


# February 2023

happyfaceskinder

we love what we do

MONDAY Meat Free	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Pureed Vegetable Soup 1 Tuna Burger with Mixed Salad Fruit	Pureed green Peas soup 2 Macaroni pasta with Bolognese sauce Yogurt	Letter pasta Soup 3 Homemade potato Spanish omelette with avocado, cheese and tomato Salad Fruit
Pureed Leaks soup 6 Macaroni pasta with Pumpkin and cheese sauce Fruit	Star pasta Soup 7 Baked Chicken with mustard sauce and rice Yogurt	Pureed Pumpkin soup 8 Grilled Salmon with potatoes and Steamed vegetables Fruit	Pureed with beans soup 9 Beef Burger with Mixed Salad Yogurt	Pureed. Corn soup 10 Seafood and Fish Fideuá Fruit
Pureed Cauliflower soup 13 Cuban style rice with Omelette and homemade tomato sauce Fruit	Pureed leaks soup 14 Chicken curry rice Yogurt	Lentil soup 15 Baked fish with Provencal sauce, potato and steamed vegetables Fruit	Pureed broccoli soup 16 Macaroni pasta with Mushrooms, cauliflower and Carbonara sauce Yogurt	Pureed Zucchini soup 17 Onion and Zucchini Omelette with mixed salad Fruit
Pureed Pumpkin soup 20 Macaroni pasta with spinach, basil and cheese Pesto sauce albahaca Fruit	Vegetable noodle soup 21 Homemade Nuggets with Mashed pumpkin and potato Yogurt	Pureed Corn soup 22 Homemade Fish tarts with vegetable rice Fruit	Pureed Leaks soup 23 Beef stew and Vegetables Yogurt	Pureed Carrot soup 24 Ham, egg tuna, corn, cheese and tomato Pizza Fruit

27 **HOLIDAYS** 28

 "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	FOOD ALLERGENS			
	Egg	Cereals	Mustard	Fish
	Sulphurous acid	Milk	Crustacean	Celery
	Sesame seeds	Lupines	Molluscs	Nuts
				Peanut
				Soy

# March

1 **HOLIDAYS** 2 3