

2026 november

monday	tuesday	wednesday	thursday	friday
2 **Holiday**	**3** Eko Organic broccoli cream soup Lentils gardener style Apple Integral bread Kcal. 554 h.c. 81 lip. 19 p. 20	**4** KmO Whole rice with vegetables and curcuma Hake fillet in green sauce Lettuce Natural yoghurt sugar free Bread loaf Kcal. 622 h.c. 82 lip. 23 p. 27	**5** Swiss chard with potatoes and fried garlic Homemade spanish potato omelette Lettuce and olives salad Banana of canarias Integral bread Kcal. 540 h.c. 70 lip. 23 p. 17	**6** Eko Garden vegetable stew Chicken thigh in sauce with organic pumpkin Pear Bread loaf Kcal. 602 h.c. 53 lip. 33 p. 25
9 Eko Stew soup with whole grain ecological noodles Cod croquettes Lettuce and corn salad Orange Bread loaf Kcal. 561 h.c. 74 lip. 25 p. 13	**10** Carrot cream soup Homemade spanish potato omelette with chistorra Lettuce salad Banana of canarias Integral bread Kcal. 521 h.c. 70 lip. 21 p. 16	**11** Yang zhou rice Codfish fillet orio style with green pepper Tangerine Bread loaf Kcal. 645 h.c. 101 lip. 18 p. 27	**12** KmO Homemade green beans Chickpeas by themselves Natural yoghurt sugar free Integral bread Kcal. 555 h.c. 71 lip. 21 p. 24	**13** Cabbage with potatoes Pork loin with tomato sauce Lettuce and carrot salad Apple Bread loaf Kcal. 622 h.c. 61 lip. 31 p. 27
16 Eko KmO Purrusalda Lentils with organic sweet potatoe Natural yoghurt sugar free Bread loaf Kcal. 534 h.c. 93 lip. 9 p. 26	**17** Eko Whole rice with organic zucchini and red pepper Chicken fillet in sauce with carrot Pear Integral bread Kcal. 746 h.c. 91 lip. 29 p. 36	**18** Vegetable cream soup Homemade cod and green pepper omelette Lettuce salad Banana of canarias Bread loaf Kcal. 467 h.c. 66 lip. 16 p. 17	**19** Elbow pasta with tomato Batter-coated dab fillet Lettuce Orange Integral bread Kcal. 750 h.c. 96 lip. 29 p. 33	**20** Peas with potatoes Meatballs in sauce Lettuce and corn salad Apple Bread loaf Kcal. 752 h.c. 67 lip. 43 p. 27
23 Eko KmO Organic pumpkin cream soup Homemade spanish potato omelette Lettuce salad Natural yoghurt sugar free Bread loaf Kcal. 511 h.c. 60 lip. 23 p. 20	**24** Whole grain macaroni with ratatouille Hake fillet in fresh garlic sauce Lettuce and carrot salad Banana of canarias Integral bread Kcal. 752 h.c. 108 lip. 26 p. 28	**25** Borage with potatoes sealed with raw olive oil Vegetable snacks with tomato sauce Orange Bread loaf Kcal. 558 h.c. 69 lip. 23 p. 23	**26** Rice with tomato souce Oven-baked blue whiting Lettuce Pear Integral bread Kcal. 795 h.c. 104 lip. 31 p. 32	**27** Eko Pocha style white beans with organic green peppers Roast chicken leg with mushrooms and coriander Tangerine Bread loaf Kcal. 577 h.c. 67 lip. 20 p. 35
30 Whole rice with vegetables and curcuma Hake fillet in sqid sauce Lettuce Apple Bread loaf Kcal. 615 h.c. 89 lip. 22 p. 22				



Ausolan.



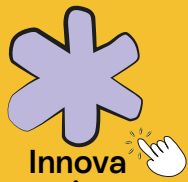
Educational project



Massana moving fordward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day