

MENÚ TRITURADO SEPTIEMBRE 2022

DIA 5		DIA 6		DIA 7		DIA 8		DIA 9																																									
<p>Puré de verdura con ternera (acelgas, zanahoria, patatas, puerro y apio) (12, 9,) Vegetable purée with beef (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con ternera (acelgas, zanahoria, patatas, puerro y apio) (12, 9,) Vegetable purée with beef (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con ternera (acelgas, zanahoria, patatas, puerro y apio) (12, 9,) Vegetable purée with beef (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con ternera (acelgas, zanahoria, patatas, puerro y apio) (12, 9,) Vegetable purée with beef (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con ternera (acelgas, zanahoria, patatas, puerro y apio) (12, 9,) Vegetable purée with beef (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>																																									
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>193,31</td> <td>123,60</td> <td>61,23</td> <td>8,20</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	193,31	123,60	61,23	8,20		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>193,31</td> <td>123,60</td> <td>61,23</td> <td>8,20</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	193,31	123,60	61,23	8,20		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>193,31</td> <td>123,60</td> <td>61,23</td> <td>8,20</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	193,31	123,60	61,23	8,20		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>207,18</td> <td>123,60</td> <td>64,18</td> <td>19,05</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	207,18	123,60	64,18	19,05		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>221,43</td> <td>123,71</td> <td>64,42</td> <td>32,99</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	221,43	123,71	64,42	32,99
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
193,31	123,60	61,23	8,20																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
193,31	123,60	61,23	8,20																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
193,31	123,60	61,23	8,20																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
207,18	123,60	64,18	19,05																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
221,43	123,71	64,42	32,99																																														
<p>Puré de verdura con pavo (acelgas, zanahoria, patatas, puerro y apio) (19, 6, 9, T6,) Vegetable purée with turkey (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con ternera (acelgas, zanahoria, patatas, puerro y apio) (12, 9,) Vegetable purée with beef (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con pescado (acelgas, zanahoria, patatas, puerro y apio) (, 4, 9, T2,) Vegetable purée with fish (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con cerdo (acelgas, zanahoria, patatas, puerro y apio) (9,) Vegetable purée with pork (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con pescado (acelgas, zanahoria, patatas, puerro y apio) (, 4, 9, T2,) Vegetable purée with fish (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>																																									
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>208,05</td> <td>127,97</td> <td>62,87</td> <td>16,94</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	208,05	127,97	62,87	16,94		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>193,31</td> <td>123,60</td> <td>61,23</td> <td>8,20</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	193,31	123,60	61,23	8,20		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>207,18</td> <td>123,60</td> <td>64,18</td> <td>19,05</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	207,18	123,60	64,18	19,05		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>207,18</td> <td>123,60</td> <td>64,18</td> <td>19,05</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	207,18	123,60	64,18	19,05		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>207,18</td> <td>123,60</td> <td>64,18</td> <td>19,05</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	207,18	123,60	64,18	19,05
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
208,05	127,97	62,87	16,94																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
193,31	123,60	61,23	8,20																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
207,18	123,60	64,18	19,05																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
207,18	123,60	64,18	19,05																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
207,18	123,60	64,18	19,05																																														
<p>Puré de verdura con ternera (acelgas, zanahoria, patatas, puerro y apio) (19, 6, 9, T6,) Vegetable purée with turkey (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con pescado (acelgas, zanahoria, patatas, puerro y apio) (, 4, 9, T2,) Vegetable purée with fish (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con cerdo (acelgas, zanahoria, patatas, puerro y apio) (9,) Vegetable purée with pork (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con pollo (acelgas, zanahoria, patatas, puerro y apio) (9,) Vegetable purée with chicken (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con pescado (acelgas, zanahoria, patatas, puerro y apio) (, 4, 9, T2,) Vegetable purée with fish (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>																																									
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>193,31</td> <td>123,60</td> <td>61,23</td> <td>8,20</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	193,31	123,60	61,23	8,20		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>207,18</td> <td>123,60</td> <td>64,18</td> <td>19,05</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	207,18	123,60	64,18	19,05		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>207,18</td> <td>123,60</td> <td>64,18</td> <td>19,05</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	207,18	123,60	64,18	19,05		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>221,43</td> <td>123,71</td> <td>64,42</td> <td>32,99</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	221,43	123,71	64,42	32,99		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>207,18</td> <td>123,60</td> <td>64,18</td> <td>19,05</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	207,18	123,60	64,18	19,05
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
193,31	123,60	61,23	8,20																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
207,18	123,60	64,18	19,05																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
207,18	123,60	64,18	19,05																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
221,43	123,71	64,42	32,99																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
207,18	123,60	64,18	19,05																																														
<p>Puré de verdura con pavo (acelgas, zanahoria, patatas, puerro y apio) (19, 6, 9, T6,) Vegetable purée with turkey (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con ternera (acelgas, zanahoria, patatas, puerro y apio) (12, 9,) Vegetable purée with beef (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con pescado (acelgas, zanahoria, patatas, puerro y apio) (, 4, 9, T2,) Vegetable purée with fish (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con cerdo (acelgas, zanahoria, patatas, puerro y apio) (9,) Vegetable purée with pork (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>		<p>Puré de verdura con pescado (acelgas, zanahoria, patatas, puerro y apio) (, 4, 9, T2,) Vegetable purée with fish (chard, potatoes, leek and celery)</p> <p>Fruta fresca Fresh fruit</p>																																									
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>208,05</td> <td>127,97</td> <td>62,87</td> <td>16,94</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	208,05	127,97	62,87	16,94		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>193,31</td> <td>123,60</td> <td>61,23</td> <td>8,20</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	193,31	123,60	61,23	8,20		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>207,18</td> <td>123,60</td> <td>64,18</td> <td>19,05</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	207,18	123,60	64,18	19,05		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>207,18</td> <td>123,60</td> <td>64,18</td> <td>19,05</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	207,18	123,60	64,18	19,05		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>KCAL</th> <th>Hidr.(g)</th> <th>Lípid.(g)</th> <th>Prot.(g)</th> </tr> </thead> <tbody> <tr> <td>207,18</td> <td>123,60</td> <td>64,18</td> <td>19,05</td> </tr> </tbody> </table>	KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)	207,18	123,60	64,18	19,05
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
208,05	127,97	62,87	16,94																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
193,31	123,60	61,23	8,20																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
207,18	123,60	64,18	19,05																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
207,18	123,60	64,18	19,05																																														
KCAL	Hidr.(g)	Lípid.(g)	Prot.(g)																																														
207,18	123,60	64,18	19,05																																														

Valoración nutricional: Calcio 35,7 Hierro 1,2 Sodio 748,2 Vit. A 180,7 Vit. B1 0,1 Vit. B2 0,1 Vit. C 23,8 Ác. fólico 49,9 Fibra 3,9 Colest. 7,7 AGS 1,0 AGM 1,7 AGP 4,2

Alérgenos: 1-Glúten, 2-Crustáceos, 3-Huevos, 4-Pescado, 5-Cacahuets, 6-Soja, 7-Leche, 8-Frutos Secos, 9-Apio, 10-Mostaza, 11-Sésamo, 12-Sulfitos, 13-Altramuces, 14-Moluscos

El menú irá acompañado de [agua](#).

Según el Reglamento 1169/2011 de información facilitada al consumidor, se informa sobre alérgenos presentes en alimentos no envasados. Esta información se refleja en nuestros menús de alergias alimentarias. Para cualquier otra información sobre alérgenos, contacte con nuestras oficinas centrales.

Menú elaborado por el Dpto. de Nutrición de SECOE: C. Haberkon (Diplomada en Nutrición Humana y Dietética y Licenciada en Ciencia y Tecnología de los Alimentos).