

MAY

	lunes	martes	miércoles	jueves	viernes
	30	1	2	3	4
plato principal		LABOR DAY	oven fish filet	minced veal with vegetables	white beans
postre			ratatouille	corn balls	rice
merienda tarde			seasonal fruit	seasonal fruit	seasonal fruit
			bikinis	cheery tomatoes & cheese	crackers & olives
	7	8	9	10	11
plato principal	vegetable quiche sausages	rice with chicken	pasta with tuna sauce	veal burgers green beans & potatoes	lentils rice
postre	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
merienda tarde	breadsticks with ham	plumcake	cereals	Petit Suisse	popcorns
	14	15	16	17	18
plato principal	pumpkin sup arepas with cheese	shirred chicken with vegetables cous cous with carrots	fish rice	quinoa with vegetables and cheese	chili con carne rice
postre	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
merienda tarde	breadsticks & hummus	cereales	toast with cream cheese	breadsticks & chocolate	plumcake
	21	22	23	24	25
plato principal	PENTECOSTES	oven roasted chicken potatoes	fish casserole rice	lasagna	chickpeas rice
postre		fruta de temporada	seasonal fruit	seasonal fruit	seasonal fruit
merienda tarde		olives & cheese	cereals	yogurt	rice crackers
	28	29	30	31	
plato principal	pasta with tomato sauce and vegetables	stew rice	fish sticks smashed potatoes green peas	pork tenderloin sweet onios polenta	
postre	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	
merienda tarde	muffins	pretzel & cheese	chocolate cookies	yogurt	