



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

08/01- 12/01	KINDER Chorizo sausage	KINDER Banana	KINDER Cheese	KINDER Turkey	KINDER Banana
	PRIMARY/MIDDLE/HIGH SCHOOL Chorizo sausage / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL Tuna with tomato sauce / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL Cheese / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL Turkey / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL Chocolate / fruit
15/01- 19/01	KINDER York ham and cheese	KINDER Banana	KINDER Yogurt	KINDER Turkey	KINDER Pan au chocolat
	PRIMARY/MIDDLE/HIGH SCHOOL York ham and cheese/ fruit	PRIMARY/MIDDLE/HIGH SCHOOL Chorizo / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL Serrano ham with tomato/fruit	PRIMARY/MIDDLE/HIGH SCHOOL Turkey / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL Pan au chocolat/ fruit
22/01- 26/01	KINDER Cheese	KINDER White sausage	KINDER Milk and whole wheat cookies	KINDER Banana	KINDER Turkey
	PRIMARY/MIDDLE/HIGH SCHOOL Cheese / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL White sausage / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL Chocolate / fruit	PRIMARY/MIDDLE/HIGH SCHOOL Chorizo and cheese / fruit	PRIMARY/MIDDLE/HIGH SCHOOL Turkey / Fruit
29/01- 02/02	KINDER Turkey	KINDER Banana	KINDER Cacao cream	KINDER York ham	KINDER Plátano
	PRIMARY/MIDDLE/HIGH SCHOOL Tuna with mayonnaise / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL Cacao cream / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL White sausage / Fruit	PRIMARY/MIDDLE/HIGH SCHOOL Serrano ham with tomato/fruit	PRIMARY/MIDDLE/HIGH SCHOOL Chorizo and cheese / fruit

EQUILIBRA TU DIETA

BALANCE YOUR DIET

CADA DÍA

EVERY DAY

Desayuno
Breakfast



Media mañana
Morning snack



Cena
Dinner



Merienda
Afternoon snack



Comida
Lunch

CADA COMIDA

EVERY MEAL



Agua
Water



Aceites saludables
Healthy oils



Lácteos
Dairies

RECOMENDACIONES PARA LAS CENAS

DINNER RECOMMENDATIONS

SI COMEMOS
IF AT LUNCH WE EAT

POR LA NOCHE CENAMOS
FOR DINNER WE'LL HAVE

Arroz, pasta, patatas o legumbres
Rice, pasta, potatoes or legumes

Verduras crudas o cocidas
Raw or cooked vegetables

Verduras / Vegetables

Arroz, pasta, patatas / Rice, pasta, potatoes

Carne / Meat

Pescado o huevos / Fish or eggs

Pescado / Fish

Carne o huevo / Meat or eggs

Huevos / Eggs

Carne o pescado / Meat or fish

Frutas / Fruits

Lácteos o fruta / Dairies or fruits

Lácteos / Dairies

Frutas / Fruits

