

2026 november

monday	tuesday	wednesday	thursday	friday
2 **Holiday**	**3** Fresh organic broccoli cream soup Lentils gardener style Local ecological apple Integral bread Kcal. 512 h.c. 71 lip. 19 p. 20	**4** Whole rice with vegetables and curcuma Hake fillet in green sauce Lettuce Natural yoghurt km0 Bread loaf Kcal. 614 h.c. 81 lip. 23 p. 26	**5** Fresh swiss chard with potatoes Homemade spanish potato omelette Lettuce and olives salad Banana of canarias Integral bread Kcal. 622 h.c. 73 lip. 30 p. 18	**6** Garden vegetable stew Stewed pinta beans with organic zucchini Pear Bread loaf Kcal. 528 h.c. 81 lip. 15 p. 22
9 Stew soup with whole grain ecological noodles Hamburger with tomato sauce Lettuce and corn Orange Bread loaf Kcal. 716 h.c. 60 lip. 44 p. 24	**10** Fresh organic carrot cream soup Homemade spanish potato omelette with chistorra Lettuce salad Banana of canarias Integral bread Kcal. 565 h.c. 63 lip. 30 p. 15	**11** Yang zhou rice Codfish fillet orio style with green pepper Tangerine Bread loaf Kcal. 645 h.c. 101 lip. 18 p. 27	**12** Fresh green beans with potatoes Organic simple chickpeas Natural yoghurt km0 Integral bread Kcal. 475 h.c. 70 lip. 13 p. 24	**13** Fresh organic cabbage with potatoes Pork loin with tomato sauce Lettuce and carrot salad Local ecological apple Bread loaf Kcal. 636 h.c. 64 lip. 32 p. 27
16 Purrusalda Organic lentils with sweet potatoe Natural yoghurt km0 Bread loaf Kcal. 628 h.c. 92 lip. 20 p. 25	**17** 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 Ecological orange Integral bread Kcal. 750 h.c. 96 lip. 29 p. 33	**20** Peas with potatoes Meatballs in sauce Lettuce and corn salad Local ecological apple Bread loaf Kcal. 752 h.c. 67 lip. 43 p. 27
23 Organic pumpkin cream soup Homemade spanish potato omelette Lettuce salad Natural yoghurt km0 Bread loaf Kcal. 503 h.c. 59 lip. 22 p. 19	**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** Fresh borage with potatoes Vegetable snacks with tomato sauce Ecological orange Bread loaf Kcal. 617 h.c. 72 lip. 28 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** Vegetable purée Pocha style white beans with organic green peppers Tangerine Bread loaf Kcal. 442 h.c. 81 lip. 6 p. 21
30 Whole rice with vegetables and curcuma Hake fillet in sqid sauce Lettuce Local ecological apple Bread loaf Kcal. 615 h.c. 89 lip. 22 p. 22				



Ausolan.



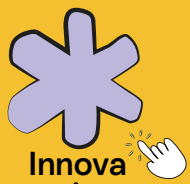
Educational project



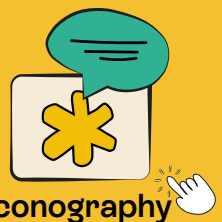
Massana moving fordward



Nutritional recommendations



Innova recipes



Iconography

Side by side every day