

NOVEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
main dished	2 vegetable quiche poultry sausages	3 quinoa with vegetables & cheese	4 tuna empanada	5 veal burgers potatoes	6 bean mix rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	plumcake	jam rolls	yogurt	breadsticks with cream cheese	vanilla ice cream
main dished	9 pumpkin cream jam & spinach omelets	10 shirred chicken with vegetables cous cous with carrots	11 fish casserole steam vegetables	12 corn balls minced veal with vegetables	13 lentils rice with vegetables
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	rice crackers	cereals with milk	yogurt	breadsticks with sugarcane	cookies & milk
main dished	16 pasta with carbonara sauce	17 oven roasted chicken with potatoes green peas sauté	18 fish rice	19 oven cook veal tenderloin ratatouille	20 chick peas rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	olives & crackers	plumcake	yogurt	Pita bread & hummus	popcorns
main dished	23 chicken noodles arepas with cheese	24 veal & vegetable fajitas	25 fish sticks rice cauliflower au gratin	26 thanksgiving turkey smashed potatoes green asparagus sauté	27 STAFF DAY
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	
snack	corn sticks	cereal & milk	yogurt	brownies with pecans	
main dished	30 pasta with ham & broccoli				
dessert	seasonal fruit				
snack	croissants				

