



HEALTHY WEEKLY MENU IDEAS

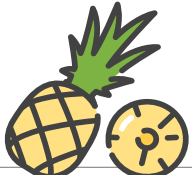
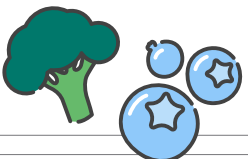

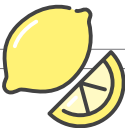
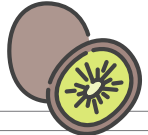


WEEK 4



Comida / Lunch

Cena / Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday	<p>Arroz con salsa de tomate Rice with tomato sauce</p> <p>Jamoncitos de pollo al horno Baked chicken</p> <p>Ensalada de lechuga y maiz Lettuce and sweetcorn salad</p> <p>Fruta fresca Fresh fruit</p>	<p>Judías verdes salteadas Sauteed green beans</p> <p>Merluza en salsa marinera Hake with sauce</p> <p>Fruta fresca Fresh Fruit</p> 	<p>Alubias pintas con patatas Pinto beans with potatoes</p> <p>Tortilla francesa con espinacas Omelette with spinach</p> <p>Fruta fresca Fresh Fruit</p> 	<p>Espaguetis con verduras en salsa verde Spaguettis with vegetables in green sauce</p> <p>Ragout de ternera con menestra Beef ragout with vegetables</p> <p>Fruta fresca Fresh Fruit</p> 	<p>Lentejas con verduras Stewed lentils with vegetables</p> <p>Palometa encebollada Permit fish with onions</p> <p>Ensalada de lechuga, tomate y zanahoria Lettuce, tomato and carrot salad</p> <p>Yogur Yogurt</p>	<p>Acelgas salteadas con jamón curado Sauteed chards with ham</p> <p>Albóndigas en salsa de almendras Meatballs with almond sauce</p> <p>Calabacín al horno o plancha Grilled courgettes</p> <p>Fruta fresca Fresh Fruit</p> 	<p>Arroz a la cazuela Rice casserole</p> <p>Huevos con bechamel y tomate Bechamel eggs with tomato</p> <p>Yogur Yogurt</p> 
Tuesday	<p>Crema de calabaza Pumpkin soup</p> <p>Librito de lomo con york y queso Pork tenderloin with ham and cheese</p> <p>Ensalada de lechuga, tomate y cebolla Lettuce, tomato and onion salad</p> <p>Yogur Yogurt</p>	<p>Sopa casera de verduras con pasta Homemade soup with pasta</p> <p>Salchichas de ave al horno o plancha Grilled chicken or turkey sausages</p> <p>Judía verde, zanahoria y calabacín salteado Sauteed green beans, carrots and courgettes</p> <p>Fruta fresca Fresh fruit</p>	<p>Brocoli con patatas salteado Sauteed brocoli with potatoes</p> <p>Mero al horno o a la plancha Grilled fish</p> <p>Ensalada de lechuga y maiz Lettuce and sweetcorn salad</p> <p>Yogur Yogurt</p>	<p>Crema de verduras Vegetable cream</p> <p>Pechuga de pollo al horno o plancha Grilled chicken breast</p> <p>Ensalada de lechuga, tomate y aceitunas Lettuce, tomato and olives salad</p> <p>Yogur Yogurt</p>	<p>Crema de zanahoria con picatostes Carrot soup with croutons</p> <p>Tortilla francesa Omelette</p> <p>Tomate al horno Baked tomatoes</p> <p>Fruta fresca Fresh Fruit</p>	<p>Sopa casera de maravilla Homemade soup with pasta</p> <p>Cinta de lomo con salsa de zanahoria Pork tenderloin with carrot sauce</p> <p>Yogur Yogurt</p>	<p>Crema de patata Potato cream</p> <p>Abadejo al horno o a la plancha Grilled pout fish</p> <p>Ensalada de lechuga y remolacha Lettuce and beetroot salad</p> <p>Fruta fresca Fresh Fruit</p>

Todas las comidas pueden ir acompañadas de pan blanco o integral
All meals can be accompanied by white or wholemeal bread

