

OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday

Main course

Dessert

Snack

Main course

Dessert

Snack

Main course

Dessert

Snack

Main course


Dessert

Snack

Main course

Dessert

Snack

			1	2
			oven roasted chicken potatoes	chili with veal rice
			Seasonal fruit	Seasonal fruit
			corn crackers with dark chocolate	plumcake
5	6	7	8	9
chicken soup arepas with cheese	quinoa with vegetables and cheese	fish casserole potatoes & green beans	pasta with Bolognese sauce	white beans pork sausage
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
plumcake	pita bread with hummus	yogurt	cereals with milk	whole wheat breadsticks with guacamole
12	13	14	15	16
LA HISPANIDAD NO SCHOOL	chicken lasagna	fish filet with green sauce steam vegetables	meat balls polenta and broccoli	lentils rice
	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	crackers with turkey	yogurt	corn baked sticks	chocolate cookies
19	20	21	22	23
veggie tortilla salad	stew potatoes	fideua	shirred chicken with vegetables cous cous	white bean soup rice
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
"milk bread"	olives, cheese and crackers	yogurt	muffins	pop corns
26	27	28	29	30
pumpkin soup ham & spinach omelets	pork tenderloin smashed potatoes & green peas sauté	rice fish	HALLOWEEN minced veal with vegetables polenta	chick peas rice
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
croissants	fruit	yogurt	toast with cheese and jam	cookies