



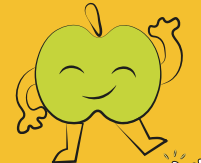
2025  
february

Ausolan.

monday	tuesday	wednesday	thursday	friday
<b>3</b> <b>Ekö</b> Rice with organic zucchini and red pepper Mixed salad Hake fillet in artichoke sauce Pear Bread loaf Kcal. 567 h.c. 97 lip. 13 p. 22	<b>4</b> <b>KmO</b> Cauliflower cream soup Noodles with tomato Spanish potato omelette Lettuce Natural yoghurt Bread loaf Kcal. 562 h.c. 61 lip. 28 p. 17	<b>5</b> Green beans with potatoes Countryside salad Macaroni with boiled egg Orange Bread loaf Kcal. 597 h.c. 103 lip. 16 p. 18	<b>6</b> Chickpeas with carrot sautéed garlic Tomato salad Cod croquettes Lettuce Banana Bread loaf Kcal. 935 h.c. 103 lip. 48 p. 24	<b>7</b> Swiss chard with potatoes and fried garlic Arroz salteado Pork loin in vegetable sauce Apple Bread loaf Kcal. 525 h.c. 58 lip. 20 p. 27
<b>10</b> Peas with potatoes Russian salad Hamburger in sauce Lettuce Pear Bread loaf Kcal. 612 h.c. 57 lip. 32 p. 27	<b>11</b> Lentil soup with rice Mixed salad Ajoarriero cod Lettuce Banana Bread loaf Kcal. 697 h.c. 90 lip. 25 p. 33	<b>12</b> Stewed pinta beans with zucchini Patatas asadas Roast chicken leg with mushrooms and coriander Lettuce and corn Tangerine Bread loaf Kcal. 618 h.c. 67 lip. 25 p. 36	<b>13</b> <b>KmO</b> Cabbage with potatoes Elbow pasta with sausage Filete merluza al a la plancha Natural yoghurt Bread loaf Kcal. 724 h.c. 103 lip. 27 p. 22	<b>14</b> <b>Ekö</b> Organic carrot cream soup Pasta salad San jacob Lettuce Orange Bread loaf Kcal. 606 h.c. 76 lip. 26 p. 16
<b>17</b> <b>Ekö</b> Potatoes rioja style Caesar salad Codfish fillet orio style Lettuce Ecological apple Bread loaf Kcal. 606 h.c. 68 lip. 27 p. 27	<b>18</b> Homemade green beans Macaroni with tomato Spanish potato omelette Lettuce Banana Bread loaf Kcal. 569 h.c. 74 lip. 24 p. 15	<b>19</b> <b>KmO</b> Vegetable cream soup Potato salad Rice with vegetables, curcuma and chicken Natural yoghurt Bread loaf Kcal. 569 h.c. 91 lip. 16 p. 21	<b>20</b> White beans with pepper and carrot Caesar salad Pork loin in plum sauce Tangerine Bread loaf Kcal. 560 h.c. 71 lip. 17 p. 35	<b>21</b> Vegetable stew Potato purée Batter-coated dab fillet Lettuce Pear Bread loaf Kcal. 648 h.c. 47 lip. 41 p. 27
<b>24</b> <b>KmO</b> Lentils gardener style Pasta salad Riverside stew with potatoes Natural yoghurt Bread loaf Kcal. 684 h.c. 71 lip. 24 p. 51	<b>25</b> Fish soup Mixed salad Breaded chicken fillet with garlic Lettuce Apple Bread loaf Kcal. 575 h.c. 48 lip. 28 p. 35	<b>26</b> Chickpeas with carrot sautéed garlic Rice with tomato sauce Hake fillet in green sauce Lettuce Tangerine Bread loaf Kcal. 641 h.c. 67 lip. 29 p. 30	<b>27</b> Zucchini cream soup Peas with potatoes Macaroni bolognese Banana Bread loaf Kcal. 806 h.c. 152 lip. 15 p. 24	<b>28</b> Borage with potatoes sealed with raw olive oil Countryside salad Meatballs in sauce Orange Bread loaf Kcal. 515 h.c. 49 lip. 26 p. 22



Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day