

JANUARY

| | Monday | Tuesday | Wednesday | Tuesday | Friday |
|-------------|--|---|---|---|--------------------------------------|
| Main Course | 7 pumpkin soup arepas with cheese | 8 stew rice | 9 oven roasted fish filet smashed potatoes green peas with onion & ham | 10 chicken lasagna | 11 chickpeas rice |
| Desert | seasonal fruit | seasonal fruit | seasonal fruit | seasonal fruit | seasonal fruit |
| Snack | cereal | breadsticks with cheese | mini bikinis | muffins | cookies |
| Main Course | 14 quinoa with vegetables and cheese | 15 oven roasted chicken with potatoes | 16 fish sticks rice spinach with raisins | 17 minced veal with vegetables corn polenta | 18 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 | 21 Spanish tortilla Salad | 22 Chicken empanada | 23 rice with fish and vegetables | 24 meatballs pasta | 25 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 | 28 pasta with bolognese sauce | 29 shrirred chicken potatoes with green beans | 30 fideua | 31 quinoa with vegetables and cheese | |
| Desert | seasonal fruit | seasonal fruit | seasonal fruit | seasonal fruit | |
| Snack | croissants | olives & cheese | cereals | fruit | |