

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

03
CARROT CREAM SOUP
MEATBALLS WITH TOMATO SAUCE
APPLE
BREAD LOAF
KCal. 501 H.C. 69 Lip. 16 P. 23

04
MACARONI WITH BOILED EGG
OVEN-BAKED CODFISH WITH VEGETABLES
LETTUCE AND CARROT
BANANA
BREAD LOAF
KCal. 721 H.C. 101 Lip. 23 P. 34

05
BORAGE WITH POTATOES
RICE WITH CHICKEN AND VEGETABLES
YOGHURT
BREAD LOAF
KCal. 951 H.C. 124 Lip. 44 P. 22

06
CHICKPEAS BY THEMSELVES
PORK LOIN WITH HOMEMADE TOMATO SAUCE
LETTUCE
PEAR
BREAD LOAF
KCal. 703 H.C. 78 Lip. 30 P. 34

07
WHITE BEANS WITH PEPPER AND CARROT
BATTER-COATED DAB FILLET
LETTUCE
WATERMELON
BREAD LOAF
KCal. 597 H.C. 63 Lip. 23 P. 38

10
LENTILS GARDENER STYLE
SPANISH POTATO OMELETTE
LETTUCE AND BEETROOT
APPLE
BREAD LOAF
KCal. 653 H.C. 87 Lip. 24 P. 23

11
ZUCCHINI CREAM SOUP
RIVERSIDE STEW WITH POTATOES
MELON
BREAD LOAF
KCal. 565 H.C. 56 Lip. 23 P. 37

12
NOT SCHOOL

13
RICE WITH VEGETABLES AND
CURCUMA
HAKE FILLET IN SAILOR SAUCE
PEAR
BREAD LOAF
KCal. 587 H.C. 98 Lip. 14 P. 22

14
GREEN BEANS WITH POTATOES
BREADED CHICKEN FILLET WITH GARLIC
LETTUCE AND CORN
YOGHURT
BREAD LOAF
KCal. 612 H.C. 54 Lip. 28 P. 38

17
SWISS CHARD WITH SAUTEE
HAKE WITH HAM AND CHEESE
LETTUCE AND OLIVES
YOGHURT
BREAD LOAF
KCal. 647 H.C. 70 Lip. 33 P. 20

18
RICE WITH TOMATO SOUCE
CHICKPEAS WITH CABBAGE
WATERMELON
BREAD LOAF
KCal. 871 H.C. 138 Lip. 28 P. 24

19
SPINACH CREAM SOUP WITH
SHREDDED CHEESE
CHICKEN LEG CHILINDRON STYLE
APPLE
BREAD LOAF
KCal. 488 H.C. 57 Lip. 18 P. 27

20
STEW SOUP WITH ECOLOGICAL NOODLES
OVEN-BAKED CODFISH WITH VEGETABLES
LETTUCE
PEAR
BREAD LOAF
KCal. 419 H.C. 45 Lip. 14 P. 30

21
PINTA BEANS
HAMBURGUER 100% BEEF
LETTUCE AND CARROT
APPLE
BREAD LOAF
KCal. 727 H.C. 76 Lip. 31 P. 40

24
LENTILS WITH LEEK AND CARROT
AJOARRIERO COD
LETTUCE
APPLE
BREAD LOAF
KCal. 676 H.C. 81 Lip. 26 P. 33

25
ORGANIC BROCCOLI CREAM SOUP
SAN JACOBO
LETTUCE AND OLIVES
BANANA
BREAD LOAF
KCal. 593 H.C. 75 Lip. 27 P. 14

26
RICE WITH TOMATO SOUCE
GARDEN STYLE CHICKEN
MELON
BREAD LOAF
KCal. 780 H.C. 107 Lip. 29 P. 28

27
BORAGE WITH POTATOES
PORK LOIN IN VEGETABLE SAUCE
NATURAL YOGHURT
BREAD LOAF
KCal. 598 H.C. 46 Lip. 31 P. 31

28
MACARONI WITH TOMATO
BATTER-COATED HAKE FILLET
LETTUCE AND CARROT
TANGERINE
BREAD LOAF
KCal. 780 H.C. 95 Lip. 35 P. 27

31
NOT SCHOOL

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Jaki guztiak
oliba-olioarekin
prestatzen ditugu

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