



2024
november

Ausolan.

monday

tuesday

wednesday

thursday

friday



1

Not school



Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day

4

Rice with tomato sauce
Mixed salad
Hake fillet orio style
Tangerine
Bread loaf

Kcal. 750 h.c. 104 lip. 30 p. 23

5



Broccoli cream soup
Pasta salad
Lettuce
Natural yoghurt
Bread loaf

5 kcal. 581 h.c. 65 lip. 28 p. 18

6

Chickpeas by themselves
Patatas asadas
Roast chicken leg with mushrooms and coriander
Lettuce
Canarian banana
Bread loaf

Kcal. 729 h.c. 78 lip. 32 p. 35

7



Borage with potatoes
Mixed salad
Whole macaroni bolognese
Apple
Bread loaf

Kcal. 711 h.c. 109 lip. 23 p. 21

8

Vegetable stew
Rice salad
Batter-coated dab fillet
Lettuce
Pear
Bread loaf

Kcal. 648 h.c. 47 lip. 41 p. 27

11



Cabbage with potatoes
Russian salad
Russian steak with vegetable sauce
Ecological apple
Bread loaf

Kcal. 543 h.c. 56 lip. 26 p. 24

12

Stew soup
Mixed salad
Cod croquettes
Lettuce
Orange
Bread loaf

Kcal. 636 h.c. 71 lip. 32 p. 17

13



Organic pumpkin cream soup
Chicken paella
Filete merluza al a la plancha
Natural yoghurt
Bread loaf

Kcal. 887 h.c. 119 lip. 40 p. 21

14

Homemade lentil soup
Potato salad
Codfish in sailor sauce
Lettuce
Canarian banana
Bread loaf

Kcal. 505 h.c. 69 lip. 14 p. 30

15

Green beans with potatoes
Ensalada aragonesa
Breaded pork loin with tomato sauce
Tangerine
Bread loaf

Kcal. 504 h.c. 52 lip. 22 p. 27

18



Lentils with leek and carrot
Mixed salad
Ajoarriero cod
Natural yoghurt
Bread loaf

Kcal. 632 h.c. 73 lip. 23 p. 37

19

Vegetable cream soup
Tallarines boloñesa
Spanish potato omelette
Lettuce
Pear
Bread loaf

Kcal. 563 h.c. 69 lip. 26 p. 13

20

Swiss chard with sautee
Tomato salad
Veal steak in sauce
Lettuce
Canarian banana
Bread loaf

Kcal. 626 h.c. 71 lip. 27 p. 30

21



Stuffed chickpeas with organic sweet potatoe
Pasta salad
Hake fillet in squid sauce
Lettuce
Orange
Bread loaf

Kcal. 562 h.c. 75 lip. 18 p. 30

22



Porrusalda
Cuban rice
Hamburguer 100% beef
Apple
Bread loaf

Kcal. 785 h.c. 140 lip. 21 p. 17

25

Peas with potatoes
Ensalada campera
Fresh pork loin piquillo-pepper sauce
Pear
Bread loaf

Kcal. 639 h.c. 65 lip. 26 p. 39

26



Stewed pinta beans with zucchini
Rice with tomato sauce
Batter-coated hake fillet
Lettuce
Natural yoghurt
Bread loaf

Kcal. 612 h.c. 65 lip. 25 p. 36

27

Carrot cream soup
Mixed salad
Meatballs in sauce
Canarian banana
Bread loaf

Kcal. 557 h.c. 62 lip. 27 p. 21

28

Chicken soup with noodles
Ensalada de otoño
Stewed turkey
Lettuce
Tangerine
Bread loaf

Kcal. 511 h.c. 51 lip. 19 p. 36

29

Not school