

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

06 Kcal 796 P. 51
Lip. 24 H.C. 94

- Carbonara tagliatelle
- Grilled chicken thigh with lettuce
- Fruit
- Bread

07 Kcal 768 P. 57
Lip. 18 H.C. 93

- Chickpeas with vegetables
- Monkfish fillet in vegetable sauce
- Fruit
- Bread

08 Kcal 742 P. 37
Lip. 37 H.C. 63

- Fowl soup with noodles
- Chorizo with potatoes
- Yogurt
- Bread

09 Kcal 874 P. 36
Lip. 24 H.C. 125

- Asturian bean stew
- Ham croquettes with lettuce
- Fruit
- Bread

10 Kcal 493 P. 20
Lip. 19 H.C. 62

- Pumpkin and carrot cream
- Hake with tomato
- Fruit
- Bread

13 Kcal 720 P. 30
Lip. 21 H.C. 103

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

14 Kcal 681 P. 40
Lip. 27 H.C. 71

- Vegetable cream
- Roasted ham with potatoes
- Fruit
- Bread

15 Kcal 770 P. 35
Lip. 22 H.C. 109

- Rice with tomato sauce
- Baked cod with vegetables
- Yogurt
- Bread

16 Kcal 835 P. 46
Lip. 24 H.C. 108

- Bolognese macaroni
- Chicken breasts with peppers
- Fruit
- Bread

17 Kcal 739 P. 48
Lip. 18 H.C. 97

- Asturian bean stew
- Dogfish with salad
- Fruit
- Bread

20 Kcal 604 P. 24
Lip. 15 H.C. 94

- Spirals sautéed with mushrooms and bacon
- Monkfish croquettes with salad
- Fruit
- Bread

21 Kcal 699 P. 26
Lip. 18 H.C. 104

- Chickpeas with vegetables
- Villarroy eggs with lettuce
- Fruit
- Bread

22 Kcal 563 P. 29
Lip. 16 H.C. 75

- Courgette cream
- Pork chop with potatoes
- Yogurt
- Bread

23 Kcal 862 P. 23
Lip. 21 H.C. 149

- Rice with tomato sauce
- Meat cannelloni au gratin
- Fruit
- Bread

24 Kcal 767 P. 28
Lip. 32 H.C. 90

- Rioja potatoes
- Baked pork hamburger with tomato and peppers
- Fruit
- Bread

27 Kcal 665 P. 50
Lip. 13 H.C. 87

- Lentils with vegetables
- Flamenquines with lettuce
- Fruit
- Bread

28 Kcal 688 P. 32
Lip. 19 H.C. 102

- Rice with mussels
- Baked cod with ratatouille
- Fruit
- Bread

29 Kcal 699 P. 42
Lip. 27 H.C. 71

- Pumpkin and carrot cream
- Stewed veal with potatoes
- Yogurt
- Bread

30 Kcal 768 P. 33
Lip. 24 H.C. 105

- Macaroni with tomato and tuna
- Battered hake fillet with vegetables
- Fruit
- Bread

31 Kcal 965 P. 30
Lip. 39 H.C. 123

- Fried dish
- Pizza
- Ice cream
- 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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