



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 | | | | | | | |