



PROGRAMACIO FARINETES JUNY 2024



AINA MONTSENY Dietista-
Nutricionista col·legiada
n°CAT000327

Dilluns 03	Dimarts 04	Dimecres 05	Dijous 06	Divendres 07
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 10	Dimarts 11	Dimecres 12	Dijous 13	Divendres 14
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 17	Dimarts 18	Dimecres 19	Dijous 20	Divendres 21
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 24	Dimarts 25	Dimecres 26	Dijous 27	Divendres 28
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 27	Dimarts 28	Dimecres 29	Dijous 30	Divendres 31
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