



2026
october

Ausolan.

monday

tuesday

wednesday

thursday

friday



5



Sweet potatoe and carrot cream
Homemade potato and zucchini
omelette
Lettuce salad
Yoghurt
Bread loaf
Kcal. 541 h.c. 74 lip. 20 p. 19

6



Yang zhou rice
Roast chicken leg
Cucumber garnish
Tangerine
Integral bread

Kcal. 714 h.c. 99 lip. 26 p. 28

7



Purusalda
Vegetable snacks with tomato sauce
Banana of canarias
Bread loaf

Kcal. 645 h.c. 99 lip. 19 p. 24

1



Rice with organic zucchini and red
pepper
Hake fillet in green sauce with peas
Banana of canarias
Integral bread

Kcal. 615 h.c. 106 lip. 14 p. 22

2

Cauliflower cream soup
Pork loin with tomato sauce
Lettuce and corn salad
Apple
Bread loaf

Kcal. 601 h.c. 67 lip. 26 p. 28

8



Whole grain macaroni with tomato
sauce
Codfish fillet orio style with green
pepper
Pear
Integral bread

Kcal. 626 h.c. 93 lip. 18 p. 30

9

Garden vegetable stew
Riverside stew
Lettuce and carrot salad
Apple
Bread loaf

Kcal. 639 h.c. 62 lip. 28 p. 38

12

Holiday

13



Homemade green beans
Lentil soup with rice
Pear
Integral bread

Kcal. 574 h.c. 77 lip. 23 p. 19

14



Organic broccoli cream soup
Homemade potato and sweet
potatoe omelette
Fresh tomato
Natural yoghurt sugar free
Bread loaf

Kcal. 596 h.c. 61 lip. 31 p. 20

15



Stew soup with whole grain
ecological noodles
Veal steak in hunter sauce with
mushrooms
Tangerine
Integral bread

Kcal. 457 h.c. 47 lip. 19 p. 27

16



Stewed pinta beans with organic
carrot
Batter-coated dab fillet
Lettuce
Apple
Bread loaf

Kcal. 622 h.c. 72 lip. 22 p. 37

19

Fresh pasta with cheese and oregano
sauce
Tuna with tomato
Melon
Bread loaf

Kcal. 663 h.c. 80 lip. 24 p. 33

20



Panache of vegetables
Chickpeas by themselves
Banana of canarias
Integral bread

Kcal. 579 h.c. 88 lip. 18 p. 22

21



Whole rice with vegetables and
curcuma
Roast chicken leg with herbs
Lettuce salad
Apple
Bread loaf

Kcal. 706 h.c. 84 lip. 31 p. 27

22



Swiss chard with sautee
Homemade spanish potato omelette
Lettuce and corn salad
Yoghurt
Integral bread

Kcal. 543 h.c. 67 lip. 23 p. 21

23

Zucchini cream soup
Meatballs in mushroom sauce
Lettuce salad
Pear
Bread loaf

Kcal. 726 h.c. 66 lip. 42 p. 23

26



Cabbage with potatoes
Lentils with leek and carrot
Apple
Bread loaf

Kcal. 475 h.c. 78 lip. 11 p. 19

27



Pumpkin cream soup
Homemade cod and green pepper
omelette
Lettuce
Banana of canarias
Integral bread

Kcal. 479 h.c. 70 lip. 17 p. 17

28

Fresh spiral pasta with broccoli sauce
Pork loin in piquillo-pepper sauce
Lettuce and olives salad
Tangerine
Bread loaf

Kcal. 724 h.c. 78 lip. 32 p. 33

29



Whole rice with tomato sauce
Over-baked hake fillet with
vegetables
Natural yoghurt sugar free
Integral bread

Kcal. 623 h.c. 89 lip. 20 p. 27

30

Green beans with potatoes
Roast chicken leg
Lettuce and corn salad
Orange
Bread loaf

Kcal. 512 h.c. 44 lip. 27 p. 25



**Educational
project**



**Massana
moving forward**



**Nutritional
recommendations**



**Innova
recipes**



Iconography

**Side by side
every day**