

## JANUARY

Monday

Tuesday

Wednesday

Tuesday

Friday

Main Course

Desert

Snack

Main Course

Desert

Snack

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Desert

Snack

Main Course

Desert

Snack

			7 pasta with tomato sauce & cheese	8 chili con carne rice
			Seasonal fruit	Seasonal fruit
			yogurt	pop corns
11 quinoa with vegetables and cheese	12 chicken and vegetables wok	13 fideua	14 veal burgers oven roasted potatoes	15 lentils rice
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
cereals with milk	plumcake	yogurt	rice crackers	bread with cream cheese
18 pumpkin soup corn bread with turkey	19 oven roasted chicken potatoes	20 fish sticks spinach with raisins and nuts	21 minced veal with vegetables rice with vegetables	22 chick peas rice
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
muffins	breadsticks with guacamole	yogurt	olives & crackers	cookies & milk
25 Spanish tortilla tomato, corn and cheese salad	26 sausages green beans with potatoes	27 fish rice	28 veal lasagna	29 withe beans soup with rice
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
croissants	breadsticks with hummus	yogurt	plumcake	turkey rolls