

\* Oferim el valor nutricional de totes les elaboracions, complint el Reglament 1169/2011, l'empresa té a la seua disposició els al·lèrgens que conté cada plat. Poden sol·licitar-ho a [colectividades@intur.com](mailto:colectividades@intur.com) | Descarrega't mensualment els menús a [www.casaintur.com](http://www.casaintur.com) o en la nostra APP "Intur APP"

No cuinem amb potenciadors del sabor ni colorants artificials. Incluem lacticis de proximitat amb reducció de sucre enfront d'edicions anteriors. El nostre menú inclou vegetals i fruits frescos de temporada.

Menú recomanat i validat nutricionalment per la dietista - nutricionista col·legiada núm. CV00639.



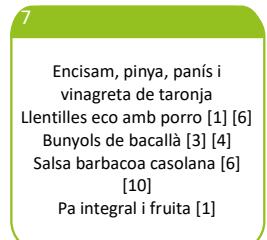
**casa intur**  
SALUDABLES  
DESDE 1992

# GENER 2025

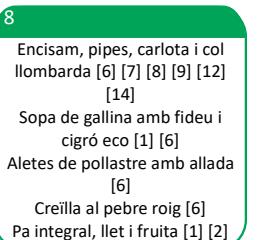
## DILLUNS



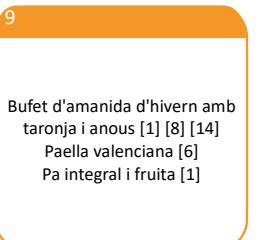
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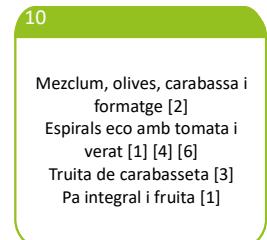
## DIMECRES



## DIJOUS



## DIVENDRES



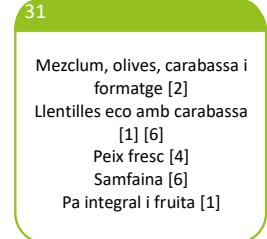
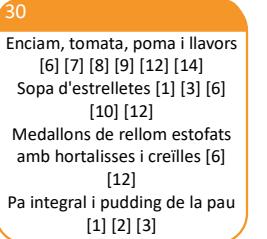
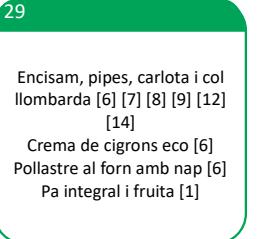
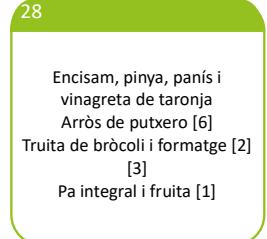
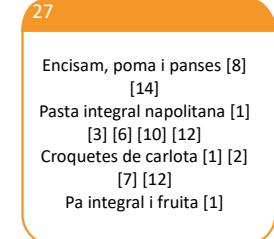
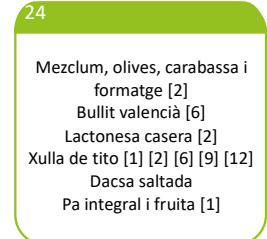
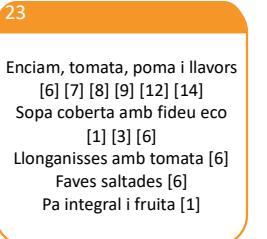
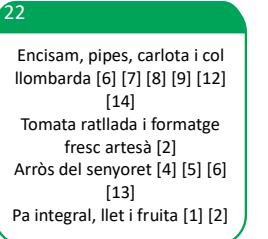
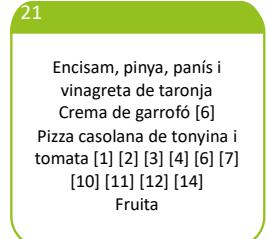
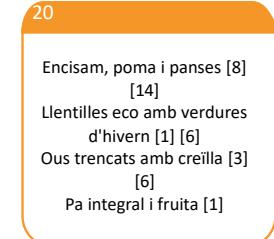
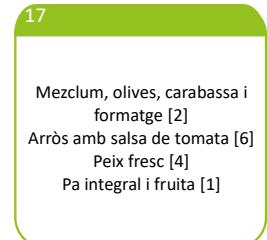
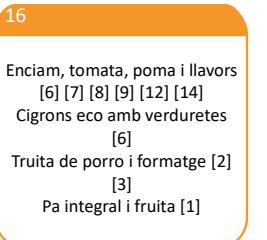
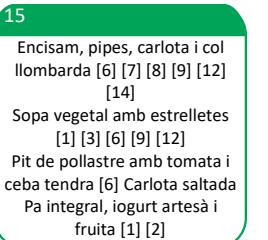
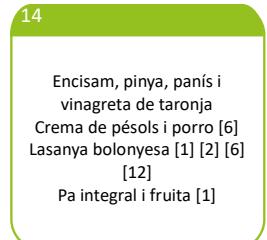
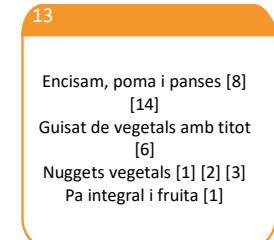
## VALORACIÓ NUTRICIONAL

Energia - 2965 Kj / 709 Kcal  
LIP - 26.7 g  
AGS - 5.3 g  
HC - 85.7 g  
Sucre - 24.4 g  
Proteïnes - 27.1 g  
Sal - 2.4 g

Energia - 2769 Kj / 662 Kcal  
LIP - 25.1 g  
AGS - 5.6 g  
HC - 80.6 g  
Sucre - 26.4 g  
Proteïnes - 26.5 g  
Sal - 2.2 g

Energia - 3043 Kj / 728 Kcal  
LIP - 29.3 g  
AGS - 7.8 g  
HC - 79.1 g  
Sucre - 25.6 g  
Proteïnes - 31.0 g  
Sal - 2.7 g

Energia - 2773 Kj / 663 Kcal  
LIP - 22.9 g  
AGS - 4.8 g  
HC - 84.9 g  
Sucre - 26.3 g  
Proteïnes - 29.7 g  
Sal - 2.3 g



[1] Gluten



[2] Lactis



[3] Ou



[4] Peix



[5] Mol·luscs



[6] SO<sub>2</sub>, sulfits



[7] Sèsam



[8] Cacauets



[9] Tramussos



[10] Mostassa



[11] Soia



[13] Crustacis



[14] Fruits de closca