

NOVEMBER

Monday

Tuesday

Wednesday

Thursday

Friday



1	2
All Saint Day	STAFF DAY

	5	6	7	8	9
main course	quinoa with vegetable and cheese	chicken lasagna	tuna empanada	pork tenderloin green beans & potatoes	chickpeas rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	olives & cheese	yogurt	mini sandwich's	guacamole & breadsticks	cookies
	12	13	14	15	16
main course	pumpkin cream ham & spinach omelets	shirred chicken with vegetables cous cous with carrot	oven baked fish filet steam vegetables	pasta with broccoli and ham	mince veal black beans & rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	Pretzel & chocolate	Petit Suisse	breadsticks & hummus	muffins	crackers and olives
	19	20	21	22	23
main course	noodle soup "arepas" with cheese	meat ball in tomato sauce pasta	rice with fish and vegetables	stew rice	THANKSGIVING LUNCH
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	
afternoon snack	toast with cream cheese	muffins	breadsticks & ham	yogurt	
	26	27	28	29	30
main course	pasta with carbonara sauce	oven roasted chicken potatoes	fideua	minced veal with vegetable steam vegetables & rice	lentils rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	yogurt	croissant	cherry tomatoes, cheese & olives	ham sandwich	pop corns