



2025
january

Ausolan.

monday

tuesday

wednesday

thursday

friday



1

Holidays

2

Holidays

3

Holidays

6

Holidays

7

Holidays

8

Carrot cream soup
Potato salad
Albondigas en salsa champiñones
Banana
Bread loaf

Kcal. 562 h.c. 63 lip. 27 p. 21

9

Swiss chard with sautee
Patatas asadas
Pork loin in vegetable sauce
Pear
Bread loaf

Kcal. 527 h.c. 58 lip. 21 p. 27

10

Noodles with tomato
Mixed salad
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
Caesar salad
Ajoarriero cod
Orange
Bread loaf

Kcal. 599 h.c. 81 lip. 18 p. 33

14

Ekö



KmO

Zucchini cream soup
Countryside salad
Chicken paella
Local organic apple
Bread loaf

Kcal. 860 h.c. 126 lip. 36 p. 16

15

KmO

Borage with potatoes sealed with raw olive oil
Macaroni carbonara
Spanish potato omelette
Lettuce and olives
Natural yoghurt
Bread loaf

Kcal. 593 h.c. 60 lip. 31 p. 18

16

Ekö

Stewed pinta beans with organic carrot
Rice with tomato souce
Stewed turkey
Lettuce
Banana
Bread loaf

Kcal. 702 h.c. 88 lip. 21 p. 45

17

Porrusalda
Mixed salad
Fresh pork loin in piquillo-pepper
sauce
Pear
Bread loaf

Kcal. 684 h.c. 81 lip. 25 p. 38

20

KmO

Homemade green beans
Mixed salad
San jacobo
Lettuce and corn
Natural yoghurt
Bread loaf

Kcal. 616 h.c. 67 lip. 29 p. 20

21

Chickpeas with carrot sautéed garlic
Rice salad
Batter-coated dab fillet
Lettuce
Tangerine
Bread loaf

Kcal. 751 h.c. 67 lip. 39 p. 37

22



Vegetable stew
Elbow pasta with sausage
Filete merluza al a la plancha
Apple
Bread loaf

Kcal. 828 h.c. 106 lip. 40 p. 17

23

Ekö

Organic broccoli cream soup
Tomato salad
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
Hamburguesa a la plancha
Orange
Bread loaf

Kcal. 713 h.c. 104 lip. 25 p. 25

27

Cabbage with potatoes
Rice with tomato souce
Hamburger in sauce
Pear
Bread loaf

Kcal. 541 h.c. 54 lip. 27 p. 24

28



KmO

Pumpkin cream soup
Capresse salad
Macaroni bolognese
Natural yoghurt
Bread loaf

Kcal. 806 h.c. 139 lip. 19 p. 28

29

Homemade lentil soup
Russian salad
Codfish in sailor sauce
Lettuce
Banana
Bread loaf

Kcal. 505 h.c. 69 lip. 14 p. 30

30

Peas with potatoes
Caesar salad
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
Mixed salad
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