Kcal 763 Lip. 32 P. 45 H.C. 74

- Fowl soup with noodles
- Stewed veal with vegetables
- Custard
- Bread

Kcal 717 Lip. 25 P. 29 H.C. 95

- Spirals sautéed with mushrooms and bacon
- Hake fillet in green sauce
- Fruit
- Bread

Kcal 617 Lip. 20 P. 30 H.C. 78

- Fried rice
- Baked veal hamburger with tomato and peppers
- Fruit
- Bread

Kcal 819 Lip. 24 P. 51 H.C. 101

- Asturian stew
- Battered cod with salad
- Fruit
- Bread

Kcal 728 Lip. 29 P. 44 H.C. 73

- Pumpkin and carrot cream
- Grilled chicken thigh with chips
- Fruit
- Bread

Kcal 807 Lip. 25 P. 37 H.C. 105

- Bolognese spaghetti
- Battered hake fillet with vegetables
- Yogurt
- Bread

Kcal 704 Lip. 19 P. 29 H.C. 103

- Lentils with vegetables
- Spanish omelette with lettuce
- Fruit
- Bread

Kcal 756 Lip. 36 P. 12 H.C. 96

- Courgette cream
- Small tuna patties with salad
- Fruit
- Bread

Kcal 818 Lip. 21 P. 54 H.C. 109

- Rice with chicken
- Monkfish fillet baked with salad
- Fruit
- Bread

Kcal 795 Lip. 25 P. 43 H.C. 98

- Tuna stew
- Marinated pork loin with red peppers and potatoes
- Vanilla flan
- Bread

Kcal 809 Lip. 23 P. 50 H.C. 100

- Macaroni with tomato sauce
- Turkey stew with vegetables
- 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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