

monday

tuesday

wednesday

thursday

friday



01

RICE WITH TOMATO SOUCE
OVEN-BAKED CODFISH WITH
VEGETABLES
APPLE
BREAD LOAF
KCal. 775 H.C. 111 Lip. 27 P. 30

02

km.0

VEGETABLE STEW
PORK LOIN WITH HOMEMADE
TOMATO SAUCE
NATURAL YOGHURT
BREAD LOAF
KCal. 623 H.C. 44 Lip. 38 P. 28

03

CHICKPEAS BY THEMSELVES
BATTER-COATED HAKE FILLET
LETTUCE
MELON
BREAD LOAF
KCal. 640 H.C. 68 Lip. 29 P. 32

06

km.0

LENTILS GARDENER STYLE
AJOARRIERO COD
APPLE
BREAD LOAF
KCal. 583 H.C. 80 Lip. 17 P. 33

07

GREEN BEANS WITH POTATOES
CHICKEN IN A MILD MUSTARD SAUCE
WATERMELON
BREAD LOAF
KCal. 572 H.C. 43 Lip. 30 P. 35

08



WHOLE GRAIN MACARONI WITH
BOILED EGG
PORK STEAK IN ORANGE SAUCE
NATURAL YOGHURT
BREAD LOAF
KCal. 813 H.C. 100 Lip. 31 P. 39

09

RICE WITH VEGETABLES AND
CURCUMA
HAKE FILLET ORIO STYLE
NECTARINE
BREAD LOAF
KCal. 640 H.C. 101 Lip. 19 P. 21

10

LEEK,POTATO AND CARROT PURÉE
HAMBURGER WITH TOMATO SAUCE
BANANA
BREAD LOAF
KCal. 635 H.C. 68 Lip. 31 P. 25

13

ELBOW PASTA WITH TOMATO
ROASTED PORK LOIN WITH GREEN
PEPPER SAUCE
APPLE
BREAD LOAF
KCal. 728 H.C. 106 Lip. 23 P. 32

14



15

CHICKPEAS WITH CARROT SAUTÉED GARLIC
ROAST CHICKEN LEG
LETTUCE
PEAR
BREAD LOAF
KCal. 677 H.C. 68 Lip. 31 P. 34

16

YANG ZHOU RICE
BATTER-COATED CODFISH FILLET
LETTUCE
WATERMELON
BREAD LOAF
KCal. 869 H.C. 103 Lip. 38 P. 34

17

VEGETABLE CREAM SOUP
SPANISH POTATO OMELETTE
LETTUCE
BANANA
BREAD LOAF
KCal. 588 H.C. 75 Lip. 26 P. 14

20

FRESH SPIRAL PASTA WITH TOMATO
HAKE FILLET ORIO STYLE
BANANA
BREAD LOAF
KCal. 593 H.C. 89 Lip. 16 P. 24

21

LENTILS WITH LEEK AND CARROT
RIVERSIDE STEW WITH POTATOES
MELON
BREAD LOAF
KCal. 691 H.C. 74 Lip. 25 P. 47

22

km.0

CARROT CREAM SOUP
MEATBALLS WITH TOMATO SAUCE
POTATO CHIPS
STRAWBERRY PETIT SUISSE
BREAD LOAF
KCal. 560 H.C. 52 Lip. 29 P. 25

23

RICE WITH TOMATO SOUCE
BATTER-COATED DAB FILLET
LETTUCE
NECTARINE
BREAD LOAF
KCal. 950 H.C. 122 Lip. 41 P. 31

24

ROUND GREEN BEANS
COUNTRY CHICKEN
APPLE
BREAD LOAF
KCal. 485 H.C. 48 Lip. 20 P. 31

27

SPINACH CREAM SOUP WITH SHREDDED CHEESE
SAN JACOBO
LETTUCE
MELON
BREAD LOAF
KCal. 625 H.C. 74 Lip. 30 P. 17

28

MACARONI WITH TOMATO
HAKE FILLET IN GREEN SAUCE
NATURAL YOGHURT
BREAD LOAF
KCal. 666 H.C. 91 Lip. 22 P. 29

29

HOMEMADE GREEN BEANS
PORK LOIN IN VEGETABLE SAUCE
BANANA
BREAD LOAF
KCal. 538 H.C. 60 Lip. 21 P. 28

30

PINTA BEANS WITH VEGETABLES
AUSOLAN SPANISH POTATO OMELETTE
LETTUCE
PEAR
BREAD LOAF
KCal. 646 H.C. 82 Lip. 25 P. 28

27

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