








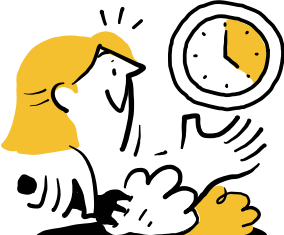




2025
March

Ausolan.

monday	tuesday	wednesday	thursday	friday
3 Holiday	4 Holiday	5  Spinach cream soup with shredded cheese Tropical salad Chicken paella Pear Bread loaf Kcal. 893 h.c. 125 lip. 39 p. 19	6 Homemade green beans Mixed salad Pork loin in roasted pepper sauce Banana Bread loaf Kcal. 494 h.c. 59 lip. 18 p. 27	7 Elbow pasta with tomato Carrot purée Codfish fillet orio style Lettuce Orange Bread loaf Kcal. 763 h.c. 96 lip. 31 p. 30
10 Swiss chard with potatoes and fried garlic Russian salad Veal steak in hunter sauce with mushrooms Banana Bread loaf Kcal. 545 h.c. 66 lip. 20 p. 29	11  Pumpkin cream soup Caesar salad Ajoarriero cod Lettuce Natural yoghurt Bread loaf Kcal. 577 h.c. 57 lip. 28 p. 27	12 Chickpeas by themselves Patatas asadas Roast chicken leg Lettuce Apple Bread loaf Kcal. 582 h.c. 68 lip. 21 p. 34	13 Rice with tomato sauce Caprese salad Hake fillet in spinach and coriander sauce Lettuce Tangerine Bread loaf Kcal. 767 h.c. 109 lip. 29 p. 24	14  Porrusalda Lentils with organic sweet potatoe Hamburguesa a la plancha Pear Bread loaf Kcal. 537 h.c. 101 lip. 8 p. 22
17  Whole grain macaroni with tomato sauce Mixed salad Hake fillet in squid sauce Lettuce Tangerine Bread loaf Kcal. 639 h.c. 94 lip. 20 p. 27	18 Borage with sautée Mixed salad Hamburger in sauce Banana Bread loaf Kcal. 605 h.c. 58 lip. 32 p. 25	19   Vegetable cream soup Pardina lentil soup Cuban rice Natural yoghurt Bread loaf Kcal. 720 h.c. 112 lip. 25 p. 19	20 Green beans with potatoes Tomato salad Stewed turkey Orange Bread loaf Kcal. 496 h.c. 54 lip. 17 p. 35	21  Pocha style white beans with organic green peppers Enidve with crumbs of tuna Batter-coated dab fillet Lemon Apple Bread loaf Kcal. 583 h.c. 74 lip. 17 p. 37
24  Vegetable stew Rice with tomato sauce Spanish potato omelette Lettuce Natural yoghurt Bread loaf Kcal. 706 h.c. 58 lip. 45 p. 17	25 Lentils with leek and carrot Patatas asadas Garden style chicken Lettuce Orange Bread loaf Kcal. 569 h.c. 63 lip. 21 p. 34	26  Carrot cream soup Eggs with tomato Salmon marmitako Banana Bread loaf Kcal. 552 h.c. 90 lip. 15 p. 20	27 Peas with potatoes Mixed salad Albondigas en salsa champiñones Pear Bread loaf Kcal. 552 h.c. 58 lip. 26 p. 24	28 Chickpeas with rice Potato salad Codfish in sailor sauce Lettuce Tangerine Bread loaf Kcal. 558 h.c. 78 lip. 14 p. 34
31 Chicken soup with noodles Pork loin with homemade tomato sauce Apple Bread loaf Kcal. 452 h.c. 52 lip. 15 p. 24				



Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day