

## July

Monday

Tuesday

Wednesday

Thursday

Friday

main course	1 pasta salad with vegetables	2 veal stew with vegetables	3 fish sticks	4 shirred chicken with vegetables	5 lentils
dessert	rice	rice	potatoes & green beans	cous cous with carrot	rice
afternoon snack	Seasonal fruit plumcake	Seasonal fruit breadsticks with guacamole	Seasonal fruit cherry tomatoes & cheese	Seasonal fruit cereals	Seasonal fruit ice cream
main course	8 veggie soup "arepas" with cheese	9 pasta with Bolognese sauce	10 tuna empanada	11 quinoa with vegetables & cheese	12 white beans rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	rice crackers with ham	yogurt	muffins	breadsticks with hummus	pop corns
main course	15 Tortilla Salad	16 pork medallions with ham vegetable mix sauté	17 fideua	18 lasagna	19 beans mix rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	breadsticks with turkey	Petit Suisse	olives & crackers	plumcake	corn crackers with dark chocolate
main course	21 pasta with broccoli & ham	23 vegetable risotto	24 fish filet in green sauce polenta	25 chicken & vegetable wok with rice noodles	26 hamburgers potatoes
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	milk & cookies	yogurt	toast with cream cheese	cereals	ice cream