

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

03

LENTILS WITH SWEET POTATOE
OVEN-BAKED CODFISH WITH VEGETABLES
LETTUCE AND CORN
APPLE
KCal. 559 H.C. 71 Lip. 16 P. 36

04



PUMPKIN CREAM SOUP
RICE WITH VEGETABLES AND
CURCUMA
ORANGE
KCal. 590 H.C. 107 Lip. 15 P. 13

05

POCHA WHITE BEANS
BATTER-COATED HAKE FILLET
LETTUCE
BANANA
KCal. 659 H.C. 80 Lip. 25 P. 33

06

SWISS CHARD WITH POTATOES
MEATBALLS WITH TOMATO SAUCE
LETTUCE
PEAR
KCal. 675 H.C. 60 Lip. 39 P. 25

07



10



ORGANIC BROCCOLI CREAM SOUP
RUSSIAN STEAK MUSHROOMS
LETTUCE AND OLIVES
YOGHURT
KCal. 599 H.C. 40 Lip. 37 P. 27

11

MACARONI WITH TOMATO
BATTER-COATED DAB FILLET
LETTUCE AND CARROT
ORANGE
KCal. 814 H.C. 97 Lip. 36 P. 33

12

BORAGE WITH POTATOES
PORK LOIN IN VEGETABLE SAUCE
LETTUCE
PEAR
KCal. 645 H.C. 55 Lip. 35 P. 27

13

CUBAN RICE
CHICKEN IN PLUM SAUCE
MELON
KCal. 758 H.C. 107 Lip. 26 P. 30

14

CHICKPEAS WITH BULGAR
COD WITH HOMEMADE TOMATO
SOUCE
APPLE
KCal. 600 H.C. 80 Lip. 16 P. 38

17

RICE WITH TOMATO SOUCE
BATTER-COATED STOKER
LEMON
ORANGE
KCal. 841 H.C. 112 Lip. 33 P. 30

18

PEAS CREAM SOUP
VEAL STEW
LETTUCE
APPLE
KCal. 632 H.C. 66 Lip. 25 P. 39

19



MIXED SALAD
PARDINA LENTIL SOUP
NATURAL YOGHURT
KCal. 593 H.C. 60 Lip. 27 P. 26

20

SPIRAL PASTA WITH TOMATO
GARLIC FRIED CHICKEN
LETTUCE
PEAR
KCal. 679 H.C. 95 Lip. 22 P. 30

21

WHITE BEANS WITH PEPPER AND CARROT
HAKE FILLET ORIO STYLE WITH BAKER
POTATOES
BANANA
KCal. 545 H.C. 81 Lip. 13 P. 31

24

ZUCCHINI AND LEEK CREAM SOUP
SPANISH POTATO OMELETTE
LETTUCE AND CORN
ORANGE
KCal. 560 H.C. 69 Lip. 25 P. 13

25



26

RED BEANS WITH RICE
BATTER-COATED DAB FILLET
LETTUCE
APPLE
KCal. 671 H.C. 77 Lip. 26 P. 37

27

GREEN BEANS WITH POTATOES
FRESH PORK LOIN IN PIQUILLO-PEPPER SAUCE
LETTUCE
PEAR
KCal. 662 H.C. 60 Lip. 32 P. 37

28



WHOLE GRAIN MACARONI WITH
TOMATO SAUCE
HAKE FILLET IN GREEN SAUCE
MELON
KCal. 586 H.C. 93 Lip. 14 P. 27

31

LENTILS WITH LEEK AND CARROT
AJOARRIERO COD
APPLE
KCal. 619 H.C. 81 Lip. 20 P. 33

educational
a project

CLICK
HERE

nutritional
recomen-
dations

CLICK
HERE

Massana
moving
forward

CLICK
HERE

icono
graphy

CLICK
HERE



24

