

# July

Monday

Tuesday

Wednesday

Thursday

Friday

main dish	29	pasta salad with vegetables	30	veal stew with vegetables	1	fish sticks	2	shirred chicken with vegetables	3	lentils
				rice		potatoes & green beans		cous cous with carrot		rice
	dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	croissants	yogurt	cherry tomatoes, cheese & crackers	cereals	ice cream					
main dish	6	zucchini soup	7	oven roasted chicken with potatoes	8	fideua	9	quinoa with vegetables & cheese	10	white beans
		"arepas" with cheese								rice
	dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	rice crackers and cheese	yogurt	vanilla biscuits	breadsticks with hummus	pop corns					
main dish	13	Tortilla	14	turkey stew	15	tuna empanada	16	lasagna	17	beans mix
		Salad		rice						rice
	dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	breadsticks with turkey ham	yogurt	olives & crackers	plumcake	corn crackers with dark chocolate					
main dish	27	pumpkin soup	28	chicken, vegetable rice	29	fish filet in green sauce	30	veal & veggie fajitas	31	pasta with cheese sauce
		spinach omelet				polenta				
	dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	cookies & milk	yogurt	toast with cream cheese	cereals	ice cream					