

Menú Mayo 2022

Objetivo 1, Triturados

Lunes

Martes

Miércoles

Jueves

Viernes

<p>2</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, apio, pavo y garbanzos </p> <p>- Yogurt </p> <p>P: 19.75%, G: 35.20%, HC: 45.06%, Az: 23.75gr Sal: 0.30gr, AGS: 2.65gr, 391.20 Kcal</p>	<p>3</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz </p> <p>- Yogurt </p> <p>P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal</p>	<p>4</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, ternera y lentejas </p> <p>- Yogurt </p> <p>P: 24.77%, G: 27.03%, HC: 48.20%, Az: 22.91gr Sal: 0.31gr, AGS: 3.26gr, 360.25 Kcal</p>	<p>5</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz     </p> <p>- Yogurt </p> <p>P: 20.68%, G: 14.47%, HC: 64.85%, Az: 23.16gr Sal: 0.67gr, AGS: 2.11gr, 451.40 Kcal</p>	<p>6</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, aove y pollo</p> <p>- Yogurt </p> <p>P: 14.61%, G: 29.88%, HC: 55.51%, Az: 22.72gr Sal: 0.22gr, AGS: 2.16gr, 236.60 Kcal</p>
<p>9</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, apio, pavo y garbanzos </p> <p>- Yogurt </p> <p>P: 19.75%, G: 35.20%, HC: 45.06%, Az: 23.75gr Sal: 0.30gr, AGS: 2.65gr, 391.20 Kcal</p>	<p>10</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz </p> <p>- Yogurt </p> <p>P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal</p>	<p>11</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, ternera y lentejas </p> <p>- Yogurt </p> <p>P: 24.77%, G: 27.03%, HC: 48.20%, Az: 22.91gr Sal: 0.31gr, AGS: 3.26gr, 360.25 Kcal</p>	<p>12</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz     </p> <p>- Yogurt </p> <p>P: 20.68%, G: 14.47%, HC: 64.85%, Az: 23.16gr Sal: 0.67gr, AGS: 2.11gr, 451.40 Kcal</p>	<p>13</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, aove y pollo</p> <p>- Yogurt </p> <p>P: 14.61%, G: 29.88%, HC: 55.51%, Az: 22.72gr Sal: 0.22gr, AGS: 2.16gr, 236.60 Kcal</p>
<p>16</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, apio, pavo y garbanzos </p> <p>- Yogurt </p> <p>P: 19.75%, G: 35.20%, HC: 45.06%, Az: 23.75gr Sal: 0.30gr, AGS: 2.65gr, 391.20 Kcal</p>	<p>17</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz </p> <p>- Yogurt </p> <p>P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal</p>	<p>18</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, ternera y lentejas </p> <p>- Yogurt </p> <p>P: 24.77%, G: 27.03%, HC: 48.20%, Az: 22.91gr Sal: 0.31gr, AGS: 3.26gr, 360.25 Kcal</p>	<p>19</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz     </p> <p>- Yogurt </p> <p>P: 20.68%, G: 14.47%, HC: 64.85%, Az: 23.16gr Sal: 0.67gr, AGS: 2.11gr, 451.40 Kcal</p>	<p>20</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, aove y pollo</p> <p>- Yogurt </p> <p>P: 14.61%, G: 29.88%, HC: 55.51%, Az: 22.72gr Sal: 0.22gr, AGS: 2.16gr, 236.60 Kcal</p>
<p>23</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, apio, pavo y garbanzos </p> <p>- Yogurt </p> <p>P: 19.75%, G: 35.20%, HC: 45.06%, Az: 23.75gr Sal: 0.30gr, AGS: 2.65gr, 391.20 Kcal</p>	<p>24</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz </p> <p>- Yogurt </p> <p>P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal</p>	<p>25</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, ternera y lentejas </p> <p>- Yogurt </p> <p>P: 24.77%, G: 27.03%, HC: 48.20%, Az: 22.91gr Sal: 0.31gr, AGS: 3.26gr, 360.25 Kcal</p>	<p>26</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz     </p> <p>- Yogurt </p> <p>P: 20.68%, G: 14.47%, HC: 64.85%, Az: 23.16gr Sal: 0.67gr, AGS: 2.11gr, 451.40 Kcal</p>	<p>27</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, aove y pollo</p> <p>- Yogurt </p> <p>P: 14.61%, G: 29.88%, HC: 55.51%, Az: 22.72gr Sal: 0.22gr, AGS: 2.16gr, 236.60 Kcal</p>
<p>30</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, apio, pavo y garbanzos </p> <p>- Yogurt </p> <p>P: 19.75%, G: 35.20%, HC: 45.06%, Az: 23.75gr Sal: 0.30gr, AGS: 2.65gr, 391.20 Kcal</p>	<p>31</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, merluza y arroz </p> <p>- Yogurt </p> <p>P: 19.64%, G: 17.51%, HC: 62.84%, Az: 23.16gr Sal: 0.60gr, AGS: 2.43gr, 464.20 Kcal</p>	<p>1</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, ternera y lentejas </p> <p>- Yogurt </p> <p>P: 24.77%, G: 27.03%, HC: 48.20%, Az: 22.91gr Sal: 0.31gr, AGS: 3.26gr, 360.25 Kcal</p>	<p>2</p> <p>- Triturado de patata, zanahoria, cebolla, tomate, aove, rosada y arroz     </p> <p>- Yogurt </p> <p>P: 20.68%, G: 14.47%, HC: 64.85%, Az: 23.16gr Sal: 0.67gr, AGS: 2.11gr, 451.40 Kcal</p>	<p>3</p> <p>- Triturado de patata, calabacin, calabaza, zanahoria, puerro, aove y pollo</p> <p>- Yogurt </p> <p>P: 14.61%, G: 29.88%, HC: 55.51%, Az: 22.72gr Sal: 0.22gr, AGS: 2.16gr, 236.60 Kcal</p>

 F. Cáscara /  Apio /  Mostaza /  Sésamo /  SO2 /  Moluscos /  Altramuces /  Gluten /  Crustáceos /  Huevos /  Pescados /  Cacahuets /  Soja /  Lácteos

Elaborado por:

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