

| LUNES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | MARTES                                    | MIÉRCOLES                         | JUEVES                                    | VIERNES |     |        |        |        |      |      |      | 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| <div><div>Día 8</div><div>Macarrones gratinados<br/>(pasta sin gluten, queso y salsa de tomate) </div><div>o</div><div>Espárragos blancos con vinagreta</div><div>Bacalao al horno </div><div>Ensalada de Lechuga, maíz, tomate, zanahoria y aceitunas</div><div>Fruta/Yogur </div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>706</td><td>32,2 g</td><td>79,2 g</td><td>25,2 g</td></tr><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>685</td><td>35,2 g</td><td>70,1 g</td><td>21,5 g</td></tr></table></div>            | Kcal                                      | Prot                              | HCar                                      | Lipid   | 706 | 32,2 g | 79,2 g | 25,2 g | Kcal | Prot | HCar | Lipid | 685                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 35,2 g | 70,1 g | 21,5 g | <div><div>Día 9</div><div>Arroz “senyoret” (cebolla, ajo, tomate, gamba, calamar y caldo de pescado y marisco)   </div><div>o</div><div>Escalivada (berenjena, cebolla, pimiento rojo y tomate)</div><div>Tortilla a la francesa </div><div>Ensalada de tomate, maíz, aceitunas negras y zanahoria</div><div>Fruta</div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>700</td><td>36,8 g</td><td>79,7 g</td><td>25,1 g</td></tr><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>694</td><td>32,5 g</td><td>75,4 g</td><td>22,9 g</td></tr></table></div> | Kcal | Prot  | HCar   | Lipid  | 700 | 36,8 g | 79,7 g | 25,1 g | Kcal                                                                                 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 32,5 g | 75,4 g | 22,9 g  | <div><div>Día 10</div><div>Ensalada campera (patata, atún, aceitunas, huevo, zanahoria y tomate)  </div><div>Pechuga de pollo en salsa de la abuela (harina sin gluten, cebolla, ajo, zanahoria, laurel, tomillo, orégano y caldo de pollo)</div><div>Salteado de verduras</div><div>Fruta/Yogur </div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>712</td><td>37,2g</td><td>79,7 g</td><td>25,9 g</td></tr><tr><td></td><td></td><td></td><td></td></tr></table></div> | Kcal | Prot | HCar      | Lipid | 712                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 37,2g | 79,7 g               | 25,9 g                         |                                   |                                           |                                  |                                           | <div><div>Día 11</div><div>Lentejas estofadas (harina sin gluten, zanahoria, patata, ajo, pimiento cebolla y tomate)</div><div>Merluza en salsa verde con gulas (harina sin gluten, cebolla, surimi de pescado, perejil, ajo y caldo de marisco)   </div><div>Salteado de champiñón</div><div>Fruta/Yogur </div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>701</td><td>35,8 gr</td><td>79,2 gr</td><td>26,4 g</td></tr><tr><td></td><td></td><td></td><td></td></tr></table></div> | Kcal                           | Prot      | HCar | Lipid | 701 | 35,8 gr | 79,2 gr | 26,4 g           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |         |      |                | <div><div>Día 12</div><div>Crema de brócoli y coliflor (brócoli, coliflor, puerro, patata y caldo de verduras)</div><div>Albóndigas en salsa (carne de ternera y cerdo, cebolla, harina sin gluten, tomate, ajo, pimiento y zanahoria)</div><div>Patatas fritas</div><div>Fruta</div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>698</td><td>34,1 gr</td><td>77,3gr</td><td>25,1 gr</td></tr><tr><td></td><td></td><td></td><td></td></tr></table></div> | Kcal  | Prot   | HCar            | Lipid  | 698     | 34,1 gr | 77,3gr | 25,1 gr |                |       |                       |       |
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| 685                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 35,2 g                                    | 70,1 g                            | 21,5 g                                    |         |     |        |        |        |      |      |      |   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| 700                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 36,8 g                                    | 79,7 g                            | 25,1 g                                    |         |     |        |        |        |      |      |      |   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| 694                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 32,5 g                                    | 75,4 g                            | 22,9 g                                    |         |     |        |        |        |      |      |      |   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| <div><div>Día 15</div><div>Ensalada de pasta (pasta sin gluten, zanahoria, atún, huevo, surimi y aceitunas)  </div><div>Filete de caballa con fritada y salsa de tomate (cebolla, pimiento y tomate) </div><div>Salteado de espárragos, setas y zanahoria</div><div>Fruta/Yogur </div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>705</td><td>32,2 g</td><td>79,2 g</td><td>25,2 g</td></tr><tr><td></td><td></td><td></td><td></td></tr></table></div>           | Kcal                                      | Prot                              | HCar                                      | Lipid   | 705 | 32,2 g | 79,2 g | 25,2 g |      |      |      |       | <div><div>Día 16</div><div>Puré de verduras (judías verdes, acelgas, calabacín, zanahoria, calabaza, espinaca y patata)</div><div>Jamoncitos de pollo asados en su jugo con finas hierbas (cebolla, orégano y tomillo)</div><div>Patatas fritas</div><div>Fruta del tiempo</div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>699</td><td>32,2g</td><td>73,2 g</td><td>19,8 g</td></tr><tr><td></td><td></td><td></td><td></td></tr></table></div> | Kcal   | Prot   | HCar   | Lipid                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         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g</td></tr><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>694</td><td>32,7 g</td><td>73,1 g</td><td>22,2 g</td></tr></table></div>                                                              | Kcal  | Prot                 | HCar                           | Lipid                             | 703                                       | 31,9 g                           | 80,2 g                                    | 24,5 g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Kcal                           | Prot      | HCar | Lipid | 694 | 32,7 g  | 73,1 g  | 22,2 g           | <div><div>Día 19</div><div>Guisantes salteados con jamón</div><div>Huevos duros con verduras y queso fundido (cebolla, pimiento, salsa de tomate y queso)  </div><div>Patatas panadera</div><div>Fruta/Yogur </div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>770</td><td>35,8 g</td><td>92,2 g</td><td>29,4 g</td></tr><tr><td></td><td></td><td></td><td></td></tr></table></div>                                                                                                                     | Kcal    | Prot | HCar           | Lipid                                                           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| 703                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 31,9 g                                    | 80,2 g                            | 24,5 g                                    |         |     |        |        |        |      |      |      |   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| 694                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 32,7 g                                    | 73,1 g                            | 22,2 g                                    |         |     |        |        |        |      |      |      |   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| 770                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 35,8 g                                    | 92,2 g                            | 29,4 g                                    |         |     |        |        |        |      |      |      |   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| <div><div>Día 22</div><div>Lentejas guisadas con verduras (ajo, cebolla, pimiento, harina sin gluten, patata, tomate, zanahoria y puerro)</div><div>Nuggets de pollo (harina sin gluten) y croquetas de jamón (harina sin gluten, leche) </div><div>Ensalada de Lechuga, maíz, tomate, zanahoria y aceitunas</div><div>Fruta /Yogur </div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>701</td><td>34,8g</td><td>76,1 g</td><td>25,8 g</td></tr><tr><td></td><td></td><td></td><td></td></tr></table></div>                                                                                                                      | Kcal                                      | Prot                              | HCar                                      | Lipid   | 701 | 34,8g  | 76,1 g | 25,8 g |      |      |      |       | <div><div>Día 23</div><div>Menestra de verduras (judía verde, alcachofa, champiñón, zanahoria, espárragos y guisantes)</div><div>Filetes de jamón asado en su jugo (harina sin gluten, cebolla y zanahoria)</div><div>Patatas fritas</div><div>Fruta</div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>705</td><td>34,0g</td><td>79,3 g</td><td>26,9 g</td></tr><tr><td></td><td></td><td></td><td></td></tr></table></div>                       | Kcal   | Prot   | HCar   | Lipid                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   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gluten)</div><div>Patatas panadera</div><div>Fruta</div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>700</td><td>33,2g</td><td>75,2 g</td><td>26,4g</td></tr><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>694</td><td>35,4g</td><td>72,1 g</td><td>23,5g</td></tr></table></div> | Kcal  | Prot                 | HCar                           | Lipid                             | 700                                       | 33,2g                            | 75,2 g                                    | 26,4g                                                                                                                                                                                                                                                                                                                                                                                                                                                         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| <div><div>Día 29</div><div>Fideua de pollo (ajo, pasta sin gluten, harina, cebolla, pollo y tomate) </div><div>Judías verdes con jamón</div><div>Bacalao al horno a la vizcaína (harina sin gluten, cebolla, pimiento y tomate) </div><div>Salteado de verduras</div><div>Fruta/Yogur </div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>700</td><td>33,2g</td><td>75,2 g</td><td>26,4g</td></tr><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>694</td><td>35,4g</td><td>72,1 g</td><td>23,5g</td></tr></table></div> | Kcal                                      | Prot                              | HCar                                      | Lipid   | 700 | 33,2g  | 75,2 g | 26,4g  | Kcal | Prot | HCar | Lipid | 694                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 35,4g  | 72,1 g | 23,5g  | <div><div>Día 30</div><div>Sopa de cocido (pasta sin gluten)</div><div>Cocido completo, Garbanzos, patata, chorizo, ternera, pollo</div><div>Ensalada de Lechuga, maíz, tomate, zanahoria y aceitunas</div><div>Fruta</div><table><tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr><tr><td>770</td><td>35,8 g</td><td>95,1 g</td><td>29,4g</td></tr><tr><td></td><td></td><td></td><td></td></tr></table></div>                                                                                                                                                                                                                                                                                                                                                 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         |      |      |       | <div><div>¿COMO PLANIFICAR LAS CENAS?</div><div>En función de los grupos de alimentos que hayan tomado en el almuerzo, se confeccionará la cena para no repetir.</div><table><tr><th colspan="2">COMEDOR</th><th colspan="2">CASA</th></tr><tr><th colspan="4">1º PLATOS</th></tr><tr><td>Verduras/ Hortalizas</td><td>Guarnición: Patata/ Arroz/maíz</td><td>Pasta–Arroz (mejor sopa), Patatas</td><td>Guarnición: Verduras/ Hortalizas/Ensalada</td></tr><tr><td>Pasta, arroz, patatas, legumbres</td><td>Guarnición: Verduras/ Hortalizas/Ensalada</td><td>Verduras/ Hortalizas/ Ensaladas</td><td>Guarnición: Patata/ Arroz/maíz</td></tr><tr><th colspan="4">2º PLATOS</th></tr><tr><td colspan="2">Carne</td><td colspan="2">Pescado / Huevos</td></tr><tr><td colspan="2">Pescado</td><td colspan="2">Carne / Huevos</td></tr><tr><td colspan="2">Huevo</td><td colspan="2">Pescado / Carne</td></tr><tr><th colspan="4">POSTRES</th></tr><tr><td colspan="2">Fruta / Lácteo</td><td 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