



# PequeRecetas

Menú mensual  
familiar

| SEMANA 1 | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|----------|-------|--------|-----------|--------|---------|--------|---------|
| COMIDA   |       |        |           |        |         |        |         |
| CENA     |       |        |           |        |         |        |         |
| SEMANA 2 | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
| COMIDA   |       |        |           |        |         |        |         |
| CENA     |       |        |           |        |         |        |         |
| SEMANA 3 | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
| COMIDA   |       |        |           |        |         |        |         |
| CENA     |       |        |           |        |         |        |         |
| SEMANA 4 | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
| COMIDA   |       |        |           |        |         |        |         |
| CENA     |       |        |           |        |         |        |         |
| SEMANA 5 | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
| COMIDA   |       |        |           |        |         |        |         |
| CENA     |       |        |           |        |         |        |         |