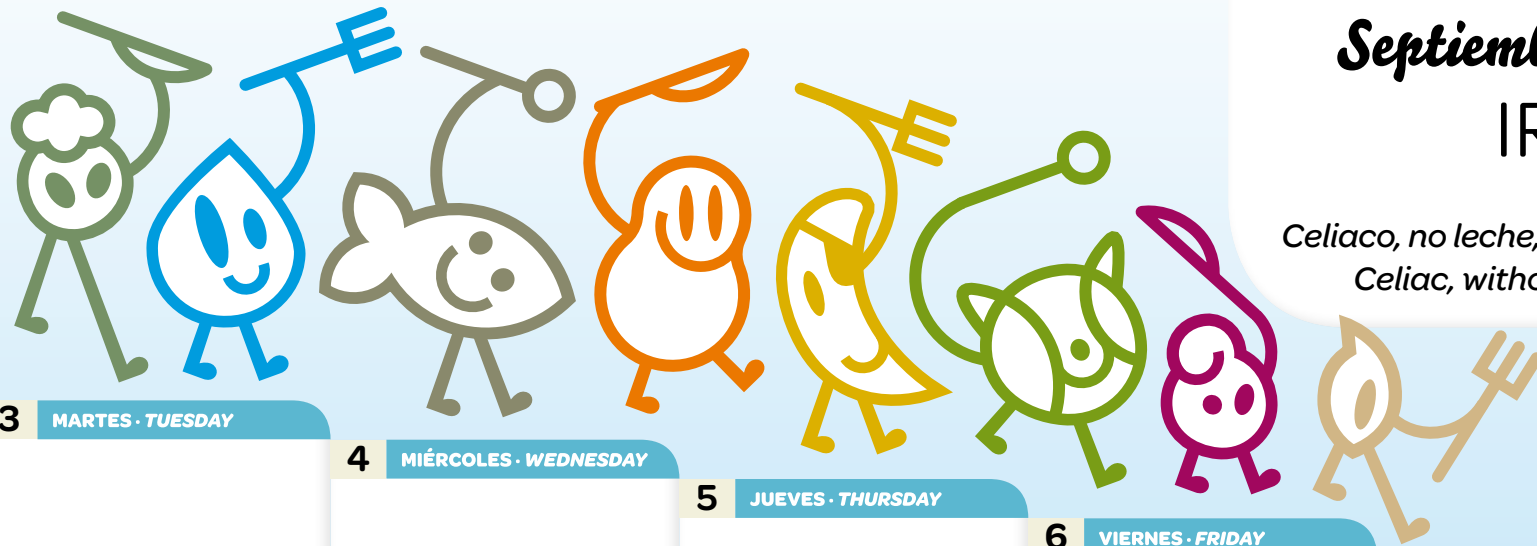


# COMEDOR Saludable

# Septiembre . September IRABIA

Celiaco, no leche, no huevo, no frutos secos /  
Celiac, without milk, egg, dry fruits



2 LUNES - MONDAY

3 MARTES - TUESDAY

4 MIÉRCOLES - WEDNESDAY

5 JUEVES - THURSDAY

6 VIERNES - FRIDAY

9 LUNES - MONDAY

10 MARTES - TUESDAY

11 MIÉRCOLES - WEDNESDAY

12 JUEVES - THURSDAY

13 VIERNES - FRIDAY

16 LUNES - MONDAY

17 MARTES - TUESDAY

18 MIÉRCOLES - WEDNESDAY

19 JUEVES - THURSDAY

20 VIERNES - FRIDAY

23 LUNES - MONDAY

24 MARTES - TUESDAY

25 MIÉRCOLES - WEDNESDAY

26 JUEVES - THURSDAY

27 VIERNES - FRIDAY

30 LUNES - MONDAY

MARTES - TUESDAY

MIÉRCOLES - WEDNESDAY

JUEVES - THURSDAY

VIERNES - FRIDAY

- ▶ Pasta especial
- ▶ Estofado de pavo
- ▶ Fruta
- ▶ *Special paste*
- ▶ *Turkey stew*
- ▶ *Fruit*

- ▶ Lentejas
- ▶ Lomo de merluza en fritada
- ▶ Fruta
- ▶ *Lentils*
- ▶ *Fried hake loin*
- ▶ *Fruit*

- ▶ Puré de verduras
- ▶ Pechuga en salsa española
- ▶ Fruta
- ▶ *Vegetable puree*
- ▶ *Breast in Spanish sauce*
- ▶ *Fruit*

- ▶ Judías verdes con patatas
- ▶ Platija al horno con lechuga
- ▶ Fruta
- ▶ *Green beans with potatoes*
- ▶ *Baked flounder with lettuce*
- ▶ *Fruit*

- ▶ Patatas guisadas
- ▶ Jamoncitos de pollo al ajillo
- ▶ Fruta
- ▶ *Stewed potatoes*
- ▶ *Chicken drumsticks with garlic*
- ▶ *Fruit*

- ▶ Arroz con tomate
- ▶ Limanda al horno con limón
- ▶ Fruta
- ▶ *Rice with tomato*
- ▶ *Lemon sole with lemon*
- ▶ *Fruit*

- ▶ Ensalada mixta
- ▶ Muslo de pollo asado con patatas fritas
- ▶ Fruta
- ▶ *Mixed salad*
- ▶ *Roasted chicken thigh with French fries*
- ▶ *Fruit*

- ▶ Sopa con pasta especial
- ▶ Ternera guisada
- ▶ Fruta
- ▶ *Soup with special paste*
- ▶ *Stewed beef*
- ▶ *Fruit*

- ▶ Puré de zanahoria
- ▶ Lomo al horno con lechuga
- ▶ Fruta
- ▶ *Carrot puree*
- ▶ *Baked pork loin with lettuce*
- ▶ *Fruit*

- ▶ Garbanzos
- ▶ Filete de ternera con lechuga
- ▶ Fruta
- ▶ *Chickpeas*
- ▶ *Steak with lettuce*
- ▶ *Fruit*

- ▶ Pasta especial
- ▶ Bacalao en salsa verde (sin harinas)
- ▶ Fruta
- ▶ *Special paste*
- ▶ *Cod in green sauce (without flour)*
- ▶ *Fruit*

- ▶ Puré de calabaza
- ▶ Escalopín de pollo a la plancha con pimientos
- ▶ Fruta
- ▶ *Pumpkin puree*
- ▶ *Grilled chicken escalopin with peppers*
- ▶ *Fruit*

- ▶ Judía verde con patata
- ▶ Salchichas frescas entomatadas
- ▶ Fruta
- ▶ *Green beans with potato*
- ▶ *Fresh sausages with tomato*
- ▶ *Fruit*

- ▶ Alubias blancas
- ▶ Platija al horno con lechuga
- ▶ Fruta
- ▶ *White beans*
- ▶ *Baked flounder with lettuce*
- ▶ *Fruit*

- ▶ Alubias rojas
- ▶ Merluza al horno con calabacín sin rebozar
- ▶ Fruta
- ▶ *Red beans*
- ▶ *Baked hake with zucchini without covering*
- ▶ *Fruit*

- ▶ Acelga con patatas
- ▶ Albóndigas caseras (sin huevo) con tomate
- ▶ Fruta
- ▶ *Chard with potatoes*
- ▶ *Home-made meat-balls (without egg) with tomato*
- ▶ *Fruit*

- ▶ Arroz con jamón york
- ▶ Hamburguesas al horno con verduras
- ▶ Fruta
- ▶ *Rice with york ham*
- ▶ *Baked hamburgers with small vegetables*
- ▶ *Fruit*

2019

www.comedorsaludable.com  
www.facebook.com/comedorsaludable

... y la trasera de esta hoja es muy jugosa ...  
... and the rear of this sheet is very juicy ...

Estos menús pueden contener alérgenos.  
Para más información: departamentonutricion@tallunce.com RD126/2015

These menus may contain allergens.  
For further information: departamentonutricion@tallunce.com RD126/2015

## Complementando el menú escolar

### DESAYUNO

Un desayuno saludable debería estar compuesto por:

- **Un lácteo** (leche, yogur, queso –evitando los muy grasos)
- **Una pieza de fruta** (entera, zumo natural)
- **Un cereal** (pan, galletas, cereales de desayuno, repostería casera)

Se pueden incluir, como complemento, otros alimentos como: aceite de oliva, mantequilla, frutos secos, mermelada, miel, alimentos que aporten proteínas (huevo, jamón serrano, embutido de pavo...) de manera ocasional.

### RECREO

Variar cada día entre **fruta o lácteo o un puñado de frutos secos** (no fritos y sin sal) o un **bocadillo** pequeño.

La cantidad no debe ser excesiva para que los niños mantengan el apetito a la hora de comer.

### MERIENDA

- Los lácteos, la fruta o un bocadillo son una buena alternativa.
- Dentro de los bocadillos variar entre: vegetal, con sardinas en aceite, embutidos magros (jamón serrano, jamón cocido o de pavo). De vez en cuando incorporar también: queso, paté, chocolate o embutidos más grasos.
- La bollería industrial no se ha de consumir más de una vez por semana.

### CENA

- **Ha de ser ligera.** Conviene huir de preparaciones culinarias muy calóricas (precocinados, fritos, guisos...) y que no añadan mucha grasa (mejor plancha, horno, etc). Ocasionalmente se pueden tomar alimentos precocinados.

Ejemplo:

**Si en la comida se ha tomado: La cena tendrá:**

Cereales (arroz o pasta),  
féculas (patatas) o  
legumbre

Verduras cocinadas  
u hortalizas crudas

Verduras — Cereales (arroz o pasta)  
o féculas (patatas)

Carne — Pescado o huevo

Pescado — Carne magra o huevo, fiambre

Huevo — Pescado o carne, fiambre

Fruta — Fruta o lácteo

Lácteo — Fruta

## Complementing the school menu

### BREAKFAST

A healthy breakfast should include:

- **A dairy product** (milk, yoghurt, cheese –low-fat ones are best)
- **A piece of fruit** (whole or juiced)
- **Cereals** (bread, biscuits, breakfast cereals, home-made cakes)

Occasionally, the breakfast may be accompanied by olive oil, butter, dried fruits, jam, honey and protein-rich food (eggs, Parma ham, turkey sausage...).

### PLAYTIME

The playtime meal should vary from one day to the next: a piece of **fruit, a dairy product, dried fruits** (not fried and with no added salt) or a **sandwich**.

The playtime meal should be small, not to spoil the appetite of children for lunch.

### AFTERNOON SNACK

- Dairy products, fruit or sandwiches are a nice option.
- Fill the sandwiches with vegetables, sardines, cold meats (Parma ham, boiled ham, turkey ham). From time to time, add cheese, pâté, chocolate or cold meats including some fat.
- Industrial baking should not be served more than once a week.

### DINNER

- Dinner should be a **light meal**. Avoid high-calorie foods (take-aways, fried food, casseroles...) and try not to add unnecessary fats (grill or roast, instead). Convenience food should be limited to few times.

For example:

**If lunch included: Then, dinner should contain:**

Cereals (rice or pasta), starchy  
foods (potatoes) or legumes

Cooked or raw vegetables

Vegetables — Cereals (rice or pasta) or starchy foods  
(potatoes)

Meat — Fish or egg

Fish — Lean meat, egg or cold meat

Egg — Fish, meat or cold meat

Fruit — Fruit or dairy product

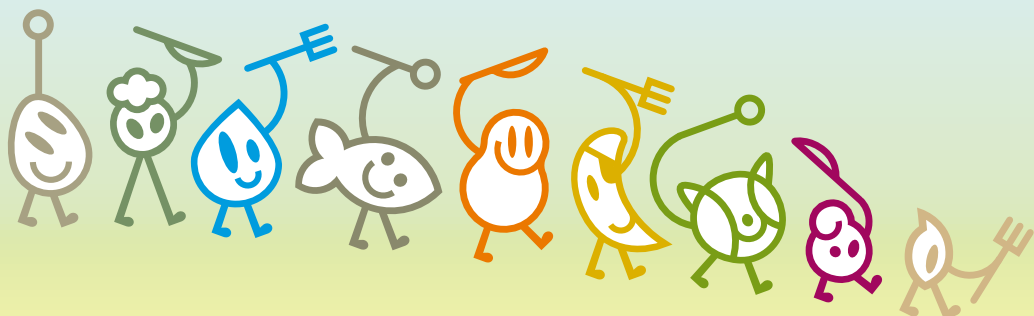
Dairy dessert — Fruit



ER 1.659/2003



Certificación ISO 9001:2000  
para Cocina Central  
Pamplona  
Edificio comedores  
Campus Universitario



COMEDOR  
Saludable