

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

02

km.0

LENTIL SOUP WITH RICE
MARINATED PORK LOIN WITH RATATOUILLE
YOGHURT
KCal. 573 H.C. 75 Lip. 16 P. 37

03

GREEN BEANS WITH POTATOES
CHICKEN FILLET IN PLUM SAUCE
LETTUCE
FRESH FRUIT
KCal. 580 H.C. 57 Lip. 25 P. 34

04

WHITE BEANS WITH PEPPER AND CARROT
BATTER-COATED DAB FILLET
LETTUCE
FRESH FRUIT
KCal. 632 H.C. 73 Lip. 31 P. 41

05

VEGETABLE CREAM SOUP
VEAL STEW
LETTUCE
FRESH FRUIT
KCal. 586 H.C. 56 Lip. 25 P. 36

06

SPIRAL PASTA WITH TOMATO
HAKE FILLET IN GREEN SAUCE
FRESH FRUIT
KCal. 603 H.C. 99 Lip. 14 P. 25

09

PEAS WITH POTATOES
HAM CROQUETTES
LETTUCE
FRESH FRUIT
KCal. 730 H.C. 81 Lip. 38 P. 19

10

eko

CHICKEN SOUP WITH ECOLOGICAL NOODLES
BREADED PORK LOIN WITH TOMATO SAUCE
LETTUCE
FRESH FRUIT
KCal. 579 H.C. 64 Lip. 25 P. 30

11

LENTILS WITH SWEET POTATOE
TUNA WITH TOMATO
FRESH FRUIT
KCal. 588 H.C. 76 Lip. 16 P. 40

12

km.0

VEGETABLE PURÉE
SPANISH POTATO OMELETTE
LETTUCE AND CORN
YOGHURT
KCal. 626 H.C. 75 Lip. 28 P. 18

13

YANG ZHOU RICE
BATTER-COATED STOKER
LEMON
FRESH FRUIT
KCal. 837 H.C. 113 Lip. 32 P. 30

16

km.0

CHICKPEAS WITH CARROT SAUTÉED
GARLIC
MEATBALLS IN SAUCE
FRESH FRUIT
KCal. 775 H.C. 67 Lip. 43 P. 33

17

MACARONI WITH TOMATO
BATTER-COATED HAKE FILLET
LETTUCE
FRESH FRUIT
KCal. 790 H.C. 97 Lip. 35 P. 27

18

POTATO SALAD
GARDEN STYLE CHICKEN
FRESH FRUIT
KCal. 515 H.C. 42 Lip. 26 P. 31

19

km.0

PUMPKIN CREAM SOUP
RICE WITH VEGETABLES AND CURCUMA
YOGHURT
KCal. 634 H.C. 109 Lip. 17 P. 16

20

POCHA WHITE BEANS
OVEN-BAKED CODFISH WITH VEGETABLES
LETTUCE
APPLE
KCal. 569 H.C. 70 Lip. 18 P. 37

23

km.0

HOMEMADE GREEN BEANS
BRAISED RAGOUT PORK
LETTUCE AND CORN
YOGHURT
KCal. 637 H.C. 59 Lip. 27 P. 42

24

RED BEANS WITH RICE
BATTER-COATED DAB FILLET
LEMON
FRESH FRUIT
KCal. 612 H.C. 75 Lip. 28 P. 41

25

FISH SOUP
ROAST CHICKEN LEG
LETTUCE
FRESH FRUIT
KCal. 428 H.C. 40 Lip. 19 P. 26

26

WHOLE GRAIN MACARONI WITH TOMATO SAUCE
HAKE FILLET ORIO STYLE
LETTUCE
FRESH FRUIT
KCal. 662 H.C. 89 Lip. 25 P. 26

27

ZUCCHINI AND LEEK CREAM SOUP
EGGS WITH TOMATO
LETTUCE AND CARROT
FRESH FRUIT
KCal. 499 H.C. 57 Lip. 24 P. 18

30

not school

educational project

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nutritional recommendations

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Massana moving forward

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