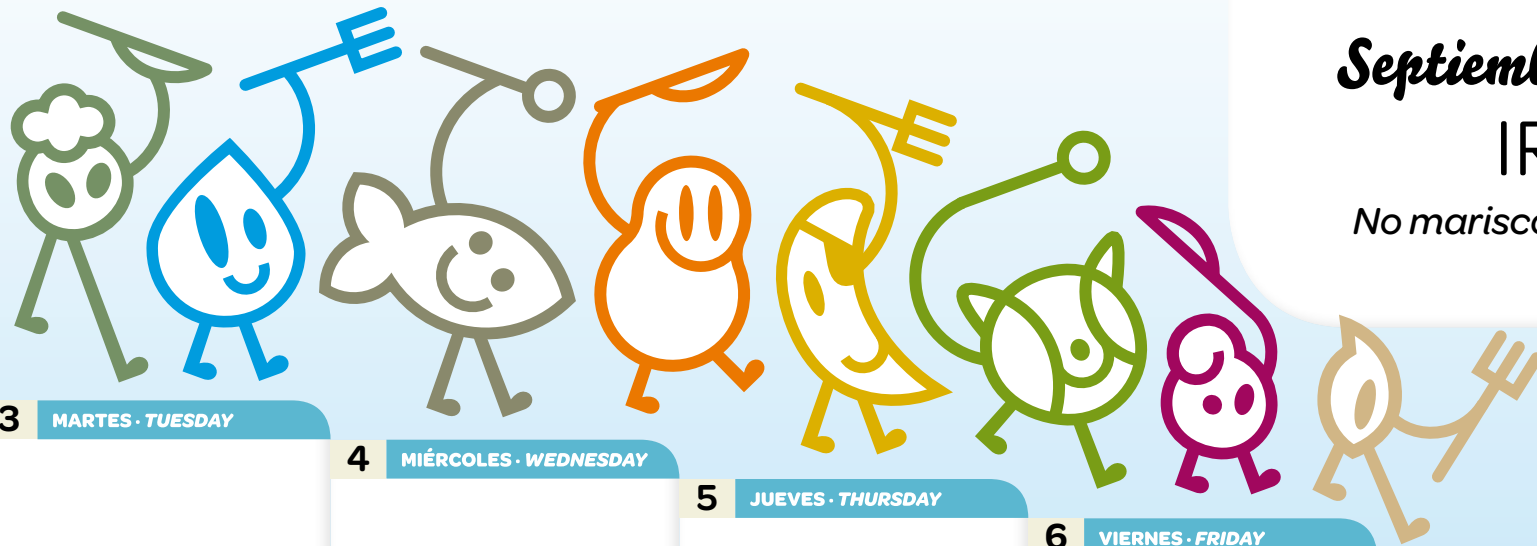


COMEDOR Saludable

Septiembre . September

IRABIA

No marisco / Without seafood



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

- ▶ Tallarines
- ▶ Estofado de pavo
- ▶ Fruta
- ▶ Noodles
- ▶ Turkey stew
- ▶ Fruit

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

- ▶ Puré de verduras
- ▶ Pechuga en salsa española
- ▶ Yogur de sabores
- ▶ Vegetable puree
- ▶ Breast in Spanish sauce
- ▶ Yogurt of flavours

- ▶ 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
- ▶ Yogur natural
- ▶ Stewed potatoes
- ▶ Chicken drumsticks with garlic
- ▶ Natural yogurt

- ▶ Arroz con tomate
- ▶ Limanda 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 de cocido
- ▶ Ternera guisada
- ▶ Natillas de vainilla
- ▶ Soup stew
- ▶ Stewed beef
- ▶ Vanilla custards

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

- ▶ Garbanzos
- ▶ Tortilla de patata con lechuga
- ▶ Actimel
- ▶ Chickpeas
- ▶ Spanish omelette with lettuce
- ▶ Actimel

- ▶ Macarrones
- ▶ Bacalao en salsa verde
- ▶ Fruta
- ▶ Macaroni
- ▶ Cod in green sauce
- ▶ 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 entomatadas
- ▶ Actimel
- ▶ Green beans with potato
- ▶ Sausages with tomato
- ▶ Actimel

- ▶ Alubias blancas
- ▶ Halibut rebozado con lechuga
- ▶ Fruta
- ▶ White beans
- ▶ Covered halibut with lettuce
- ▶ Fruit

- ▶ Alubias rojas
- ▶ Merluza al horno con calabacín
- ▶ Yogur de sabores
- ▶ Red beans
- ▶ Baked hake with zucchini
- ▶ Yogurt of flavours

- ▶ Acelga con patatas
- ▶ Albóndigas caseras con tomate
- ▶ Fruta
- ▶ Chard with potatoes
- ▶ Home-made meat-balls with tomato
- ▶ Fruit

- ▶ Arroz con jamón york
- ▶ Hamburguesas al horno con verduras
- ▶ Yogur natural
- ▶ Rice with york ham
- ▶ Baked hamburgers with small vegetables
- ▶ Natural yogurt

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

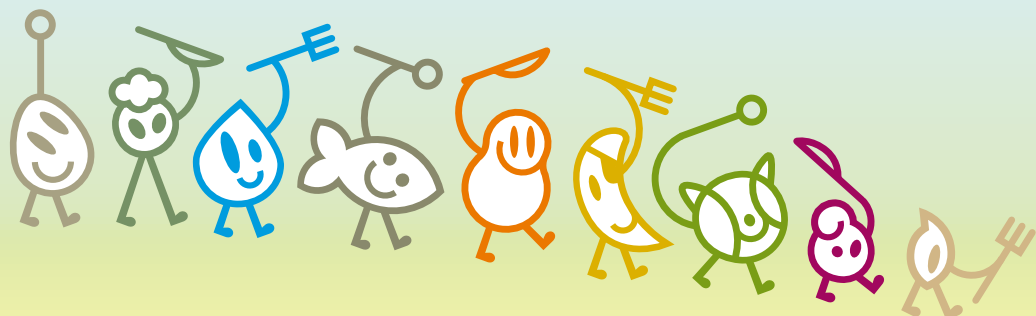
- Dairy products, fruit or sandwiches are a nice option.
- Fill the sandwiches with vegetables, sardines, cold meats (Parma ham, boiled ham, turkey ham). From time to time, add cheese, pâté, chocolate or cold meats including some fat.
- Industrial baking should not be served more than once a week.

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



**COMEDOR
Saludable**