



2025
june

Ausolan.

monday	tuesday	wednesday	thursday	friday
2  Potatoes rioja style Mixed salad Hake fillet in squid sauce Lettuce Natural yoghurt Bread loaf Kcal. 591 h.c. 65 lip. 26 p. 28	3 Peas with potatoes Russian salad Ham croquettes Lettuce Melon Bread loaf Kcal. 691 h.c. 75 lip. 36 p. 19	4  Vegetable cream soup Caesar salad Cuban rice Watermelon Bread loaf Kcal. 674 h.c. 110 lip. 22 p. 15	5  Stewed pinta beans with organic carrot Pasta salad Ajoarriero cod Ecological apple Bread loaf Kcal. 603 h.c. 85 lip. 17 p. 34	6 Borage with sautéed Spring salad Roast chicken leg with herbs Lettuce Pear Bread loaf Kcal. 466 h.c. 45 lip. 22 p. 25
9   Mixed salad Rice with tomato sauce Lentils with organic sweet potatoe Pear Bread loaf Kcal. 552 h.c. 69 lip. 22 p. 21	10 Macaroni with tomato Enidve with crumbs of tuna Codfish fillet orio style Lettuce Watermelon Bread loaf Kcal. 704 h.c. 85 lip. 30 p. 28	11 Chickpeas with carrot sautéed garlic Potato salad Escalope with red peppers Lettuce Orange Bread loaf Kcal. 801 h.c. 79 lip. 39 p. 39	12  Romanescu cream soup Noodles sautéed with vegetables Omelette with potatoes Lettuce Natural yoghurt Bread loaf Kcal. 564 h.c. 62 lip. 28 p. 18	13 Leek with potatoes and carrots Fresh tomato Hamburger in sauce Apple Bread loaf Kcal. 586 h.c. 67 lip. 26 p. 25
16  Chicken soup with stars Mixed salad Jam and cheese pizza Potato chips Chocolate mini-cake Bread loaf Kcal. 514 h.c. 83 lip. 12 p. 20	17 Elbow pasta with tomato Enidve with crumbs of tuna Oven-baked hake fillet with vegetables Banana Bread loaf Kcal. 725 h.c. 107 lip. 24 p. 26	18 Swiss chard with potatoes and fried garlic Mixed salad Garlic fried chicken Lettuce and corn Pear Bread loaf Kcal. 435 h.c. 52 lip. 15 p. 25	19 Holidays	20 Holidays
23 Holidays	24 Holidays	25 Holidays	26 Holidays	27 Holidays
30 Holidays				



Educational
project



Massana
moving forward



Nutritional
recommendations



Innova
recipes



Iconography

Side by side
every day