

COMEDOR *Saludable*



Septiembre . September IZAGA

No fructosa, no lactosa /
Without fructose, lactose



COMEDOR *Saludable*

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

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

- ▶ Pasta blanca ▶ *Tomato free pasta*
- ▶ Estofado de pavo (sin legumbre) ▶ *Turkey stew (without legume)*
- ▶ Fruta permitida ▶ *Fruit allowed*

- ▶ Puré de acelga ▶ *Chard puree*
- ▶ Pechuga de pollo con champiñones ▶ *Chicken breast with mushroom*
- ▶ Leche sin lactosa ▶ *Milk without lactose*

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

- ▶ Borraja ▶ *Borage*
- ▶ Tortilla de patata sin cebolla ▶ *Spanish omelette without onion*
- ▶ Leche sin lactosa ▶ *Milk without lactose*

- ▶ Puré de patata ▶ *Stewed potatoes*
- ▶ Jamoncitos de pollo al limón ▶ *Chicken drumsticks with lemon*
- ▶ Leche sin lactosa ▶ *Milk without lactose*

- ▶ 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)*
- ▶ Leche sin lactosa ▶ *Milk without lactose*

- ▶ 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 con calabacín sin rebozar ▶ *Baked hake with zucchini without covering*
- ▶ Leche sin lactosa ▶ *Milk without lactose*

- ▶ 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 con calabacín sin rebozar ▶ *Fresh sausages with zucchini without covering*
- ▶ Leche sin lactosa ▶ *Milk without lactose*

- ▶ Espinaca con patata ▶ *Spinach and potato*
- ▶ Halibut rebozado con lechuga ▶ *Covered halibut with lettuce*
- ▶ Fruta permitida ▶ *Fruit allowed*

- ▶ Arroz blanco ▶ *White rice*
- ▶ Hamburguesas caseras al horno con champis ▶ *Baked hamburgers with mushroom*
- ▶ Leche sin lactosa ▶ *Milk without lactose*

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

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

