

NOVEMBER 2022

SUNDAY Meat Less	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pureed Broccoli soup 7 Cuban Style rice with omelette and homemade tomato sauce Fruit	Rice soup 8 Baked chicken with vegetable cous cous Yogurt	Pureed green peas soup 9 Fish burger with potato salad Fruit	Pureed lentils soup 10 Mediterranean Macaroni pasta Yogurt	Star pasta soup 11 Homemade Spanish potato omelette with mixed salad fruit
Pureed pumpking soup 14 Fussili pasta with spinach, cheese and basil pesto sauce Fruit	Corn Soup 15 Chicken burger with mixed salad Yogurt	Pureed cauliflower soup 16 Baked fish with lemon sauce and potato Fruit	Pureed red Kidney soup 17 Tuna tarts with rice Yogurt	Pureed leaks soup 18 Seafood and fish Fideuá Fruit
Pureed green peas soup 21 Spinach and potato gnocchi with homemade tomato sauce Fruit	Pureed lentil soup 22 Chicken curry rice Yogurt	Vegetable noodle soup 23 Grilled Salmon with vegetables and potato Fruit	Pureed vegetable soup 24 Macaroni pasta with vegan bolognese sauce Yogurt	Pureed broccoli soup 25 Zucchini and onion omelette Fruit
Pureed white beans soup 28 macaroni pasta with pumpkin, leaks and cheese sauce Fruit	Star pasta soup 29 Baked chicken with mashed sweet potato and potato Yogurt	Pureed carrot soup 30 Tuna, jam, corn, egg and cheese Pizza with homemade tomato sauce Fruit		



"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	Mustard	Fish	Peanut
Milk	Crustacean	Celery	Soy
Lupines	Molluscs	Nuts	