



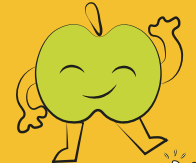
october  
2024

Ausolan.

monday	tuesday	wednesday	thursday	friday
	<b>1</b> Swiss chard with potatoes and fried garlic Meatballs in sauce Lettuce Pear Bread loaf Kcal. 567 h.c. 56 lip. 29 p. 22	<b>2</b> Mixed salad Lentils gardener style Apple Bread loaf Kcal. 478 h.c. 72 lip. 15 p. 18	<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 Spanish potato omelette Lettuce Ecological apple of mendigorria Bread loaf Kcal. 733 h.c. 93 lip. 30 p. 25	<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> Borage with sautéée Macaroni with boiled egg Pear Bread loaf Kcal. 667 h.c. 108 lip. 21 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 Tuna with tomato Pear Bread loaf Kcal. 530 h.c. 66 lip. 15 p. 37	<b>15</b> Fish soup Ham croquettes Ettuce centerpiece Melon Bread loaf Kcal. 671 h.c. 66 lip. 38 p. 17	<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 carbonara Melon Bread loaf Kcal. 652 h.c. 93 lip. 25 p. 21	<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> Swiss chard with sautee Spanish potato omelette Lettuce Pear Bread loaf Kcal. 558 h.c. 72 lip. 24 p. 14
<b>28</b> Borage with potatoes Cuban rice Natural yoghurt Bread loaf Kcal. 777 h.c. 112 lip. 31 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 sqid 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	



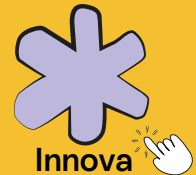
Educational project



Massana moving forward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day