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| <p><b>Encuentra 12 alimentos de la Dieta Mediterránea</b></p> <table> <tr><td>A</td><td>Y</td><td>R</td><td>X</td><td>M</td><td>A</td><td>G</td><td>R</td><td>A</td><td>F</td><td>P</td><td>O</td><td>H</td><td>Y</td><td>D</td><td>Z</td></tr> <tr><td>C</td><td>A</td><td>R</td><td>N</td><td>E</td><td>Q</td><td>C</td><td>F</td><td>L</td><td>G</td><td>R</td><td>H</td><td>N</td><td>T</td><td>L</td><td>G</td></tr> <tr><td>E</td><td>P</td><td>F</td><td>R</td><td>D</td><td>T</td><td>R</td><td>V</td><td>I</td><td>T</td><td>U</td><td>L</td><td>T</td><td>R</td><td>A</td><td>H</td></tr> <tr><td>I</td><td>Z</td><td>C</td><td>Y</td><td>F</td><td>K</td><td>D</td><td>H</td><td>M</td><td>R</td><td>Q</td><td>A</td><td>P</td><td>M</td><td>C</td><td>N</td></tr> <tr><td>T</td><td>L</td><td>E</td><td>G</td><td>U</td><td>M</td><td>B</td><td>R</td><td>E</td><td>S</td><td>X</td><td>F</td><td>R</td><td>U</td><td>T</td><td>O</td></tr> <tr><td>E</td><td>C</td><td>S</td><td>D</td><td>K</td><td>E</td><td>S</td><td>Ñ</td><td>N</td><td>R</td><td>P</td><td>V</td><td>O</td><td>M</td><td>E</td><td>S</td></tr> <tr><td>V</td><td>I</td><td>R</td><td>G</td><td>E</td><td>N</td><td>E</td><td>X</td><td>T</td><td>R</td><td>A</td><td>Q</td><td>C</td><td>N</td><td>O</td><td>E</td></tr> <tr><td>D</td><td>S</td><td>D</td><td>H</td><td>C</td><td>O</td><td>Q</td><td>K</td><td>O</td><td>M</td><td>V</td><td>M</td><td>E</td><td>Ñ</td><td>S</td><td>C</td></tr> <tr><td>F</td><td>R</td><td>U</td><td>T</td><td>A</td><td>S</td><td>Y</td><td>R</td><td>S</td><td>Y</td><td>Q</td><td>V</td><td>S</td><td>K</td><td>R</td><td>O</td></tr> <tr><td>C</td><td>E</td><td>R</td><td>E</td><td>A</td><td>L</td><td>E</td><td>S</td><td>I</td><td>N</td><td>T</td><td>E</td><td>G</td><td>R</td><td>A</td><td>L</td></tr> <tr><td>S</td><td>P</td><td>L</td><td>T</td><td>L</td><td>H</td><td>W</td><td>S</td><td>P</td><td>E</td><td>S</td><td>C</td><td>A</td><td>D</td><td>O</td><td>K</td></tr> <tr><td>W</td><td>S</td><td>A</td><td>Z</td><td>I</td><td>L</td><td>A</td><td>T</td><td>R</td><td>O</td><td>H</td><td>U</td><td>E</td><td>V</td><td>O</td><td>S</td></tr> <tr><td>B</td><td>X</td><td>C</td><td>R</td><td>B</td><td>Ñ</td><td>J</td><td>V</td><td>E</td><td>R</td><td>D</td><td>U</td><td>R</td><td>A</td><td>S</td><td>V</td></tr> </table> | A                                                                                                                                                                                                                                                                                                                                                     | Y                                                                                                                                                                                                                                                                                                                                                              | R                                                                                                                                                                                                                                                                                                                                                                    | X                                                                                                                                                                                                                                                                                                                                                     | M | A | G | R | A | F | P | O | H | Y | D | Z | C | A | R | N | E | Q | C | F | L | G | R | H | N | T | L | G | E | P | F | R | D | T | R | V | I | T | U | L | T | R | A | H | I | Z | C | Y | F | K | D | H | M | R | Q | A | P | M | C | N | T | L | E | G | U | M | B | R | E | S | X | F | R | U | T | O | E | C | S | D | K | E | S | Ñ | N | R | P | V | O | M | E | S | V | I | R | G | E | N | E | X | T | R | A | Q | C | N | O | E | D | S | D | H | C | O | Q | K | O | M | V | M | E | Ñ | S | C | F | R | U | T | A | S | Y | R | S | Y | Q | V | S | K | R | O | C | E | R | E | A | L | E | S | I | N | T | E | G | R | A | L | S | P | L | T | L | H | W | S | P | E | S | C | A | D | O | K | W | S | A | Z | I | L | A | T | R | O | H | U | E | V | O | S | B | X | C | R | B | Ñ | J | V | E | R | D | U | R | A | S | V | <p><b>Día 1</b></p> <p><b>FESTIU</b></p>  <p><b>Día 8</b></p> <p>1r. Macarrons amb tonyina i tomaca.</p> <p>2n. Truita de creïlla amb ensalada d'encisam, tomaca, carlota i api.</p> <p>3r. Fruita / Pa.</p> <p><i>H.Carb:100g, Sucres:29g Gras:30g, G.Sat.:7g Prot:22g, Fibra:10g Sal:2g, KCal:765</i></p> <p><u>Sugerència de cena:</u><br/>Verdura a la planxa i peix blanc.</p> | <p><b>Día 2</b></p> <p>1r. Crema de verdures natural de temporada.</p> <p>2n. Cuixa de pollastre torrada al seu suc amb ensalada d'encisam, tomaca, carlota i cogombre.</p> <p>3r. Fruita / Pa.</p> <p><i>H.Carb:76g, Sucres:26g, Gras:11g, G.Sat.:4g Prot:27g, Fibra:15g, Sal:2g, KCal:507</i></p> <p><u>Sugerència de cena:</u><br/>Verdura al forn i peix blanc.</p> | <p><b>Día 3</b></p> <p>1r. Espaguetis a la bolonyesa amb formatge ratllat.</p> <p>2n. Abadejo al forn amb ensalada d'encisam, tomaca, carlota i api.</p> <p>3r. Fruita / Pa integral.</p> <p><i>H.Carb:85g, Sucres:28g Gras:24g, G.Sat.:7g Prot:36g, Fibra:9g Sal:2g, KCal:705</i></p> <p><u>Sugerència de cena:</u><br/>Verdura a la planxa i ou.</p> |
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| <p><b>Día 6</b></p> <p>1r. Sopa de peix amb fideus.</p> <p>2n. Pit de pollastre a la planxa amb pèsols i ensalada campestre amb tomaca cherry, carlota i cogombre.</p> <p>3r. Lacti / Pa.</p> <p><i>H.Carb:72g, Sucres:28g, Gras:16g, G.Sat.:7g Prot:29g, Fibra:9g Sal:2g, KCal:558</i></p> <p><u>Sugerència de cena:</u><br/>Verdura bullida i carn d'au.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <p><b>Día 7</b></p> <p>1r. Arròs amb magre, cigrons i pebrera.</p> <p>2n. Llom de caella a trossets amb tomaca i ensalada d'encisam, tomaca, carlota i olives.</p> <p>3r. Fruita / Pa.</p> <p><i>H.Carb:103g, Sucres:27g Gras:24g, G.Sat.:8g Prot:35g, Fibra:7g Sal:3g, KCal:777</i></p> <p><u>Sugerència de cena:</u><br/>Verdura al vapor i ou.</p> | <p><b>Día 9</b></p> <p>1r. Potatge de cigrons amb bledes.</p> <p>2n. Filet de lluç al forn amb ensalada d'encisam, tomaca, carlota i dacsa.</p> <p>3r. Fruita / Pa.</p> <p><i>H.Carb:62g, Sucres:25g, Gras:17g, G.Sat.:6g Prot:24g, Fibra:8g Sal:4g, KCal:504</i></p> <p><u>Sugerència de cena:</u><br/>Verdura bullida i carn.</p>                            | <p><b>Día 10</b></p> <p>Ensalada.</p> <p>1r. Crema de carabassa natural amb rostos.</p> <p>2n. Mandonguilles estofades amb carlota, xampinyó i creïlles dau.</p> <p>3r. Fruita / Pa integral.</p> <p><i>H.Carb:93g, Sucres:28g Gras:31g, G.Sat.:6g Prot:27g, Fibra:15g Sal:4g, KCal:719</i></p> <p><u>Sugerència de cena:</u><br/>Verdura al vapor i peix blau.</p>  |                                                                                                                                                                                                                                                                                                                                                       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                        |
| <p><b>Día 13</b></p> <p>1r. Espirals amb xampinyó i tomaca.</p> <p>2n. Filet de fogoner a la llima amb ensalada d'encisam, tomaca cherry, carlota i api.</p> <p>3r. Lacti / Pa.</p> <p><i>H.Carb:87g, Sucres:26g Gras:13g, G.Sat.:4g Prot:33g, Fibra:5g Sal:2g, KCal:603</i></p> <p><u>Sugerència de cena:</u><br/>Verdura a la planxa i carn d'au.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p><b>Día 14</b></p> <p>1r. Llentilles hortolanes amb espinacs.</p> <p>2n. Truita de carabasseta amb ensalada d'encisam, tomaca, carlota i olives.</p> <p>3r. Fruita / Pa.</p> <p><i>H.Carb:76g, Sucres:26g Gras:18g, G.Sat.:5g Prot:27g, Fibra:12g Sal:2g, KCal:565</i></p> <p><u>Sugerència de cena:</u><br/>Verdura bullida i peix blanc.</p>      | <p><b>Día 15</b></p> <p>1r. Ensalada primavera amb encisam, tomaca, pernil, formatge, carlota olives i cogombre.</p> <p>2n. Arròs mixt amb pollastre, calamar i pebrera.</p> <p>3r. Fruita / Pa.</p> <p><i>H.Carb:99g, Sucres:24g Gras:12g, G.Sat.:5g Prot:26g, Fibra:6g Sal:2g, KCal:616</i></p> <p><u>Sugerència de cena:</u><br/>Verdura al vapor i ou.</p> | <p><b>Día 16</b></p> <p>Ensalada.</p> <p>1r. Caldo casolà amb cigrons i lletres.</p> <p>2n. Filet de vedella torrat al seu suc amb creïlles deluxe.</p> <p>3r. Fruita / Pa.</p> <p><i>H.Carb:68g, Sucres:24g Gras:28g, G.Sat.:12g Prot:26g, Fibra:6g Sal:3g, KCal:635</i></p> <p><u>Sugerència de cena:</u><br/>Verdura asada i peix blau.</p>                       | <p><b>Día 17</b></p> <p>1r. Guisat de pollastre amb verdures.</p> <p>2n. Ventresca de lluç al vapor ensalada d'encisam, tomaca, carlota i dacsa.</p> <p>3r. Fruita / Pa integral.</p> <p><i>H.Carb:67g, Sucres:24g Gras:12g, G.Sat.:5g Prot:41g, Fibra:10g Sal:3g, KCal:543</i></p> <p><u>Sugerència de cena:</u><br/>Verdura a la planxa i carn.</p> |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                        |
| <p><b>Día 20</b></p> <p>1r. Fideuà campellera amb tonyina i calamar.</p> <p>2n. Truita de pernil amb ensalada d'encisam, tomaca cherry, carlota i cogombre.</p> <p>3r. Lacti / Pa.</p> <p><i>H.Carb:93g, Sucres:23g Gras:31g, G.Sat.:8g Prot:31g, Fibra:5g Sal:2g, KCal:787</i></p> <p><u>Sugerència de cena:</u><br/>Verdura al vapor i carn d'au.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p><b>Día 21</b></p> <p>1r. Bullit valencià.</p> <p>2n. Filet de marraix amb arrebossat casolà i ensalada d'encisam, tomaca, carlota i olives.</p> <p>3r. Fruita / Pa.</p> <p><i>H.Carb:69g, Sucres:26g Gras:14g, G.Sat.:7g Prot:29g, Fibra:10g Sal:2g, KCal:534</i></p> <p><u>Sugerència de cena:</u><br/>Verdura a la planxa i carn.</p>            | <p><b>Día 22</b></p> <p>1r. Olla de llegums.</p> <p>2n. Llom adobat al forn ensalada d'encisam, tomaca, carlota i dacsa.</p> <p>3r. Fruita / Pa.</p> <p><i>H.Carb:60g, Sucres:25g, Gras:24g, G.Sat.:6g Prot:29g, Fibra:9g Sal:2g, KCal:574</i></p> <p><u>Sugerència de cena:</u><br/>Verdura al vapor i peix blanc.</p>                                        | <p><b>Día 23</b></p> <p>1r. Arròs de verdures amb pebrera, garroff i <b>coliflor ecològica</b>.</p> <p>2n. Filet de lluç al forn amb ensalada d'encisam, tomaca, carlota i api.</p> <p>3r. Fruita / Pa.</p> <p><i>H.Carb:98g, Sucres:24g Gras:11g, G.Sat.:3g Prot:25g, Fibra:6g Sal:3g, KCal:600</i></p> <p><u>Sugerència de cena:</u><br/>Verdura bullida i ou.</p> |                                                                                                                                                                                                                                                                                                                                                       |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                        |

**Comer COES**  
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