

JUNE
2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



01

PEAS WITH POTATOES
SPANISH POTATO OMELETTE
LETTUCE
PEAR
BREAD LOAF
KCal. 595 H.C. 73 Lip. 26 P. 17

02

MACARONI WITH TOMATO
HAKE FILLET IN SQID SAUCE
BANANA
BREAD LOAF
KCal. 682 H.C. 106 Lip. 20 P. 26



CLICK
HERE

NUTRITIONAL
RECOMMENDATIONS
CLICK
HERE



CLICK
HERE

MASSANA
MOVING
FORWARD
CLICK
HERE

23



05

MIXED SALAD
RICE WITH VEGETABLES, CURCUMA
AND CHICKEN
APPLE
BREAD LOAF
KCal. 648 H.C. 88 Lip. 25 P. 19

06

PINTA BEANS
AJOARRIERO COD
LETTUCE
WATERMELON
BREAD LOAF
KCal. 688 H.C. 77 Lip. 28 P. 36

07

MACARONI CARBONARA
VEAL STEAK IN VEGETABLE SAUCE
PEAR
BREAD LOAF
KCal. 894 H.C. 95 Lip. 43 P. 37

08

km.0

BORAGE WITH SAUTÉE
MEATBALLS WITH TOMATO SAUCE
LETTUCE AND CORN CENTERPIECE
YOGHURT
BREAD LOAF
KCal. 638 H.C. 67 Lip. 29 P. 29

09

CHICKPEAS WITH ZUCCHINI
BATTER-COATED DAB FILLET
LETTUCE
BANANA
BREAD LOAF
KCal. 729 H.C. 82 Lip. 30 P. 38

12

RICE WITH GREEN BEANS, PEPPER AND
MUSHROOMS
HAKE FILLET IN ARTICHOKE SAUCE
PEAR
BREAD LOAF
KCal. 737 H.C. 112 Lip. 25 P. 23

13

LENTILS WITH LEEK AND CARROT
SPANISH POTATO OMELETTE
LETTUCE
MELON
BREAD LOAF
KCal. 671 H.C. 82 Lip. 28 P. 23

14

ZUCCHINI CREAM SOUP
COD CROQUETTES
LETTUCE
APPLE
BREAD LOAF
KCal. 649 H.C. 74 Lip. 34 P. 12

15

km.0

HOMEMADE GREEN BEANS
CHICKEN LEG IN A MILD MUSTARD SAUCE
LETTUCE AND CARRON CENTERPIECE
SWEETENED NATURAL YOGHURT
BREAD LOAF
KCal. 661 H.C. 53 Lip. 37 P. 30

16



END OF COURSE'S
ESPECIAL MEAL

19



ORGANIC BROCCOLI CREAM SOUP
WHOLE GRAIN MACARONI WITH
BOILED EGG
APPLE
BREAD LOAF
KCal. 549 H.C. 96 Lip. 14 P. 16

20

POTATOES RIOJA STYLE
CODFISH FILLET ORIO STYLE
BANANA
BREAD LOAF
KCal. 576 H.C. 74 Lip. 21 P. 27

21

CUBAN RICE
ROAST CHICKEN LEG
LETTUCE
WATERMELON
BREAD LOAF
KCal. 747 H.C. 96 Lip. 30 P. 29

22

HOLIDAYS

23

HOLIDAYS

26

HOLIDAYS

27

HOLIDAYS

28

HOLIDAYS

29

HOLIDAYS

30

HOLIDAYS



ICONO
GRAPHY

CLICK
HERE



All our dishes are
prepared with
olive oil