

**LUNES / LUNDI****MARTES / MARDI****MIÉRCOLES / MERCREDI****JUEVES / JEUDI****VIERNES / VENDREDI**


**Nuria Abia Lázaro**  
Dietista - Nutricionista  
Coleg. N.º ABA00079

VERDURAS / VEGETABLES  
HUEVO / EGG  
LACTEO / LACTEAL

VERDURAS / VEGETABLES  
PAVO / TURKEY  
LACTEO / LACTEAL

ENSALADA / SALAD  
PESCADO / FISH  
LACTEO / LACTEAL

ENSALADA / SALAD  
PESCADO / FISH  
LACTEO / LACTEAL

ENSALADA / SALAD  
HUEVO / EGG  
LACTEO / LACTEAL

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PESCADO / FISH  
LACTEO / LACTEAL

VERDURAS / VEGETABLES  
PESCADO / FISH  
LACTEO / LACTEAL

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HUEVO / EGG  
LACTEO / LACTEAL

ENSALADA / SALAD  
PESCADO / FISH  
LACTEO / LACTEAL

VERDURA / VEGETABLES  
HUEVO / EGG  
LACTEO / LACTEAL

VERDURA / VEGETABLES  
PESCADO / FISH  
FRUTA / FRUIT

ENSALADA / SALAD  
PAVO / TURKEY  
LACTEO / LACTEAL

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