


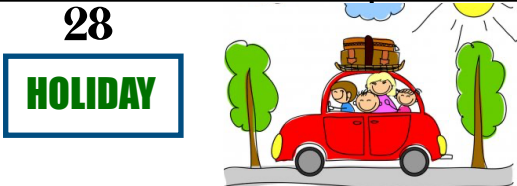



October 2021

happyfaceskinder

we love what we do

 MONDAY Meat Free	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Letter noodle soup 1 Seafood and vegetables Fideuá Fruit
Pumpkin pureed soup 4 Whole wheat macaroni pasta with vegan bolognese Fruit	Lentil pureed soup 5 Chicken nuggets with vegetable couscous Yogurt	Star noodle soup 6 Baked Sole fish with rice and homemade tomato sauce Fruit	Sweet corn pureed soup 7 Potato and sweet potato omelette with cucumber and tomato salad Yogurt	Leeks pureed soup 8 Tuna tarts with vegetables and potato Fruit
Broccoli pureed soup 11 Rice with omelette and homemade tomato sauce Fruit	 12	Kidney beans pureed soup 13 Baked fish with Russian salad Fruit	Vegetable noodle soup 14 Beef stew with rice and vegetables Yogurt	Cauliflower pureed soup 15 Spanish potato omelette With salad Fruit
zucchini pureed soup 18 Whole wheat macaroni with spinach and basil pesto Fruit	Letter noodle soup 19 Chicken curry rice Yogurt	Tomato pureed soup 20 Grilled Salmon with Russian salad Yogurt	Lentil pureed soup 21 Mediterranean macaroni salad with vegetables, cheese and olives Yogurt	Carrot pureed soup 22 Homemade tuna, egg and corn pizza Fruit
Pumpkin pureed soup 25 Spinach and potato gnocchis with homemade tomato soup Fruit	Beans pureed soup 26 Baked chicken with mashed potato and mushrooms Yogurt	 27	 28	 29



"Meat Free Monday" es una iniciativa internacional que motiva a las personas a no comer carne los lunes con el fin de mejorar su propia salud y la salud del planeta. ¡En Happy Faces hemos querido sumarnos a esta propuesta!

ALÉRGENOS



Huevo
Anhídrido sulfuroso
Semillas de sésamo

ALÉRGENOS ALIMENTARIOS

Cereales	Mostaza	Pescado	Cacahuets
Leche	Crustáceos	Apio	Soja
Altramuces	Moluscos	Nueces	