



september
2024

Ausolan.

monday	tuesday	wednesday	thursday	friday
2 Holiday	3 Holiday	4 Holiday	5 Carrot cream soup Hamburguer 100% beef with mushrooms Canarian banana Bread loaf Kcal. 515 h.c. 57 lip. 22 p. 24	6 Noodles with tomato Roast chicken leg Lettuce Watermelon Bread loaf Kcal. 697 h.c. 86 lip. 28 p. 30
9 Green beans with potatoes Homemade spanish potato omelette Lettuce Nectarine Bread loaf Kcal. 557 h.c. 65 lip. 26 p. 18	10 KmO Rice with tomato souce Breaded chicken fillet with garlic Lettuce Nectarine Natural yoghurt Bread loaf Kcal. 979 h.c. 109 lip. 45 p. 41	11 Zucchini cream soup Riverside stew Canarian banana Bread loaf Kcal. 694 h.c. 65 lip. 29 p. 47	12 EkO Mixed salad Whole grain macaroni with tomato sauce Apple Bread loaf Kcal. 644 h.c. 103 lip. 21 p. 16	13 Homemade lentil soup Oven-baked codfish with homemade tomato sauce Melon Bread loaf Kcal. 475 h.c. 62 lip. 13 p. 30
16 Porrusalda Pork loin in vegetable sauce Lettuce Pear Bread loaf Kcal. 666 h.c. 75 lip. 28 p. 29	17 Chickpeas with zucchini Ajoarriero cod Lettuce Nectarine Bread loaf Kcal. 715 h.c. 96 lip. 24 p. 34	18 KmO Stew soup Fry meatballs Lettuce Natural yoghurt Bread loaf Kcal. 633 h.c. 50 lip. 36 p. 29	19 EkO Organic pumpkin cream soup Batter-coated hake fillet Lettuce Canarian banana Bread loaf Kcal. 533 h.c. 59 lip. 25 p. 21	20 EkO Vegetable stew Rice with vegetables and curcuma Melon Bread loaf Kcal. 699 h.c. 100 lip. 30 p. 13
23 Borraja aliñada con aceite de Oliva crudo San jacob Lettuce Apple Bread loaf Kcal. 664 h.c. 73 lip. 34 p. 16	24 EkO Vegetable cream soup Elbow pasta with tomato Natural yoghurt Bread loaf Kcal. 696 h.c. 105 lip. 24 p. 20	25 White beans bilbaina style Batter-coated dab fillet Lemon Canarian banana Bread loaf Kcal. 599 h.c. 79 lip. 17 p. 38	26 Homemade green beans Roast chicken leg with herbs Lettuce Watermelon Bread loaf Kcal. 354 h.c. 34 lip. 14 p. 25	27 EkO Stuffed chickpeas with organic sweet potatoe Spanish potato omelette Lettuce Nectarine Bread loaf Kcal. 762 h.c. 104 lip. 29 p. 24
30 EkO Cauliflower cream soup Fish paella Natural yoghurt Bread loaf Kcal. 575 h.c. 92 lip. 16 p. 21	A new school year begins, bringing the opportunity to enjoy healthy, nutritious, delicious, safe, and Sustainable meals.			



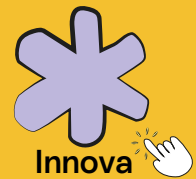
Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day