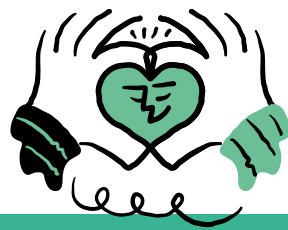





may  
2024

Ausolan.



| monday  | tuesday  | wednesday   | thursday  | friday   |
|---|--|---|---|--|
|   |   | <b>1</b><br><b>Not school</b>   | <b>2</b><br>Cauliflower cream soup<br>Marinated pork loin with ratatouille<br>Pear<br>Bread loaf<br><br>Kcal. 416 h.c. 53 lip. 12 p. 22   | <b>3</b><br>Chicken soup with noodles<br>Codfish fillet orio style<br>Lettuce and corn<br>Orange<br>Bread loaf<br><br>Kcal. 405 h.c. 43 lip. 16 p. 26  |
| <b>6</b><br>Vegetable stew<br>Spanish potato omelette<br>Lettuce<br>Apple<br>Bread loaf<br><br>Kcal. 694 h.c. 66 lip. 42 p. 13  | <b>7</b><br>Rice salad<br>Chicken leg chilindron style<br>Pear<br>Bread loaf<br><br>Kcal. 682 h.c. 86 lip. 26 p. 28  | <b>8</b><br>Swiss chard with potatoes<br>Batter-coated dab fillet<br>Lettuce<br>Banana<br>Bread loaf<br><br>Kcal. 611 h.c. 59 lip. 30 p. 29   | <b>9</b>  <br>Zucchini cream soup<br>Noodles with tomato<br>Natural yoghurt<br>Bread loaf<br><br>Kcal. 671 h.c. 102 lip. 23 p. 19 | <b>10</b><br>Lentils gardener style<br>Ajoarriero cod<br>Orange<br>Bread loaf<br><br>Kcal. 575 h.c. 77 lip. 17 p. 33   |
| <b>13</b> <br>Leek with potatoes and carrots<br>Rice with vegetables, curcuma and chicken<br>Melon<br>Bread loaf<br><br>Kcal. 607 h.c. 109 lip. 14 p. 19 | <b>14</b>  <br>Organic carrot cream soup<br>Pork loin in vegetable sauce<br>Natural yoghurt<br>Bread loaf<br><br>Kcal. 548 h.c. 54 lip. 24 p. 31 | <b>15</b> <br>Chickpeas with zucchini<br>Hake fillet in artichoke sauce<br>Lettuce<br>Ecological apple<br>Bread loaf<br><br>Kcal. 567 h.c. 72 lip. 20 p. 30  | <b>16</b><br>Green beans with potatoes<br>Roast chicken leg with herbs<br>Lettuce and corn<br>Banana<br>Bread loaf<br><br>Kcal. 448 h.c. 53 lip. 16 p. 26   | <b>17</b> <br>Potato salad<br>Lentils with sweet potatoe<br>Pear<br>Bread loaf<br><br>Kcal. 575 h.c. 75 lip. 21 p. 22               |
| <b>20</b><br>Pinta beans with vegetables<br>Spanish potato omelette<br>Lettuce<br>Orange<br>Bread loaf<br><br>Kcal. 671 h.c. 88 lip. 25 p. 25   | <b>21</b><br>Stew soup<br>Chicken nuggets<br>Potato chips<br>Ice cream<br>Bread loaf<br><br>Kcal. 702 h.c. 44 lip. 49 p. 23  | <b>22</b>  <br>Borage with potatoes<br>Whole grain macaroni with tomato sauce<br>Banana<br>Bread loaf<br><br>Kcal. 684 h.c. 114 lip. 20 p. 19 | <b>23</b><br>Zucchini cream soup<br>Batter-coated codfish fillet<br>Lettuce<br>Pear<br>Bread loaf<br><br>Kcal. 516 h.c. 51 lip. 23 p. 28  | <b>24</b><br>Chickpeas with carrot sautéed garlic<br>Pork loin in plum sauce<br>Apple<br>Bread loaf<br><br>Kcal. 736 h.c. 78 lip. 33 p. 34   |
| <b>27</b><br>Porrusalda<br>Russian steak mushrooms<br>Lettuce<br>Orange<br>Bread loaf<br><br>Kcal. 670 h.c. 71 lip. 33 p. 27  | <b>28</b> <br>Pumpkin cream soup<br>Fish paella<br>Melon<br>Bread loaf<br><br>Kcal. 573 h.c. 97 lip. 16 p. 16   | <b>29</b><br>Peas with potatoes<br>Breaded chicken fillet with garlic<br>Lettuce<br>Pear<br>Bread loaf<br><br>Kcal. 597 h.c. 57 lip. 26 p. 37   | <b>30</b> <br>Pocha white beans<br>Hake fillet in squid sauce<br>Lettuce<br>Natural yoghurt<br>Bread loaf<br><br>Kcal. 556 h.c. 66 lip. 19 p. 35   | <b>31</b> <br>Homemade green beans<br>Elbow pasta with tomato<br>Watermelon<br>Bread loaf<br><br>Kcal. 631 h.c. 102 lip. 20 p. 17 |



Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day