

# ENERO 2025

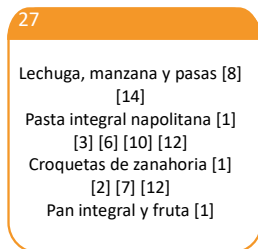
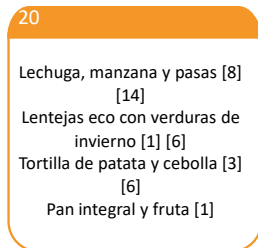
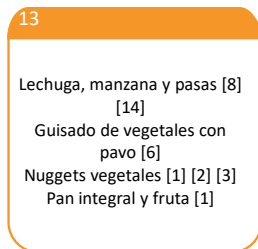
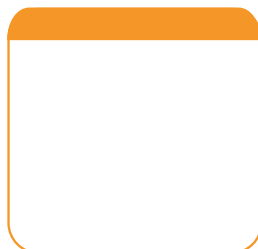
\* Aportamos el valor nutricional de todas las elaboraciones.  
Cumpliendo con el Reglamento 1169/2011, la empresa tiene a su disposición los alérgenos que contiene cada plato. Pueden solicitarlo en colectividades@intur.com | Descárgate mensualmente los menús en www.casaintur.com o en nuestra APP "Intur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

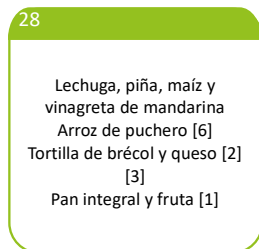
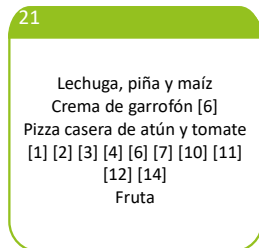
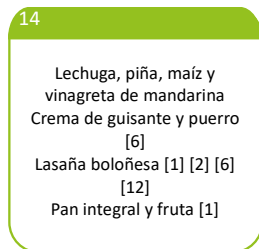
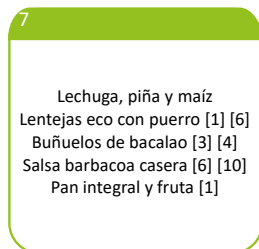
Menú recomendado y validado nutricionalmente por la dietista - nutricionista colegiada nº CV00639



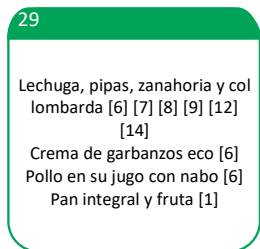
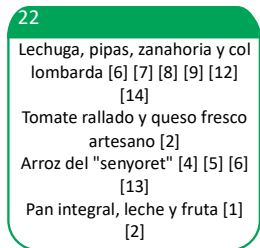
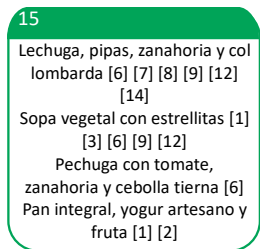
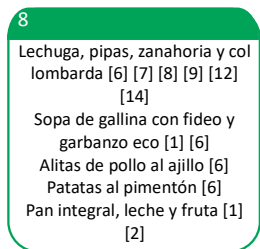
## LUNES



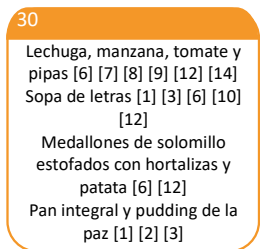
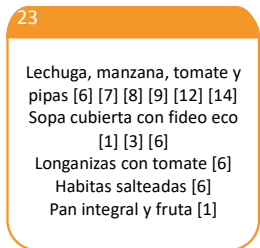
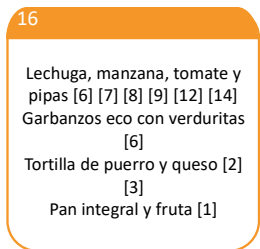
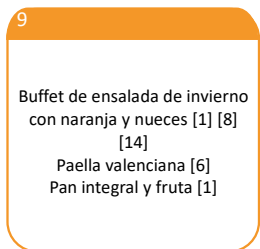
## MARTES



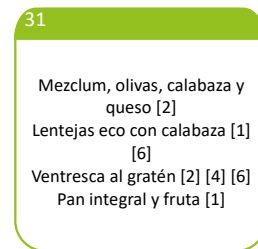
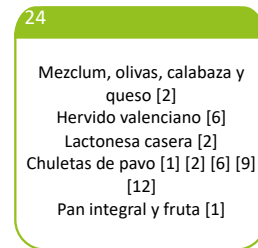
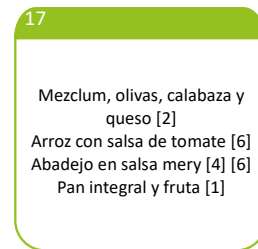
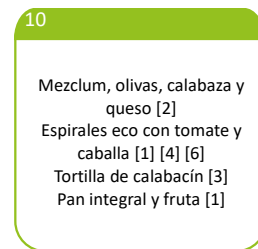
## MIÉRCOLES



## 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 - 2784 Kj / 666 Kcal LIP - 24.9 g AGS - 5.5 g HC - 81.1 g Azúcar - 26.5 g Proteínas - 27.3 g Sal - 2.5 g</p>
<p>Energía - 3004 Kj / 719 Kcal LIP - 29.5 g AGS - 7.9 g HC - 75.9 g Azúcar - 25.2 g Proteínas - 31.1 g Sal - 2.7 g</p>
<p>Energía - 2737 Kj / 655 Kcal LIP - 22.4 g AGS - 4.7 g HC - 83.8 g Azúcar - 25.9 g Proteínas - 29.9 g Sal - 2.3 g</p>