

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

03	Kcal 784 Lip. 26	P. 33 H.C. 104	04	Kcal 875 Lip. 26	P. 37 H.C. 119	05	Kcal 694 Lip. 21	P. 43 H.C. 79	06	Kcal 483 Lip. 14	P. 27 H.C. 63	07	Kcal 672 Lip. 16	P. 29 H.C. 108
	<ul style="list-style-type: none"> - Espaguetis boloñesa - Merluza en salsa meniere - Fruta - Pan 			<ul style="list-style-type: none"> - Garbanzos con chorizo - Croquetas con jamón york y lechuga - Fruta - Pan 			<ul style="list-style-type: none"> - Puré de verdura con picatostes - Pollo guisado con patatas - Yogur - Pan 			<ul style="list-style-type: none"> - Sopa de ave con fideos - Lomo sajonia con ensalada - Fruta - Pan 			<ul style="list-style-type: none"> - Arroz con salchichas y pollo - Fritos de pixín con ensalada - Fruta - Pan 	
10	Kcal 755 Lip. 24	P. 53 H.C. 83	11	Kcal 870 Lip. 35	P. 34 H.C. 109	12	Kcal 605 Lip. 18	P. 34 H.C. 77	13	Kcal 832 Lip. 33	P. 22 H.C. 110	14	Kcal 741 Lip. 18	P. 48 H.C. 98
	<ul style="list-style-type: none"> - Lentejas con verdura - Jamón asado con lechuga - Fruta - Pan 			<ul style="list-style-type: none"> - Paella - Filete de merluza romana con mahonesa - Natillas - Pan 			<ul style="list-style-type: none"> - Crema de calabacín - Lomo fresco con patatas fritas - Fruta - Pan 			<ul style="list-style-type: none"> - Espirales salteados con champiñón y bacon - Tortilla de patata con mahonesa - Fruta - Pan 			<ul style="list-style-type: none"> - Fabada asturiana - Cazón con ensalada - Fruta - Pan 	
17	Kcal 575 Lip. 9	P. 32 H.C. 90	18	Kcal 654 Lip. 15	P. 21 H.C. 108	19	Kcal 1014 Lip. 32	P. 27 H.C. 157	20	Kcal 1055 Lip. 61	P. 33 H.C. 92	21	Kcal 819 Lip. 29	P. 33 H.C. 104
	<ul style="list-style-type: none"> - Cocido de garbanzos - Fritos de pixín con ensalada - Fruta - Pan 			<ul style="list-style-type: none"> - Crema de calabaza y zanahoria - Albóndigas de pollo y cerdo en salsa suave con patata parisina - Fruta - Pan 			<ul style="list-style-type: none"> - Arroz con tomate - Perrito caliente montado con queso y ketchup - Postre dulce - Pan 			<ul style="list-style-type: none"> - Ensaladilla rusa - Filete de merluza a la provenzal con lechuga - Fruta - Pan 			<ul style="list-style-type: none"> - Macarrones napolitana - Huevos revueltos con patatas y york - Fruta - Pan 	
24			25	Kcal 680 Lip. 26	P. 39 H.C. 72	26			27			28		
				<ul style="list-style-type: none"> - Sopa de ave con fideos - Pechugas de pollo con salsa rubia - Helado - Pan 										



ALIMENTOS CONSUMIDOS EN LA COMIDA	SUGERENCIA PARA LA CENA
Arroz, pasta, patata o legumbre	Verduras u hortalizas crudas o cocinadas
Verduras	Arroz, pasta o patata
Carnes	Pescado o huevo
Pescados	Carne o huevo
Huevo	Pescado o carne
Fruta	Lácteo o fruta
Lácteo	Fruta

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

03	Kcal 784 Lip. 26	P. 33 H.C. 104	04	Kcal 875 Lip. 26	P. 37 H.C. 119	05	Kcal 694 Lip. 21	P. 43 H.C. 79	06	Kcal 483 Lip. 14	P. 27 H.C. 63	07	Kcal 672 Lip. 16	P. 29 H.C. 108
	<ul style="list-style-type: none"> - Bolognese spaghetti - Hake in meunière sauce - Fruit - Bread 			<ul style="list-style-type: none"> - Chickpeas with chorizo - Ham croquettes with lettuce - Fruit - Bread 			<ul style="list-style-type: none"> - Vegetable cream with fried bread - Stewed chicken with potatoes - Yogurt - Bread 			<ul style="list-style-type: none"> - Fowl soup with noodles - Pork loin with salad - Fruit - Bread 			<ul style="list-style-type: none"> - Rice with sausages and chicken - Monkfish croquettes with salad - Fruit - Bread 	
10	Kcal 755 Lip. 24	P. 53 H.C. 83	11	Kcal 870 Lip. 35	P. 34 H.C. 109	12	Kcal 605 Lip. 18	P. 34 H.C. 77	13	Kcal 832 Lip. 33	P. 22 H.C. 110	14	Kcal 741 Lip. 18	P. 48 H.C. 98
	<ul style="list-style-type: none"> - Lentils with vegetables - Roasted ham with lettuce - Fruit - Bread 			<ul style="list-style-type: none"> - Paella - Battered hake fillet with mayonnaise - Custard - Bread 			<ul style="list-style-type: none"> - Courgette cream - Breaded fresh pork loin with chips - Fruit - Bread 			<ul style="list-style-type: none"> - Spirals sautéed with mushrooms and bacon - Spanish omelette with mayonnaise - Fruit - Bread 			<ul style="list-style-type: none"> - Asturian bean stew - Dogfish with salad - Fruit - Bread 	
17	Kcal 575 Lip. 9	P. 32 H.C. 90	18	Kcal 654 Lip. 15	P. 21 H.C. 108	19	Kcal 1014 Lip. 32	P. 27 H.C. 157	20	Kcal 1055 Lip. 61	P. 33 H.C. 92	21	Kcal 819 Lip. 29	P. 33 H.C. 104
	<ul style="list-style-type: none"> - Chickpeas with vegetables - Monkfish croquettes with salad - Fruit - Bread 			<ul style="list-style-type: none"> - Pumpkin and carrot cream - Chicken and pork meatballs in light sauce with potatoes - Fruit - Bread 			<ul style="list-style-type: none"> - Rice with tomato sauce - Hot dog with cheese and ketchup - Sweet dessert - Bread 			<ul style="list-style-type: none"> - Russian salad - Provençal hake fillet with lettuce - Fruit - Bread 			<ul style="list-style-type: none"> - Neapolitan macaroni - Scrambled eggs with potatoes and ham - Fruit - Bread 	
24			25	Kcal 680 Lip. 26	P. 39 H.C. 72	26			27			28		
				<ul style="list-style-type: none"> - Fowl soup with noodles - Chicken breasts roux - Ice cream - Bread 										



FOOD EATEN AT LUNCHTIME **DINNER SUGGESTIONS**

Rice, pasta, potatoes or pulses → Raw or cooked vegetables

Vegetables → Rice, pasta or potatoes

Meat → Fish or meat

Fish → Meat or egg

Egg → Fish or meat

Fruit → Dairy or fruit

Dairy → Fruit

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