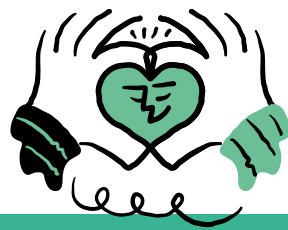


may
2024

Ausolan.



monday

tuesday

wednesday

thursday

friday



1

Not school

2

Cauliflower cream soup
Marinated pork loin with ratatouille
Pear
Bread loaf

Kcal. 416 h.c. 53 lip. 12 p. 22

3

Chicken soup with noodles
Codfish fillet orio style
Lettuce and corn
Orange
Bread loaf

Kcal. 405 h.c. 43 lip. 16 p. 26

6

Vegetable stew
Spanish potato omelette
Lettuce
Apple
Bread loaf

Kcal. 694 h.c. 66 lip. 42 p. 13

7

Rice salad
Chicken leg chilindron style
Pear
Bread loaf

Kcal. 682 h.c. 86 lip. 26 p. 28

8

Swiss chard with potatoes
Batter-coated dab fillet
Lettuce
Banana
Bread loaf

Kcal. 611 h.c. 59 lip. 30 p. 29

9



Zucchini cream soup
Noodles with tomato
Natural yoghurt
Bread loaf

Kcal. 671 h.c. 102 lip. 23 p. 19

10

Lentils gardener style
Ajoarriero cod
Orange
Bread loaf

Kcal. 575 h.c. 77 lip. 17 p. 33

13



Leek with potatoes and carrots
Rice with vegetables, curcuma and chicken
Melon
Bread loaf

Kcal. 607 h.c. 109 lip. 14 p. 19

14



Organic carrot cream soup
Pork loin in vegetable sauce
Natural yoghurt
Bread loaf

Kcal. 548 h.c. 54 lip. 24 p. 31

15



Chickpeas with zucchini
Hake fillet in artichoke sauce
Lettuce
Ecological apple
Bread loaf

Kcal. 567 h.c. 72 lip. 20 p. 30

16

Green beans with potatoes
Roast chicken leg with herbs
Lettuce and corn
Banana
Bread loaf

Kcal. 448 h.c. 53 lip. 16 p. 26

17



Potato salad
Lentils with sweet potatoe
Pear
Bread loaf

Kcal. 575 h.c. 75 lip. 21 p. 22

20

Pinta beans with vegetables
Spanish potato omelette
Lettuce
Orange
Bread loaf

Kcal. 671 h.c. 88 lip. 25 p. 25

21

Stew soup
Chicken nuggets
Potato chips
Ice cream
Bread loaf

Kcal. 702 h.c. 44 lip. 49 p. 23

22



Borage with potatoes
Whole grain macaroni with tomato sauce
Banana
Bread loaf

Kcal. 684 h.c. 114 lip. 20 p. 19

23

Zucchini cream soup
Batter-coated codfish fillet
Lettuce
Pear
Bread loaf

Kcal. 516 h.c. 51 lip. 23 p. 28

24

Chickpeas with carrot sautéed garlic
Pork loin in plum sauce
Apple
Bread loaf

Kcal. 736 h.c. 78 lip. 33 p. 34

27

Porrusalda
Russian steak mushrooms
Lettuce
Orange
Bread loaf

Kcal. 670 h.c. 71 lip. 33 p. 27

28



Pumpkin cream soup
Fish paella
Melon
Bread loaf

Kcal. 573 h.c. 97 lip. 16 p. 16

29

Peas with potatoes
Breaded chicken fillet with garlic
Lettuce
Pear
Bread loaf

Kcal. 597 h.c. 57 lip. 26 p. 37

30



Pocha white beans
Hake fillet in squid sauce
Lettuce
Natural yoghurt
Bread loaf

Kcal. 556 h.c. 66 lip. 19 p. 35

31



Homemade green beans
Elbow pasta with tomato
Watermelon
Bread loaf

Kcal. 631 h.c. 102 lip. 20 p. 17



Educational project



Massana moving forward



Nutritional recommendations



Iconography

Side by side every day