

## Lunes

## Martes

## Miércoles

## Jueves

## Viernes

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

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|------|----|-----|------|
|      |    |     |      |

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|------|----|-----|------|
|      |    |     |      |

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

SIN SERVICIO  
DE COMEDOR

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

SIN SERVICIO  
DE COMEDOR

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

SIN SERVICIO  
DE COMEDOR

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

Arroz tres delicias casero  
Filete de pollo asado con miel, romero y limón  
Ensalada tricolor de lechuga, remolacha y maíz  
Yogur  
Pan

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

Sopa de fideos  
Lomo de cerdo asado con un punto de mostaza  
Rodajitas de calabacín asado  
Fruta de temporada  
Pan

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

Judías verdes rehogadas con ajito y cebolla pochada  
Fusilli integrales con boloñesa vegetariana  
Fruta de temporada  
Pan integral

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

Crema de calabacín natural  
Tortilla de patata  
Ensalada de lechuga y tomate  
Yogur  
Pan

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

Alubias pintas guisadas con zanahorias  
Croquetas artesanas de jamón y empanadillas de atún  
Ensalada de lechuga y maíz  
Fruta de temporada  
Pan integral

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

Arroz blanco con salsa de tomate casera aromatizada  
Suprema de salmón al horno con salsa de puerros  
Ensalada de lechuga y cebolla con orégano  
Fruta de temporada  
Pan

| Kcal | HC | Lip | Prot |
|------|----|-----|------|
|      |    |     |      |

Sopa de cocido  
Cocido tradicional completo  
Fruta de temporada  
Pan

## Lunes

19 Kcal 693 HC 88 Lip 25 Prot 26

Lentejas guisadas a la jardinera  
Tortilla de patata  
Ensalada de lechuga y aceitunas  
Fruta de temporada  
Pan integral

26 Kcal 620 HC 69 Lip 24 Prot 31

Crema vichy  
Hamburguesa de ave a la plancha  
Patatas fritas crujientes  
Fruta de temporada  
Pan integral

## Martes

20 Kcal 662 HC 92 Lip 22 Prot 23

Paella de verduras de temporada  
Hamburguesa de ternera a la plancha  
Ensalada de tomate, remolacha y zanahoria  
Fruta de temporada  
Pan

27 Kcal 684 HC 95 Lip 22 Prot 26

Arroz blanco con salsa de tomate casera aromatizada  
Filete de abadejo en tempura  
Ensalada variada de lechuga, maíz y aceitunas  
Fruta de temporada  
Pan

## Miércoles

21 Kcal 612 HC 76 Lip 19 Prot 33

Sopa de fideos  
Lomo de cerdo asado con manzana verde  
Cous cous salteado  
Yogur  
Pan integral

28 Kcal 614 HC 62 Lip 27 Prot 30

Judías verdes rehogadas con ajito y cebolla pochada  
Estofado de cerdo en salsa española  
Cous cous salteado  
Fruta de temporada  
Pan integral

## Jueves

22 Kcal 672 HC 78 Lip 29 Prot 24

Crema de calabaza natural  
Ragout de pollo guisado al estilo tradicional  
Patatas fritas crujientes  
Fruta de temporada  
Pan

29 Kcal 629 HC 88 Lip 18 Prot 26

Macarrones integrales con salsa italiana  
Tortilla francesa  
Ensalada de lechuga y tomate  
Yogur  
Pan

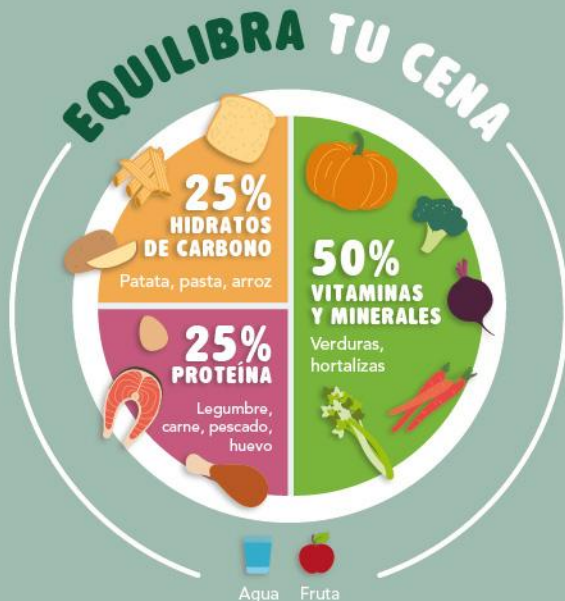
## Viernes

23 Kcal 652 HC 88 Lip 20 Prot 26

Macarrones integrales con salsa de tomate casera  
Suprema de merluza al horno con ajos confitados y perejil  
Ensalada tricolor de lechuga, zanahoria y maíz  
Fruta de temporada  
Pan

30 Kcal 583 HC 85 Lip 15 Prot 24

Sopa de cocido  
Cocido tradicional completo  
Fruta de temporada  
Pan



| ☀ SI HAS COMIDO:              | 🌙 ES RECOMENDABLE CENAR:      |
|-------------------------------|-------------------------------|
| VERDURAS COCINADAS            | HORTALIZAS CRUDAS EN ENSALADA |
| HORTALIZAS CRUDAS EN ENSALADA | VERDURAS COCINADAS            |
| LEGUMBRE                      | CARNE / PESCADO / HUEVO       |
| CARNE                         | PESCADO / HUEVO / LEGUMBRES   |
| PESCADO                       | CARNE / HUEVO / LEGUMBRES     |
| HUEVO                         | PESCADO / CARNE / LEGUMBRES   |
| PATATA                        | PASTA / ARROZ                 |
| PASTA / ARROZ                 | PATATA                        |

## ¡COME DESPACIO PARA NO DESPERDICIA ALIMENTOS!



1

Tu cuerpo se sentirá **más satisfecho.**

2

Disfrutarás más **el sabor y la textura** de los alimentos.

3

Evitarás dejar comida en el plato y **reducirás el desperdicio alimentario.**



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

|  | Kcal | HC | Lip | Prot |
|--|------|----|-----|------|
|  |      |    |     |      |

|  | Kcal | HC | Lip | Prot |
|--|------|----|-----|------|
|  |      |    |     |      |

|  | Kcal | HC | Lip | Prot |
|--|------|----|-----|------|
|  |      |    |     |      |

| 1                  | Kcal | HC | Lip | Prot |
|--------------------|------|----|-----|------|
|                    |      |    |     |      |
| No canteen service |      |    |     |      |

| 2                  | Kcal | HC | Lip | Prot |
|--------------------|------|----|-----|------|
|                    |      |    |     |      |
| No canteen service |      |    |     |      |

| 5                  | Kcal | HC | Lip | Prot |
|--------------------|------|----|-----|------|
|                    |      |    |     |      |
| No canteen service |      |    |     |      |

| 6                  | Kcal | HC | Lip | Prot |
|--------------------|------|----|-----|------|
|                    |      |    |     |      |
| No canteen service |      |    |     |      |

| 7                  | Kcal | HC | Lip | Prot |
|--------------------|------|----|-----|------|
|                    |      |    |     |      |
| No canteen service |      |    |     |      |

| 8                                                                                                                                                         | Kcal | HC | Lip | Prot |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------|----|-----|------|
|                                                                                                                                                           | 687  | 94 | 19  | 35   |
| Homemade special fried rice<br>Roasted chicken fillet with honey, rosemary and lemon<br>Tricolor salad with lettuce, beetroot and corn<br>Yogurt<br>Bread |      |    |     |      |

| 9                                                                                                | Kcal | HC | Lip | Prot |
|--------------------------------------------------------------------------------------------------|------|----|-----|------|
|                                                                                                  | 550  | 63 | 21  | 27   |
| Noodle soup<br>Roast pork loin with a hint of mustard<br>Baked courgette<br>Fresh fruit<br>Bread |      |    |     |      |

| 12                                                                                                             | Kcal | HC | Lip | Prot |
|----------------------------------------------------------------------------------------------------------------|------|----|-----|------|
|                                                                                                                | 610  | 91 | 16  | 21   |
| Lightly fried green beans<br>Whole wheat fusilli with vegetarian bolognese<br>Fresh fruit<br>Whole wheat bread |      |    |     |      |

| 13                                                                                        | Kcal | HC | Lip | Prot |
|-------------------------------------------------------------------------------------------|------|----|-----|------|
|                                                                                           | 580  | 72 | 25  | 16   |
| Cream of courgette soup<br>Potato omelette<br>Lettuce and tomato salad<br>Yogurt<br>Bread |      |    |     |      |

| 14                                                                                                                                     | Kcal | HC | Lip | Prot |
|----------------------------------------------------------------------------------------------------------------------------------------|------|----|-----|------|
|                                                                                                                                        | 715  | 83 | 30  | 29   |
| Pinto bean with carrots<br>Homemade ham croquettes and tuna patties<br>Lettuce and sweetcorn salad<br>Fresh fruit<br>Whole wheat bread |      |    |     |      |

| 15                                                                                                                                                     | Kcal | HC | Lip | Prot |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|------|----|-----|------|
|                                                                                                                                                        | 676  | 90 | 21  | 30   |
| White rice with aromatic homemade tomato sauce<br>Baked salmon supreme with leek sauce<br>Lettuce and onion salad with oregano<br>Fresh fruit<br>Bread |      |    |     |      |

| 16                                                                                   | Kcal | HC | Lip | Prot |
|--------------------------------------------------------------------------------------|------|----|-----|------|
|                                                                                      | 583  | 85 | 15  | 24   |
| Meat and vegetable soup<br>Chickpea, meat and vegetable stew<br>Fresh fruit<br>Bread |      |    |     |      |

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

|    | Kcal | HC | Lip | Prot |
|----|------|----|-----|------|
| 19 | 693  | 88 | 25  | 26   |

Lentil casserole with vegetables  
Potato omelette  
Lettuce and olive salad  
Fresh fruit  
Whole wheat bread

|    | Kcal | HC | Lip | Prot |
|----|------|----|-----|------|
| 20 | 662  | 92 | 22  | 23   |

Paella with vegetables  
Grilled beef burger  
Tomato, beetroot and carrot salad  
Fresh fruit  
Bread

|    | Kcal | HC | Lip | Prot |
|----|------|----|-----|------|
| 21 | 612  | 76 | 19  | 33   |

Noodle soup  
Roast pork loin with apple  
Couscous  
Yogurt  
Whole wheat bread

|    | Kcal | HC | Lip | Prot |
|----|------|----|-----|------|
| 22 | 672  | 78 | 29  | 24   |

Cream of pumpkin soup  
Traditional style braised chicken ragout  
Chips  
Fresh fruit  
Bread

|    | Kcal | HC | Lip | Prot |
|----|------|----|-----|------|
| 23 | 652  | 88 | 20  | 26   |

Whole wheat macaroni with homemade tomato sauce  
Oven-baked hake supreme with confit garlic and parsley  
Lettuce, carrot and sweet corn salad  
Fresh fruit  
Bread

|    | Kcal | HC | Lip | Prot |
|----|------|----|-----|------|
| 26 | 620  | 69 | 24  | 31   |

Vichy cream  
Grilled poultry burger  
Chips  
Fresh fruit  
Whole wheat bread

|    | Kcal | HC | Lip | Prot |
|----|------|----|-----|------|
| 27 | 684  | 95 | 22  | 26   |

White rice with aromatic homemade tomato sauce  
Floured haddock  
Lettuce, sweet corn and olives salad  
Fresh fruit  
Bread

|    | Kcal | HC | Lip | Prot |
|----|------|----|-----|------|
| 28 | 614  | 62 | 27  | 30   |

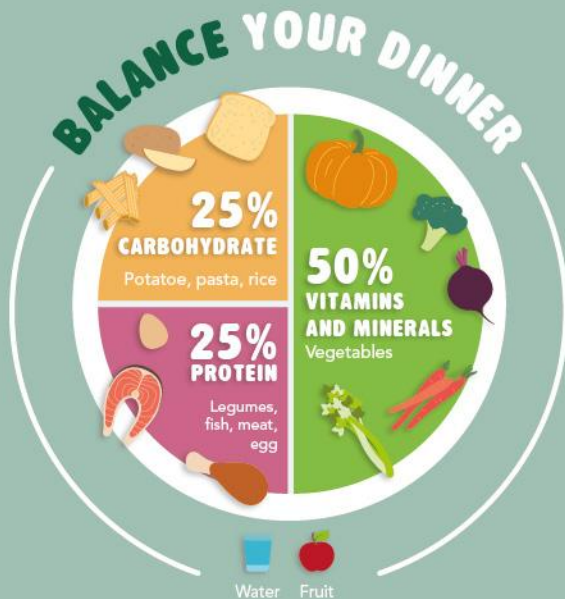
Lightly fried green beans  
Pork stew in spanish sauce  
Couscous  
Fresh fruit  
Whole wheat bread

|    | Kcal | HC | Lip | Prot |
|----|------|----|-----|------|
| 29 | 629  | 88 | 18  | 26   |

Whole wheat macaroni with italian sauce  
French omelette  
Lettuce and tomato salad  
Yogurt  
Bread

|    | Kcal | HC | Lip | Prot |
|----|------|----|-----|------|
| 30 | 583  | 85 | 15  | 24   |

Meat and vegetable soup  
Chickpea, meat and vegetable stew  
Fresh fruit  
Bread



| ☀ IF YOU ATE:           | 🌙 IT IS RECOMMENDED FOR DINNER: |
|-------------------------|---------------------------------|
| COOKED VEGETABLES       | RAW VEGETABLES IN SALAD         |
| RAW VEGETABLES IN SALAD | COOKED VEGETABLES               |
| LEGUMES                 | MEAT / FISH / EGG               |
| MEAT                    | FISH / EGG / LEGUMES            |
| FISH                    | MEAT / EGG / LEGUMES            |
| EGG                     | FISH / MEAT / LEGUMES           |
| POTATO                  | PASTA / RICE                    |
| PASTA / RICE            | POTATO                          |

**EAT SLOWLY SO YOU**

**DON'T WASTE FOOD!**



**2**

You'll enjoy the **taste and texture** of food more.

**1**

Your body will **feel fuller**.

**3**

You'll avoid leaving food on your plate and **reduce food waste**.

