

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

02		03		04		05		06									
09		10	Kcal 733 Lip. 20	P. 26 H.C. 115	11	Kcal 718 Lip. 25	P. 24 H.C. 97	12	Kcal 679 Lip. 22	P. 35 H.C. 80	13	Kcal 499 Lip. 14	P. 27 H.C. 66				
			- Arroz con tomate - Fritos de pixin con ensalada - Yogur - Pan			- Puré de verdura con picatostes - Hamburguesa montada con queso y ketchup - Fruta - Pan			- Garbanzos con chorizo - Filete de merluza romana con limón - Fruta - Pan			- Sopa de ave con fideos - Filete sajonia con patatas - Fruta - Pan					
16	Kcal 770 Lip. 23	P. 54 H.C. 87		17	Kcal 853 Lip. 32	P. 25 H.C. 113		18	Kcal 661 Lip. 20	P. 37 H.C. 78		19	Kcal 681 Lip. 28	P. 32 H.C. 75	20	Kcal 849 Lip. 28	P. 45 H.C. 102
	- Lentejas con verdura - Carne guisada de ternera con verduras - Fruta - Pan				- Macarrones salteados con champiñón y bacon - Tortilla de patata con ensalada - Yogur natural azucarado - Pan				- Fabada asturiana - Filete de merluza en salsa verde - Fruta - Pan				- Puré de verdura - Lomo adobado con patatas - Fruta - Pan			- Fideuá de marisco - Cazón con ensalada - Fruta - Pan	
23	Kcal 687 Lip. 22	P. 50 H.C. 73		24	Kcal 768 Lip. 20	P. 35 H.C. 117		25	Kcal 846 Lip. 30	P. 39 H.C. 106		26	Kcal 645 Lip. 17	P. 27 H.C. 94	27	Kcal 703 Lip. 21	P. 41 H.C. 80
	- Patatas a la riojana - Pollo guisado con verduritas - Fruta - Pan				- Arroz con pollo - Filete de merluza romana con lechuga - Fruta - Pan				- Lentejas estofadas - Albóndigas de vacuno y cerdo a la jardinera con patatas cuadro - Fruta - Pan				- Coditos salteados con champiñón y bacon - Fritos de pixin con ensalada - Yogur - Pan			- Fabes pintas con verdura - Escalope de cerdo con patatas y ensalada - Fruta - Pan	
30	Kcal 818 Lip. 23	P. 43 H.C. 108															
	- Macarrones napolitana - Pechugas de pollo con salsa rubia - 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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	<p>Kcal 733 P. 26 Lip. 20 H.C. 115</p> <ul style="list-style-type: none"> - Rice with tomato sauce - Monkfish croquettes with salad - Yogurt - Bread 	<p>Kcal 718 P. 24 Lip. 25 H.C. 97</p> <ul style="list-style-type: none"> - Vegetable cream with fried bread - Complete hamburger - Fruit - Bread 	<p>Kcal 679 P. 35 Lip. 22 H.C. 80</p> <ul style="list-style-type: none"> - Chickpeas with chorizo - Battered hake fillet with lemon - Fruit - Bread 	<p>Kcal 499 P. 27 Lip. 14 H.C. 66</p> <ul style="list-style-type: none"> - Fowl soup with noodles - Pork chop with potatoes - Fruit - Bread
<p>Kcal 770 P. 54 Lip. 23 H.C. 87</p> <ul style="list-style-type: none"> - Lentils with vegetables - Stewed veal with vegetables - Fruit - Bread 	<p>Kcal 853 P. 25 Lip. 32 H.C. 113</p> <ul style="list-style-type: none"> - Macaroni sautéed with mushroom and bacon - Spanish omelette with salad - Naturally sweetened yogurt - Bread 	<p>Kcal 661 P. 37 Lip. 20 H.C. 78</p> <ul style="list-style-type: none"> - Asturian bean stew - Hake fillet in green sauce - Fruit - Bread 	<p>Kcal 681 P. 32 Lip. 28 H.C. 75</p> <ul style="list-style-type: none"> - Vegetable cream - Marinated pork loin with potatoes - Fruit - Bread 	<p>Kcal 849 P. 45 Lip. 28 H.C. 102</p> <ul style="list-style-type: none"> - Seafood fideuá - Dogfish with salad - Fruit - Bread
<p>Kcal 687 P. 50 Lip. 22 H.C. 73</p> <ul style="list-style-type: none"> - Rioja potatoes - Stewed chicken with vegetables - Fruit - Bread 	<p>Kcal 768 P. 35 Lip. 20 H.C. 117</p> <ul style="list-style-type: none"> - Rice with chicken - Battered hake fillet with lettuce - Fruit - Bread 	<p>Kcal 846 P. 39 Lip. 30 H.C. 106</p> <ul style="list-style-type: none"> - Lentils - Veal and pork meatballs with mixed vegetables and diced potatoes - Fruit - Bread 	<p>Kcal 645 P. 27 Lip. 17 H.C. 94</p> <ul style="list-style-type: none"> - Macaroni sautéed with mushroom and bacon - Monkfish croquettes with salad - Yogurt - Bread 	<p>Kcal 703 P. 41 Lip. 21 H.C. 80</p> <ul style="list-style-type: none"> - Red beans with vegetables - Pork escalope with salad and potatoes - Fruit - Bread
<p>Kcal 818 P. 43 Lip. 23 H.C. 108</p> <ul style="list-style-type: none"> - Neapolitan macaroni - Chicken breasts roux - 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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