



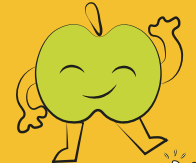
october  
2024

Ausolan.

monday	tuesday	wednesday	thursday	friday
	<b>1</b> Green beans with potatoes Meatballs in sauce Pear Bread loaf  Kcal. 513 h.c. 51 lip. 26 p. 21	<b>2</b> Lentils gardener style Codfish fillet orio style Lettuce Apple Bread loaf  Kcal. 520 h.c. 63 lip. 17 p. 32	<b>3</b> Peas with potatoes Chicken leg chilindron style Canarian banana Bread loaf  Kcal. 516 h.c. 67 lip. 16 p. 29	<b>4</b> Chicken soup with noodles Pork loin in vegetable sauce Lettuce Melon Bread loaf  Kcal. 538 h.c. 47 lip. 26 p. 29
<b>7</b> Green beans with potatoes Hamburger in sauce Natural yoghurt Bread loaf  Kcal. 530 h.c. 43 lip. 28 p. 29	<b>8</b> Pinta beans with vegetables Spanish potato omelette Lettuce Ecological apple of mendigorria Bread loaf  Kcal. 679 h.c. 92 lip. 25 p. 24	<b>9</b> Carrot cream soup Batter-coated hake fillet Lettuce and corn Canarian banana Bread loaf  Kcal. 550 h.c. 63 lip. 25 p. 21	<b>10</b> Panache of vegetables Macaroni with boiled egg Pear Bread loaf  Kcal. 668 h.c. 108 lip. 22 p. 17	<b>11</b> Chickpeas with organic whole oats Garlic fried chicken Lettuce Plum Bread loaf  Kcal. 596 h.c. 71 lip. 20 p. 36
<b>14</b> Homemade lentil soup Batter-coated dab fillet Pear Bread loaf  Kcal. 512 h.c. 61 lip. 17 p. 33	<b>15</b> Fish soup Veal steak in vegetable sauce Melon Bread loaf  Kcal. 475 h.c. 38 lip. 25 p. 28	<b>16</b> Organic broccoli cream soup Rice with vegetables, curcuma and chicken Natural yoghurt Bread loaf  Kcal. 508 h.c. 80 lip. 15 p. 19	<b>17</b> Noodles with tomato Codfish in sailor sauce Lettuce Canarian banana Bread loaf  Kcal. 766 h.c. 108 lip. 27 p. 30	<b>18</b> Vegetable stew Fresh pork loin in piquillo-pepper sauce Lettuce Apple Bread loaf  Kcal. 795 h.c. 59 lip. 48 p. 36
<b>21</b> Homemade green beans Macaroni with tomato Melon Bread loaf  Kcal. 616 h.c. 102 lip. 18 p. 17	<b>22</b> Rice with organic zucchini and red pepper Ajoarriero cod Natural yoghurt Bread loaf  Kcal. 748 h.c. 105 lip. 26 p. 30	<b>23</b> Pumpkin cream soup Russian steak mushrooms Lettuce Canarian banana Bread loaf  Kcal. 645 h.c. 62 lip. 35 p. 25	<b>24</b> Chickpeas with carrot sautéed garlic Roast chicken leg Lettuce Orange Bread loaf  Kcal. 666 h.c. 65 lip. 31 p. 35	<b>25</b> Peas with potatoes Spanish chicken leg omelette Lettuce Pear Bread loaf  Kcal. 595 h.c. 73 lip. 26 p. 17
<b>28</b> Cabbage with potatoes Cuban rice Natural yoghurt Bread loaf  Kcal. 738 h.c. 114 lip. 26 p. 20	<b>29</b> Zucchini cream soup Breaded chicken fillet with garlic Lettuce Canarian banana Bread loaf  Kcal. 590 h.c. 59 lip. 26 p. 33	<b>30</b> Elbow pasta with tomato Hake fillet in squid sauce Lettuce Tangerine Bread loaf  Kcal. 723 h.c. 99 lip. 27 p. 26	<b>31</b> Lentils with organic sweet potatoe Riverside stew Apple Bread loaf  Kcal. 781 h.c. 80 lip. 28 p. 57	



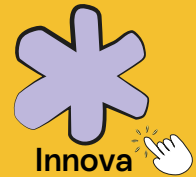
Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day