











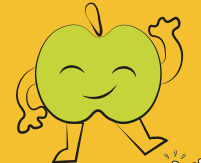
2024
december

Ausolan.

monday	tuesday	wednesday	thursday	friday
2 Not school	3 Not school	4 Not school	5 Not school	6 Not school
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 Vegetable stew Pork loin in plum sauce Lettuce Apple Bread loaf Kcal. 668 h.c. 52 lip. 41 p. 24
16  Porrusalda Rice with vegetables, curcuma and chicken Pear Bread loaf Kcal. 636 h.c. 119 lip. 12 p. 19	17  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 Holidays	24 Holidays	25 Holidays	26 Holidays	27 Holidays
30 Holidays	31 Holidays			



Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day