






January 2023

happyfaceskinder

we love what we do

 MONDAY Meatless	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<i>Pureed Vegetable soup</i> 9 <i>Macaroni pasta with Vegan Bolognese sauce</i> <i>Fruta</i>	<i>Pureed Zucchini soup</i> 10 <i>Grilled Chicken with mashed pumpkin and potato - Yogurt</i>	<i>Star pasta soup</i> 11 <i>Grilled Salmon with vegetable rice</i> <i>Fruit</i>	<i>Pureed Red Kidney soup</i> 12 <i>Fussili Pasta with Broccoli cauliflower, Ham and Carbonara sauce.</i> <i>Yogurt</i>	<i>Pureed Broccoli soup</i> 18 <i>Fish and seafood Fideuá</i> <i>Fruit</i>
<i>Pureed Carrot soup</i> 16 <i>Zucchini and onion</i> <i>Omelette with Salad</i> <i>Fruit</i>	<i>Vegetable Star pasta soup</i> 17 <i>Chicken Burger with Vegetable Couscous</i> <i>Yogurt</i>	<i>Pureed Leaks soup</i> 18 <i>Baked Fish with vegetable and potatoes</i> <i>Fruit</i>	<i>Pureed Lentil soup</i> 19 <i>Macaroni Pasta with Tuna and Homemade Tomato sauce</i> <i>Yogurt</i>	HOLIDAY 20 
<i>Pureed Green peas soup</i> 23 <i>Macaroni pasta With Spinach and Basil Pesto sauce</i> <i>Fruit</i>	<i>Vegetable noodle soup</i> 24 <i>Chicken Curry rice</i> <i>Yogurt</i>	<i>Pureed Corn soup</i> 25 <i>Fish Fritters with mixed Salad</i> <i>Fruit</i>	<i>Pureed Pumpkin soup</i> 26 <i>Beef Stew with rice</i> <i>Yogurt</i>	<i>Pureed Carrot soup</i> 27 <i>Tuna, Egg, Ham, Cheese and Homemade Tomato sauce</i> <i>Pizza</i> <i>Fruta</i>
<i>Pureed Brocoli soup</i> 30 <i>Potato and Spinach</i> <i>Gnocchis with</i> <i>Fruta</i>	<i>Pureed Cauliflower soup</i> 31 <i>Baked Chicken with mixed Salad and Burgos</i> <i>Cheese</i> <i>Yogurt</i>	 <p>"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!</p>		
ALÉRGENOS  <ul style="list-style-type: none"> Egg Sulphurous acid Sesame seeds 		FOOD ALLERGENS <ul style="list-style-type: none"> <li style="width: 25%;">Cereals <li style="width: 25%;">Milk <li style="width: 25%;">Lupines <li style="width: 25%;">Mustard <li style="width: 25%;">Crustacean <li style="width: 25%;">Molluscs <li style="width: 25%;">Fish <li style="width: 25%;">Celery <li style="width: 25%;">Nuts <li style="width: 25%;">Peanut <li style="width: 25%;">Soy 		