

JANUARY

	Monday	Tuesday	Wednesday	Tuesday	Friday
Main Course	8 pumpkin soup arepas with cheese	9 stew rice	10 oven roasted fish filet smashed potatoes green peas with onion & ham	11 chicken lasagna	12 chickpeas rice
Desert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
Snack	cereal	breadsticks with cheese	mini bikinis	muffins	cookies
Main Course	15 quinoa with vegetables and cheese	16 oven roasted chicken with potatoes	17 fish sticks rice spinach with raisins	18 minced veal with vegetables corn polenta	19 lentils rice
Desert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
Snack	yogurt	bread with jam & cheese	breadstick & turkey	petit Suisse	plumcake
Main Course	22 Spanish tortilla Salad	23 Chicken empanada	24 rice with fish and vegetables	25 meatballs pasta	26 white beans 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 Course	29 pasta with bolognese sauce	30 shrirred chicken poteoes with green beans	31 fideua		
Desert	seasonal fruit	seasonal fruit	seasonal fruit		
Snack	croissants	olives & cheese	cereals		