


November 2021

happyfaceskinder

we love what we do

MONDAY Meat less	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FESTIVO  1	Vegetable pureed soup 2 Cuban style rice with homemade tomato sauce Yogurt	Broccoli pureed soup 3 Baked fish with Russian salad Fruit	Zucchini pureed soup 4 Whole wheat macaroni with mushroom and broccoli carbonara sauce Yogurt	Letter pasta soup 5 Seafood fideúa Fruit
Asparagus pureed soup 8 Macaroni pasta with homemade tomato sauce Fruit	Leeks pureed soup 9 Chicken burger with salad and cheese Yogurt	Star pasta soup 10 Grilled salmon with potato and vegetables Fruit	Lentil pureed soup 11 Beef burger with Couscous and vegetables Yogurt	Pumpkin pureed soup 12 Homemade spanish potato omelette with avocado and tomato salad Fruit
Carrot pureed soup 15 Whole wheat Fussili pasta with basil and spinach pesto sauce Fruit	Rice soup 16 Grilled chicken with mashed sweet potato and potato Yogurt	Red kidney pureed 17 Fish burger with steamed vegetables and potato Fruit	Cauliflower pureed soup 18 Beef stew with vegetables and rice Yogurt	Green peas pureed soup 20 Tuna tarts with potato and vegetables Fruit
Broccoli pureed soup 22 Potato and spinach Gnocchis with homemade tomato sauce Fruit	Vegetable pureed soup 23 Chicken curry rice Yogurt	Letter pasta soup 24 Grilled salmon with Russian salad Fruit	Zucchini pureed soup 25 Mediterranea macaroni Yogurt	Carrot pureed soup 26 Tuna, corn, egg and ham pizza Fruit
Asparagus pureed soup 29 Macaroni pasta with pumpkin and cheese sauce Fruit	Letter pasta soup 30 Baked chicken with mustard sauce and rice Yogurt			



"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