




DECEMBER 2022

happyfaceskinder

we love what we do

SUNDAY <i>Sin carne</i>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Pureed vegetable soup 1 Macaroni pasta with tuna and homemade tomato sauce - Yogurt	Purees pumpkin soup 2 Spanish potato omelette with mixed salad Fruit
Pureed leaks soup 5 Macaroni pasta with spinach and basil pesto sauce Fruit	6 Holiday	7 	8 Holiday	Pureed Lentils soup 9 Tuna tarts with avocado, cucumber and tomato salad Yogurt
Pureed green peas soup 12 Cuban style rice with homemade tomato sauce Fruit	Star pasta soup 13 Chicken curry rice Yogurt	Carrot pureed soup 14 Fish Burger with Russian salad - Fruit	Beans pureed soup 15 Beef stew with vegetables and potato Yogurt	Asparagus pureed soup 16 Grilled chicken with mashed sweet potato and potato - Yogurt
Zucchini pureed soup 19 Spinach and basil Gnocchis with homemade tomato sauce	Pureed vegetable soup 20 Tuna, Ham, egg and corn Homemade Panini tomato sauce. - Fruit	21 SÓLO PERSONAL	22 	31
JANUARY 2023		01	08 MERRY CHRISTMAS 	



"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