

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta salad (tomato, carrot and sweet corn) Roast loin in the jacket Lettuce, cucumber and olives with oil Bread Seasonal fruit	2 Neapolitan rice Zucchini omelette Lettuce and sweet corn with oil Whole wheat Seasonal fruit	3 ECO carrot cream Stewed potatoes with soy bolognese Bread Seasonal fruit 
6 Oriental-style wholemeal noodles (sautéed vegetables and soy) Grilled sausages Sautéed mushrooms with garlic and parsley Bread Dairy Dessert	7 Stewed potatoes with vegetables French omelette with tomato Lettuce and tomato with oil Whole wheat Seasonal fruit	8 Green beans with potatoes Chickpeas with vegetable stir-fry and hard-boiled egg Bread Seasonal fruit 	9 Pea cream Ham and cheese pizza Lettuce and olives with oil Whole wheat Seasonal fruit	10 Chicken Soup with Noodles Pork stew Lettuce, tomato and carrot with oil Bread Seasonal fruit
13 Three delicacies rice (omelette, peas and turkey) Hake in the oven Lettuce and sweet corn with oil Bread Dairy Dessert	14 Leek cream with apple Vegan chili with natural toppings Whole wheat Seasonal fruit 	15 Dried beans stewed with vegetables Potato and onion omelette Diced tomato seasoned with oil Bread Seasonal fruit	16 Picadillo soup Chicken with ratatouille Grilled potatoes Whole wheat Seasonal fruit	17 Festive
20 Vegetable cream with croutons Baked sausage Sun-dried beans with garlic and parsley Bread Dairy Dessert	21 Stewed lentils with sweet potato Spinach omelette Lettuce and olives with oil Whole wheat Seasonal fruit	22 Rice with tomato, carrot and onion sauce Andalusian hake Sautéed mushrooms with garlic and parsley Bread Seasonal fruit	23 Vegetable stew Chickpeas with soy bolognese Whole wheat Seasonal fruit 	24 Wholemeal spirals au gratin with vegetables Chicken hams with garlic Lettuce, tomato and sweet corn with oil Bread Seasonal fruit
27 Stewed lentils with vegetables Salmon pie Lettuce and tomato with oil Bread Dairy Dessert	28 Neapolitan brown rice Llegums Burger Lettuce and sweet corn with oil Whole wheat Seasonal fruit 	29 Sautéed peas with ham Zucchini omelette Lettuce and sweet corn with oil Bread Seasonal fruit	30 Chicken Soup with Noodles Roasted loin with sauce Lettuce and olives with oil Whole wheat Seasonal fruit	31 ECO pumpkin cream Chicken with chestnut sauce Bread Seasonal fruit



Decàleg de bons hàbits saludables



1. Procura beure 8-10 gots d'aigua al dia



2. Intenta dormir entre 8 i 10 hores. descansar és molt important per al teu cervell

3. Practica alguna activitat física per a exercitar el teu cos



4. Fes una dieta variada i en quantitats adequades. es la base per una bona alimentació.



Esmorzar

Un esmorzar complet ha de contenir: Farinacis: pa o torrades, flocs de blat de moro...; Làctics: llet, iogurt natural, formatge...; i Fruita fresca

Creem menús sans i sostenibles, fomentant bons hàbits. Menús basats en la utilització d'aliments naturals, frescos, i de proximitat, amb proveïdors locals.



Dinar



Berenar

És aconsellable planificar-los amb antelació, a partir de la programació mensual de dinars. D'aquesta manera evitem repeticions de certs aliments o l'abús de precuinats.

Complimenta les aportacions de nutrients de l'esmorzar, dinar i sopar. Els aliments aconsellats són els làctics, farinacis i fruita fresca o seca.



Sopar

Recomanacions de sopars

Si de primer dines....



Arros, pasta o llegums



Verdures i hortalisses

De primer pots sopar....



Verdures i hortalisses



Arros, pasta o llegums

Si de segon dines....



Peix o marisc



Ous



Carn



Proteïna vegetal

De segon pots sopar....



I de postre...



Preferiblement fruita fresca o iogurt (en cas de no haver-ne consumit cap durant el dia)

També hem d'incloure...

Verdura crua, com a plat principal o acompanyament/guarnició



Optar per farinacis (pa, pasta, arròs, etc.) integrals.