

| LUNES                                                                                                                                                                                                                                                                                                                                                                                                                      | MARTES | MIÉRCOLES | JUEVES | VIERNES |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
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| <p><b>Día 1</b></p> <p>Lacitos con tomate<br/>o<br/>Menestra de verduras</p> <p>Atún empanado</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Manzana<br/>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>690</td><td>33,9</td><td>70,12</td><td>22,4</td></tr> </table>               | Kcal   | Prot      | HCar   | Lipid   | 702 | 32,4 | 79,2 | 26,1 | 690                                                                                                                                                                                                                                                                                                                                                                                                           | 33,9 | 70,12 | 22,4 | <p><b>Día 2</b></p> <p>Arroz con pollo y verduras<br/>o<br/>Judías verdes con jamón</p> <p>Lomo de Sajonia</p> <p>Calabacín rebozado</p> <p>Pera<br/>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>33,4</td><td>77,3</td><td>27,9</td></tr> <tr><td>691</td><td>34,9</td><td>71,6</td><td>22,9</td></tr> </table>           | Kcal | Prot | HCar | Lipid | 705 | 33,4 | 77,3 | 27,9 | 691                                                                                                                                                                                                                                                                                                                                                                                                             | 34,9 | 71,6 | 22,9 | <p><b>Día 3</b></p> <p>Crema de calabacín</p> <p>Mini fricadelle en salsa</p> <p>Patatas fritas</p> <p>Vogur<br/>Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>691</td><td>31,9</td><td>73,6</td><td>26,8</td></tr> </table>                                                                                                      | Kcal | Prot | HCar | Lipid | 691 | 31,9 | 73,6 | 26,8 | <p><b>Día 4</b></p> <p>Macarrones napolitana<br/>o<br/>Alcachofas en salsa verde</p> <p>Merluza a la romana</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Melocotón en almíbar<br/>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>36,6</td><td>74,8</td><td>25,6</td></tr> <tr><td>689</td><td>37,7</td><td>70,9</td><td>21,2</td></tr> </table> | Kcal | Prot | HCar | Lipid | 701 | 36,6 | 74,8 | 25,6 | 689                                                                                                                                                                                                                                                                                                                                                                                                                        | 37,7 | 70,9 | 21,2 | <p><b>Día 5</b></p> <p>Sopa de cocido<br/>o<br/>Cocido completo, Garbanzos, patata, chorizo, ternera, pollo</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Plátano<br/>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 |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 702                                                                                                                                                                                                                                                                                                                                                                                                                        | 32,4   | 79,2      | 26,1   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 690                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,9   | 70,12     | 22,4   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 705                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,4   | 77,3      | 27,9   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 691                                                                                                                                                                                                                                                                                                                                                                                                                        | 34,9   | 71,6      | 22,9   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 691                                                                                                                                                                                                                                                                                                                                                                                                                        | 31,9   | 73,6      | 26,8   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 701                                                                                                                                                                                                                                                                                                                                                                                                                        | 36,6   | 74,8      | 25,6   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 689                                                                                                                                                                                                                                                                                                                                                                                                                        | 37,7   | 70,9      | 21,2   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 770                                                                                                                                                                                                                                                                                                                                                                                                                        | 35,8   | 95,1      | 29,4   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| <p><b>Día 8</b></p> <p>Sopa de marisco<br/>o<br/>Guisantes con jamón</p> <p>Bacalao a la Vizcaína<br/>PEQUES: Bacalao rebozado</p> <p>Patatas al vapor</p> <p>Manzana<br/>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>33,2</td><td>77,9</td><td>25,2</td></tr> <tr><td>698</td><td>33,8</td><td>75,8</td><td>24,9</td></tr> </table>              | Kcal   | Prot      | HCar   | Lipid   | 699 | 33,2 | 77,9 | 25,2 | 698                                                                                                                                                                                                                                                                                                                                                                                                           | 33,8 | 75,8  | 24,9 | <p><b>Día 9</b></p> <p>Judías blancas estofadas<br/>o<br/>Espárragos con mahonesa</p> <p>Pechuga en salsa</p> <p>Salteado de setas</p> <p>Plátano<br/>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>33,4</td><td>77,3</td><td>25,9</td></tr> <tr><td>680</td><td>35,7</td><td>70,2</td><td>21,2</td></tr> </table>          | Kcal | Prot | HCar | Lipid | 712 | 33,4 | 77,3 | 25,9 | 680                                                                                                                                                                                                                                                                                                                                                                                                             | 35,7 | 70,2 | 21,2 | <p><b>Día 10</b></p> <p>Crema de verduras judías verde, zanahoria, guisantes, alcachofas y champiñón</p> <p>Albóndigas a la jardinera</p> <p>Patatas fritas</p> <p>Vogur<br/>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>28,7</td><td>74,4</td><td>20,4</td></tr> </table>                                          | Kcal | Prot | HCar | Lipid | 690 | 28,7 | 74,4 | 20,4 | <p><b>Día 11</b></p> <p>Espirales a la napolitana<br/>o<br/>Brócoli salteado con bacon</p> <p>Filete de salmón empanado</p> <p>Ensalada de Lechuga, tomate, zanahoria y aceitunas</p> <p>Piña<br/>Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>708</td><td>32,8</td><td>79,1</td><td>29,4</td></tr> <tr><td>695</td><td>33,6</td><td>73,3</td><td>24,3</td></tr> </table>  | Kcal | Prot | HCar | Lipid | 708 | 32,8 | 79,1 | 29,4 | 695                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,6 | 73,3 | 24,3 | <p><b>Día 12</b></p> <p><b>FESTIVO</b></p>                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 699                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,2   | 77,9      | 25,2   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 698                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,8   | 75,8      | 24,9   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 712                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,4   | 77,3      | 25,9   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 680                                                                                                                                                                                                                                                                                                                                                                                                                        | 35,7   | 70,2      | 21,2   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 690                                                                                                                                                                                                                                                                                                                                                                                                                        | 28,7   | 74,4      | 20,4   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 708                                                                                                                                                                                                                                                                                                                                                                                                                        | 32,8   | 79,1      | 29,4   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 695                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,6   | 73,3      | 24,3   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| <p><b>Día 15</b></p> <p>Sopa de cocido</p> <p>Cocido completo, Garbanzos, patata, chorizo, ternera, pollo</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Plátano<br/>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><b>Día 16</b></p> <p>Arroz 3 delicias<br/>PEQUES: Arroz con tomate</p> <p>Judías verdes con tomate</p> <p>Tortilla francesa</p> <p>Patatas panadera</p> <p>Manzana<br/>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>30,9</td><td>73,9</td><td>24,8</td></tr> <tr><td>690</td><td>30,9</td><td>70,9</td><td>21,5</td></tr> </table> | Kcal | Prot  | HCar | Lipid                                                                                                                                                                                                                                                                                                                                                                                              | 703  | 30,9 | 73,9 | 24,8  | 690 | 30,9 | 70,9 | 21,5 | <p><b>Día 17</b></p> <p>Lentejas estofadas<br/>o<br/>Espinacas rehogadas</p> <p>Calamares y varitas</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Vogur<br/>Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>708</td><td>31,9</td><td>73,6</td><td>26,8</td></tr> <tr><td>694</td><td>32,8</td><td>72,9</td><td>24,6</td></tr> </table> | Kcal | Prot | HCar | Lipid                                                                                                                                                                                                                                                                                                                                                                                        | 708  | 31,9 | 73,6 | 26,8  | 694 | 32,8 | 72,9 | 24,6 | <p><b>Día 18</b></p> <p>Guisantes con jamón y huevo<br/>PEQUES: Puré de verduras</p> <p>Pollo asado en su jugo</p> <p>Patatas fritas</p> <p>Plátano<br/>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>30,7</td><td>72,9</td><td>20,4</td></tr> <tr><td>690</td><td>30,2</td><td>72,0</td><td>19,9</td></tr> </table>                                            | Kcal | Prot | HCar | Lipid | 695 | 30,7 | 72,9 | 20,4 | 690                                                                                                                                                                                                                                                                                                                                                                                                                        | 30,2 | 72,0 | 19,9 | <p><b>Día 19</b></p> <p>Coditos con tomate y bacon<br/>o<br/>Menestra de verduras</p> <p>Merluza a la romana</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Pera<br/>Pan y agua</p> <table border="1"> <tr><td>HCar</td><td>Lipid</td><td>HCar</td><td>Lipid</td></tr> <tr><td>709</td><td>33,6</td><td>75,5</td><td>28,2</td></tr> <tr><td>696</td><td>32,1</td><td>71,5</td><td>28,2</td></tr> </table> | HCar | Lipid | HCar | Lipid | 709 | 33,6 | 75,5 | 28,2 | 696 | 32,1 | 71,5 | 28,2 |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 770                                                                                                                                                                                                                                                                                                                                                                                                                        | 35,8   | 95,1      | 29,4   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 703                                                                                                                                                                                                                                                                                                                                                                                                                        | 30,9   | 73,9      | 24,8   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 690                                                                                                                                                                                                                                                                                                                                                                                                                        | 30,9   | 70,9      | 21,5   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 708                                                                                                                                                                                                                                                                                                                                                                                                                        | 31,9   | 73,6      | 26,8   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 694                                                                                                                                                                                                                                                                                                                                                                                                                        | 32,8   | 72,9      | 24,6   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 695                                                                                                                                                                                                                                                                                                                                                                                                                        | 30,7   | 72,9      | 20,4   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 690                                                                                                                                                                                                                                                                                                                                                                                                                        | 30,2   | 72,0      | 19,9   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| HCar                                                                                                                                                                                                                                                                                                                                                                                                                       | Lipid  | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 709                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,6   | 75,5      | 28,2   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 696                                                                                                                                                                                                                                                                                                                                                                                                                        | 32,1   | 71,5      | 28,2   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| <p><b>Día 22</b></p> <p>Judías blancas estofadas<br/>o<br/>Alcachofas con jamón</p> <p>Cinta de lomo al ajillo</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Vogur<br/>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>32,9</td><td>77,6</td><td>24,9</td></tr> <tr><td>691</td><td>34,5</td><td>72,7</td><td>22,1</td></tr> </table> | Kcal   | Prot      | HCar   | Lipid   | 705 | 32,9 | 77,6 | 24,9 | 691                                                                                                                                                                                                                                                                                                                                                                                                           | 34,5 | 72,7  | 22,1 | <p><b>Día 23</b></p> <p>Espaguetis con tomate y bacon<br/>o<br/>Judías verde salteadas</p> <p>Mero en salsa marinera</p> <p>Patata al vapor</p> <p>Naranja<br/>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>34,6</td><td>79,9</td><td>25,2</td></tr> <tr><td>692</td><td>33,4</td><td>72,8</td><td>21,3</td></tr> </table> | Kcal | Prot | HCar | Lipid | 700 | 34,6 | 79,9 | 25,2 | 692                                                                                                                                                                                                                                                                                                                                                                                                             | 33,4 | 72,8 | 21,3 | <p><b>Día 24</b></p> <p>Crema de verduras naturales Judías verdes, acelgas, calabacín, espinacas, zanahoria y patata</p> <p>Pechuga empanada</p> <p>Patatas</p> <p>Vogur<br/>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>38,4</td><td>77,7</td><td>25,5</td></tr> </table>                                          | Kcal | Prot | HCar | Lipid | 704 | 38,4 | 77,7 | 25,5 | <p><b>Día 25</b></p> <p>Sopa de fideos</p> <p>Cocido completo<br/>Garbanzos, verduras, patata, ternera, pollo, morcilla</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Plátano<br/>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><b>Día 26</b></p> <p>Arroz blanco con tomate<br/>o<br/>Espárragos con mahonesa</p> <p>Filete de emperador</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Manzana<br/>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>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  | 690 | 32,5 | 72,1 | 21,3 |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 705                                                                                                                                                                                                                                                                                                                                                                                                                        | 32,9   | 77,6      | 24,9   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 691                                                                                                                                                                                                                                                                                                                                                                                                                        | 34,5   | 72,7      | 22,1   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 700                                                                                                                                                                                                                                                                                                                                                                                                                        | 34,6   | 79,9      | 25,2   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 692                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,4   | 72,8      | 21,3   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 704                                                                                                                                                                                                                                                                                                                                                                                                                        | 38,4   | 77,7      | 25,5   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 770                                                                                                                                                                                                                                                                                                                                                                                                                        | 35,8   | 95,1      | 29,4   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 703                                                                                                                                                                                                                                                                                                                                                                                                                        | 31,4   | 77,2      | 25,2   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 690                                                                                                                                                                                                                                                                                                                                                                                                                        | 32,5   | 72,1      | 21,3   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| <p><b>Día 29</b></p> <p>Lentejas estofadas<br/>o<br/>Menestra de verduras</p> <p>Tortilla con mahonesa</p> <p>Rodajas de tomate</p> <p>Naranja<br/>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>34,8</td><td>76,1</td><td>26,4</td></tr> <tr><td>693</td><td>33,7</td><td>72,2</td><td>22,3</td></tr> </table>                                     | Kcal   | Prot      | HCar   | Lipid   | 705 | 34,8 | 76,1 | 26,4 | 693                                                                                                                                                                                                                                                                                                                                                                                                           | 33,7 | 72,2  | 22,3 | <p><b>Día 30</b></p> <p>Macarrones con tomate<br/>o<br/>Ensalada de pimientos asados</p> <p>Palometa en salsa verde</p> <p>Patatas panadera</p> <p>Plátano<br/>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>34,8</td><td>76,1</td><td>26,4</td></tr> <tr><td>694</td><td>34,1</td><td>72,2</td><td>22,5</td></tr> </table> | Kcal | Prot | HCar | Lipid | 705 | 34,8 | 76,1 | 26,4 | 694                                                                                                                                                                                                                                                                                                                                                                                                             | 34,1 | 72,2 | 22,5 | <p><b>Día 31</b></p> <p>Patatas a la riojana<br/>o<br/>Verduras asadas</p> <p>Albóndigas de ternera en salsa</p> <p>Champiñón al ajillo</p> <p>Vogur<br/>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>34,8</td><td>76,1</td><td>26,9</td></tr> <tr><td>695</td><td>33,9</td><td>71,2</td><td>23,4</td></tr> </table> | Kcal | Prot | HCar | Lipid | 705 | 34,8 | 76,1 | 26,9 | 695                                                                                                                                                                                                                                                                                                                                                                                                                                    | 33,9 | 71,2 | 23,4 |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 705                                                                                                                                                                                                                                                                                                                                                                                                                        | 34,8   | 76,1      | 26,4   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 693                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,7   | 72,2      | 22,3   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 705                                                                                                                                                                                                                                                                                                                                                                                                                        | 34,8   | 76,1      | 26,4   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 694                                                                                                                                                                                                                                                                                                                                                                                                                        | 34,1   | 72,2      | 22,5   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                       | Prot   | HCar      | Lipid  |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 705                                                                                                                                                                                                                                                                                                                                                                                                                        | 34,8   | 76,1      | 26,9   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |
| 695                                                                                                                                                                                                                                                                                                                                                                                                                        | 33,9   | 71,2      | 23,4   |         |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                               |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                    |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                 |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                              |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |      |      |       |     |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                            |      |      |      |                                                                                                                                                                                                                                                                                                                                                                                                                          |      |       |      |       |     |      |      |      |     |      |      |      |

