



2025
april

Ausolan.

monday

tuesday

wednesday

thursday

friday

7



Vegetable stew
Russian salad
Fish paella
Apple
Bread loaf

Kcal. 707 h.c. 97 lip. 31 p. 16

14



Sweet potatoe and carrot cream
Caesar salad
Riverside stew
Natural yoghurt
Bread loaf

Kcal. 720 h.c. 66 lip. 30 p. 52

21

Holiday

28

Homemade green beans
Oven-baked hake fillet
San jacob
Lettuce
Apple
Bread loaf

Kcal. 588 h.c. 72 lip. 26 p. 16

1



Stewed pinta beans with organic carrot
Rice with tomato souce
Hake fillet in fresh garlic sauce
Lettuce
Banana
Bread loaf

Kcal. 543 h.c. 80 lip. 13 p. 31

8

Chickpeas with zucchini
Mixed salad
Roast chicken leg
Lettuce
Orange
Bread loaf

Kcal. 597 h.c. 67 lip. 23 p. 35

15

Elbow pasta with tomato
Potato salad
Oven-baked hake fillet with vegetables
Lettuce
Apple
Bread loaf

Kcal. 754 h.c. 101 lip. 30 p. 25

22

Holiday

29



Vegetable cream soup
Countryside salad
Rice with vegetables, curcuma and
chicken
Natural yoghurt
Bread loaf

Kcal. 569 h.c. 91 lip. 16 p. 21

2



Day of the exalt. of vegetables
Romanescu cream soup
Potato
Chicken leg in a organic pumpkin sauce
Carrot cake
Bread loaf

Kcal. 749 h.c. 69 lip. 41 p. 27

9

Ekö

Chicken soup with ecological noodles
Potato salad
Fresh pork loin in piquillo-pepper
sauce
Banana
Bread loaf

Kcal. 600 h.c. 65 lip. 22 p. 38

16

Peas with potatoes
Rice salad
Russian steak mushrooms
Pear
Bread loaf

Kcal. 579 h.c. 58 lip. 28 p. 28

23

Holiday

30

White beans bilbaina style
Macaroni carbonara
Oven-baked codfish with homemade tomato sauce
Lettuce
Orange
Bread loaf

Kcal. 596 h.c. 75 lip. 19 p. 35

3



Porrusalda
Mixed salad
Macaroni with boiled egg
Orange
Bread loaf

Kcal. 676 h.c. 125 lip. 15 p. 19

10

KmO

Cauliflower cream soup
Macaroni with chistorra
Homemade spanish potato omelette
Lettuce
Natural yoghurt
Bread loaf

Kcal. 526 h.c. 51 lip. 27 p. 21

17

Holiday

24

Holiday

4

Lentils gardener style
Hamburguesa a la plancha
Codfish fillet orio style
Lettuce
Pear
Bread loaf

Kcal. 523 h.c. 63 lip. 17 p. 32

11

Cabbage with potatoes
Yang zhou rice
Batter-coated dab fillet
Lettuce
Pear
Bread loaf

Kcal. 533 h.c. 52 lip. 25 p. 27

18

Holiday

25

Holiday



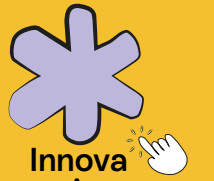
**Educational
project**



**Massana
moving forward**



**Nutritional
recommendations**



**Innova
recipes**



Iconography

**Side by side
every day**