


LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																																
<p>Día 3</p> <p>Puré de verduras (acelgas, espinacas, judías verdes, calabacín, zanahoria y patata)</p> <p>Filete ruso en salsa de tomate</p> <p>Patatas</p> <p>Plátano</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>702</td> <td>32,4</td> <td>79,2</td> <td>26,1</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	702	32,4	79,2	26,1	<p>Día 4</p> <p>Fideua de marisco</p> <p>Alcachofas con jamón</p> <p>Jamoncitos de pollo en pepitoria</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Naranja</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>710</td> <td>34,2</td> <td>75,8</td> <td>24,6</td> </tr> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> <tr> <td>691</td> <td>34,9</td> <td>71,6</td> <td>22,9</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	710	34,2	75,8	24,6	Kcal	Prot	HCar	Lipid	691	34,9	71,6	22,9	<p>Día 5</p> <p>Lentejas estofadas</p> <p>Espinacas rehogadas</p> <p>Tortilla española</p> <p>Rodajas de tomate natural</p> <p>Yogur</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>701</td> <td>35,8</td> <td>79,1</td> <td>25,4</td> </tr> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> <tr> <td>682</td> <td>34,9</td> <td>71,6</td> <td>22,9</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	701	35,8	79,1	25,4	Kcal	Prot	HCar	Lipid	682	34,9	71,6	22,9	<p>Día 6</p> <p>DÍA FESTIVO</p> <p>DÍA DE LA</p> <p>CONSTITUCIÓN</p>	<p>Día 7</p> <p>Macarrones gratinados</p> <p>Salteado de setas, espárragos verdes y guisantes</p> <p>Merluza a la plancha</p> <p>Ensalada Lechuga, tomate, zanahoria y aceitunas</p> <p>Yogur /Fruta</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>728</td> <td>36,6</td> <td>78,2</td> <td>25,1</td> </tr> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> <tr> <td>691</td> <td>34,9</td> <td>71,6</td> <td>22,9</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	728	36,6	78,2	25,1	Kcal	Prot	HCar	Lipid	691	34,9	71,6	22,9								
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<p>Día 10</p> <p>Judías blancas estofadas</p> <p>Menestra de verduras</p> <p>Pollo asado en su jugo</p> <p>Patatas</p> <p>Plátano</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>712</td> <td>36,1</td> <td>80,1</td> <td>27,4</td> </tr> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> <tr> <td>690</td> <td>33,8</td> <td>70,8</td> <td>22,9</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	712	36,1	80,1	27,4	Kcal	Prot	HCar	Lipid	690	33,8	70,8	22,9	<p>Día 11</p> <p>Espaguetis a la napolitana</p> <p>Brócoli rehogado</p> <p>Filete de palometa en salsa marinera</p> <p>Ensalada de Lechuga, tomate, aceitunas y zanahoria</p> <p>Mandarina</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>705</td> <td>39,2</td> <td>86,8</td> <td>28,9</td> </tr> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> <tr> <td>688</td> <td>35,7</td> <td>70,2</td> <td>21,2</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	705	39,2	86,8	28,9	Kcal	Prot	HCar	Lipid	688	35,7	70,2	21,2	<p>Día 12</p> <p>Crema de calabacín</p> <p>Albóndigas a la jardinera</p> <p>Patatas panadera</p> <p>Yogur</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>709</td> <td>34,5</td> <td>73,2</td> <td>22,4</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	709	34,5	73,2	22,4	<p>Día 13</p> <p>Sopa de cocido</p> <p>Cocido completo Garbanzos, verduras, patata, ternera, pollo, morcilla</p> <p>Ensalada de Lechuga, tomate, aceitunas y zanahoria</p> <p>Naranja</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>770</td> <td>35,8</td> <td>92,2</td> <td>29,4</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	770	35,8	92,2	29,4	<p>Día 14</p> <p>Paella con pollo, conejo y verduras</p> <p>Merluza a la romana</p> <p>Ensalada de Lechuga, tomate, aceitunas y zanahoria</p> <p>Manzana</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>770</td> <td>35,8</td> <td>76,1</td> <td>26,4</td> </tr> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> <tr> <td>685</td> <td>36,2</td> <td>95,1</td> <td>23,8</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	770	35,8	76,1	26,4	Kcal	Prot	HCar	Lipid	685	36,2	95,1	23,8
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<p>Día 17</p> <p>Patatas a la riojana</p> <p>Coliflor a la gallega</p> <p>Filete de emperador</p> <p>Ensalada: lechuga, tomate, zanahoria y aceitunas</p> <p>Yogur</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>704</td> <td>35,7</td> <td>74,9</td> <td>26,1</td> </tr> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> <tr> <td>697</td> <td>35,6</td> <td>71,2</td> <td>23,2</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	704	35,7	74,9	26,1	Kcal	Prot	HCar	Lipid	697	35,6	71,2	23,2	<p>Día 18</p> <p>Arroz blanco con tomate y picadillo de salchichas</p> <p>Judías verdes con jamón</p> <p>Pechuga en salsa de setas</p> <p>Patatas</p> <p>Plátano</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>HCar</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>700</td> <td>33,1</td> <td>70,7</td> <td>23,1</td> </tr> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> <tr> <td>690</td> <td>30,9</td> <td>70,9</td> <td>21,5</td> </tr> </tbody> </table>	HCar	Prot	HCar	Lipid	700	33,1	70,7	23,1	Kcal	Prot	HCar	Lipid	690	30,9	70,9	21,5	<p>Día 19</p> <p>Lentejas hortelanas</p> <p>Espárragos blancos</p> <p>Lomo adobado</p> <p>Calabacín a la plancha</p> <p>Yogur</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>710</td> <td>34,5</td> <td>79,5</td> <td>27,6</td> </tr> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> <tr> <td>689</td> <td>32,0</td> <td>70,1</td> <td>21,6</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	710	34,5	79,5	27,6	Kcal	Prot	HCar	Lipid	689	32,0	70,1	21,6	<p>Día 20</p> <p>COMIDA</p> <p>ESPECIAL DE</p> <p>NAVIDAD</p> <p></p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>701</td> <td>35,3</td> <td>75,1</td> <td>23,1</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	701	35,3	75,1	23,1	<p>Día 21</p> <p>Espirales con tomate y bacon</p> <p>Chuleta de pavo</p> <p>Ensalada de Lechuga, tomate, aceitunas y zanahoria</p> <p>Melocotón en almíbar</p> <p>Pan y agua</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>Prot</th> <th>HCar</th> <th>Lipid</th> </tr> </thead> <tbody> <tr> <td>689</td> <td>37,1</td> <td>72,5</td> <td>22,9</td> </tr> </tbody> </table>	Kcal	Prot	HCar	Lipid	689	37,1	72,5	22,9
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