



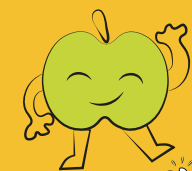
April 2024

Ausolan.

monday	tuesday	wednesday	thursday	friday
1 Not school	2 Not school	3 Not school	4 Not school	5 Not school
8 Green beans with potatoes San jacobobo Lettuce Apple Bread loaf Kcal. 615 h.c. 78 lip. 27 p. 16	9 Lentils with sweet potatoe Spanish potato omelette Lettuce Pear Bread loaf Kcal. 678 h.c. 90 lip. 26 p. 23	10 Whole grain macaroni with tomato sauce Hake fillet orio style Lettuce Tangerine Bread loaf Kcal. 660 h.c. 88 lip. 25 p. 26	11 Organic carrot cream soup Fresh pork loin in piquillo-pepper sauce Banana Bread loaf Kcal. 639 h.c. 74 lip. 24 p. 36	12 Chickpeas with carrot sautéed garlic Rice with tomato sauce Natural yoghurt Bread loaf Kcal. 1018 h.c. 139 lip. 42 p. 28
15 Romanescu cream soup Batter-coated hake fillet Lemon Natural yoghurt Bread loaf Kcal. 460 h.c. 49 lip. 19 p. 26	16 Porrusalda tere Veal steak in sauce Apple Bread loaf Kcal. 623 h.c. 81 lip. 22 p. 30	17 Rice with vegetables and curcuma Batter-coated dab fillet Lettuce Banana Bread loaf Kcal. 778 h.c. 105 lip. 29 p. 30	18 Stew soup Roast chicken leg Lettuce Pear Bread loaf Kcal. 413 h.c. 46 lip. 15 p. 28	19 Pocha white beans Meatballs in sauce Lettuce Natural yoghurt Bread loaf Kcal. 723 h.c. 68 lip. 35 p. 36
22 Lentils with leek and carrot Ajoarriero cod Pear Bread loaf Kcal. 622 h.c. 81 lip. 21 p. 33	23 Carrot cream soup Stewed turkey Banana Bread loaf Kcal. 552 h.c. 68 lip. 17 p. 34	24 Chickpeas by themselves Hake fillet in sqid sauce Lettuce Ecological apple Bread loaf Kcal. 569 h.c. 74 lip. 19 p. 29	25 Homemade green beans Elbow pasta with tomato Natural yoghurt Bread loaf Kcal. 677 h.c. 104 lip. 23 p. 21	26 Rice with zucchini and red pepper Russian steak mushrooms Lettuce Orange Bread loaf Kcal. 838 h.c. 101 lip. 39 p. 27
29 Peas with potatoes Spanish potato omelette Lettuce Natural yoghurt Bread loaf Kcal. 605 h.c. 65 lip. 29 p. 21	30 Macaroni with tomato Garlic fried chicken Lettuce Apple Bread loaf Kcal. 730 h.c. 95 lip. 28 p. 30			



Educational project



Massana moving forward



Nutritional recommendations



Iconography

Side by side every day