



OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday

	1	2	3	4	5
main course	pasta with carbonara sauce	turkey stew with vegetables cauliflower & rice	fish sticks rice green peas sauté	minced veal with vegetables corn ball	beans mix rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	cereals	yogurt	turkey sandwich	cherry tomatoes & cheese	popcorn
	8	9	10	11	HOLIDAY LA HISPANIDAD
main course	Veggie quiche sausages	rice with chicken and vegetables	pasta with tuna and vegetables	lentils rice	
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	
afternoon snack	breadsticks with ham	muffins	cereals	chocolate cookies	
	15	16	17	18	19
main course	veggie soup "arepas" with cheese	oven roasted chicken potatoes, sweet potatoes & pumpkins	rice with fish and vegetables	lasagna	chickpeas rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	plumcake	yogurt	toast with cream cheese	fruit	croissants
	21	23	24	25	26
main course	Tortilla Salad	shirred chicken with vegetables cous cous with carrot	fish casserole rice	veal burgers cherry tomatoes baked potatoes	withe beans soup rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	ham & cheese sand	olives & cheese	cereals	rice crackers with dark chocolate	yogurt
	29	30	31		
main course	pumpkin soup spinach omelets bread	HALLOWEEN pasta with broccoli and ham	oven baked fish filet steam vegetables		
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit		
afternoon snack	breadsticks with hummus	fruit	yogurt		