

# January 2021

happyfaceskinder

we love what we do

MONDAY <i>Meat free</i>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHRISTMAS BREAK</b> <sup>4</sup>	<b>CHRISTMAS BREAK</b> <sup>5</sup>	<b>CHRISTMAS BREAK</b> <sup>6</sup>	<b>CHRISTMAS BREAK</b> <sup>7</sup>	<b>8</b> <i>Vegetable soup Macaroni with homemade bolognese sauce Fruit</i>
<b>11</b> <i>Pureed zucchini soup Cuban style rice with homemade tomato sauce Fruit</i>	<b>12</b> <i>Pureed carrot soup Baked chicken with mashed potato and pumpkin Yogurt</i>	<b>13</b> <i>Star noodle soup Grille salmon with couscous Fruit</i>	<b>14</b> <i>Pureed lentil soup Macaroni with broccoli and cauliflower carbonara sauce Yogurt</i>	<b>15</b> <i>Chicken soup Spanish potato omelette with salad Fruit</i>
<b>18</b> <i>Pureed cauliflower soup Potato and spinach gnocchi with home made tomato sauce Fruit</i>	<b>19</b> <i>Chicken soup Baked chicken with potatoes and vegetables Yogurt</i>	<b>20</b> <b>PUBLIC HOLIDAY</b>	<b>21</b> <i>Vegetable soup Beef burger with salad Yogurt</i>	<b>22</b> <i>Pureed lentil soup Fish and seafood fideua Fruit</i>
<b>25</b> <i>Pureed leek soup Macaroni with broccoli and cauliflower carbonara sauce Fruit</i>	<b>26</b> <i>Star noodle soup Grilled chicken with mashed potato and sweet potato Yogurt</i>	<b>27</b> <i>Pureed beans soup Fish burger with rice Fruit</i>	<b>28</b> <i>Vegetable soup Beef stew with rice Yogurt</i>	<b>29</b> <i>Pureed carrot soup Homemade ham , corn, egg and tuna pizza Fruit</i>



"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