

MENÚ



* 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



casa intur

SALUDABLES
DESDE 1992

NOVIEMBRE 2024

LUNES

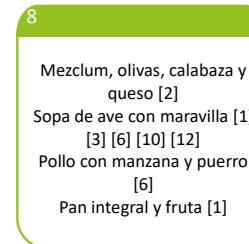
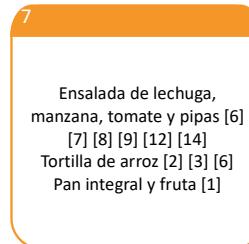
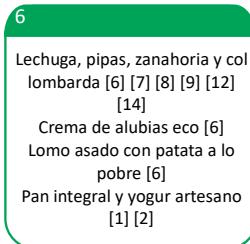
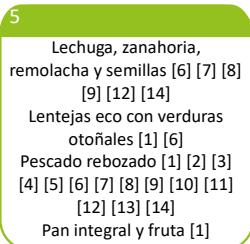
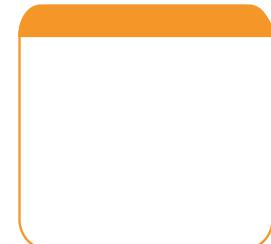
MARTES

MIÉRCOLES

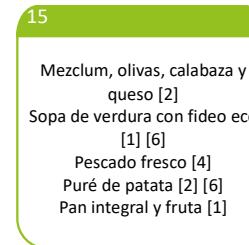
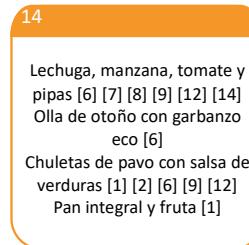
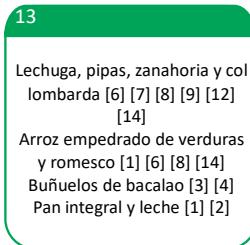
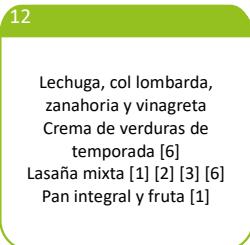
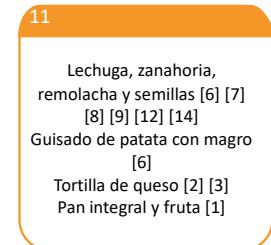
JUEVES

VIERNES

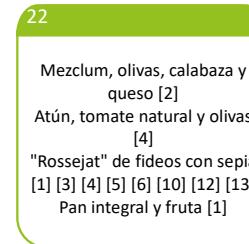
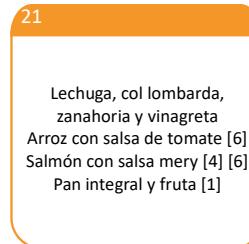
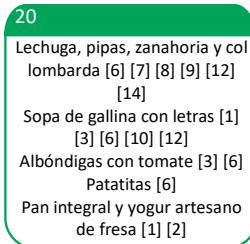
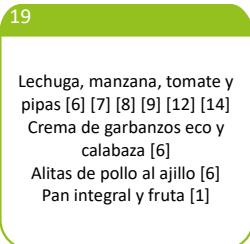
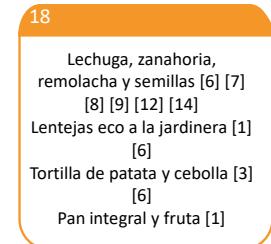
VALORACIÓN
NUTRICIONAL



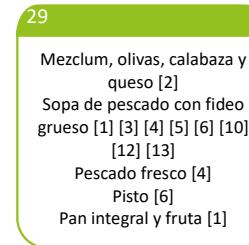
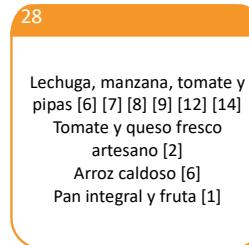
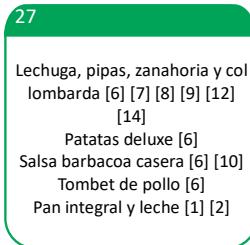
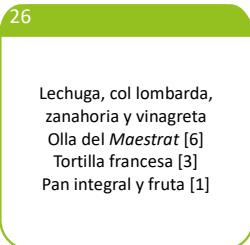
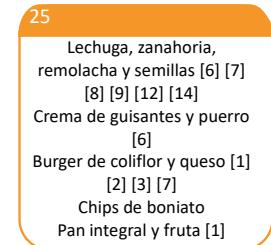
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|------------------------------|
| Energía - 2717 Kj / 650 Kcal |
| LIP - 24.0 g |
| AGS - 5.4 g |
| HC - 70.7 g |
| Azúcar - 16.2 g |
| Proteínas - 34.0 g |
| Sal - 2.3 g |



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|------------------------------|
| Energía - 2628 Kj / 629 Kcal |
| LIP - 22.3 g |
| AGS - 5.2 g |
| HC - 76.4 g |
| Azúcar - 17.4 g |
| Proteínas - 28.1 g |
| Sal - 2.4 g |



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|------------------------------|
| Energía - 2705 Kj / 647 Kcal |
| LIP - 26.4 g |
| AGS - 6.3 g |
| HC - 72.6 g |
| Azúcar - 16.0 g |
| Proteínas - 28.9 g |
| Sal - 2.2 g |



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|------------------------------|
| Energía - 2643 Kj / 632 Kcal |
| LIP - 24.6 g |
| AGS - 6.2 g |
| HC - 72.3 g |
| Azúcar - 18.0 g |
| Proteínas - 24.9 g |



[1] Gluten



[2] Lácteos



[3] Huevo



[4] Pescado



[5] Moluscos



[6] SO₂, sulfitos



[7] Sésamo



[8] Cacahuete



[9] Altramuces



[10] Mostaza



[11] Apio



[12] Soja



[13] Crustáceos



[14] F. de cáscara