



2025
january

Ausolan.

monday	tuesday	wednesday	thursday	friday
		1 Holidays	2 Holidays	3 Holidays
6 Holidays	7 Holidays	8 Carrot cream soup Albondigas en salsa champiñones Banana Bread loaf Kcal. 562 h.c. 63 lip. 27 p. 21	9 Swiss chard with sautee Pork loin in vegetable sauce Pear Bread loaf Kcal. 527 h.c. 58 lip. 21 p. 27	10 Noodles with tomato Hake fillet in sqid sauce Lettuce Apple Bread loaf Kcal. 718 h.c. 101 lip. 26 p. 25
13 Ekö Lentils with organic sweet potatoe Ajoarriero cod Orange Bread loaf Kcal. 599 h.c. 81 lip. 18 p. 33	14 Ekö KmO Zucchini cream soup Chicken paella Local organic apple Bread loaf Kcal. 860 h.c. 126 lip. 36 p. 16	15 KmO Chicken soup with noodles Spanish potato omelette Lettuce and olives Natural yoghurt Bread loaf Kcal. 550 h.c. 58 lip. 26 p. 20	16 Ekö Stewed pinta beans with organic carrot Stewed turkey Lettuce Banana Bread loaf Kcal. 702 h.c. 88 lip. 21 p. 45	17 Porrusalda Fresh pork loin in piquillo-pepper sauce Pear Bread loaf Kcal. 684 h.c. 81 lip. 25 p. 38
20 KmO Homemade green beans San jacob Lettuce and corn Natural yoghurt Bread loaf Kcal. 616 h.c. 67 lip. 29 p. 20	21 Chickpeas with carrot sautéed garlic Batter-coated dab fillet Lettuce Tangerine Bread loaf Kcal. 751 h.c. 67 lip. 39 p. 37	22 Vegetable stew Elbow pasta with sausage Apple Bread loaf Kcal. 828 h.c. 106 lip. 40 p. 17	23 Ekö Organic broccoli cream soup Roast chicken leg Lettuce Banana Bread loaf Kcal. 384 h.c. 40 lip. 16 p. 23	24 Cuban rice Oven-baked hake fillet with vegetables Orange Bread loaf Kcal. 713 h.c. 104 lip. 25 p. 25
27 Cabbage with potatoes Hamburger in sauce Pear Bread loaf Kcal. 541 h.c. 54 lip. 27 p. 24	28 KmO Pumpkin cream soup Macaroni bolognese Natural yoghurt Bread loaf Kcal. 806 h.c. 139 lip. 19 p. 28	29 Homemade lentil soup Codfish in sailor sauce Lettuce Banana Bread loaf Kcal. 505 h.c. 69 lip. 14 p. 30	30 Peas with potatoes Spanish potato omelette Lettuce and carrot Apple Bread loaf Kcal. 594 h.c. 73 lip. 26 p. 17	31 Ekö Pocha style white beans with organic green peppers Veal stew Lettuce Orange Bread loaf Kcal. 722 h.c. 82 lip. 24 p. 48



Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day