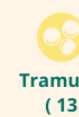
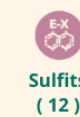
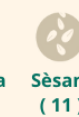
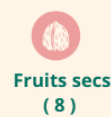


	Monday DAY 4	Tuesday DAY 5	Wednesday DAY 6	Thursday DAY 7	Friday DAY 8
<b>First</b>	LENTIL SALAD (tuna, black olives, carrot and tomato) ( 1, 4 )	RICE WITH HOMEMADE TOMATO SAUCE	SPIRALS IN PESTO SAUCE ( 1, 3, 7, T3, T5, T6, T8, T10 )	MIXED VEGETABLES (zucchini, green beans and carrot)	VEGETABLE SOUP
Option 2	VEGETABLE LASAGNA ( 1, 2, 3, 4, 6, 7, 14 )	SAUTEED PEAS WITH HAM	GAZPACHO (TOMATO CREAM) WITH CROUTONS ( 1, 12, T6, T10 )	FISH "PAELLA" ( 2, 4, 9, 12, 14, T2, T4 )	PASTA SALAD (tomato, green olives, tuna, sweet corn and oregano) ( 1, 4, T6, T10 )
<b>Second</b>	MEAT CROQUETTES ( 1, 7, 14, T2, T3, T4, T6 )	SCRAMBLED EGGS WITH VEGETABLES ( 3 )	"GALICIAN" HAKE (with onion and sweet paprika) ( 4, T2, T14 )	BAKED CHICKEN	LOIN WITH APPLE SAUCE
Option 2	GRILLED HAKE WITH GARLIC AND PARSLEY ( 4, T2, T14 )	GRILLED CHICKEN	GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE ( 12 )	GRATINATED CODFISH WITH APPLE "ALL I OLI" ( 1, 3, 4 )	TUNA PATTIES ( 1, 3, 4 )
<b>Side dishes</b>	SAUTEED MUSHROOMS WITH OLIVE OIL	GRILLED COURGETTE	LETTUCE WITH SWEET CORN AND BLACK OLIVES	LETTUCE, CARROT AND SWEET CORN	"CALIU" POTATOES
<b>Desserts</b>	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	YOGURT ( 7 )



FRESH FRUIT



	Monday DAY 11	Tuesday DAY 12	Wednesday DAY 13	Thursday DAY 14	Friday DAY 15
<b>First</b>	BOILED GREEN BEANS AND POTATOES	SAUTEED RICE	MACARONI IN NAPOLITANA SAUCE (homemade tomato sauce) ( 1, T6, T10 )	CREAM OF CARROT WITH CROUTONS ( 1, T6, T10 )	BEANS & VEGETABLES STEW
Option 2	MAC & CHEESE (pasta au gratin with cheese) ( 1, 7, T3, T6, T10 )	GRILLED VEGETABLES	BOILED BROCCOLI AND POTATOES	POTATO SALAD (black olives, tomatoes and tuna) ( 3, 4 )	SAUTEED RICE ( sweet corn, peas and carrot)
<b>Second</b>	GRILLED BEEF BURGER ( 12 )	BAKED COD (with onion and tomato) ( 4 )	COOKED HAM OMELETTE ( 3 )	TURKEY STEW	BAKED CHICKEN WITH THYME
Option 2	HOMEMADE ANDALUSIAN STYLE CALAMARI ( 1, 14 )	TRUTHAHN MIT SENFCREME ( 7, 10 )	GRILLED PORK LOIN	BAKED RABBIT	HAKE IN GREEN SAUCE ( 1, 2, 4, 9, 14, T2, T4, T14 )
<b>Side dishes</b>	FRESH SALAD	FRESH SALAD	FRESH SALAD	SAUTED COUSCOUS ( 1, T6, T10 )	DICED POTATOES WITH GARLIC AND PARSLEY
<b>Desserts</b>	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	YOGURT ( 7 )	FRESH FRUIT



FRESH FRUIT

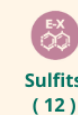
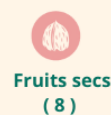




	Monday DAY 18	Tuesday DAY 19	Wednesday DAY 20	Thursday DAY 21	Friday DAY 22
<b>First</b>	ZUCCHINI AND BASIL CREAM	RICE WITH HOMEMADE TOMATO SAUCE	RUSSIAN SALAD ( 3, 4 )	CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato)	MACARONI IN CARBONARA SAUCE (cream and bacon) ( 1, 3, 6, 7, T6, T10 )
Option 2	COUS COUS WITH VEGETABLES (courgette and onion) ( 1, T6, T10 )	BOILED PEAS AND POTATOES	SPAGUETTI IN CHEESE SAUCE ( 1, 7, T3, T6, T10 )	VEGETABLE RICE "PAELLA" (onion, red and green pepper, leek, peas and green beans)	NIZARDA SALAD ( 3, 4 )
<b>Second</b>	BAKED MARINATED TURKEY ( 1, 6, 10, T1, T10 )	SCRAMBLED EGGS WITH JAM ( 3, 6 )	BREADED CHICKEN (flour, egg and breadcrumbs) ( 1, 3, T1, T3, T6, T7, T8, T11 )	PORK LOIN STEW	BAKED HAKE (onion and tomato) ( 4, T2, T14 )
Option 2	GRILLED "BUTIFARRA" (PORK MEAT) ( 12, T12 )	CHICKEN "QUESADILLAS" ( 1, 7, 10, T1, T3, T10 )	BAKED MONKFISH ( 2, 4 )	PORK LOIN WITH ROQUEFORT SAUCE ( 7 )	GRILLED CHICKEN
<b>Side dishes</b>	FRESH SALAD ( lettuce, tomato and sweet corn)	SAUTEED MUSHROOMS	SEASONED TOMATOES	BOILED CARROTS	FRESH SALAD ( lettuce, tomato and sweet corn)
<b>Desserts</b>	FRESH FRUIT	FRESH FRUIT	YOGURT ( 7 )	FRESH FRUIT	FRESH FRUIT



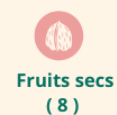
FRESH FRUIT



	Monday DAY 25	Tuesday DAY 26	Wednesday DAY 27	Thursday DAY 28	Friday DAY 29
<b>First</b>		SALAD WITH PASTA ( 1, 3, 4, 12, T3, T6, T10 )	BOILED GREEN BEANS AND POTATOES	SAUTEED RICE WITH VEGETABLES (onion, leek, green beans, carrot and mushrooms)	BOILED PEAS AND POTATOES
Option 2		BOILED MIXED VEGETABLES WITH POTATOES (peas, green beans and carrot)	QUINOA WITH VEGETABLES	LEEK AND POTATOES CREAM ( 7 )	CARBONARA SAUCE PASTA ( cream and bacon ) ( 1, 6, 7, T6, T10 )
<b>Second</b>	HOLIDAY	CHEESE OMELETTE ( 3, 7 )	GARLIC CHICKEN	BREADED COD ( 1, 4 )	MEATBALLS IN TOMATO SAUCE ( 6, 12 )
Option 2		GRILLED HAKE ( 4, T2, T14 )	STEWED PORK CHEEKS ( 12 )	GRILLED TURKEY	GYOZAS (Vegetable and chicken pie) ( 1, 3, 6, 7, 11 )
<b>Side dishes</b>		GRATED CARROT	FRESH SALAD ( lettuce, tomato and sweet corn)	LETTUCE WITH SWEET CORN AND BLACK OLIVES	FRESH SALAD ( lettuce, tomato and carrot)
<b>Desserts</b>		YOGURT ( 7 )	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT



FRESH FRUIT



## APROFITEM ELS PRODUCTES DE TEMPORADA!

Consumir fruita i verdura de temporada ens aporta més sabor, nutrients i ajuda a cuidar el planeta. A continuació, et proposem alguns aliments a incorporar en els plats d'aquest mes.

### FRUITES...



Nespres



Cireres



Plàtan



Pomes



Maduxiots



Paraguaià



Pèsols



Espàrrecs



Mongeta tendra



Carxofa



Tomàquets



Carbassó



Coiflor

*i també alvocat...*

# LA TEVA DIETA DIÀRIA

ESMORZARS I  
BERENARS  
SALUDABLES

PA, CEREALS O  
DERIVATS INTEGRALS

BEGUDES VEGETALS,  
LLET O DERIVATS

FRUITA FRESCA O  
HORTALISSES

I TAMBÉ FRUITS SECS O  
LLEGUMS!

completa la teva alimentació  
diària amb un sopar adequat

## QUÈ MENGEM PER SOPAR?

Prepara el sopar amb aliments que no s'hagin consumit  
en el dinar, elaborats de manera lleugera i simple

SI HEM DINAT

PODEM SOPAR

Verdures i Hortalisses	Verdures i Hortalisses crues o cuinades
Patata o moniato	Pasta, arròs, pa o altres cereals
Pasta, arròs, pa o altres cereals	Patata o moniato
Llegums	Peix, Ou o Carn
Carn blanca o vermella	Peix, Ous o Llegums
Peix blanc o blau	Carn blanca, Ous o Llegums
Ous	Carn blanca, Peix o Llegums
Fruita Fresca	Fruita Fresca o Làctic
Làctic	Fruita Fresca

*i també espinacs, bledes, porros, enciam, faves,  
pastanaga, llimones, cogombre...*