


December 2020

SUNDAY Meatless	TUESDAY	WEDNESDAY	JUEVES	VIERNES
	Broccoli pureed soup 1 Chicken burger with mashed potato and pumpkin - Yogurt	Noodle soup 2 Fish with potato and vegetables Fruit	Pumpkin pureed soup 3 Macaroni with homemade carbonara sauce, ham, broccoli and mushrooms Yogurt	Leeks pureed soup 4 Spanish potato omelette with salad Fruit
HOLYDAY 7 	8	Vegetable soup 9 Cuban style rice with homemade tomato sauce Fruit	Zucchini pureed soup 10 Beef burger with salad Yogurt	Cauliflower pureed soup 11 Fish and seafood Fideuá Fruit
Green peas pureed soup 14 Fussili pasta with homemade spinach and basil pesto sauce Fruit	Chicken soup 15 Chicken curry rice Yogurt	Lentils pureed soup 16 Fish burger with mashed potato and sweet potato Fruit	Chicken noodle soup 17 Beef and vegetables stew with rice Yogurt	Carrot pureed soup 18 Ham, tuna, corn and egg homemade pizza Fruit

Christmas Holiday



"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