



june  
2024

Ausolan.

monday	tuesday	wednesday	thursday	friday
<b>3</b>  Peas with potatoes Hake fillet orio style Lettuce Natural yoghurt Bread loaf Kcal. 467 h.c. 41 lip. 23 p. 27	<b>4</b>  Organic broccoli cream soup Pork loin in plum sauce Banana Bread loaf Kcal. 444 h.c. 50 lip. 18 p. 22	<b>5</b>  Lentils gardener style Oven-baked codfish with homemade tomato sauce Lettuce Pear Bread loaf Kcal. 587 h.c. 74 lip. 20 p. 34	<b>6</b>  Homemade green beans Chicken paella Apple Bread loaf Kcal. 840 h.c. 124 lip. 34 p. 18	<b>7</b>  White beans bilbaina style Spanish potato omelette Lettuce Watermelon Bread loaf Kcal. 637 h.c. 81 lip. 24 p. 24
<b>10</b>   Zucchini cream soup Whole grain macaroni with tomato sauce Ecological apple Bread loaf Kcal. 601 h.c. 109 lip. 14 p. 16	<b>11</b>  Rice salad Batter-coated codfish fillet Lemon Natural yoghurt Bread loaf Kcal. 696 h.c. 73 lip. 30 p. 36	<b>12</b> Green beans with potatoes Meatballs in sauce Watermelon Bread loaf Kcal. 476 h.c. 41 lip. 26 p. 21	<b>13</b>  Alphabet soup Pizza Potato chips Ice cream Bread loaf Kcal. 409 h.c. 62 lip. 10 p. 19	<b>14</b> Chickpeas with carrot sautéed garlic Roast chicken leg Lettuce and corn Pear Bread loaf Kcal. 692 h.c. 71 lip. 32 p. 35
<b>17</b>   Mixed salad Lentils with sweet potatoe Orange Bread loaf Kcal. 541 h.c. 66 lip. 22 p. 22	<b>18</b> Potatoes rioja style San jacobo Lettuce Natural yoghurt Bread loaf Kcal. 796 h.c. 88 lip. 39 p. 24	<b>19</b>  Rice with zucchini and red pepper Hake fillet in spinach and coriander sauce Watermelon Bread loaf Kcal. 545 h.c. 89 lip. 14 p. 21	<b>20</b>  Carrot cream soup Spanish potato omelette Lettuce and corn Banana Bread loaf Kcal. 621 h.c. 81 lip. 27 p. 14	<b>21</b> Vegetable stew Fresh pork loin in piquillo-pepper sauce Lettuce Apple Bread loaf Kcal. 795 h.c. 59 lip. 48 p. 36
<b>24</b> Homemade green beans Rice with tomato souce Natural yoghurt Bread loaf Kcal. 740 h.c. 115 lip. 26 p. 19	<b>25</b> Chickpeas with pumpkin Ajoarriero cod Lettuce Melon Bread loaf Kcal. 692 h.c. 82 lip. 28 p. 34	<b>26</b> Cauliflower cream soup Russian steak with vegetable sauce Banana Bread loaf Kcal. 542 h.c. 60 lip. 25 p. 24	<b>27</b> Elbow pasta with tomato Garlic fried chicken Lettuce Apple Bread loaf Kcal. 763 h.c. 100 lip. 29 p. 30	<b>28</b> Porrusalda Batter-coated dab fillet Lettuce Pear Bread loaf Kcal. 591 h.c. 70 lip. 24 p. 29



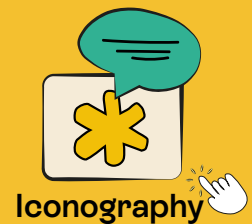
Educational project



Massana moving forward



Nutritional recommendations



Iconography

Happy summer!



Side by side every day