

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|-----------|---------|---------|-------|--------|---------|---------|--|---|------|------|-------|-------|--------|---------|---------|---|--|------|------|-------|-------|--------|--------|--------|--|--|------|------|-------|-------|---------|--------|--------|--|------|------|------|-------|-----|--------|---------|---------|
| <p>Día 1</p> <p>Crema de coliflor y brócoli con picatostes (patata, coliflor, brócoli, puerro y pan) 🥔🥦🥦🥔</p> <p>Chuleta de Sajonia al horno</p> <p>Patatas fritas 🥔</p> <p>Fruta</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>703</td><td>35.1</td><td>81.1 gr</td><td>27.2 gr</td></tr> </table> | Kcal | Prot | HCar | Lipid | 703 | 35.1 | 81.1 gr | 27.2 gr | <p>Día 2</p> <p>Arroz tres delicias (jamón, guisante, huevo, gamba y zanahoria) 🥘🥔🐟🥚🥕</p> <p>PEQUES: Arroz con salsa de tomate</p> <p>Merluza a la romana (harina y huevo) 🐟🥚🥔</p> <p>Ensalada de Lechuga, maíz, tomate, zanahoria y aceitunas</p> <p>Fruta/Yogur 🍌</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>701</td><td>35.8</td><td>78.1 gr</td><td>25.4 gr</td></tr> </table> | Kcal | Prot | HCar | Lipid | 701 | 35.8 | 78.1 gr | 25.4 gr | <p>Día 3</p> <p>Lentejas hortelanas (harina, pimiento, cebolla, ajo zanahoria, tomate y patata) 🥔🥕🌶️🥔🥔</p> <p>Tortilla española (aceite de oliva, patata, huevo y cebolla) 🥔🥚🥔</p> <p>Tacos de tomate aliñados (aceite de oliva, sal y orégano)</p> <p>Fruta/Yogur 🍌</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>704</td><td>32.6 g</td><td>77.6 g</td><td>26.6 g</td></tr> </table> | Kcal | Prot | HCar | Lipid | 704 | 32.6 g | 77.6 g | 26.6 g | <p>Día 4</p> <p>Espaguetis a la boloñesa (pasta, tomate, cebolla y carne de ternera) 🍝🥔🥕🥩</p> <p>Filete de mero al horno en salsa blanca (harina, ajo, leche, cebolla y caldo de marisco) 🐟🥔🥕🥚🥔</p> <p>Patatitas al vapor</p> <p>Fruta</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>702</td><td>35.6 gr</td><td>79.6</td><td>25.4</td></tr> </table> | Kcal | Prot | HCar | Lipid | 702 | 35.6 gr | 79.6 | 25.4 | <p>Día 5</p> <p>Alubias blancas con almejas (harina, cebolla, ajo, tomate, almeja, zanahoria y patatas) 🥔🥕🥔🐟🥔</p> <p>Escalope de pollo (huevo, pan rallado, ajo, perejil y pechuga de pollo) 🐔🥚🥔🌿🥔</p> <p>Ensalada de tomate, atún, aguacate, zanahoria y maíz</p> <p>Fruta</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>703</td><td>35.1</td><td>81.1 gr</td><td>27.2 gr</td></tr> </table> | Kcal | Prot | HCar | Lipid | 703 | 35.1 | 81.1 gr | 27.2 gr |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 703 | 35.1 | 81.1 gr | 27.2 gr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 701 | 35.8 | 78.1 gr | 25.4 gr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 704 | 32.6 g | 77.6 g | 26.6 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 702 | 35.6 gr | 79.6 | 25.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 703 | 35.1 | 81.1 gr | 27.2 gr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Día 8</p> <p>DÍA DE LA INMACULADA</p> <p>8 DIC</p> | <p>Día 9</p> <p>Farfalle de colores con tomate y gratinados (pasta, salsa de tomate y queso) 🍝🥔🧀</p> <p>Palometa al horno en salsa de puerros (harina, cebolla, ajo, puerro y caldo de verduras) 🐟🥔</p> <p>Salteado de espárragos, setas, zanahoria y calabacín</p> <p>Fruta/Gelatina sin azúcar</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>702</td><td>34.5 g</td><td>76.5 g</td><td>25.4 g</td></tr> </table> | Kcal | Prot | HCar | Lipid | 702 | 34.5 g | 76.5 g | 25.4 g | <p>Día 10</p> <p>Guisantes salteados con jamón y huevo duro 🥔🥚🥔</p> <p>PEQUES: Crema de guisantes</p> <p>Albóndigas en salsa (carne de cerdo, zanahoria, cebolla, harina, ajo, tomate y pimiento) 🐔🥕🥔🥔</p> <p>Patatas fritas 🥔</p> <p>Fruta</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>33.1 g</td><td>70.7 g</td><td>23.1 g</td></tr> </table> | Kcal | Prot | HCar | Lipid | 700 | 33.1 g | 70.7 g | 23.1 g | <p>Día 11</p> <p>Arroz ECOLOGICO al horno con marisco (cebolla, pimiento, cebolla, zanahoria, tomate, ajo, calamar, gamba y caldo de marisco) 🍝🥔🥕🐟🥔</p> <p>Bacalao a la vizcaína (harina, cebolla, pimiento, cebolla y tomate) 🐟🥔🥕🥔</p> <p>PEQUES: Skipper de bacalao</p> <p>Salteado campestre de verduras</p> <p>Fruta</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>701</td><td>35.2 g</td><td>76.2 g</td><td>26.1 g</td></tr> </table> | Kcal | Prot | HCar | Lipid | 701 | 35.2 g | 76.2 g | 26.1 g | <p>Día 12</p> <p>Sopa de cocido (pasta) 🍝</p> <p>Cocido completo, Garbanzos, patata, chorizo, ternera, pollo</p> <p>Ensalada de Lechuga, maíz, tomate, zanahoria y aceitunas</p> <p>Fruta/Yogur 🍌</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 g</td><td>94.0 g</td><td>29.4 g</td></tr> </table> | Kcal | Prot | HCar | Lipid | 770 | 35.8 g | 94.0 g | 29.4 g | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 702 | 34.5 g | 76.5 g | 25.4 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 700 | 33.1 g | 70.7 g | 23.1 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 701 | 35.2 g | 76.2 g | 26.1 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 770 | 35.8 g | 94.0 g | 29.4 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Día 15</p> <p>Macarrones INTEGRALES a la carbonara (pasta, nata, leche, pimienta y bacon) 🍝🥔🥚🥔</p> <p>PEQUES: Macarrones INTEGRALES con tomate</p> <p>Pollo asado en su jugo con hierbas aromáticas (cebolla, tomillo y orégano)</p> <p>Ensalada de escarola, maíz, tomate, atún y zanahoria 🐟🥔</p> <p>Fruta/Yogur 🍌</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>702</td><td>32.6 g</td><td>75.6 g</td><td>26.6 g</td></tr> </table> | Kcal | Prot | HCar | Lipid | 702 | 32.6 g | 75.6 g | 26.6 g | <p>Día 16</p> <p>Paella valenciana (arroz ECOLOGICO, cebolla, ajo, pimiento, carne de pollo y conejo y alcachofa)</p> <p>Boquerones a la andaluza (harina) 🐟🥔</p> <p>PEQUES: Merluza empanada</p> <p>Tacos de tomate, aguacate, zanahoria, maíz y aceitunas</p> <p>Fruta</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>702</td><td>34.6 g</td><td>75.9 g</td><td>25.8 g</td></tr> </table> | Kcal | Prot | HCar | Lipid | 702 | 34.6 g | 75.9 g | 25.8 g | <p>Día 17</p> <p>Lentejas caseras (harina, ajo, pimiento, cebolla, carne de cerdo, zanahoria, tomate y patata) 🥔🥕🐔🥔</p> <p>Tortilla francesa 🥔</p> <p>Salsa de tomate casera (tomate, ajo y cebolla)</p> <p>Fruta/Yogur 🍌</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>701</td><td>35.2 g</td><td>76.9 g</td><td>24.4 g</td></tr> </table> | Kcal | Prot | HCar | Lipid | 701 | 35.2 g | 76.9 g | 24.4 g | <p>Día 18</p> <p>Langostinos 🐟</p> <p>Raviolis rellenos de carne a la napolitana (harina, carne de cerdo, cebolla, ajo, tomate, huevo, albahaca y orégano) 🍝🥔🥕🥚🥔</p> <p>PEQUES: Sopa de marisco con estrellitas</p> <p>Medallones de solomillo en salsa española (ajo, harina, carne de cerdo, zanahoria, cebolla y caldo de carne) 🐔🥔🥕</p> <p>Patatas teja 🥔</p> <p>Copa de crema de chocolate y nata</p> <p>Turrón</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>730</td><td>34.6 g</td><td>80.9 g</td><td>28.2 g</td></tr> </table> | Kcal | Prot | HCar | Lipid | 730 | 34.6 g | 80.9 g | 28.2 g | <p>Día 19</p> <p>Crema de legumbres (garbanzo, judía blanca, zanahoria, puerro y patata)</p> <p>San Jacobo de jamón y queso (carne de cerdo, queso y pan rallado) 🐔🥔🧀</p> <p>Ensalada de Lechuga, tomate, aceitunas, maíz y zanahoria</p> <p>Melocotón en almíbar</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>708</td><td>33.4 g</td><td>79.1 g</td><td>27.2 g</td></tr> </table> | Kcal | Prot | HCar | Lipid | 708 | 33.4 g | 79.1 g | 27.2 g |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 702 | 32.6 g | 75.6 g | 26.6 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 702 | 34.6 g | 75.9 g | 25.8 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 701 | 35.2 g | 76.9 g | 24.4 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 730 | 34.6 g | 80.9 g | 28.2 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | Prot | HCar | Lipid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 708 | 33.4 g | 79.1 g | 27.2 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

¿CÓMO PLANIFICAR LAS CENAS?

En función de los grupos de alimentos que hayan tomado en el almuerzo, se confeccionará la cena para no repetir.

| COMEDOR | | CASA | |
|----------------------------------|---|-----------------------------------|---|
| 1º PLATOS | | | |
| Verduras/ Hortalizas | Guarnición: Patata/ Arroz/maíz | Pasta-Arroz (mejor sopa), Patatas | Guarnición: Verduras/ Hortalizas/Ensalada |
| Pasta, arroz, patatas, legumbres | Guarnición: Verduras/ Hortalizas/Ensalada | Verduras/ Hortalizas/ Ensaladas | Guarnición: Patata/ Arroz/maíz |
| 2º PLATOS | | | |
| Carne | Pescado / Huevos | | |
| Pescado | Carne / Huevos | | |
| Huevo | Pescado / Carne | | |
| POSTRES | | | |
| Fruta / Lácteo | Preferiblemente fruta | | |

