FROM 5TH PRIMARY TO HIGHSCHOOL

G: Sauteed vegetables
Varied fruit
KCal 784 HC $101 \quad \operatorname{Pr} 25 \quad$ Lip 27

## Bolognese Pasta

Carbonara Pasta
Battered flounder
Grilled flounder
Salad: lettuce, tomato and cucumber
Yogurt/ varied fruit

| KCal 708 HC $74 \quad$ Pr $38 \quad$ Lip 28 |
| :---: | :---: | :---: | :---: |

## Bolognese Pasta

Pesto Pasta
Vizcayan style hake
Grilled hake with lemon

G: Mixed salad Varied fruit

| KCal 599 | HC 73 | Pr | 30 | Lip | 19 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 29 |  |  |  |  |  |

Rice three delights
Hake with green sauce Grilled hake with lemon Salad: lettuce and tomato Yogurt
$\begin{array}{llll}\text { KCal } 721 & \text { HC } & 79 & \operatorname{Pr} \\ 32\end{array}$

TUESDAY


9
Zucchini Cream
Sauteed green beans Roasted chicken thigh Grilled chicken fillet
G: Lettuce and tomato salad Varied fruit
 Chickpea salad Vegetable stew Grilled turkey fillet French Omelette and york ham
Grilled saxony chop
G : Sauteed vegetables Varied fruit
KCal 556 HC 52 Pr 38 Varied fruit

THURSDAY


## EQUILIBRA <br> TU DIETA



## CADA COMIDA

EVERY MEAL


## RECOMENDACIONES PARA LAS CENAS <br> dinner recommendations

## EVERY DAY

