

# April 2024

happyfaceskinder  
we love what we do

MONDAY Free Meat	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Easter Break				
Pureed carrot soup Lentils stew with vegetables Dessert: Fruit Snack: Whole grain cookies With milk	Pureed broccoli soup Macaroni pasta with bolognese sauce. Dessert : Yoghurt Snack: Whole grain toast with guacamole	Pureed pumpkin soup Grilled salmon with steamed vegetables. Dessert: Fruit Snack: Turkey and cheese sandwich	Pureed corn soup Grilled chicken with mashed sweet potato and potato. Dessert: Yoghurt Snack: Whole grain toast with homemade jam	Pureed vegetable soup Chicken paella Dessert: Fruit Snack: Homemade Flap Jack ( oat, honey and dates )
Pureed green peas soup Gnocchi with spinach and basil pesto sauce Dessert: Fruit Snack: Whole grain cookies with milk	Pureed cauliflower soup Cotagge pie Dessert: Yoghurt Snack: Whole grain toast with homemade jam	Pureed asparagus soup Tuna fritters with rice Dessert: Fruit Snack: Boiled egg sandwich with homemade mayonnaise	Pureed beans soup Pasta with meatballs and homemade tomato sauce Dessert: Yoghurt Snack: Whole grain Toast with strawberry and cheese	Vegetables star pasta soup Chicken and seafood fideua Dessert: Fruit Snack: Banana bread
Pureed lentils soup Arrabbiata pasta with homemade tomato sauce Dessert: Fruit Snack: Whole grain cookies with milk	Pureed zucchini soup Chicken curry rice Dessert: Yoghurt Snack: Whole grain toast with Hummus	Pureed carrot soup Fish burgers with steamed broccoli and cauliflower Dessert: Fruit Snack: Cheese and tomato sandwich	Pureed vegetable soup omelette with vegetables And mixed salad Dessert: Yoghurt Snack: Whole grain toast with homemade jam	Pureed corn soup Pasta with vegan bolognese sauce Dessert: fruit Snack: .Vegan Brownie
Rice soup Chick peas Burgers with tomato and cheese salad. Dessert: Fruit Snack: Whole grain cookies with milk	Pureed pumpkin soup Grilled chicken with Couscous Dessert: Yoghurt Snack: Whole grain toast with tomato			



"Meat Free Monday" is an international initiative that encourages people to not eat meat on Mondays with the aim of improving our personal health as well as the planet's health. In Happy Faces we would like to join this initiative!

ALÉRGENOS



Egg  
Sulphurous acid  
Sesame seeds

FOOD ALLERGENS

Cereals  
Milk  
Lupines

Mustard  
Crustacean  
Molluscs

Fish  
Celery  
Nuts

Peanut  
Soy