

SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday
main course	2	3	4	5	6
dessert		Tortilla turkey sausages seasonal fruit	fideua seasonal fruit	pan friend chicken breast rice with vegetables seasonal fruit	chickpeas rice seasonal fruit
afternoon snack		breadsticks with hummus	yogurt	olives, tomatoes & crackers	whole wheat cookies & milk
main course	9	10	11	12	13
dessert	vegetable cream arepas with cheese seasonal fruit	pasta with Bolognese sauce seasonal fruit	DIADA	turkey stew rice seasonal fruit	white beans Calatan sausages seasonal fruit
afternoon snack	rice crackers & ham	fruit		Petit Suisse	muffins
main course	16	17	18	19	20
dessert	quinoa with vegetables and cheese seasonal fruit	homemade burgers green beans with potatoes seasonal fruit	fish casserole rice seasonal fruit	pork tenderloin cous cous with carrot seasonal fruit	bean soup rice seasonal fruit
afternoon snack	corn crackers with dark chocolate	olives and cheese	plumcake	yogurt	fruit ice cream
main course	23	24	25	26	27
dessert	veggie tortilla salad and whole bread seasonal fruit	LA MERCE	oven cooked fish filet rice seasonal fruit	meatballs with vegetables pasta seasonal fruit	lentils rice seasonal fruit
afternoon snack	whole wheat breadsticks with guacamole		whole wheat bread toast with cream cheese	yogurt	pop corn
main course	30				
dessert	chicken noodles seasonal fruit				
afternoon snack	cereals				