



december  
2024

Ausolan.

monday	tuesday	wednesday	thursday	friday
2 <b>Not school</b>	3 <b>Not school</b>	4 <b>Not school</b>	5 <b>Not school</b>	6 <b>Not school</b>
9 Green beans with potatoes Russian steak with vegetable sauce Lettuce Orange Bread loaf  Kcal. 572 h.c. 49 lip. 32 p. 25	10 Potatoes rioja style Garden style chicken Lettuce Canarian banana Bread loaf  Kcal. 653 h.c. 76 lip. 27 p. 29	11 Organic pumpkin cream soup Whole grain macaroni with boiled egg Tangerine Bread loaf  Kcal. 606 h.c. 104 lip. 16 p. 18	12 Chickpeas with carrot sautéed garlic Hake fillet in piquillo pepper sauce Natural yoghurt Bread loaf  Kcal. 612 h.c. 65 lip. 26 p. 33	13 Peas with potatoes Pork loin in plum sauce Lettuce Apple Bread loaf  Kcal. 566 h.c. 60 lip. 25 p. 28
16 Porrusalda Rice with vegetables, curcuma and chicken Pear Bread loaf  Kcal. 636 h.c. 119 lip. 12 p. 19	17 <b>Christmas Special</b> Stew soup with stars San jacob Potato chips Chocolate mini-cake Bread loaf Kcal. 662 h.c. 89 lip. 25 p. 20	18 Cauliflower cream soup Batter-coated dab fillet Lettuce Ecological apple Bread loaf  Kcal. 501 h.c. 50 lip. 23 p. 27	19 Pardina lentil soup Stewed turkey Apple Bread loaf  Kcal. 653 h.c. 80 lip. 19 p. 44	20 Elbow pasta with tomato Spanish potato omelette Lettuce Canarian banana Bread loaf  Kcal. 929 h.c. 129 lip. 39 p. 20
23 <b>Holidays</b>	24 <b>Holidays</b>	25 <b>Holidays</b>	26 <b>Holidays</b>	27 <b>Holidays</b>
30 <b>Holidays</b>	31 <b>Holidays</b>			



Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day