



2024
november

Ausolan.

monday

tuesday

wednesday

thursday

friday



1

Not school



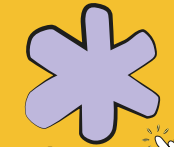
Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day

4

Rice with tomato sauce
Hake fillet orio style
Tangerine
Bread loaf

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

5



Broccoli cream soup
Spanish potato omelette
Lettuce
Natural yoghurt
Bread loaf

Kcal. 581 h.c. 65 lip. 28 p. 18

6

Chickpeas by themselves
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
Whole macaroni bolognese
Apple
Bread loaf

Kcal. 636 h.c. 108 lip. 16 p. 21

8

Vegetable stew
Batter-coated dab fillet
Lettuce
Pear
Bread loaf

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

11



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

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

12

Stew soup
Cod croquettes
Lettuce
Orange
Bread loaf

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

13



Organic pumpkin cream soup
Chicken paella
Natural yoghurt
Bread loaf

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

14

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

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

15

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

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

18



Lentils with leek and carrot
Ajoarriero cod
Natural yoghurt
Bread loaf

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

19

Vegetable cream soup
Spanish potato omelette
Lettuce
Pear
Bread loaf

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

20

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

Kcal. 753 h.c. 90 lip. 29 p. 31

21



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

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

22



Porrusalda
Cuban rice
Apple
Bread loaf

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

25

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

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

26



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

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

27

Carrot cream soup
Meatballs in sauce
Canarian banana
Bread loaf

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

28

Chicken soup with noodles
Stewed turkey
Lettuce
Tangerine
Bread loaf

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

29

Not school