



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ICONOGRAPHY

CLICK HERE



01

02

educational  
project

CLICK HERE

05

06

07

08



09

HOMEMADE GREEN BEANS  
HAMBURGUER 100% BEEF  
LETTUCE AND CORN  
NATURAL YOGHURT  
BREAD LOAF  
KCal. 560 H.C. 45 Lip. 28 P. 34

CHICKPEAS BY THEMSELVES  
BATTER-COATED DAB FILLET  
LETTUCE  
PEAR  
BREAD LOAF  
KCal. 681 H.C. 73 Lip. 29 P. 37

NUTRITIONAL  
RECOMMENDATIONS

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LENTIL SOUP WITH RICE  
PORK LOIN WITH HOMEMADE  
TOMATO SAUCE  
NATURAL YOGHURT  
BREAD LOAF  
KCal. 609 H.C. 68 Lip. 23 P. 37

CARROT CREAM SOUP  
SPANISH POTATO OMELETTE  
LETTUCE AND OLIVES  
BANANA  
BREAD LOAF  
KCal. 615 H.C. 78 Lip. 28 P. 13

CHICKEN SOUP WITH WHOLE GRAIN ECOLOGICAL NOODLES  
HAKE WITH HAM AND CHEESE  
LETTUCE  
PEAR  
BREAD LOAF  
KCal. 493 H.C. 65 Lip. 20 P. 15

PORRUSALDA TERE  
CHICKEN IN A MILD MUSTARD SAUCE  
NECTARINE  
BREAD LOAF  
KCal. 718 H.C. 82 Lip. 29 P. 36

RICE WITH TOMATO SOUCE  
OVEN-BAKED HAKE FILLET WITH  
VEGETABLES  
WATERMELON  
BREAD LOAF  
KCal. 724 H.C. 101 Lip. 28 P. 23

MASSANA  
MOVING FORWARD

CLICK HERE

19

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20

21

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23

PUMPKIN CREAM SOUP  
MEATBALLS IN SAUCE  
NATURAL YOGHURT  
BREAD LOAF  
KCal. 503 H.C. 54 Lip. 21 P. 27

CHICKPEAS WITH RICE  
AJOARRIERO COD  
LETTUCE AND CARROT  
MELON  
BREAD LOAF  
KCal. 700 H.C. 88 Lip. 26 P. 35

ELBOW PASTA WITH TOMATO  
ROAST CHICKEN LEG  
LETTUCE AND CORN  
PEAR  
BREAD LOAF  
KCal. 775 H.C. 102 Lip. 30 P. 31

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

PINTA BEANS WITH VEGETABLES  
BATTER-COATED DAB FILLET  
LETTUCE  
APPLE  
BREAD LOAF  
KCal. 631 H.C. 73 Lip. 23 P. 38

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30

LENTILS WITH SWEET POTATOE  
HAKE FILLET IN SQUID SAUCE  
MELON  
BREAD LOAF  
KCal. 443 H.C. 66 Lip. 8 P. 29

PORRUSALDA TERE  
RIVERSIDE STEW WITH POTATOES  
LETTUCE  
APPLE  
BREAD LOAF  
KCal. 714 H.C. 82 Lip. 28 P. 39

GREEN BEANS WITH POTATOES  
NOODLES WITH TOMATO  
YOGHURT  
BREAD LOAF  
KCal. 693 H.C. 108 Lip. 23 P. 20

VEGETABLE CREAM SOUP  
COD CROQUETTES  
LETTUCE AND OLIVES  
PEAR  
BREAD LOAF  
KCal. 660 H.C. 73 Lip. 35 P. 13

RICE WITH VEGETABLES AND CURCUMA  
CHICKEN FILLET IN SAUCE  
LETTUCE  
NECTARINE  
BREAD LOAF  
KCal. 875 H.C. 116 Lip. 33 P. 36

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All our dishes are prepared with olive oil

