

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES
01
04
05
06

Kcal 433 P. 17
Lip. 12 H.C. 66

- Crema de calabaza y zanahoria
- Fritos de pixín con ensalada
- Fruta
- Pan

07

Kcal 802 P. 46
Lip. 31 H.C. 85

- Lentejas estofadas
- Picadillo con patatas
- Fruta
- Pan

08

Kcal 729 P. 39
Lip. 20 H.C. 99

- Fabes pintas con verdura
- Filete de merluza en salsa
- Melocotón en almíbar
- Pan

11

Kcal 782 P. 33
Lip. 26 H.C. 103

- Espirales con atún y tomate
- Merluza en salsa meniere
- Fruta
- Pan

12

Kcal 857 P. 35
Lip. 24 H.C. 119

- Cocido de garbanzos
- Croquetas con jamón york y lechuga
- Fruta
- Pan

13

Kcal 653 P. 48
Lip. 20 H.C. 72

- Puré de verdura con picatostes
- Pollo guisado con verduritas
- Fruta
- Pan

14

Kcal 878 P. 37
Lip. 28 H.C. 117

- Pote asturiano
- Tortilla de patata con tomate
- Fruta
- Pan

15

Kcal 654 P. 26
Lip. 16 H.C. 105

- Arroz con mejillones
- Fritos de pixín con ensalada
- Yogur
- Pan

18

Kcal 870 P. 37
Lip. 22 H.C. 132

- Lentejas con chorizo
- San jacob con lechuga
- Fruta
- Pan

19

Kcal 782 P. 45
Lip. 19 H.C. 108

- Macarrones boloñesa
- Lomo fresco con patatas fritas
- Fruta
- Pan

20

Kcal 767 P. 38
Lip. 26 H.C. 97

- Fabada asturiana
- Filete de merluza romana con mahonesa
- Fruta
- Pan

21

Kcal 794 P. 53
Lip. 19 H.C. 101

- Cocido de garbanzos
- Pechugas de pollo empanadas con lechuga
- Natillas de chocolate
- Pan

22

Kcal 588 P. 35
Lip. 19 H.C. 71

- Crema de brócoli
- Bacalao con pisto
- Fruta
- Pan

25

Kcal 737 P. 32
Lip. 20 H.C. 107

- Macarrones napolitana
- Hamburguesa de vacuno al horno en salsa jardinera
- Fruta
- Pan

26

Kcal 810 P. 44
Lip. 36 H.C. 75

- Crema de puerros-vichyssoise
- Carne guisada de ternera con verduras
- Yogur
- Pan

27

Kcal 869 P. 38
Lip. 33 H.C. 109

- Arroz con salchichas y chorizo
- Bacalao romana con mahonesa
- Fruta
- Pan

28

Kcal 878 P. 34
Lip. 34 H.C. 109

- Alubias blancas con verdura
- Albóndigas de vacuno a la jardinera
- Fruta
- Pan

29

Kcal 622 P. 29
Lip. 25 H.C. 71

- Sopa de ave con fideos
- Filete de merluza en salsa con patatas
- 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

04

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			<p>Kcal 433 Lip. 12</p> <p>P. 17 H.C. 66</p> <ul style="list-style-type: none"> - Pumpkin and carrot cream - Monkfish croquettes with salad - Fruit - Bread 	<p>Kcal 802 Lip. 31</p> <p>P. 46 H.C. 85</p> <ul style="list-style-type: none"> - Lentils - Chorizo with potatoes - Fruit - Bread 	<p>Kcal 729 Lip. 20</p> <p>P. 39 H.C. 99</p> <ul style="list-style-type: none"> - Red beans with vegetables - Hake fillet in sauce - Peach in syrup - Bread
<p>Kcal 782 Lip. 26</p> <p>P. 33 H.C. 103</p> <ul style="list-style-type: none"> - Spirals with tuna and tomato sauce - Hake in meunière sauce - Fruit - Bread 	<p>Kcal 857 Lip. 24</p> <p>P. 35 H.C. 119</p> <ul style="list-style-type: none"> - Chickpeas with vegetables - Ham croquettes with lettuce - Fruit - Bread 	<p>Kcal 653 Lip. 20</p> <p>P. 48 H.C. 72</p> <ul style="list-style-type: none"> - Vegetable cream with fried bread - Stewed chicken with vegetables - Fruit - Bread 	<p>Kcal 878 Lip. 28</p> <p>P. 37 H.C. 117</p> <ul style="list-style-type: none"> - Asturian stew - Spanish omelette with tomato - Fruit - Bread 	<p>Kcal 654 Lip. 16</p> <p>P. 26 H.C. 105</p> <ul style="list-style-type: none"> - Rice with mussels - Monkfish croquettes with salad - Yogurt - Bread 	
<p>Kcal 870 Lip. 22</p> <p>P. 37 H.C. 132</p> <ul style="list-style-type: none"> - Lentils with chorizo - San Jacobo with lettuce - Fruit - Bread 	<p>Kcal 782 Lip. 19</p> <p>P. 45 H.C. 108</p> <ul style="list-style-type: none"> - Bolognese macaroni - Breaded fresh pork loin with chips - Fruit - Bread 	<p>Kcal 767 Lip. 26</p> <p>P. 38 H.C. 97</p> <ul style="list-style-type: none"> - Asturian bean stew - Battered hake fillet with mayonnaise - Fruit - Bread 	<p>Kcal 794 Lip. 19</p> <p>P. 53 H.C. 101</p> <ul style="list-style-type: none"> - Chickpeas with vegetables - Breaded chicken breasts with lettuce - Chocolate custard - Bread 	<p>Kcal 588 Lip. 19</p> <p>P. 35 H.C. 71</p> <ul style="list-style-type: none"> - Broccoli cream - Cod with ratatouille - Fruit - Bread 	
<p>Kcal 737 Lip. 20</p> <p>P. 32 H.C. 107</p> <ul style="list-style-type: none"> - Neapolitan macaroni - Baked veal hamburger in vegetable sauce - Fruit - Bread 	<p>Kcal 810 Lip. 36</p> <p>P. 44 H.C. 75</p> <ul style="list-style-type: none"> - Leeks cream - Stewed veal with vegetables - Yogurt - Bread 	<p>Kcal 869 Lip. 33</p> <p>P. 38 H.C. 109</p> <ul style="list-style-type: none"> - Rice with sausages and chorizo - Battered cod with mayonnaise - Fruit - Bread 	<p>Kcal 878 Lip. 34</p> <p>P. 34 H.C. 109</p> <ul style="list-style-type: none"> - White beans with vegetables - Veal meatballs with mixed vegetables - Fruit - Bread 	<p>Kcal 622 Lip. 25</p> <p>P. 29 H.C. 71</p> <ul style="list-style-type: none"> - Fowl soup with noodles - Hake fillet in sauce with potatoes - 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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