



*** 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



OCTUBRE 2025

LUNES

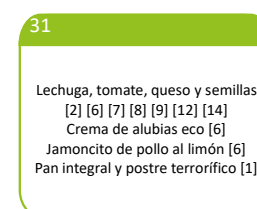
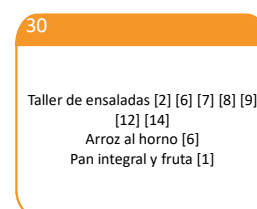
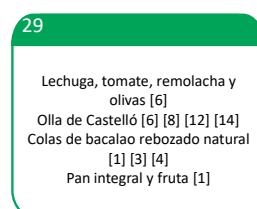
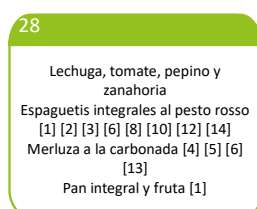
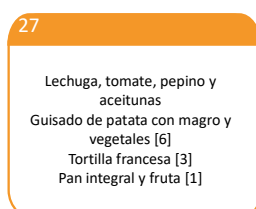
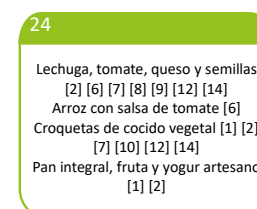
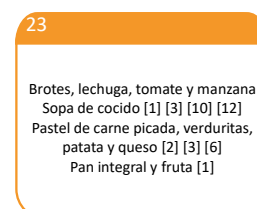
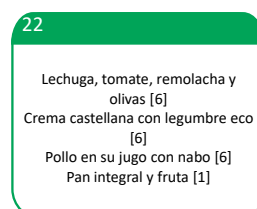
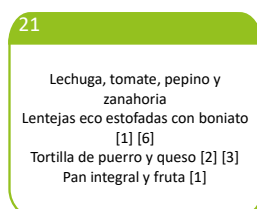
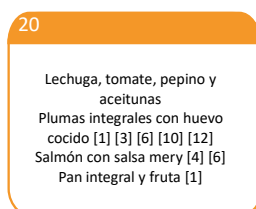
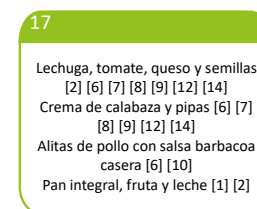
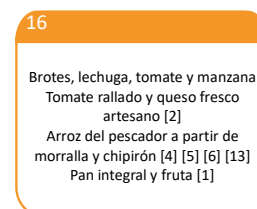
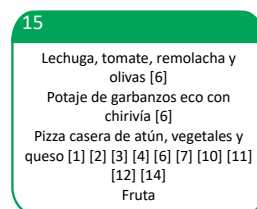
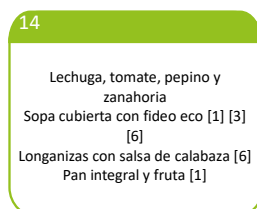
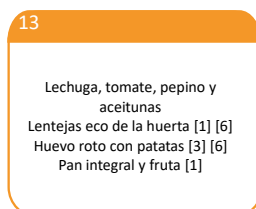
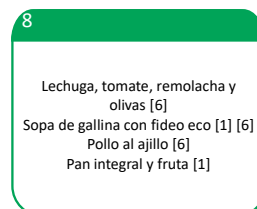
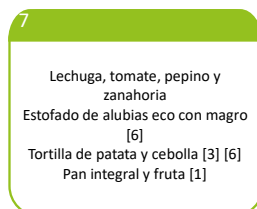
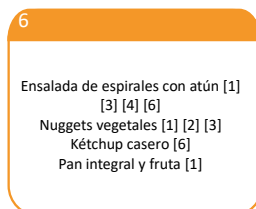
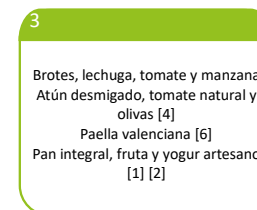
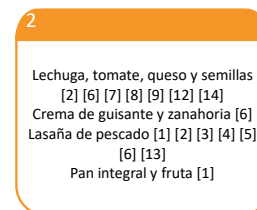
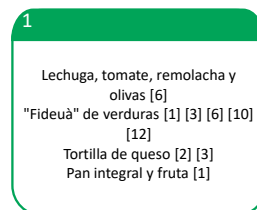
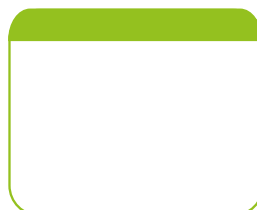
MARTES

MIÉRCOLES

JUEVES

VIERNES

VALORACIÓN NUTRICIONAL



Energía - 2911 Kj / 696 Kcal
LIP - 24.4 g
AGS - 5.6 g
HC - 88.8 g
Azúcar - 21.2 g
Proteínas - 26.6 g
Sal - 2.2 g

Energía - 2762 Kj / 661 Kcal
LIP - 24.1 g
AGS - 5.4 g
HC - 73.7 g
Azúcar - 23.7 g
Proteínas - 33.8 g
Sal - 2.7 g

Energía - 3129 Kj / 748 Kcal
LIP - 32.8 g
AGS - 9.3 g
HC - 78.9 g
Azúcar - 22.8 g
Proteínas - 32.5 g
Sal - 2.7 g

Energía - 2906 Kj / 695 Kcal
LIP - 24.0 g
AGS - 5.2 g
HC - 89.2 g
Azúcar - 23.6 g
Proteínas - 27.7 g
Sal - 2.2 g

Energía - 2960 Kj / 708 Kcal
LIP - 25.8 g
AGS - 6.5 g
HC - 79.1 g
Azúcar - 19.4 g
Proteínas - 36.2 g
Sal - 2.2 g



[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