



	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
1 setmana 1 MAIG	FESTIU	COLIFLOR 250 GR Kcal.218 Ptr21 Hdc .24 Lip15 PROTS 5.50 POLLASTRE 150GR 400 gr, 370KCAL HC;22 LIP 23 PROT: 9.78 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	BLEDES250GR Kcal.218 Ptr24Hdc .23 Lip17 PROTS.40 HAMBURGUESA DE VEDELLA150GR 400 gr, 353KCAL HC;36 , LIP 19 PROT: 11.15 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	BROCOLI250GR Kcal.234 Ptr22. Hdc .24 Lip18 PROTS.40 TRUITA150GR 400g, 335KCAL HC;38, LIP 18PROT: 12.16 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	MENESTRA DE VERDURES250GR Kcal.241 Ptr25 Hdc .28 Lip17 PROT6.32 BISTEC DE VEDELLA150GR 400 gr 342KCA HC;36 LIP 19, PROT: 14 Làcti 125 GR Kcal 123 Ptr5 Hdc 16.25 Lip=3.75
2 setmana 8 MAIG	MONGETA VERDA250GR Kcal.239 Ptr22.59 Hdc .23.37 Lip16 PROTS.40 LLENGUADINA150GR 400GR, 334KCAL HC21 LIP 22 PROT9.60 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip	COLIFLOR 250 GR Kcal.218 Ptr21 Hdc .24 Lip15 PROTS 5.50 POLLASTRE 150GR 400 gr, 370KCAL HC;22 LIP 23 PROT: 9.78 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	BLEDES250GR Kcal.218 Ptr24Hdc .23 Lip17 PROTS.40 HAMBURGUESA DE VEDELLA150GR 400 gr, 353KCAL HC;36 , LIP 19 PROT: 11.15 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	BROCOLI250GR Kcal.234 Ptr22. Hdc .24 Lip18 PROTS.40 TRUITA150GR 400g, 335KCAL HC;38, LIP 18PROT: 12.16 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	MENESTRA DE VERDURES250GR Kcal.241 Ptr25 Hdc .28 Lip17 PROT6.32 BISTEC DE VEDELLA150GR 400 gr 342KCA HC;36 LIP 19, PROT: 14 Làcti 125 GR Kcal 123 Ptr5 Hdc 16.25 Lip=3.75
3 Setmana 15 MAIG	MONGETA VERDA250GR Kcal.239 Ptr22.59 Hdc .23.37 Lip16 PROTS.40 LLENGUADINA150GR 400GR, 334KCAL HC21 LIP 22 PROT9.60 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	COLIFLOR 250 GR Kcal.218 Ptr21 Hdc .24 Lip15 PROTS 5.50 POLLASTRE 150GR 400 gr, 370KCAL HC;22 LIP 23 PROT: 9.78 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	BLEDES250GR Kcal.218 Ptr24Hdc .23 Lip17 PROTS.40 HAMBURGUESA DE VEDELLA150GR 400 gr, 353KCAL HC;36 , LIP 19 PROT: 11.15 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	BROCOLI250GR Kcal.234 Ptr22. Hdc .24 Lip18 PROTS.40 TRUITA150GR 400g, 335KCAL HC;38, LIP 18PROT: 12.16 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	MENESTRA DE VERDURES250GR Kcal.241 Ptr25 Hdc .28 Lip17 PROT6.32 BISTEC DE VEDELLA150GR 400 gr 342KCA HC;36 LIP 19, PROT: 14 Làcti 125 GR Kcal 123 Ptr5 Hdc 16.25 Lip=3.75
4 Setmana 22 MAIG	MONGETA VERDA250GR Kcal.239 Ptr22.59 Hdc .23.37 Lip16 PROTS.40 LLENGUADINA150GR 400GR, 334KCAL HC21 LIP 22 PROT9.60 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	COLIFLOR 250 GR Kcal.218 Ptr21 Hdc .24 Lip15 PROTS 5.50 POLLASTRE 150GR 400 gr, 370KCAL HC;22 LIP 23 PROT: 9.78 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	BLEDES250GR Kcal.218 Ptr24Hdc .23 Lip17 PROTS.40 HAMBURGUESA DE VEDELLA150GR 400 gr, 353KCAL HC;36 , LIP 19 PROT: 11.15 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	BROCOLI250GR Kcal.234 Ptr22. Hdc .24 Lip18 PROTS.40 TRUITA150GR 400g, 335KCAL HC;38, LIP 18PROT: 12.16 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	MENESTRA DE VERDURES250GR Kcal.241 Ptr25 Hdc .28 Lip17 PROT6.32 BISTEC DE VEDELLA150GR 400 gr 342KCA HC;36 LIP 19, PROT: 14 Làcti 125 GR Kcal 123 Ptr5 Hdc 16.25 Lip=3.75
5Setmana 29 MAIG	MONGETA VERDA250GR Kcal.239 Ptr22.59 Hdc .23.37 Lip16 PROTS.40 LLENGUADINA150GR 400GR, 334KCAL HC21 LIP 22 PROT9.60 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	COLIFLOR 250 GR Kcal.218 Ptr21 Hdc .24 Lip15 PROTS 5.50 POLLASTRE 150GR 400 gr, 370KCAL HC;22 LIP 23 PROT: 9.78 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0	BLEDES250GR Kcal.218 Ptr24Hdc .23 Lip17 PROTS.40 HAMBURGUESA DE VEDELLA150GR 400 gr, 353KCAL HC;36 , LIP 19 PROT: 11.15 fruita 100 GR Kcal = 69 Ptr = 0 Hdc = 18 Lip= 0		