

# Centro: Escuelas Francesas



ENERO



Emplatados

Menú: Infantil

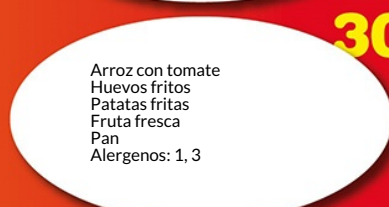
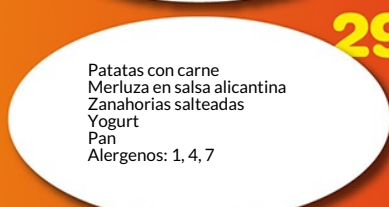
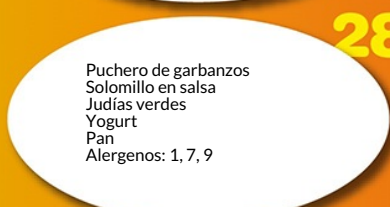
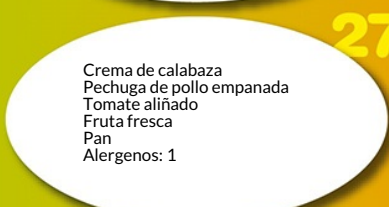
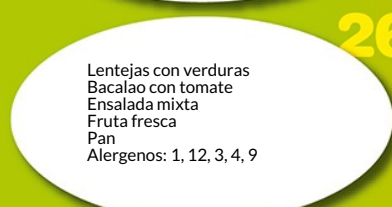
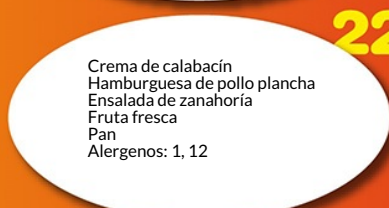
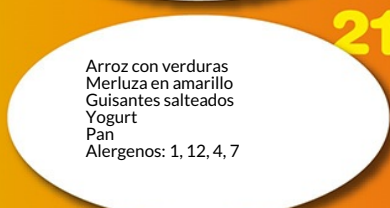
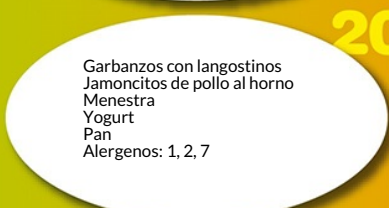
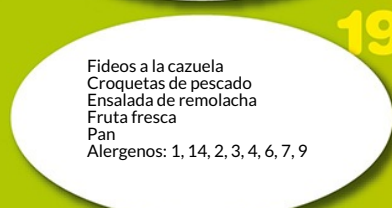
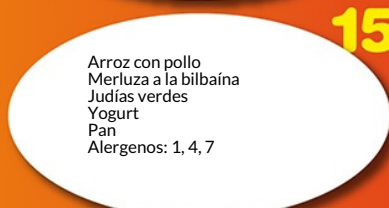
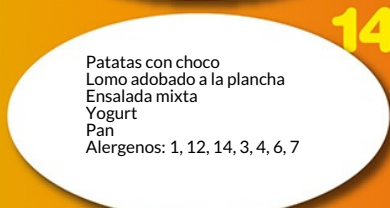
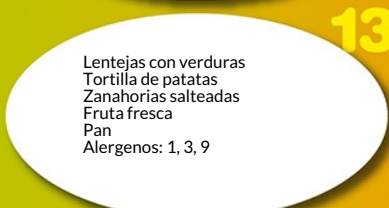
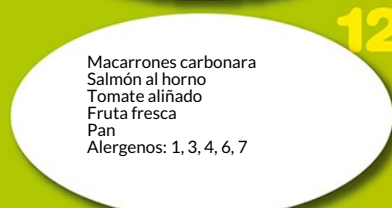
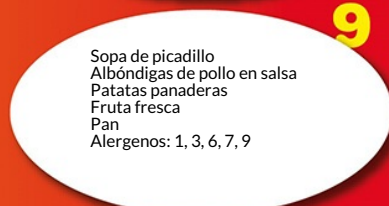
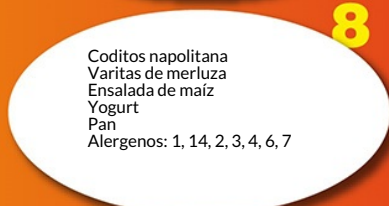
LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



**Alérgenos:** 1·Cereales con gluten, 2·Crustáceos, 3·Huevos, 4·Pescado, 5·Cacahuètes, 6·Soja, 7·Lácteos, 8·Frutos secos, 9·Apio, 10·Mostaza, 11·Sésamo, 12·Sulfitos, 13·Altramuz, 14·Moluscos

Menú revisado por Lourdes Casado Osuna. Diplomada en Nutrición Humana y Dietética. Núm. Socio: ADUNDA AND-00221

# VALORACION NUTRICIONAL

| DÍA DEL MES             | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8       | 9       | 10 | 11 | 12      | 13      | 14      | 15      | 16      | 17 | 18 | 19      | 20      | 21      | 22      | 23      | 24 | 25 | 26      | 27      | 28      | 29      | 30      | 31 |
|-------------------------|---|---|---|---|---|---|---|---------|---------|----|----|---------|---------|---------|---------|---------|----|----|---------|---------|---------|---------|---------|----|----|---------|---------|---------|---------|---------|----|
| Valor energético (Kcal) |   |   |   |   |   |   |   | 747.22  | 635.22  |    |    | 534.22  | 602.22  | 497.22  | 573.22  | 511.22  |    |    | 525.22  | 843.22  | 640.22  | 460.22  | 689.22  |    |    | 587.22  | 462.22  | 613.22  | 504.22  | 592.22  |    |
| Valor energético (Kj)   |   |   |   |   |   |   |   | 3150.50 | 2683.50 |    |    | 2260.50 | 2547.50 | 2107.50 | 2427.50 | 2162.53 |    |    | 2221.50 | 3552.50 | 2705.50 | 1950.50 | 2909.50 |    |    | 2536.50 | 1961.50 | 2594.50 | 2138.50 | 2491.50 |    |
| Grasas (g)              |   |   |   |   |   |   |   | 30.30   | 28.80   |    |    | 15.31   | 24.70   | 17.70   | 22.00   | 13.70   |    |    | 11.67   | 32.60   | 22.00   | 20.30   | 41.10   |    |    | 21.10   | 14.80   | 22.40   | 21.60   | 20.49   |    |
| Grasas saturadas (g)    |   |   |   |   |   |   |   | 6.48    | 6.08    |    |    | 3.31    | 3.88    | 4.48    | 5.18    | 2.68    |    |    | 5.05    | 7.08    | 5.08    | 4.38    | 5.98    |    |    | 2.68    | 2.08    | 6.88    | 5.18    | 4.87    |    |
| Hidratos de Carbono (g) |   |   |   |   |   |   |   | 92.30   | 71.60   |    |    | 75.22   | 59.00   | 50.50   | 63.10   | 54.10   |    |    | 85.52   | 70.40   | 77.50   | 51.90   | 56.70   |    |    | 55.40   | 59.30   | 60.40   | 47.10   | 76.73   |    |
| Azúcares (g)            |   |   |   |   |   |   |   | 19.04   | 19.44   |    |    | 19.66   | 24.54   | 16.74   | 15.74   | 19.44   |    |    | 25.51   | 21.14   | 19.54   | 23.54   | 21.94   |    |    | 21.64   | 23.24   | 15.64   | 19.74   | 18.67   |    |
| Proteínas (g)           |   |   |   |   |   |   |   | 20.50   | 20.20   |    |    | 20.05   | 19.50   | 30.70   | 27.40   | 36.20   |    |    | 16.66   | 41.90   | 27.00   | 12.90   | 20.60   |    |    | 31.50   | 20.10   | 38.00   | 27.10   | 21.26   |    |
| Sal (g)                 |   |   |   |   |   |   |   | 2.49    | 2.90    |    |    | 1.89    | 1.70    | 4.44    | 1.94    | 2.40    |    |    | 2.44    | 2.39    | 1.94    | 2.55    | 4.60    |    |    | 1.90    | 1.70    | 1.89    | 1.99    | 1.45    |    |

## Cereales ¡4-6 raciones al día!



Los cereales son una importante fuente de carbohidratos, tienen un alto valor nutritivo, aportan ácidos grasos esenciales, vitaminas y minerales, proteínas y fibra alimentaria.



Deben comenzarse a introducir en la alimentación a partir del cuarto mes de vida, ya que proporcionan una excelente digestibilidad por estar hidrolizados enzimáticamente facilitando su absorción intestinal.

Comenzaremos introduciendo papillas de arroz, maíz o tapioca, ya que son cereales sin gluten. En el sexto o séptimo mes (si lo autoriza su pediatra) podremos añadir una cucharada de cereales con gluten, y aumentar una cucharada más cada semana durante el siguiente mes. Lo aconsejable es incluirlos poco a poco para que el niño los tolere mejor.

Durante el resto de la vida, los cereales constituyen la base de la pirámide de los alimentos, debiendo incluir principalmente cereales integrales.



Los cereales son especialmente importantes en la infancia por la gran demanda de energía que requiere esta etapa.