

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				HOLIDAY
1P LENTIL SALAD (black olives, carrot and tomato) (1) 2P SPINACH CROQUETTES (1, 7, 14, T2, T3, T4, T6, T8) GU SAUTEED MUSHROOMS WITH OLIVE OIL PO FRESH FRUIT 4	1P RICE WITH HOMEMADE TOMATO SAUCE 2P SCRAMBLED EGGS WITH VEGETABLES (3) GU GRILLED COURGETTE PO FRESH FRUIT 5	1P SPIRALS IN PESTO SAUCE (1, 3, 7, T3, T5, T6, T8, T10) 2P SAUTEED TOFU (1, 6) LETTUCE WITH SWEET CORN AND BLACK OLIVES GU PO FRESH FRUIT 6	1P MIXED VEGETABLES (zucchini, green beans and carrot) 2P GRILLED VEGGIE SAUSAGES(1, 6) GU LETTUCE, CARROT AND SWEET CORN PO FRESH FRUIT 7	1 1P VEGETABLE SOUP VEGETAL 2P OMELETTE (3) GU "CALIU" POTATOES PO YOGURT (7) 8
1P BOILED GREEN BEANS AND POTATOES 2P GRILLED VEGGIE BURGER (1, 6) GU FRESH SALAD PO FRESH FRUIT 11	1P SAUTEED RICE 2P BAKED SEITAN (1, 6) GU FRESH SALAD PO FRESH FRUIT 12	1P MACARONI IN NAPOLITANA SAUCE (homemade tomato sauce) (1, T6, T10) 2P OMELETTE (3) GU FRESH SALAD PO FRESH FRUIT 13	1P CREAM OF CARROT WITH CROUTONS (1, T6, T10) 2P TOFU STEW (1, 6) GU SAUTED COUSCOUS (1, T6, T10) PO YOGURT (7) 14	1P SAUTEED RICE 2P BEANS &VEGETABLES STEW GU DICED POTATOES WITH GARLIC AND PARSLEY PO FRESH FRUIT 15
1P ZUCCHINI AND BASIL CREAM 2P BAKED SEITAN (1, 6) FRESH SALAD (lettuce, tomato and sweet corn) GU PO FRESH FRUIT 18	1P RICE WITH HOMEMADE TOMATO SAUCE 2P SCRAMBLED EGGS WITH MUSHROOMS (3, 6) GU SAUTEED MUSHROOMS PO FRESH FRUIT 19	1P VEGGIE RUSSIAN SALAD (3) 2P BREADED MOZZARELLA STICKS (1, 3, 7) GU SEASONED TOMATOES PO YOGURT (7) 20	VEGETAL PAELLA 1P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 2P GU BOILED CARROTS PO FRESH FRUIT 21	1P MACARONI IN CHEESE SAUCE (cream and bacon) (1, 3, 7, T6, T10) 2P OMELETTE (3) FRESH SALAD (lettuce, tomato and sweet corn) GU PO FRESH FRUIT 22
HOLIDAY 25	1P SALAD WITH PASTA (1, 3, 12, T3, T6, T10) 2P CHEESE OMELETTE (3, 7) GU GRATED CARROT PO YOGURT (7) 26	1P BOILED GREEN BEANS AND POTATOES 2P BAKED TOFU (1, 6) GU FRESH SALAD (lettuce, tomato and sweet corn) PO FRESH FRUIT 27	1P SAUTEED RICE WITH VEGETABLES (onion, leek, green beans, carrot and mushrooms) 2P BREADED COD (1, 4) GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO FRESH FRUIT 28	1P BOILED PEAS AND POTATOES 2P VEGGIETBALLS IN TOMATO SAUCE (6,) GU FRESH SALAD (lettuce, tomato and carrot) PO FRESH FRUIT 29

Validated menus by our SANED dietitians/nutritionists (CAT002342)



-  **Gluten**
(1)
-  **Crustaceans**
(2)
-  **Eggs**
(3)
-  **Fish**
(4)
-  **Peanuts**
(5)
-  **Soy**
(6)
-  **Milk**
(7)
-  **Nuts**
(8)
-  **Celery**
(9)
-  **Mustard**
(10)
-  **Sesame**
(11)
-  **Sulfites**
(12)
-  **Lupins**
(13)
-  **Molluscs**
(14)



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



Paraguaia



Pèsols



Espàrrecs



Tomàquets



Carbassó

i també alvocat...



Coiflor

HORTALISSES...

Mongeta tendra



Carxofa

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...