

*** Aportamos el valor nutricional de todas las elaboraciones.**
Cumpliendo con el Reglamento 1169/2011, la empresa tiene a su disposición los alérgenos que contiene cada plato. Pueden solicitarlo en colectividades@intur.com | Descárgate mensualmente los menús en www.casaintur.com o en nuestra APP "Intur APP"

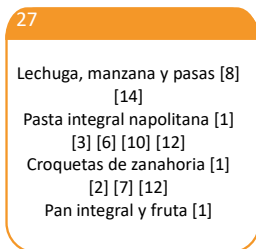
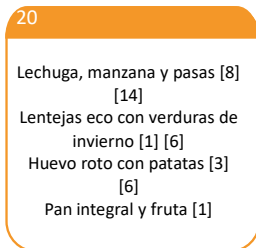
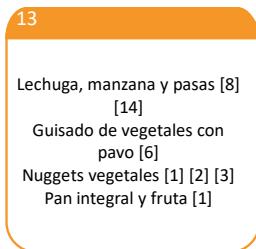
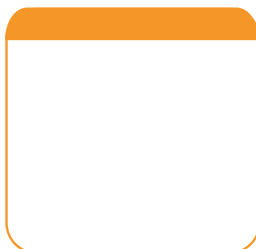
No cocinamos con potenciadores del sabor ni colorantes artificiales. Incluimos lácteos de proximidad con reducción de azúcar frente a ediciones anteriores. Nuestro menú incluye vegetales frescos y frutas de temporada.

Menú recomendado y validado nutricionalmente por la dietista - nutricionista colegiada nº CV00639

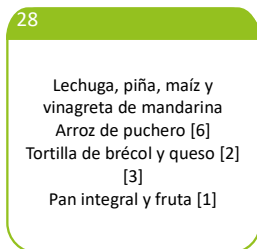
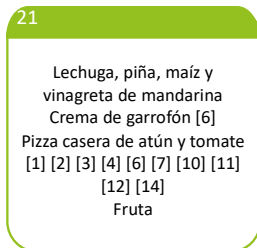
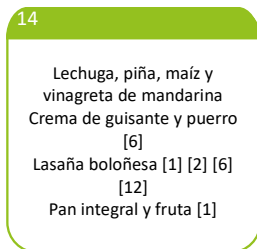
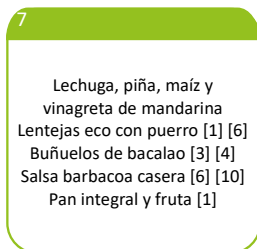


ENERO 2025

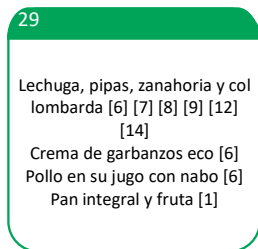
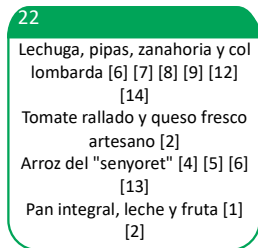
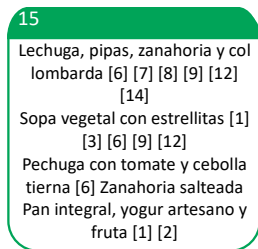
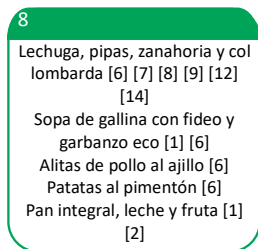
LUNES



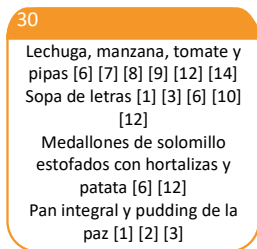
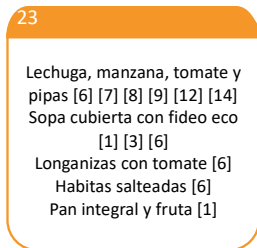
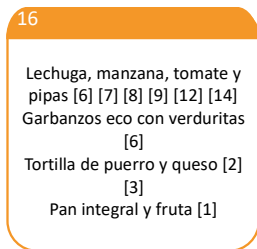
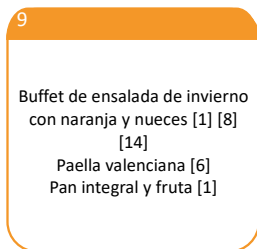
MARTES



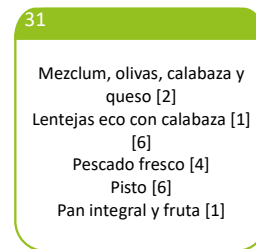
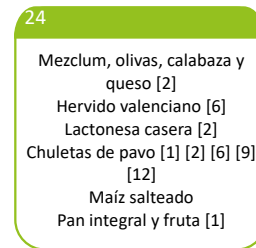
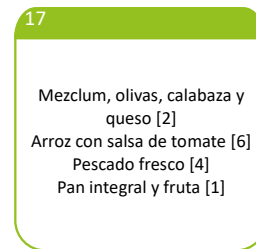
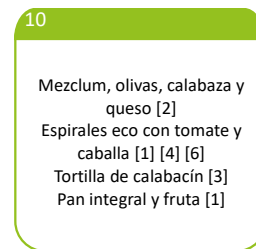
MIÉRCOLES



JUEVES



VIERNES



VALORACIÓN NUTRICIONAL

<p>Energía - 2965 Kj / 709 Kcal LIP - 26.7 g AGS - 5.3 g HC - 85.7 g Azúcar - 24.4 g Proteínas - 27.1 g Sal - 2.4 g</p>
<p>Energía - 2769 Kj / 662 Kcal LIP - 25.1 g AGS - 5.6 g HC - 80.6 g Azúcar - 26.4 g Proteínas - 26.5 g Sal - 2.2 g</p>
<p>Energía - 3043 Kj / 728 Kcal LIP - 29.3 g AGS - 7.8 g HC - 79.1 g Azúcar - 25.6 g Proteínas - 31.0 g Sal - 2.7 g</p>
<p>Energía - 2773 Kj / 663 Kcal LIP - 22.9 g AGS - 4.8 g HC - 84.9 g Azúcar - 26.3 g Proteínas - 29.7 g Sal - 2.3 g</p>



[1] Gluten



[2] Lácteos



[3] Huevo



[4] Pescado



[5] Moluscos



[6] SO₂, sulfitos



[7] Sésamo



[8] Cacahuets



[9] Altramuces



[10] Mostaza



[11] Apio



[12] Soja



[13] Crustáceos



[14] F. de cáscara