



2025  
october

Ausolan.

monday

tuesday

wednesday

thursday

friday



6

KmO

Vegetable stew  
Riverside stew with potatoes  
Natural yoghurt  
Bread loaf

Kcal. 726 h.c. 50 lip. 41 p. 41

7

Ekó

Rice with vegetables and curcuma  
Eggs with tomato  
Lettuce  
Ecological apple  
Bread loaf

Kcal. 742 h.c. 105 lip. 30 p. 21

8

KmO

Homemade green beans  
Homemade spanish potato omelette  
Lettuce  
Natural yoghurt  
Bread loaf

Kcal. 518 h.c. 50 lip. 27 p. 22

2

Elbow pasta with tomato  
Garlic fried chicken  
Lettuce  
Watermelon  
Bread loaf

Kcal. 729 h.c. 90 lip. 30 p. 30

3

Lentils with leek and carrot  
Batter-coated dab fillet  
Lemon  
Nectarine  
Bread loaf

Kcal. 621 h.c. 77 lip. 21 p. 37

9

Ekó



Borage with sautéed  
Chickpeas with organic whole oats  
Pear  
Bread loaf

Kcal. 596 h.c. 89 lip. 18 p. 23

10



Whole grain macaroni with tomato  
sauce  
Codfish fillet orio style  
Lettuce  
Watermelon  
Bread loaf

Kcal. 653 h.c. 85 lip. 24 p. 30

13

**Holiday**

14

Ekó



KmO

Organic broccoli cream soup  
Rice with vegetables, curcuma and  
chicken  
Natural yoghurt  
Bread loaf

Kcal. 510 h.c. 80 lip. 15 p. 20

15

Peas with potatoes  
Breaded pork loin with tomato sauce  
Banana  
Bread loaf

Kcal. 586 h.c. 70 lip. 22 p. 31

16

Ekó

Stewed pinta beans with organic  
carrot  
Oven-baked hake fillet with  
vegetables  
Plum  
Bread loaf

Kcal. 448 h.c. 64 lip. 10 p. 30

17

Fish soup  
Ham croquettes  
Lettuce  
Apple  
Bread loaf

Kcal. 688 h.c. 71 lip. 38 p. 17

20



Green beans with potatoes  
Whole grain macaroni with sausage  
Melon  
Bread loaf

Kcal. 648 h.c. 106 lip. 19 p. 20

21

Chickpeas with carrot sautéed garlic  
Salmon marmitako  
Banana  
Bread loaf

Kcal. 793 h.c. 111 lip. 28 p. 31

22

Zucchini cream soup  
Albondigas en salsa champiñones  
Orange  
Bread loaf

Kcal. 608 h.c. 54 lip. 36 p. 20

23

KmO

Swiss chard with potatoes and fried  
garlic  
Homemade spanish potato omelette  
Lettuce and corn  
Natural yoghurt  
Bread loaf

Kcal. 548 h.c. 58 lip. 26 p. 23

24

Ekó

Rice with organic zucchini and red  
pepper  
Roast chicken leg with herbs  
Lettuce  
Pear  
Bread loaf

Kcal. 653 h.c. 95 lip. 21 p. 27

27



Cabbage with potatoes  
Lentils with leek and carrot  
Nectarine  
Bread loaf

Kcal. 522 h.c. 87 lip. 13 p. 20

28

Spiral pasta cooked with broccoli  
sauce  
Ajoarriero cod  
Lettuce  
Tangerine  
Bread loaf

Kcal. 713 h.c. 94 lip. 26 p. 31

29

KmO

Pumpkin cream soup  
Fresh pork loin in piquillo-pepper  
sauce  
Natural yoghurt  
Bread loaf

Kcal. 633 h.c. 55 lip. 29 p. 40

30

White beans bilbaina style  
Hake fillet in squid sauce  
Lettuce  
Banana  
Bread loaf

Kcal. 541 h.c. 79 lip. 13 p. 31

31

**Holiday**



**Educational  
project**



**Massana  
moving forward**



**Nutritional  
recommendations**



**Innova  
recipes**



**Iconography**

**Side by side  
every day**