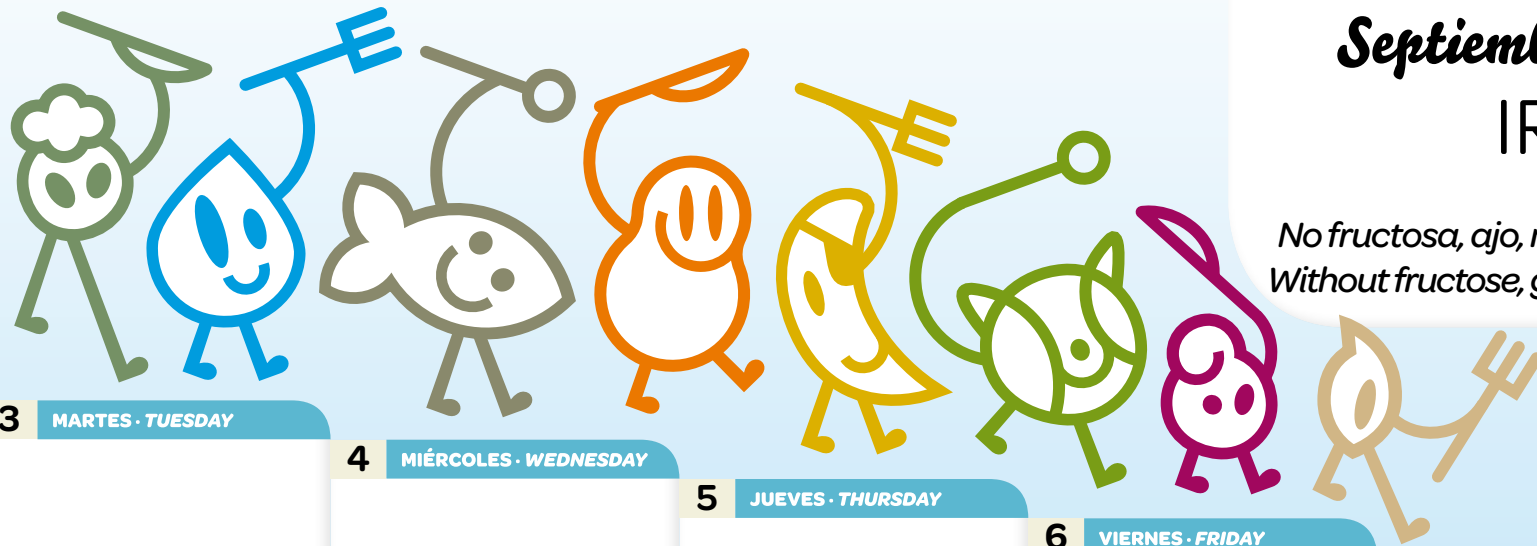


# COMEDOR Saludable

Septiembre . September

IRABIA

No fructosa, ajo, manzana, pera, miel, coco /  
Without fructose, garlic, apple, pear, honey, coco



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 blanca ▶ White paste
- ▶ Estofado de pavo (sin legumbre) ▶ Turkey stew (without legume)
- ▶ Fruta permitida ▶ Fruit allowed

- ▶ Lentejas ▶ Lentils
- ▶ Lomo de merluza al horno con limón ▶ Baked hake loin with lemon
- ▶ Fruta permitida ▶ Fruit allowed

- ▶ Puré de acelga ▶ Chard puree
- ▶ Pechuga de pollo con champiñones ▶ Chicken breast with mushroom
- ▶ Yogur natural sin azúcar ▶ Natural yogurt without sugar

- ▶ Arroz blanco ▶ White rice
- ▶ Platija al horno con lechuga ▶ Baked flounder with lettuce
- ▶ Fruta permitida ▶ Fruit allowed

- ▶ Puré de patata ▶ Potatoes puree
- ▶ Jamoncitos de pollo al limón ▶ Chicken drumsticks with lemon
- ▶ Yogur sin azúcar ▶ Yogurt without sugar

- ▶ Pasta blanca ▶ White paste
- ▶ Limanda con limón ▶ Lemon sole with lemon
- ▶ Fruta permitida ▶ Fruit allowed

- ▶ Ensalada mixta (lechuga, atún, huevo cocido) ▶ Mixed salad
- ▶ Muslo de pollo asado con patatas fritas ▶ Roasted chicken thigh with French fries
- ▶ Fruta permitida ▶ Fruit allowed

- ▶ Sopa de cocido ▶ Soup stew
- ▶ Ternera guisada (sin legumbre) ▶ Stewed beef (without legume)
- ▶ Yogur sin azúcar ▶ Yogurt without sugar

- ▶ Puré de espinacas ▶ Spinach puree
- ▶ Lomo al horno con lechuga ▶ Baked pork loin with lettuce
- ▶ Fruta permitida ▶ Fruit allowed

- ▶ Borraja ▶ Borage
- ▶ Tortilla de patata sin cebolla ▶ Spanish omelette without onion
- ▶ Actimel ▶ Actimel

- ▶ Pasta blanca ▶ White paste
- ▶ Bacalao al horno con lechuga ▶ Baked cod with lettuce
- ▶ Fruta permitida ▶ Fruit allowed

- ▶ Puré de acelga ▶ Chard puree
- ▶ Escalopín de pollo a la plancha con patatas ▶ Grilled chicken escalopín with chips
- ▶ Fruta permitida ▶ Fruit allowed

- ▶ Borraja con patata ▶ Borage with potato
- ▶ Salchichas frescas c/ calabacín sin rebozar ▶ Fresh sausages with zucchini without covering
- ▶ Yogur sin azúcar ▶ Yogurt without sugar

- ▶ Puré de espinacas ▶ Spinach puree
- ▶ Lomo al horno con lechuga ▶ Baked pork loin with lettuce
- ▶ Fruta permitida ▶ Fruit allowed

- ▶ Alubias rojas con arroz ▶ Red beans with rice
- ▶ Merluza al horno c/ calabacín sin rebozar ▶ Baked hake with zucchini without covering
- ▶ Yogur sin azúcar ▶ Yogurt without sugar

- ▶ Acelga con patatas ▶ Chard with potatoes
- ▶ Lomo fresco con lechuga ▶ Fresh loin with lettuce
- ▶ Fruta permitida ▶ Fruit allowed

MARTES - TUESDAY

MIÉRCOLES - WEDNESDAY

JUEVES - THURSDAY

- ▶ Arroz blanco ▶ White rice
- ▶ Hamburguesas caseras al horno con champis ▶ Baked home-made hamburgers with mushroom
- ▶ Yogur sin azúcar ▶ Yogurt without sugar

2019

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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

