

## SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday
31					
main course			fish sticks potatoes puree green peas sauté seasonal fruit	meatballs with vegetables  pasta seasonal fruit	chickpeas  rice seasonal fruit
dessert					
afternoon snack			yogurt	olive, cherry tomatoes & crackers	ice cream
7					
main course	vegetable cream arepas with cheese seasonal fruit	oven roasted chicken  potatoes seasonal fruit	fideua  seasonal fruit	turkey stew  rice seasonal fruit	<b>DIADA</b>
dessert					
afternoon snack	rice crackers & turkey	croissants	yogurt	cereals with milk	
14					
main course	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	peas mix rice seasonal fruit
dessert					
afternoon snack	corn crackers with dark chocolate	olives & cheese	yogurt	muffins	popsicles
21					
main course	Tortilla  turkey sausages seasonal fruit	lasagna	fish casserole  rice seasonal fruit	<b>LA MERCE</b>	lentils  rice seasonal fruit
dessert		seasonal fruit			
afternoon snack	whole wheat breadsticks with guacamole	whole wheat cookies with milk	yogurt		pop corn
28					
main course	pasta with cheese sauce  seasonal fruit	minced veal with vegetables rice seasonal fruit	tuna empanada  seasonal fruit		
dessert					
afternoon snack	plum cake	whole wheat bread toast with cream cheese	yogurt		