

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 CHICKPEAS WITH CARROT SAUTÉED GARLIC RUSSIAN STEAK MUSHROOMS APPLE BREAD LOAF KCal. 774 H.C. 78 Lip. 37 P. 34	02 CHICKEN SOUP WITH WHOLE GRAIN ECOLOGICAL NOODLES HAKE WITH HAM AND CHEESE LETTUCE AND OLIVES BANANA BREAD LOAF KCal. 528 H.C. 72 Lip. 21 P. 15
05 NOT SCHOOL	06 NOT SCHOOL	07 NOT SCHOOL	08 NOT SCHOOL	09 NOT SCHOOL
12 CAULIFLOWER CREAM SOUP RICE WITH VEGETABLES, CURCUMA AND CHICKEN NATURAL YOGHURT BREAD LOAF KCal. 558 H.C. 91 Lip. 15 P. 21	13 CHICKPEAS BY THEMSELVES AJOARRIERO COD PEAR BREAD LOAF KCal. 661 H.C. 85 Lip. 23 P. 33	14 PEAS WITH POTATOES PORK LOIN WITH HOMEMADE TOMATO SAUCE ORANGE BREAD LOAF KCal. 501 H.C. 56 Lip. 20 P. 28	15 PINTA BEANS WITH VEGETABLES ROAST CHICKEN LEG WITH HERBS APPLE BREAD LOAF KCal. 468 H.C. 67 Lip. 8 P. 34	16 MACARONI WITH BOILED EGG BATTER-COATED DAB FILLET LETTUCE BANANA BREAD LOAF KCal. 804 H.C. 105 Lip. 31 P. 34
19 RICE WITH GREEN BEANS, PEPPER AND MUSHROOMS HAMBURGUER 100% BEEF LETTUCE AND CARROT APPLE BREAD LOAF KCal. 967 H.C. 118 Lip. 44 P. 33	20 	21 GREEN BEANS WITH POTATOES CHICKEN FILLET IN SAUCE PEAR BREAD LOAF KCal. 546 H.C. 58 Lip. 21 P. 33	22 LENTILS WITH SWEET POTATOE SPANISH POTATO OMELETTE LETTUCE AND OLIVES ACTIMEL BREAD LOAF KCal. 713 H.C. 92 Lip. 28 P. 25	23 HOLIDAYS
26 HOLIDAYS	27 HOLIDAYS	28 HOLIDAYS	29 HOLIDAYS	30 HOLIDAYS

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All our dishes are prepared with olive oil

educational project
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NUTRITIONAL RECOMMENDATIONS
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MASSANA MOVING FORWARD
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