# JANUARY

| | Monday | Tuesday | Wednesday | Tuesday | Friday |
|---|---|---|---|---|---|
| Main Couse | 9<br>pumpkin soup<br>arepas with cheese | 10<br>stew<br>rice | 11<br>oven roasted fish filet<br>smashed potatoes<br>green peas with onion & ham | 12<br>chicken lasagna | 13<br>chickpeas<br>rice |
| Desert | seasonal fruit | seasonal fruit | seasonal fruit | seasonal fruit | seasonal fruit |
| Snack | cereal | breadsticks with cheese | mini bikinis | muffins | cookies |
| Main Couse | 16<br>quinoa with vegetables and cheese | 17<br>oven roasted chicken with potatoes | 18<br>fish sticks<br>rice<br>spinach with raisins | 19<br>minced veal with vegetables<br>corn polenta | 20<br>lentils<br>rice |
| Desert | seasonal fruit | seasonal fruit | seasonal fruit | seasonal fruit | seasonal fruit |
| Snack | yogurt | bread with jam & cheese | breadstick & turkey | petit Suisse | plumcake |
| Main Couse | 23<br>Spanish tortilla<br>Salad | 24<br>Chicken empanada | 25<br>rice with fish and vegetables | 26<br>meatballs<br>pasta | 27<br>white beans<br>Catalan sausage |
| Desert | seasonal fruit | seasonal fruit | seasonal fruit | seasonal fruit | seasonal fruit |
| Snack | toast with cream cheese | muffins | soft sweet bread | yogurt | rice crackers |
| Main Couse | 30<br>pasta with Bolognese sauce | 31<br>oven roasted chicken with potatoes | | | |
| Desert | seasonal fruit | seasonal fruit | | | |
| Snack | croissants | olives & cheese | | | |