

SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
main course		veal burgers green peas & potatoes	fish casserole rice	oven roasted chicken potatoes	lentils rice
dessert		seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack		yogurt	cereals	breadsticks with hummus	pop corn
	11	12	13	14	15
main course		stew rice	shirred chicken with vegetables cous cous with carrots	minced pork with vegetables polenta	tuna empanada
dessert		seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack		petit Suisse	corn crackers with chocolate	fruit	cookies & milk
	18	19	20	21	22
main course	Tortilla Salad	chicken lasagna	fish rice	pork tenderloin potatoes & green beans	chili con carne rice
dessert	seasonal fruit	seasonal fruit		seasonal fruit	seasonal fruit
snack	mini bikinis	yogurt	soft bread	olives & crackers	plumcake
	25	26	27	28	29
main course	pasta with tomato and vegetable sauce	rice with chicken and vegetables	fideua	meat balls smashed potatoes	chickpeas rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	breadsticks with chocolate	petit Suisse	muffins	toast with cream cheese	turkey ham & crackers