



2025
october

Ausolan.

monday

tuesday

wednesday

thursday

friday



6

KmO

Vegetable stew
Russian salad
Riverside stew
Natural yoghurt without sugar
Bread loaf

Kcal. 811 h.c. 48 lip. 47 p. 51

7

Ekó

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

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

8

KmO

Homemade green beans
Potato salad
Spanish potato omelette
Lettuce
Natural yoghurt without sugar
Bread loaf

Kcal. 553 h.c. 59 lip. 27 p. 18

2

Elbow pasta with tomato
Enidve with crumbs of tuna
Garlic fried chicken
Lettuce
Watermelon
Bread loaf

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

3

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

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

13

Holiday

14

Ekó



KmO

Organic broccoli cream soup
Mixed salad
Rice with vegetables, curcuma and chicken
Natural yoghurt without sugar
Bread loaf

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

15

Peas with potatoes
Lettuce and tomato
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
Pasta salad
Oven-baked hake fillet with vegetables
Plum
Bread loaf

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

17

Fish soup
Rice with tomato sauce
Ham croquettes
Lettuce
Apple
Bread loaf

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

20



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

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

21

Chickpeas with carrot sautéed garlic
Rice salad
Salmon marmitako
Banana
Bread loaf

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

22

Zucchini cream soup
Tropical salad
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
Elbow pasta with tomato
Spanish potato omelette
Lettuce and corn
Natural yoghurt without sugar
Bread loaf

Kcal. 583 h.c. 67 lip. 27 p. 19

24

Ekó

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

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

27



Cabbage with potatoes
Rice with tomato sauce
Lentils with leek and carrot
Nectarine
Bread loaf

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

28

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

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

29

KmO

Pumpkin cream soup
Spring salad
Fresh pork loin in piquillo-pepper sauce
Natural yoghurt without sugar
Bread loaf

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

30

White beans bilbaina style
Neapolitan noodles
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