

May 2024

happyfaceskinder

we love what we do

MONDAY Meat Free	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Holiday	<p>1</p> <p>Pureed broccoli soup 2 Beef burgers with Russian salad Dessert: Yoghurt Snack: Wholemeal toast with homemade jam</p>	<p>3</p> <p>Pureed carrot soup Vegetables, ham, mozzarella and homemade tomato sauce pizza Dessert: Fruit Merienda: Homemade Flapjacks (oat, honey and dates)</p>
<p>6</p> <p>Corn and vegetables soup Chinese Fried rice with egg Dessert: Fruit Merienda: Wholemeal cookies with milk</p>	<p>7</p> <p>Pureed pumpkin soup Chicken curry rice Dessert: Yoghurt Snack: Wholemeal toast with homemade jam</p>	<p>8</p> <p>Pureed asparagus soup Hake sticks with mashed potato Dessert: Fruit Snack: Cheese and turkey sandwich</p>	<p>9</p> <p>Pureed vegetable soup Pasta with carbonara sauce Dessert: Yoghurt Snack: Wholemeal toast with tomato</p>	<p>10</p> <p>Pureed cauliflower soup Spanish potato omelette Dessert: Fruit Snack: Homemade banana bread</p>
<p>13</p> <p>Pureed beans soup Macaroni pasta with spinach and basil pesto sauce - Dessert: Fruit Snack: Wholemeal cookies with milk</p>	<p>14</p> <p>Pureed green peas soup Grilled chicken with vegetables Dessert: Yoghurt Snack: Wholemeal toast with homemade jam</p>	<p>15</p> <p>Star pasta soup Grilled salmon with potato salad. - Dessert: Fruit Snack: Tomato and cheese sandwich</p>	<p>16</p> <p>Pureed beans soup Beef Ragu with rice Dessert: Yoghurt Dessert: Wholemeal toast with hummus</p>	<p>17</p> <p>Tomato soup Ham omelette Tomato and cucumber salad Dessert: Fruit Snack: Vegan Brownie</p>
<p>20</p> <p>Vegetable Soup Rice with vegetables Dessert: Fruit Snack: Wholemeal cookies with milk</p>	<p>21</p> <p>Pureed carrot soup Mustard and honey chicken with roasted sweet potato and avocado salad Dessert: Yoghurt Merienda: Wholemeal toast with Hummus</p>	<p>22</p> <p>Pureed asparagus soup Macaroni pasta with tuna and homemade tomato sauce Dessert: Fruit Snack: Cheese and Tomato Sándwich</p>	<p>23</p> <p>Pureed Broccoli soup Cuban style rice with omelette Dessert: Yoghurt Snack: Wholemeal toast with homemade jam</p>	<p>24</p> <p>Pureed corn soup Chicken Fideuá Dessert: fruit Snack: Wholemeal cookies with milk</p>
<p>27</p> <p>Pureed carrot soup Lentil stew with vegetables Dessert: Fruit Snack: Wholemeal cookies with milk</p>	<p>28</p> <p>Pureed pumpkin soup Pasta with bolognese sauce Dessert: Yoghurt Snack: Wholemeal toast with tomato</p>	<p>29</p> <p>Pureed courgette soup Fish Burgers with rice Dessert: Fruit Snack: Tomato and cheese sandwich</p>	<p>30</p> <p>Lentils soup Macaroni pasta with sautéed vegetables Dessert: Yoghurt Snack: Wholemeal toast with homemade jam</p>	<p>31</p> <p>Pureed corn soup Chicken Nuggets with mashed potato Dessert: Yoghurt Snack: Mini Oat balls (Oat, cocoa coconut)</p>



"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