



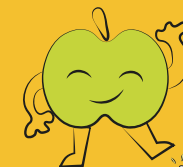
April 2024

Ausolan.

monday	tuesday	wednesday	thursday	friday
1 <b>Not school</b>	2 <b>Not school</b>	3 <b>Not school</b>	4 <b>Not school</b>	5 <b>Not school</b>
8 Green beans with potatoes San jacob 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 Tangerine Bread loaf  Kcal. 603 h.c. 88 lip. 19 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 souce Natural yoghurt Bread loaf  Kcal. 1018 h.c. 139 lip. 42 p. 28
15 Romanescu cream soup Spinach cannelloni Carrot cake Bread loaf  Kcal. 702 h.c. 87 lip. 32 p. 19	16 Borage with potatoes Veal steak in sauce Apple Bread loaf  Kcal. 603 h.c. 60 lip. 29 p. 28	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 and olives Pear Bread loaf  Kcal. 423 h.c. 46 lip. 16 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 Swiss chard with potatoes Elbow pasta with tomato Natural yoghurt Bread loaf  Kcal. 768 h.c. 109 lip. 30 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 and corn Natural yoghurt Bread loaf  Kcal. 620 h.c. 68 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



Innova recipes



Iconography

Side by side every day