



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 HOLIDAYS	03 HOLIDAYS	04 HOLIDAYS	05 HOLIDAYS	06 HOLIDAYS
09 CHICKEN SOUP WITH WHOLE GRAIN ECOLOGICAL NOODLES HAM CROQUETTES LETTUCE AND CARROT NATURAL YOGHURT BREAD LOAF KCal. 650 H.C. 67 Lip. 34 P. 19	10 LENTILS GARDENER STYLE HAKE FILLET IN SAILOR SAUCE TANGERINE BREAD LOAF KCal. 416 H.C. 61 Lip. 8 P. 29	11 HOMEMADE GREEN BEANS FRESH PORK LOIN IN PIQUILLO-PEPPER SAUCE APPLE BREAD LOAF KCal. 585 H.C. 60 Lip. 24 P. 36	12 CAULIFLOWER CREAM SOUP CHICKEN PAELLA PEAR BREAD LOAF KCal. 851 H.C. 125 Lip. 35 P. 17	13 PINTA BEANS WITH VEGETABLES SPANISH POTATO OMELETTE LETTUCE BANANA BREAD LOAF KCal. 706 H.C. 98 Lip. 25 P. 25
16 PUMPKIN CREAM SOUP SPIRAL PASTA WITH BOILED EGG NATURAL YOGHURT BREAD LOAF KCal. 547 H.C. 86 Lip. 15 P. 20	17 CHICKPEAS WITH VEGETABLE CREAM SOUP BATTER-COATED DAB FILLET LETTUCE AND OLIVES ORANGE BREAD LOAF KCal. 668 H.C. 70 Lip. 28 P. 38	18 CABBAGE WITH POTATOES ROAST CHICKEN LEG LETTUCE AND CORN TANGERINE BREAD LOAF KCal. 429 H.C. 44 Lip. 18 P. 25	19 PORRUSALDA TERE RIVERSIDE STEW APPLE BREAD LOAF KCal. 742 H.C. 79 Lip. 28 P. 49	20 RICE WITH TOMATO SOUCE OVEN-BAKED CODFISH WITH VEGETABLES BANANA BREAD LOAF KCal. 803 H.C. 117 Lip. 27 P. 30
23 HOMEMADE GREEN BEANS MARINATED PORK LOIN WITH RATATOUILLE APPLE BREAD LOAF KCal. 398 H.C. 53 Lip. 11 P. 24	24 LENTILS WITH LEEK AND CARROT AJOARRIERO COD PEAR BREAD LOAF KCal. 622 H.C. 81 Lip. 21 P. 33	25 BROCCOLI CREAM SOUP CHICKEN FILLET IN SAUCE NATURAL YOGHURT BREAD LOAF KCal. 567 H.C. 56 Lip. 23 P. 37	26 WHITE BEANS WITH PEPPER AND CARROT SPANISH POTATO OMELETTE LETTUCE AND CARROT TANGERINE BREAD LOAF KCal. 661 H.C. 86 Lip. 25 P. 24	27 RICE WITH TOMATO SOUCE HAKE FILLET IN SPINACH AND CORIANDER SAUCE BANANA BREAD LOAF KCal. 767 H.C. 119 Lip. 25 P. 23
30 CARROT CREAM SOUP HAMBURGER IN SAUCE APPLE BREAD LOAF KCal. 508 H.C. 56 Lip. 22 P. 23	31 RICE WITH TOMATO SOUCE CODFISH FILLET ORIO STYLE TANGERINE BREAD LOAF KCal. 757 H.C. 104 Lip. 29 P. 26			

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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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