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|--|---------------|---------------|---------------|---------------|-----|------|------|------|---|------|-------|-------|-------|-----|------|------|------|------|-------|-------|-------|-----|------|------|------|---|------|-------|-------|-------|-----|------|------|------|---|-------|-------|-------|-------|------|------|------|--|------|-------|-------|-------|-----|------|------|------|------|-------|-------|-------|-----|------|------|------|---|------|-------|-------|-------|-----|------|------|------|------|-------|-------|-------|-----|------|------|------|
| Día 4 | Día 5 | Día 6 | Día 7 | Día 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Sopa de cocido </p> <p>Cocido completo: Garbanzos, patata, ternera, pollo, morcilla... </p> <p>Ensalada de Lechuga, tomate, zanahoria y aceitunas</p> <p>Manzana Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>770</td><td>35,8</td><td>92,2</td><td>29,4</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 770 | 35,8 | 92,2 | 29,4 | <p>Arroz tres delicias   </p> <p>Peques: arroz con tomate o</p> <p>Verduras asadas</p> <p>Filete de emperador </p> <p>Ensalada Lechuga, tomate, aceitunas y zanahoria</p> <p>Yogur  / fruta</p> <p>Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>706</td><td>36,1</td><td>77,3</td><td>25,3</td></tr> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>680</td><td>35,8</td><td>70,1</td><td>22,3</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 706 | 36,1 | 77,3 | 25,3 | Kcal | Prot. | HCar. | Lipid | 680 | 35,8 | 70,1 | 22,3 | <p>Judías blancas estofadas </p> <p>o</p> <p>Ensalada de pimientos asados</p> <p>Albóndigas en salsa </p> <p>Patatas </p> <p>Plátano Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>712</td><td>39,2</td><td>86,5</td><td>27,3</td></tr> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>709</td><td>36,1</td><td>73,5</td><td>24,1</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 712 | 39,2 | 86,5 | 27,3 | Kcal | Prot. | HCar. | Lipid | 709 | 36,1 | 73,5 | 24,1 | <p>Ensalada campera  </p> <p>Peques: Sopa de picadillo </p> <p>o</p> <p>Menestra de verduras</p> <p>Jamonicos de pollo en salsa </p> <p>Champiñón al ajo</p> <p>Pera de conferencia Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>690</td><td>36,1</td><td>77,3</td><td>24,4</td></tr> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>680</td><td>36,8</td><td>70,1</td><td>22,3</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 690 | 36,1 | 77,3 | 24,4 | Kcal | Prot. | HCar. | Lipid | 680 | 36,8 | 70,1 | 22,3 | <p>Macarrones gratinados  </p> <p>o</p> <p>Alcachofas con jamón</p> <p>Palometa en salsa verde  </p> <p>Patatas al vapor</p> <p>Macedonia de frutas Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>700</td><td>35,2</td><td>79,2</td><td>25,1</td></tr> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>689</td><td>36,8</td><td>70,5</td><td>23,2</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 700 | 35,2 | 79,2 | 25,1 | Kcal | Prot. | HCar. | Lipid | 689 | 36,8 | 70,5 | 23,2 |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 770 | 35,8 | 92,2 | 29,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 706 | 36,1 | 77,3 | 25,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 680 | 35,8 | 70,1 | 22,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 712 | 39,2 | 86,5 | 27,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 709 | 36,1 | 73,5 | 24,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 690 | 36,1 | 77,3 | 24,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 680 | 36,8 | 70,1 | 22,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 700 | 35,2 | 79,2 | 25,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 689 | 36,8 | 70,5 | 23,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Día 11 | Día 12 | Día 13 | Día 14 | Día 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Ensalada de pollo</p> <p>Peques: Crema de verduras Acelgas, calabacín, judías verdes, espinacas, patata y zanahoria.</p> <p>Lomo adobado</p> <p>Ensalada de Lechuga, tomate aceitunas y zanahoria</p> <p>Sandía Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>698</td><td>32,5</td><td>75,4</td><td>23,9</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 698 | 32,5 | 75,4 | 23,9 | <p>Espirales a la napolitana </p> <p>o</p> <p>Espárragos blancos</p> <p>Merluza a la marinera   </p> <p>Patatitas al ajo-perejil</p> <p>Pera Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>702</td><td>33,8</td><td>77,2</td><td>26,4</td></tr> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>690</td><td>35,2</td><td>70,2</td><td>21,8</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 702 | 33,8 | 77,2 | 26,4 | Kcal | Prot. | HCar. | Lipid | 690 | 35,2 | 70,2 | 21,8 | <p>Lentejas estofadas </p> <p>o</p> <p>Salteado de verduras</p> <p>Pechuga de pollo</p> <p>Rodajas de tomate</p> <p>Plátano Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>701</td><td>34,1</td><td>79,5</td><td>25,4</td></tr> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>691</td><td>32,7</td><td>73,4</td><td>23,6</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 701 | 34,1 | 79,5 | 25,4 | Kcal | Prot. | HCar. | Lipid | 691 | 32,7 | 73,4 | 23,6 | <p>Arroz con tomate y picadillo de salchichas o</p> <p>Coliflor a la vinagreta</p> <p>Mero a la plancha </p> <p>Ensalada de Lechuga, tomate aceitunas y zanahoria</p> <p>Manzana Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>712</td><td>33,1</td><td>80,1</td><td>24,6</td></tr> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>699</td><td>32,7</td><td>71,6</td><td>22,6</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 712 | 33,1 | 80,1 | 24,6 | Kcal | Prot. | HCar. | Lipid | 699 | 32,7 | 71,6 | 22,6 | <p>Crema de calabaza y zanahoria </p> <p>Albóndigas de ternera a la jardinera </p> <p>Patatas </p> <p>Yogur  / fruta</p> <p>Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>700</td><td>35,9</td><td>76,2</td><td>21,4</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 700 | 35,9 | 76,2 | 21,4 | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 698 | 32,5 | 75,4 | 23,9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 702 | 33,8 | 77,2 | 26,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 690 | 35,2 | 70,2 | 21,8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 701 | 34,1 | 79,5 | 25,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 691 | 32,7 | 73,4 | 23,6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 712 | 33,1 | 80,1 | 24,6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 699 | 32,7 | 71,6 | 22,6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 700 | 35,9 | 76,2 | 21,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Día 18 | Día 19 | Día 20 | Día 21 | Día 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Ensalada de garbanzos, zanahoria, palitos de cangrejo, tomate, atún y pimiento verde   </p> <p>Peques: Sopa de estrellitas</p> <p>Pollo asado en su jugo</p> <p>Patatas rizadas </p> <p>Melón Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>703</td><td>35,8</td><td>77,2</td><td>29,4</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 703 | 35,8 | 77,2 | 29,4 | <p>Paella de marisco: almejas, mejillones, calamares y gamba   </p> <p>o</p> <p>Ensalada de pimientos asados</p> <p>Palometa a la plancha </p> <p>Verduras salteadas</p> <p>Plátano Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>703</td><td>33,9</td><td>80,3</td><td>27,5</td></tr> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>699</td><td>34,7</td><td>74,2</td><td>23,8</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 703 | 33,9 | 80,3 | 27,5 | Kcal | Prot. | HCar. | Lipid | 699 | 34,7 | 74,2 | 23,8 | <p>Puré de verduras: Acelgas, calabacín, judías verdes, espinacas, patata y zanahoria.</p> <p>Varitas de merluza  </p> <p>Ensalada de Lechuga, tomate aceitunas y zanahoria</p> <p>Yogur  /fruta</p> <p>Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>695</td><td>35,8</td><td>72,1</td><td>21,4</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 695 | 35,8 | 72,1 | 21,4 | <p>Espaguetis con tomate y bacon  </p> <p>Peques: macarrones con tomate y bacon  </p> <p>Cinta de lomo</p> <p>Patatas </p> <p>Melocotón en almíbar Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>715</td><td>35,8</td><td>80,2</td><td>29,4</td></tr> <tr><td>Kcal</td><td>Prot.</td><td>HCar.</td><td>Lipid</td></tr> <tr><td>715</td><td>35,8</td><td>77,2</td><td>27,5</td></tr> </table> | Kcal | Prot. | HCar. | Lipid | 715 | 35,8 | 80,2 | 29,4 | Kcal | Prot. | HCar. | Lipid | 715 | 35,8 | 77,2 | 27,5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 703 | 35,8 | 77,2 | 29,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 703 | 33,9 | 80,3 | 27,5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 699 | 34,7 | 74,2 | 23,8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 695 | 35,8 | 72,1 | 21,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 715 | 35,8 | 80,2 | 29,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot. | HCar. | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 715 | 35,8 | 77,2 | 27,5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

