



june
2024

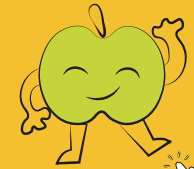
Ausolan.

monday	tuesday	wednesday	thursday	friday
3  Peas with potatoes Hake fillet orio style Lettuce Natural yoghurt Bread loaf Kcal. 467 h.c. 41 lip. 23 p. 27	4  Organic broccoli cream soup Pork loin in plum sauce Banana Bread loaf Kcal. 444 h.c. 50 lip. 18 p. 22	5  Lentils gardener style Oven-baked codfish with homemade tomato sauce Lettuce Pear Bread loaf Kcal. 587 h.c. 74 lip. 20 p. 34	6  Swiss chard with potatoes Chicken paella Apple Bread loaf Kcal. 931 h.c. 128 lip. 42 p. 18	7  White beans bilbaina style Spanish potato omelette Lettuce Watermelon Bread loaf Kcal. 637 h.c. 81 lip. 24 p. 24
10   Zucchini cream soup Whole grain macaroni with tomato sauce Ecological apple Bread loaf Kcal. 601 h.c. 109 lip. 14 p. 16	11  Rice salad Batter-coated codfish fillet Lemon Natural yoghurt Bread loaf Kcal. 696 h.c. 73 lip. 30 p. 36	12 Green beans with potatoes Meatballs in sauce Watermelon Bread loaf Kcal. 476 h.c. 41 lip. 26 p. 21	13 End of course special menu 	14 Chickpeas with carrot sautéed garlic Roast chicken leg Lettuce and corn Pear Bread loaf Kcal. 692 h.c. 71 lip. 32 p. 35
17   Mixed salad Lentils with sweet potatoe Orange Bread loaf Kcal. 541 h.c. 66 lip. 22 p. 22	18 Potatoes rioja style San jacob Lettuce Natural yoghurt Bread loaf Kcal. 796 h.c. 88 lip. 39 p. 24	19  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	20  Carrot cream soup Spanish potato omelette Lettuce and corn Banana Bread loaf Kcal. 621 h.c. 81 lip. 27 p. 14	21 Holiday
24 Holiday	25 Holiday	26 Holiday	27 Holiday	28 Holiday

Happy
summer!



Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day