

Menú Septiembre 2022

Objetivo 1, Triturados
















Lunes

Martes

Miércoles

Jueves

Viernes

<p>29</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, apio, pavo y garbanzos </p> <p>- Yogurt </p> <p>P: 19.54%, G: 35.03%, HC: 45.42%, Az: 23.37gr Sal: 0.29gr, AGS: 2.63gr, 399.15 Kcal</p>	<p>30</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz </p> <p>- Yogurt </p> <p>P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal</p>	<p>31</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, ternera y lentejas </p> <p>- Yogurt </p> <p>P: 24.53%, G: 26.89%, HC: 48.58%, Az: 22.53gr Sal: 0.30gr, AGS: 3.24gr, 368.20 Kcal</p>	<p>1</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz </p> <p>- Yogurt </p> <p>P: 20.33%, G: 14.30%, HC: 65.37%, Az: 23.43gr Sal: 0.65gr, AGS: 2.12gr, 467.40 Kcal</p>	<p>2</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, aove y pollo </p> <p>- Yogurt </p> <p>P: 14.31%, G: 29.65%, HC: 56.04%, Az: 22.34gr Sal: 0.21gr, AGS: 2.14gr, 244.55 Kcal</p>
<p>5</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, apio, pavo y garbanzos </p> <p>- Yogurt </p> <p>P: 19.54%, G: 35.03%, HC: 45.42%, Az: 23.37gr Sal: 0.29gr, AGS: 2.63gr, 399.15 Kcal</p>	<p>6</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz </p> <p>- Yogurt </p> <p>P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal</p>	<p>7</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, ternera y lentejas </p> <p>- Yogurt </p> <p>P: 24.53%, G: 26.89%, HC: 48.58%, Az: 22.53gr Sal: 0.30gr, AGS: 3.24gr, 368.20 Kcal</p>	<p>8</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz </p> <p>- Yogurt </p> <p>P: 20.33%, G: 14.30%, HC: 65.37%, Az: 23.43gr Sal: 0.65gr, AGS: 2.12gr, 467.40 Kcal</p>	<p>9</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, aove y pollo </p> <p>- Yogurt </p> <p>P: 14.31%, G: 29.65%, HC: 56.04%, Az: 22.34gr Sal: 0.21gr, AGS: 2.14gr, 244.55 Kcal</p>
<p>12</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, apio, pavo y garbanzos </p> <p>- Yogurt </p> <p>P: 19.54%, G: 35.03%, HC: 45.42%, Az: 23.37gr Sal: 0.29gr, AGS: 2.63gr, 399.15 Kcal</p>	<p>13</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz </p> <p>- Yogurt </p> <p>P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal</p>	<p>14</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, ternera y lentejas </p> <p>- Yogurt </p> <p>P: 24.53%, G: 26.89%, HC: 48.58%, Az: 22.53gr Sal: 0.30gr, AGS: 3.24gr, 368.20 Kcal</p>	<p>15</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz </p> <p>- Yogurt </p> <p>P: 20.33%, G: 14.30%, HC: 65.37%, Az: 23.43gr Sal: 0.65gr, AGS: 2.12gr, 467.40 Kcal</p>	<p>16</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, aove y pollo </p> <p>- Yogurt </p> <p>P: 14.31%, G: 29.65%, HC: 56.04%, Az: 22.34gr Sal: 0.21gr, AGS: 2.14gr, 244.55 Kcal</p>
<p>19</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, apio, pavo y garbanzos </p> <p>- Yogurt </p> <p>P: 19.54%, G: 35.03%, HC: 45.42%, Az: 23.37gr Sal: 0.29gr, AGS: 2.63gr, 399.15 Kcal</p>	<p>20</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz </p> <p>- Yogurt </p> <p>P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal</p>	<p>21</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, ternera y lentejas </p> <p>- Yogurt </p> <p>P: 24.53%, G: 26.89%, HC: 48.58%, Az: 22.53gr Sal: 0.30gr, AGS: 3.24gr, 368.20 Kcal</p>	<p>22</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz </p> <p>- Yogurt </p> <p>P: 20.33%, G: 14.30%, HC: 65.37%, Az: 23.43gr Sal: 0.65gr, AGS: 2.12gr, 467.40 Kcal</p>	<p>23</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, aove y pollo </p> <p>- Yogurt </p> <p>P: 14.31%, G: 29.65%, HC: 56.04%, Az: 22.34gr Sal: 0.21gr, AGS: 2.14gr, 244.55 Kcal</p>
<p>26</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, apio, pavo y garbanzos </p> <p>- Yogurt </p> <p>P: 19.54%, G: 35.03%, HC: 45.42%, Az: 23.37gr Sal: 0.29gr, AGS: 2.63gr, 399.15 Kcal</p>	<p>27</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz </p> <p>- Yogurt </p> <p>P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal</p>	<p>28</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, ternera y lentejas </p> <p>- Yogurt </p> <p>P: 24.53%, G: 26.89%, HC: 48.58%, Az: 22.53gr Sal: 0.30gr, AGS: 3.24gr, 368.20 Kcal</p>	<p>29</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz </p> <p>- Yogurt </p> <p>P: 20.33%, G: 14.30%, HC: 65.37%, Az: 23.43gr Sal: 0.65gr, AGS: 2.12gr, 467.40 Kcal</p>	<p>30</p> <p>- Triturado de patata, calabacín, calabaza, zanahoria, puerro, aove y pollo </p> <p>- Yogurt </p> <p>P: 14.31%, G: 29.65%, HC: 56.04%, Az: 22.34gr Sal: 0.21gr, AGS: 2.14gr, 244.55 Kcal</p>

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