Menú Abril 2022
Objetivo 1, Triturados

Lunes	Martes	Miércoles	Jueves	Viernes
28 - Triturado de patata, calabacin, calabaza, zanahoria, puerro, apio, pavo y garbanzos - Yogurt P: 19.75%, G: 35.20%, HC: 45.06%, Az: 23.75gr Sal: 0.30gr, AGS: 2.65gr, 391.20 Kcal	**29** - Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz - Yogurt P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal	**30** - Triturado de patata, calabacin, calabaza, zanahoria, puerro, ternera y lentejas - Yogurt P: 24.77%, G: 27.03%, HC: 48.20%, Az: 22.91gr Sal: 0.31gr, AGS: 3.26gr, 360.25 Kcal	**31** - Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz - Yogurt P: 20.68%, G: 14.47%, HC: 64.85%, Az: 23.16gr Sal: 0.67gr, AGS: 2.11gr, 451.40 Kcal	**1** - Triturado de patata, calabacin, calabaza, zanahoria, puerro, aove y pollo - Yogurt P: 14.61%, G: 29.88%, HC: 55.51%, Az: 22.72gr Sal: 0.22gr, AGS: 2.16gr, 236.60 Kcal
4 - Triturado de patata, calabacin, calabaza, zanahoria, puerro, apio, pavo y garbanzos - Yogurt P: 19.75%, G: 35.20%, HC: 45.06%, Az: 23.75gr Sal: 0.30gr, AGS: 2.65gr, 391.20 Kcal	**5** - Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz - Yogurt P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal	**6** - Triturado de patata, calabacin, calabaza, zanahoria, puerro, ternera y lentejas - Yogurt P: 24.77%, G: 27.03%, HC: 48.20%, Az: 22.91gr Sal: 0.31gr, AGS: 3.26gr, 360.25 Kcal	**7** - Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz - Yogurt P: 20.68%, G: 14.47%, HC: 64.85%, Az: 23.16gr Sal: 0.67gr, AGS: 2.11gr, 451.40 Kcal	**8** - Triturado de patata, calabacin, calabaza, zanahoria, puerro, aove y pollo - Yogurt P: 14.61%, G: 29.88%, HC: 55.51%, Az: 22.72gr Sal: 0.22gr, AGS: 2.16gr, 236.60 Kcal
11 - Triturado de patata, calabacin, calabaza, zanahoria, puerro, apio, pavo y garbanzos - Yogurt P: 19.75%, G: 35.20%, HC: 45.06%, Az: 23.75gr Sal: 0.30gr, AGS: 2.65gr, 391.20 Kcal	**12** - Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz - Yogurt P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal	**13** - Triturado de patata, calabacin, calabaza, zanahoria, puerro, ternera y lentejas - Yogurt P: 24.77%, G: 27.03%, HC: 48.20%, Az: 22.91gr Sal: 0.31gr, AGS: 3.26gr, 360.25 Kcal	**14** - Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz - Yogurt P: 20.68%, G: 14.47%, HC: 64.85%, Az: 23.16gr Sal: 0.67gr, AGS: 2.11gr, 451.40 Kcal	**15** - Triturado de patata, calabacin, calabaza, zanahoria, puerro, aove y pollo - Yogurt P: 14.61%, G: 29.88%, HC: 55.51%, Az: 22.72gr Sal: 0.22gr, AGS: 2.16gr, 236.60 Kcal
18 - Triturado de patata, calabacin, calabaza, zanahoria, puerro, apio, pavo y garbanzos - Yogurt P: 19.75%, G: 35.20%, HC: 45.06%, Az: 23.75gr Sal: 0.30gr, AGS: 2.65gr, 391.20 Kcal	**19** - Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz - Yogurt P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal	**20** - Triturado de patata, calabacin, calabaza, zanahoria, puerro, ternera y lentejas - Yogurt P: 24.77%, G: 27.03%, HC: 48.20%, Az: 22.91gr Sal: 0.31gr, AGS: 3.26gr, 360.25 Kcal	**21** - Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz - Yogurt P: 20.68%, G: 14.47%, HC: 64.85%, Az: 23.16gr Sal: 0.67gr, AGS: 2.11gr, 451.40 Kcal	**22** - Triturado de patata, calabacin, calabaza, zanahoria, puerro, aove y pollo - Yogurt P: 14.61%, G: 29.88%, HC: 55.51%, Az: 22.72gr Sal: 0.22gr, AGS: 2.16gr, 236.60 Kcal
25 - Triturado de patata, calabacin, calabaza, zanahoria, puerro, apio, pavo y garbanzos - Yogurt P: 19.75%, G: 35.20%, HC: 45.06%, Az: 23.75gr Sal: 0.30gr, AGS: 2.65gr, 391.20 Kcal	**26** - Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz - Yogurt P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal	**27** - Triturado de patata, calabacin, calabaza, zanahoria, puerro, ternera y lentejas - Yogurt P: 24.77%, G: 27.03%, HC: 48.20%, Az: 22.91gr Sal: 0.31gr, AGS: 3.26gr, 360.25 Kcal	**28** - Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz - Yogurt P: 20.68%, G: 14.47%, HC: 64.85%, Az: 23.16gr Sal: 0.67gr, AGS: 2.11gr, 451.40 Kcal	**29** - Triturado de patata, calabacin, calabaza, zanahoria, puerro, aove y pollo - Yogurt P: 14.61%, G: 29.88%, HC: 55.51%, Az: 22.72gr Sal: 0.22gr, AGS: 2.16gr, 236.60 Kcal

F. Cáscara / Apio / Mostaza / Sésamo / SO2 / Moluscos / Altramuces / Gluten / Crustáceos / Huevos / Pescados / Cacahuetes / Soja / Lácteos

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