



# COLEGIO PALACIO DE GRANDA

## VEGETARIAN MENU



PALACIO DE  
GRANDA

JANUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8	9	10	11	12
Rice with tomato	Green beans with potatoes	Vegan pasta with vegetables	Vegetable cream	Vegan pasta salad
Vegetable burger	Zucchini stuffed with vegetables	Scrambled eggs with asparagus and garlic	Spring rolls	Omelette
Salad: lettuce, tomato and corn			G: Baked potatoes	Salad: lettuce, tomato, tuna and onion
Varied fruit	Yogurt and varied fruit	Varied fruit	Varied fruit	Yogurt and varied fruit
15	16	17	18	19
Potatoes with vegetables	Vegan pasta with garlic mushroom	Braised white beans	Vegetable stew	Rice salad
Vegetarian croquettes	French cheese omelet	Broccoli with arriero garlic	Spinach cannelloni	Asparagus scramble
Varied fruit	Salad: lettuce, tomato and carrot	Salad: lettuce, tomato and olives	Assorted fruit / Custard	G: Mushrooms with garlic
	Yogurt and varied fruit	Varied fruit		Varied fruit
22	23	24	25	26
Spaghetti Al Pesto	Pumpkin cream	Lentils With Vegetables	Mushroom risotto	Minestrone soup
Arriero garlic cabbage	Vegan meatballs in sauce	Green beans with potato	Country salad	Spanish Omelette
Varied fruit	G: Mushrooms	Varied fruit	Yogurt and varied fruit	Salad: tomato, lettuce and asparragus
	Yogurt and varied fruit			Varied fruit
29	30	31		
Rice three delights	Vegan pasta with tomato and cheese	Grated cauliflower		
Chickpea salad	Sauteed vegetables with boiled egg	Spanish Omelette		
Salad: lettuce and tomato		Salad: lettuce, tomato and onion		
Varied fruit	Yogurt and variated fruit	Varied fruit		

CALCULATED NUTRITIONAL ASSESSMENTS  
FOR EACH 100 GR OF RATION



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# 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 / Vegetables

Carne / Meat

Pescado / Fish

Huevos / Eggs

Frutas / Fruits

Lácteos / Dairies

Verduras crudas o cocidas  
Raw or cooked vegetables

Arroz, pasta, patatas / Rice, pasta, potatoes

Pescado o huevos / Fish or eggs

Carne o huevo / Meat or eggs

Carne o pescado / Meat or fish

Lácteos o fruta / Dairies or fruits

Frutas / Fruits

### TIPS FOR A BALANCED DIET

#### Carbohydrates (sugars)

Their basic function is to provide energy. In a balanced diet, 50-60% of the total energy should be provided by Carbohydrates, but:

- We must ensure that these carbohydrates are compound (slow absorption): legumes, brown rice and whole grains (whole meal pasta and breads...).

It is necessary to limit the consumption of simple sugars (of fast absorption): table sugar, pastries, industrial soft drinks, candy...

