

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																																																
<p>Día 5</p> <p>Crema de calabacín o Ensalada de pimientos</p> <p>Pollo asado en su jugo</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>702</td><td>32,4</td><td>79,2</td><td>26,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>33,9</td><td>70,2</td><td>22,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	702	32,4	79,2	26,1	Kcal	Prot	HCar	Lipid	690	33,9	70,2	22,4	<p>Día 6</p> <p>Arroz con tomate y salchichas o Alcachofas con jamón</p> <p>Filete de salmón</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Naranja Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>710</td><td>34,2</td><td>75,8</td><td>24,6</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>691</td><td>34,9</td><td>71,6</td><td>22,9</td></tr> </table>	Kcal	Prot	HCar	Lipid	710	34,2	75,8	24,6	Kcal	Prot	HCar	Lipid	691	34,9	71,6	22,9	<p>Día 7</p> <p>Lentejas estofadas o Espinacas rehogadas</p> <p>Tortilla española</p> <p>Rodajas de tomate natural</p> <p>Yogur 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>35,8</td><td>79,1</td><td>25,4</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>682</td><td>34,9</td><td>71,6</td><td>22,9</td></tr> </table>	Kcal	Prot	HCar	Lipid	701	35,8	79,1	25,4	Kcal	Prot	HCar	Lipid	682	34,9	71,6	22,9	<p>Día 8</p> <p>Ragout de ternera o Espárragos blancos con mahonesa</p> <p>Mini fricadelle en salsa de tomate</p> <p>Salteado de verduras</p> <p>Mandarina Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>699</td><td>36,1</td><td>80,1</td><td>23,4</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>689</td><td>37,7</td><td>70,9</td><td>21,2</td></tr> </table>	Kcal	Prot	HCar	Lipid	699	36,1	80,1	23,4	Kcal	Prot	HCar	Lipid	689	37,7	70,9	21,2	<p>Día 9</p> <p>Macarrones con tomate o Salteado de setas y espárragos verdes y guisantes</p> <p>Filete de palometa en salsa</p> <p>Patatas ajo-perejil</p> <p>Yogur Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>728</td><td>36,6</td><td>78,2</td><td>25,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>691</td><td>34,9</td><td>71,6</td><td>22,9</td></tr> </table>	Kcal	Prot	HCar	Lipid	728	36,6	78,2	25,1	Kcal	Prot	HCar	Lipid	691	34,9	71,6	22,9
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<p>Día 12</p> <p>Judías blancas estofadas o Judías verdes con jamón</p> <p>Filete ruso en salsa</p> <p>Patatas</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>32,4</td><td>79,2</td><td>26,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>697</td><td>33,8</td><td>75,8</td><td>22,9</td></tr> </table>	Kcal	Prot	HCar	Lipid	702	32,4	79,2	26,1	Kcal	Prot	HCar	Lipid	697	33,8	75,8	22,9	<p>Día 13</p> <p>Canelones gratinados o Espárragos con mahonesa</p> <p>Mero a la plancha</p> <p>Salteado de verduras</p> <p>Mandarina Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>705</td><td>39,2</td><td>86,8</td><td>28,9</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>680</td><td>35,7</td><td>70,2</td><td>21,2</td></tr> </table>	Kcal	Prot	HCar	Lipid	705	39,2	86,8	28,9	Kcal	Prot	HCar	Lipid	680	35,7	70,2	21,2	<p>Día 14</p> <p>Crema de verduras: patata, zanahoria, acelgas, judías verdes, calabacín y espinacas</p> <p>Albóndigas de pollo a la jardinera</p> <p>Patatas panadera</p> <p>Yogur Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>709</td><td>34,5</td><td>73,2</td><td>22,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	709	34,5	73,2	22,4	<p>Día 15</p> <p>Paella valenciana o Verduras asadas</p> <p>Merluza a la romana</p> <p>Ensalada 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>700</td><td>34,8</td><td>75,4</td><td>25,7</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>693</td><td>33,6</td><td>71,3</td><td>22,3</td></tr> </table>	Kcal	Prot	HCar	Lipid	700	34,8	75,4	25,7	Kcal	Prot	HCar	Lipid	693	33,6	71,3	22,3	<p>Día 16</p> <p>Sopa de fideos</p> <p>Cocido completo</p> <p>Ensalada de lechuga, tomate, zanahoria y aceitunas</p> <p>Yogur 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>95,1</td><td>29,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	770	35,8	95,1	29,4																
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<p>Día 19</p> <p>Arroz caldoso de marisco o Ensalada de pimientos</p> <p>Lomo adobado</p> <p>Calabacín rebosado</p> <p>Mandarina Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>704</td><td>35,7</td><td>74,9</td><td>26,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>697</td><td>35,6</td><td>71,2</td><td>23,2</td></tr> </table>	Kcal	Prot	HCar	Lipid	704	35,7	74,9	26,1	Kcal	Prot	HCar	Lipid	697	35,6	71,2	23,2	<p>Día 20</p> <p>Lacitos a la napolitana o Espárragos con mahonesa</p> <p>Filete de emperador</p> <p>Salteado de verduras</p> <p>Plátano Pan y agua</p> <table border="1"> <tr><td>HCar</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>33,1</td><td>70,7</td><td>23,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>30,9</td><td>70,9</td><td>21,5</td></tr> </table>	HCar	Prot	HCar	Lipid	700	33,1	70,7	23,1	Kcal	Prot	HCar	Lipid	690	30,9	70,9	21,5	<p>Día 21</p> <p>Lentejas hortelanas o Cardo en salsa verde</p> <p>Nuggets de pollo</p> <p>Ensalada: lechuga, tomate, zanahoria y aceitunas</p> <p>Yogur 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>34,5</td><td>77,5</td><td>25,9</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>689</td><td>32,0</td><td>72,1</td><td>21,6</td></tr> </table>	Kcal	Prot	HCar	Lipid	701	34,5	77,5	25,9	Kcal	Prot	HCar	Lipid	689	32,0	72,1	21,6	<p>Día 22</p> <p>Sopa de picadillo o Brócoli rehogado</p> <p>Bacalao a la vizcaína</p> <p>Ensalada: 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>701</td><td>35,3</td><td>75,1</td><td>23,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>30,2</td><td>72,0</td><td>19,9</td></tr> </table>	Kcal	Prot	HCar	Lipid	701	35,3	75,1	23,1	Kcal	Prot	HCar	Lipid	690	30,2	72,0	19,9	<p>Día 23</p> <p>Judías verdes salteadas con jamón y huevo duro PEQUES: Puré de verduras</p> <p>Chuleta de sajonia</p> <p>Salteado de setas</p> <p>Yogur Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>689</td><td>37,1</td><td>72,5</td><td>22,9</td></tr> </table>	Kcal	Prot	HCar	Lipid	689	37,1	72,5	22,9								
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<p>Día 26</p> <p>Sopa de cocido</p> <p>Cocido completo Garbanzos, verduras, patata, ternera, pollo, jamón,...</p> <p>Ensalada 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>95,1</td><td>29,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	770	35,8	95,1	29,4	<p>Día 27</p> <p>Raviolis de carne con salsa de tomate Peques: macarrones con tomate</p> <p>Filete de merluza a la romana</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</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>702</td><td>34,6</td><td>80,1</td><td>26,3</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>692</td><td>33,4</td><td>72,8</td><td>21,3</td></tr> </table>	Kcal	Prot	HCar	Lipid	702	34,6	80,1	26,3	Kcal	Prot	HCar	Lipid	692	33,4	72,8	21,3	<p>Día 28</p> <p>Crema de calabaza</p> <p>Filete de pollo empanado</p> <p>Patatas</p> <p>Yogur 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>75,1</td><td>23,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	695	35,8	75,1	23,4	<p>Día 29</p> <p>Marmitako de bonito o Ensalada de pimientos asados</p> <p>Albóndigas en salsa de vino blanco</p> <p>Champiñón al ajillo</p> <p>Naranja 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>35,6</td><td>79,6</td><td>25,4</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>33,4</td><td>73,1</td><td>25,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	702	35,6	79,6	25,4	Kcal	Prot	HCar	Lipid	690	33,4	73,1	25,4	<p>Día 30</p> <p>Arroz blanco con tomate y picadillo de salchichas o Espárragos con mahonesa</p> <p>Filete de mero a la marinera</p> <p>Patatitas al vapor</p> <p>Mandarina 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>31,4</td><td>77,2</td><td>25,2</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>32,5</td><td>72,1</td><td>21,3</td></tr> </table>	Kcal	Prot	HCar	Lipid	703	31,4	77,2	25,2	Kcal	Prot	HCar	Lipid	690	32,5	72,1	21,3																
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