

may
2024

Ausolan.



monday

tuesday

wednesday

thursday

friday



1

Not school

2

Cauliflower cream soup
Roasted pork loin
Pear
Bread loaf

Kcal. 253 h.c. 35 lip. 6 p. 17

3

Chicken soup with noodles
Batter-coated dab fillet
Lemon slice
Orange
Bread loaf

Kcal. 278 h.c. 31 lip. 10 p. 19

6

Zucchini cream soup
Homemade potato and pumpkin omelette
Lettuce salad
Apple
Bread loaf
Kcal. 382 h.c. 48 lip. 17 p. 13




7

Yang zhou rice
Chicken leg chilindron style
Lettuce salad
Pear
Bread loaf
Kcal. 540 h.c. 77 lip. 19 p. 19

8

Peas with potatoes
Codfish fillet orio style
Banana of canarias
Bread loaf
Kcal. 296 h.c. 37 lip. 9 p. 18

9

  
Garden vegetable stew
Whole grain macaroni with serrano ham
Natural yoghurt sugar free
Bread loaf
Kcal. 445 h.c. 70 lip. 12 p. 18

10

Lentils gardener style
Ajoarriero cod
Lettuce salad
Orange
Bread loaf
Kcal. 378 h.c. 50 lip. 11 p. 22

13



Leek with potatoes and carrots
Rice with vegetables, curcuma and chicken
Melon
Bread loaf
Kcal. 472 h.c. 85 lip. 12 p. 12

14



Organic carrot cream soup
Pork loin in vegetable sauce
Natural yoghurt sugar free
Bread loaf
Kcal. 415 h.c. 37 lip. 20 p. 22

15

Chickpeas with zucchini
Hake fillet in artichoke sauce
Lettuce salad
Apple
Bread loaf
Kcal. 380 h.c. 48 lip. 13 p. 20

16

Green beans with potatoes
Roast chicken leg with herbs
Lettuce salad
Banana of canarias
Bread loaf
Kcal. 294 h.c. 32 lip. 12 p. 16

17



Panache of vegetables
Stewed pinta beans with vegetables
Pear
Bread loaf
Kcal. 344 h.c. 55 lip. 9 p. 14

20

Lentils with sweet potatoe
Cod in green sauce
Lettuce salad
Orange
Bread loaf
Kcal. 388 h.c. 44 lip. 14 p. 24

21

Country food



22



Garden vegetable stew
Whole grain macaroni with boiled egg
Banana of canarias
Bread loaf
Kcal. 419 h.c. 75 lip. 9 p. 13

23

Zucchini cream soup
Batter-coated codfish fillet
Lettuce salad
Pear
Bread loaf
Kcal. 351 h.c. 37 lip. 16 p. 17

24

Chickpeas with carrot and sautéed garlic
Pork loin in plum sauce
Lettuce salad
Apple
Bread loaf
Kcal. 462 h.c. 50 lip. 20 p. 24

27

Pumpkin cream soup
Hamburguer 100% beef
Orange
Bread loaf
Kcal. 300 h.c. 32 lip. 13 p. 16

28



Purrusalda
Fish paella
Melon
Bread loaf
Kcal. 493 h.c. 87 lip. 12 p. 14

29

Pocha style white beans with peppers
Breaded chicken fillet with garlic
Lettuce salad
Pear
Bread loaf
Kcal. 416 h.c. 37 lip. 21 p. 21

30

Peas with potatoes
Oven-baked hake fillet with vegetables
Natural yoghurt sugar free
Bread loaf
Kcal. 364 h.c. 43 lip. 12 p. 24

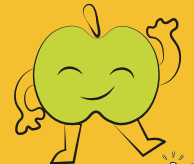
31



Homemade green beans
Fresh spiral pasta bolognese
Seedless watermelon
Bread loaf
Kcal. 349 h.c. 54 lip. 10 p. 12



Educational project



Massana moving forward



Nutritional recommendations



Iconography

Side by side every day