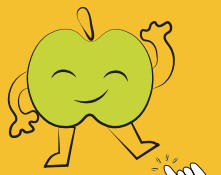
2025 june

monday	tuesday	wednesday	thursday	friday
2 KmO Potatoes rioja style Hake fillet in sqid sauce Natural yoghurt Bread loaf Kcal. 534 h.c. 65 lip. 20 p. 28	**3** Peas with potatoes Meatballs in sauce Melon Bread loaf Kcal. 527 h.c. 51 lip. 26 p. 25	**4** Vegetable cream soup Cuban rice Watermelon Bread loaf Kcal. 674 h.c. 110 lip. 22 p. 15	**5** Ekö Stewed pinta beans with organic carrot Ajoarriero cod Ecological apple Bread loaf Kcal. 603 h.c. 85 lip. 17 p. 34	**6** Vegetable stew Roast chicken leg with herbs Lettuce Pear Bread loaf Kcal. 543 h.c. 42 lip. 32 p. 24
9 Ekö Homemade green beans Lentils with organic sweet potatoe Pear Bread loaf Kcal. 442 h.c. 79 lip. 7 p. 20	**10** Macaroni with tomato Codfish fillet orio style Lettuce Watermelon Bread loaf Kcal. 704 h.c. 85 lip. 30 p. 28	**11** Chickpeas with carrot sautéed garlic Escalope with red peppers Orange Bread loaf Kcal. 801 h.c. 79 lip. 39 p. 39	**12** KmO Romanescu cream soup Omelette with potatoes Lettuce Natural yoghurt Bread loaf Kcal. 564 h.c. 62 lip. 28 p. 18	**13** Leek with potatoes and carrots Hamburger in sauce Apple Bread loaf Kcal. 586 h.c. 67 lip. 26 p. 25
16 **End of the course menu** Chicken soup with stars San jacobo Lettuce Natural yoghurt Bread loaf Kcal. 586 h.c. 63 lip. 28 p. 21	**17** Elbow pasta with tomato Oven-baked hake fillet with vegetables Banana Bread loaf Kcal. 725 h.c. 107 lip. 24 p. 26	**18** Cabbage with potatoes Garlic fried chicken Lettuce Pear Bread loaf Kcal. 442 h.c. 47 lip. 18 p. 24	**19** Zucchini cream soup Breaded pork loin with tomato sauce Melon Bread loaf Kcal. 510 h.c. 55 lip. 22 p. 26	**20** Green beans with potatoes Fish paella Watermelon Bread loaf Kcal. 538 h.c. 89 lip. 15 p. 17
23 Lentils gardener style Codfish in sailor sauce Pear Bread loaf Kcal. 449 h.c. 70 lip. 6 p. 33	**24** Carrot cream soup Roast chicken leg Lettuce Banana Bread loaf Kcal. 461 h.c. 54 lip. 18 p. 24	**25** Porrusalda Omelette with potatoes Lettuce Natural yoghurt Bread loaf Kcal. 631 h.c. 77 lip. 28 p. 18	**26** Chickpeas with pumpkin Pork loin in vegetable sauce Melon Bread loaf Kcal. 672 h.c. 74 lip. 26 p. 37	**27** Panache of vegetables Macaroni with ham Orange Bread loaf Kcal. 744 h.c. 109 lip. 29 p. 20
30 Leek,potato and carrot purée Albondigas en salsa champiñones Watermelon Bread loaf Kcal. 502 h.c. 49 lip. 26 p. 21				

Ausolan.

Educational project



Massana moving fordward

Nutritional recommendations

Innova recipes

Iconography

Side by side every day