







# January 2024

 <b>MONDAY</b> Meatless day	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>										
														
<i>Pureed vegetable soup</i> <b>8</b> Spinach and potato Gnocchis y patata with homemade tomato sauce Fruit	<i>Star pasta soup</i> <b>9</b> Chicken curry rice Yogurt	<i>Pureed cauliflower soup</i> <b>10</b> Tuna fritters with Russian salad Fruit	<i>Pureed pumpkin soup</i> <b>11</b> Macaroni pasta With Bolognese sauce Yogurt	<i>Pureed beans soup</i> <b>12</b> Spanish omelette with mixed salad Fruit										
<i>Pureed broccoli soup</i> <b>15</b> Macaroni pasta with leeks, mushroom and pumpkin sauce Fruit	<i>Rice soup</i> <b>17</b> Baked chicken with vegetable Couscous Yogurt	<i>Pureed lentils soup</i> <b>18</b> Grilled salmon with chickpeas and carrot rice Fruit	<i>Letter pasta soup</i> <b>19</b> Beef burger with tomato salad Yogurt	<i>Pureed leeks soup</i> <b>20</b> Seafood and fish Fideuá Yogurt										
<i>Pureed corn soup</i> <b>22</b> Cuban style rice with omelette and homemade tomato sauce Fruit	<i>Pureed green peas soup</i> <b>24</b> Chicken burger and mixed salad with cheese Yogurt	<i>Star pasta soup</i> <b>25</b> Baked fish with potato and vegetables Fruit	<i>Pureed pumpkin soup</i> <b>26</b> Beef stew with rice and vegetables Yogurt	<i>Pureed carrot soup</i> <b>27</b> Tuna, corn, egg, ham, cheese and homemade tomato sauce Fruit										
<i>Pureed asparagus soup</i> <b>29</b> Fussili pasta with spinach, basil and cheese pesto sauce Fruit	<i>Pureed zucchini soup</i> <b>30</b> Turkey and cheese omelette with mixed salad Fruit	<i>Letter pasta soup</i> <b>31</b> Homemade chicken nuggets with mashed sweet potato and potato Yogurt	<div data-bbox="1339 1050 1406 1114" style="float: left; margin-right: 10px;">  </div> <div data-bbox="1429 1066 2078 1106" style="font-size: small;">             "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!           </div>											
<table border="0" style="width: 100%; font-size: x-small;"> <tr> <td style="width: 20%;"><b>ALÉRGENOS</b></td> <td style="width: 20%;"><b>ALÉRGENOS ALIMENTARIOS</b></td> <td style="width: 20%;"></td> <td style="width: 20%;"></td> <td style="width: 20%;"></td> </tr> <tr> <td>  </td> <td>           Huevo Anhidrido sulfuroso Semillas de sésamo         </td> <td>           Cereales Leche Altramuces         </td> <td>           Mostaza Crustáceos Moluscos         </td> <td>           Pescado Apio Nueces Cacahuets Soja         </td> </tr> </table>					<b>ALÉRGENOS</b>	<b>ALÉRGENOS ALIMENTARIOS</b>					Huevo Anhidrido sulfuroso Semillas de sésamo	Cereales Leche Altramuces	Mostaza Crustáceos Moluscos	Pescado Apio Nueces Cacahuets Soja
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