PROGRAMACIO FARINETES MARÇ 2024



AINA MONTSENY Dietista-
Nutricionista col·legiada
nºCAT000327

Divendres 01
Carbassó, nap, patata,peix
Kcal,260,68 lip. 12,21 prot. 20,85 H.V 22,51

Dilluns 04	Dimarts 05	Dimecres 06	Dijous 07	Divendres 08
Mongeta tendra, patata, pastanaga i pollastre	Patata, carbassa, porro i vedella	Patata, Carbassó, pastanaga i pollastre	Patata,nap pastanaga i vedella	Carbassó, nap, patata,peix
Kcal,292,68 lip. 11,21 prot. 20,85 H.V 25,81	Kcal,260,68 lip. 12,21 prot. 20,85 H.V 22,51	Kcal,292,68 lip. 11,21 prot. 20,85 H.V 26,51	Kcal,290,68 lip. 10,21 prot. 21,85 H.V 24,51	Kcal,260,68 lip. 12,21 prot. 20,85 H.V 22,51

Dilluns 11	Dimarts 12	Dimecres 13	Dijous 14	Divendres 15
Mongeta tendra, patata, pastanaga i pollastre	Patata, carbassa, porro i vedella	Patata, Carbassó, pastanaga i pollastre	Patata,nap pastanaga i vedella	Carbassó, nap, patata,peix
Kcal,292,68 lip. 11,21 prot. 20,85 H.V 25,81	Kcal,260,68 lip. 12,21 prot. 20,85 H.V 22,51	Kcal,292,68 lip. 11,21 prot. 20,85 H.V 26,51	Kcal,290,68 lip. 10,21 prot. 21,85 H.V 24,51	Kcal,260,68 lip. 12,21 prot. 20,85 H.V 22,51

Dilluns 18	Dimarts 19	Dimecres 20	Dijous 21	Divendres 22
Mongeta tendra, patata, pastanaga i pollastre	Patata, carbassa, porro i vedella	Patata, Carbassó, pastanaga i pollastre	Patata,nap pastanaga i vedella	Carbassó, nap, patata,peix
Kcal,292,68 lip. 11,21 prot. 20,85 H.V 25,81	Kcal,260,68 lip. 12,21 prot. 20,85 H.V 22,51	Kcal,292,68 lip. 11,21 prot. 20,85 H.V 26,51	Kcal,290,68 lip. 10,21 prot. 21,85 H.V 24,51	Kcal,260,68 lip. 12,21 prot. 20,85 H.V 22,51

Dilluns 25	Dimarts 26	Dimecres 27	Dijous 28	Divendres 29
Mongeta tendra, patata, pastanaga i pollastre	Patata, carbassa, porro i vedella	Patata, Carbassó, pastanaga i pollastre	Festa	Festa
Kcal,292,68 lip. 11,21 prot. 20,85 H.V 25,81	Kcal,260,68 lip. 12,21 prot. 20,85 H.V 22,51	Kcal,292,68 lip. 11,21 prot. 20,85 H.V 26,51	Kcal,290,68 lip. 10,21 prot. 21,85 H.V 24,51	