



2025
may

Ausolan.

monday

tuesday

wednesday

thursday

friday



1

Holiday

2

Holiday

5



Porrusalda
Macaroni with sausage
Filete merluza al a la plancha
Pear
Bread loaf

Kcal. 451 h.c. 65 lip. 14 p. 20

6

Pumpkin cream soup
Potato salad
Roast chicken leg
Lettuce
Banana
Bread loaf

Kcal. 459 h.c. 53 lip. 18 p. 24

7

Rice with tomato sauce
Mixed salad
Codfish in sailor sauce
Lettuce
Orange
Bread loaf

Kcal. 808 h.c. 114 lip. 30 p. 28

8



Chickpeas by themselves
Elbow pasta with tomato
Spanish potato omelette
Cucumber garnish
Natural yoghurt
Bread loaf

Kcal. 684 h.c. 84 lip. 27 p. 27

9

Swiss chard with sautee
Carrot cream soup
Meatballs in sauce
Apple
Bread loaf

Kcal. 507 h.c. 56 lip. 23 p. 21

12

Green beans with potatoes
Russian salad
Cod croquettes
Lettuce
Melon
Bread loaf

Kcal. 630 h.c. 66 lip. 34 p. 14

13



Chicken soup with noodles
Patatas asadas
Chicken leg chilindron style
Natural yoghurt
Bread loaf

Kcal. 437 h.c. 46 lip. 15 p. 31

14



Stewed pinta beans with organic zucchini
Rice salad
Hake fillet in green sauce
Lettuce
Banana
Bread loaf

Kcal. 541 h.c. 78 lip. 13 p. 31

15



Broccoli cream soup
Fresh tomato
Cuban rice
Pear
Bread loaf

Kcal. 721 h.c. 124 lip. 21 p. 16

16

Mixed salad
Potato purée
Pork loin with homemade tomato
sauce
Orange
Bread loaf

Kcal. 520 h.c. 46 lip. 27 p. 22

19



Homemade green beans
Mixed salad
Riverside stew
Ecological apple
Bread loaf

Kcal. 646 h.c. 57 lip. 27 p. 48

20

Lentils with leek and carrot
White rice
Tuna with tomato
Lettuce
Pear
Bread loaf

Kcal. 660 h.c. 74 lip. 25 p. 41

21

Cauliflower cream soup
Pasta salad
Veal steak in vegetable sauce
Banana
Bread loaf

Kcal. 563 h.c. 61 lip. 25 p. 27

22

Chicken soup with stars
Mixed salad
Chicken nuggets
Potato chips
Ice cream
Bread loaf

Kcal. 674 h.c. 41 lip. 48 p. 21

23



Borage with potatoes sealed with raw
olive oil
Potato purée
Spiral pasta bolognese
Melon
Bread loaf

Kcal. 773 h.c. 139 lip. 16 p. 25

26



Zucchini cream soup
Rice with tomato sauce
Spanish potato omelette
Lettuce and corn
Ecological apple
Bread loaf

Kcal. 577 h.c. 73 lip. 26 p. 13

27



White beans with pepper and carrot
Capresse salad
Batter-coated hake fillet
Lettuce
Natural yoghurt
Bread loaf

Kcal. 620 h.c. 66 lip. 25 p. 36

28

Vegetable stew
Tropical salad
Breaded chicken fillet with garlic
Lettuce
Watermelon
Bread loaf

Kcal. 662 h.c. 40 lip. 42 p. 33

29



Peas with potatoes
Macaroni carbonara
Hamburger with tomato sauce
Banana
Bread loaf

Kcal. 635 h.c. 69 lip. 29 p. 28

30



Rice with organic zucchini and red
pepper
Enidve with crumbs of tuna
Pork loin in pumpkin and ginger sauce
Orange
Bread loaf

Kcal. 738 h.c. 101 lip. 27 p. 29



**Educational
project**



**Massana
moving forward**



**Nutritional
recommendations**



**Innova
recipes**



Iconography

**Side by side
every day**