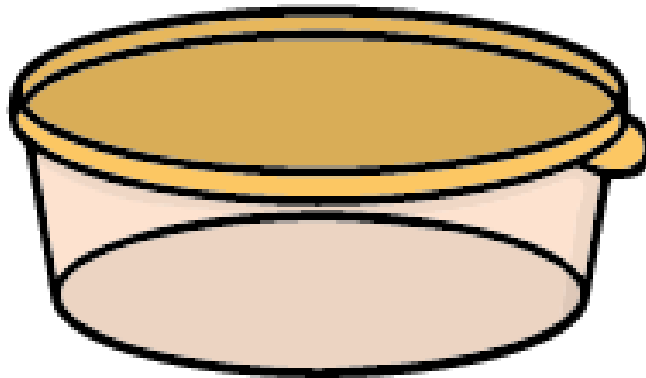


Cuidat

Menú setmanal
saludable de carmanyola



Consorci Sanitari
Alt Penedès-Garraf

Dia 1

Amanida d'arròs amb verdures



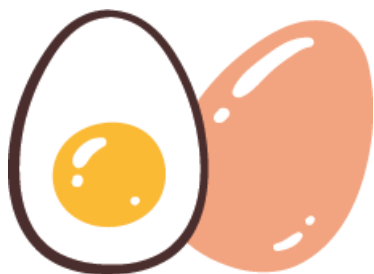
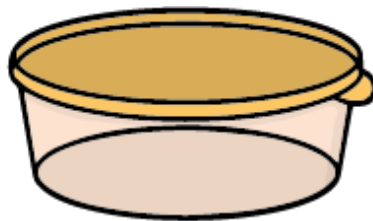
Arròs integral



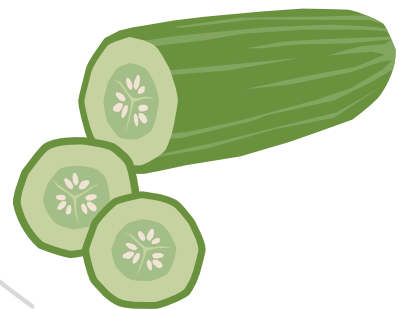
Pastanaga



Pebre



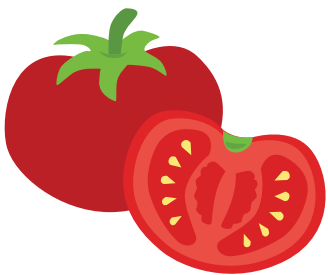
Ou dur



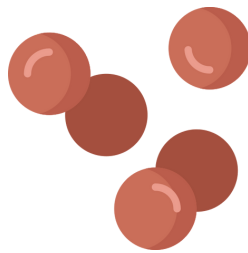
Cogombre

Dià 2

lenties estofades amb verdures



Tomàquet



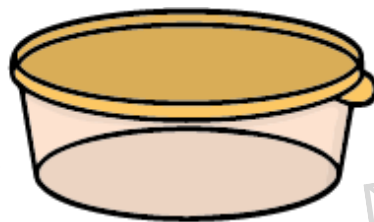
lenties



Pastanaga



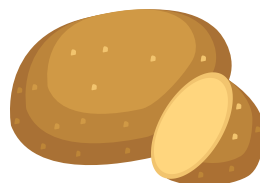
Pebre



Api



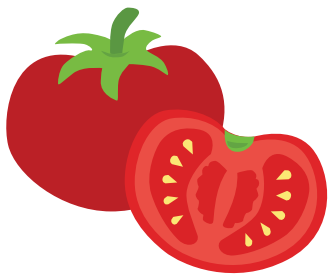
Porro



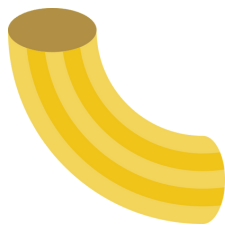
Patata

Dià 3

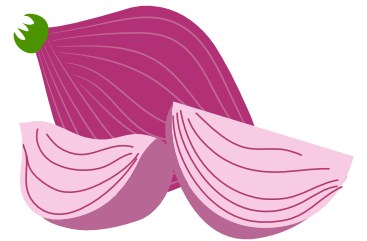
Macarrons integrals amb samfaina



Tomàquet



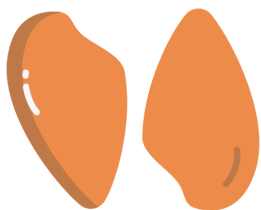
Macarrons



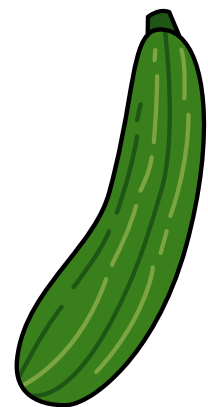
Ceba



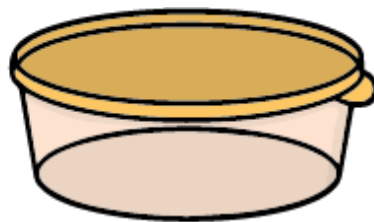
Pebre



Pit de pollastre
a trossos

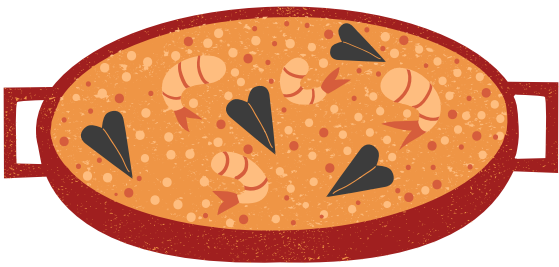


Carbassó



Dia 4

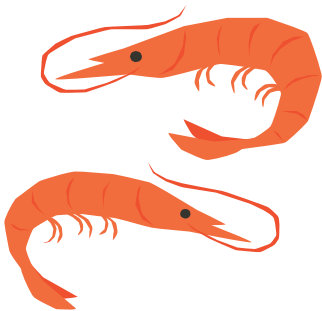
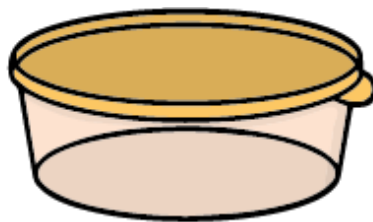
Paella amb mongetes i gambes



Paella



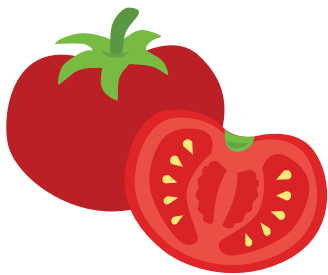
Mongeta verda



Gamba

Dia 5

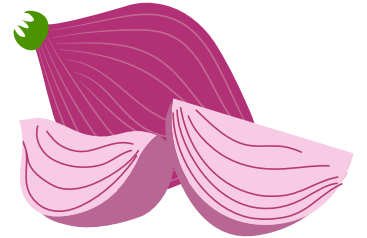
Vedella estofada



Tomàquet



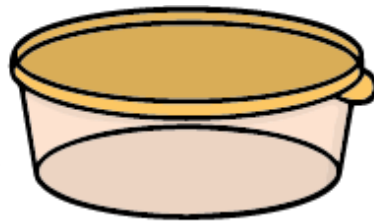
Vedella



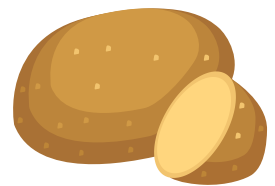
Ceba



Pastanaga



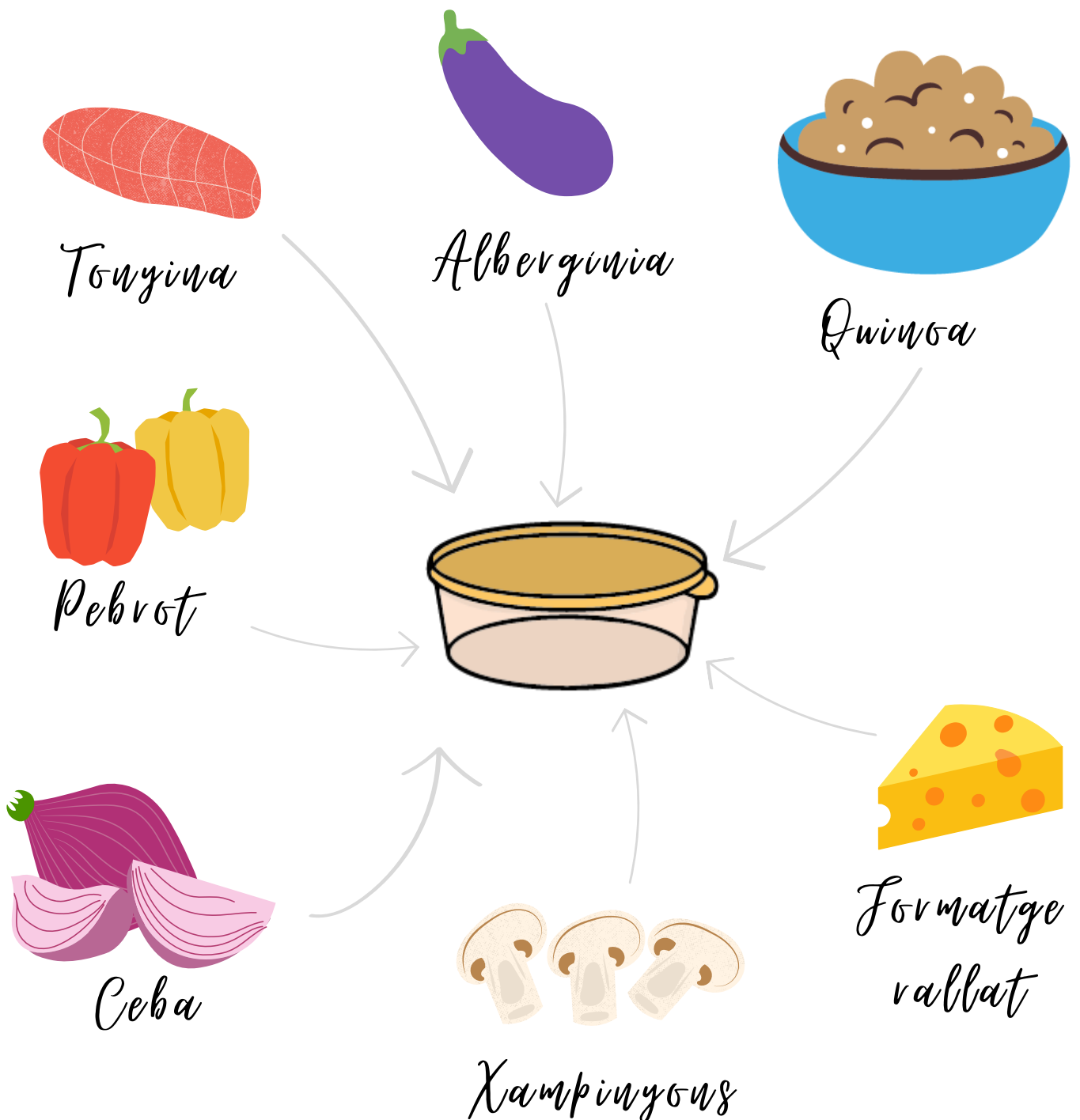
Pèsols



Patata

Dia 6

Alberginies farcides de quinoa i verdures

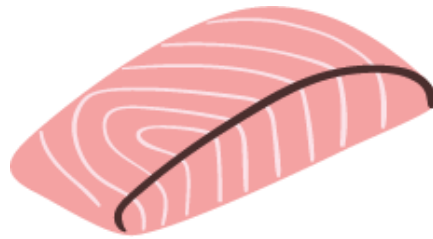


Dia 1

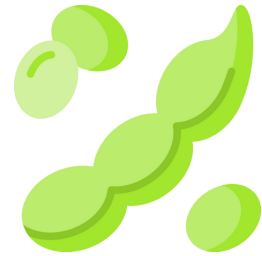
Poke bowl de salmó



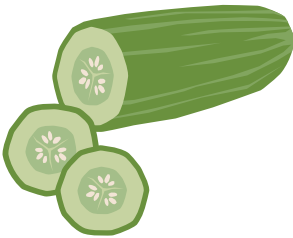
Alvocat



Salmó



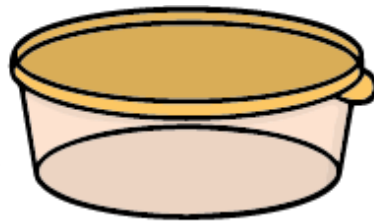
Edamame



Cogombre



Soja



Pastanaga



Rabe



llavors de sèsam



Kale