

MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday
main dish	1 pasta with vegetable and cheese	2 chicken empanada	3 fish casserole rice	4 veal burgers potatoes	5 lentils rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	muffins	turkey rolls	yogurt	olives & crackers	sweet milk bread
main dish	8 pumpkin cream spinach omelets	9 pork meat balls in sauce rice with vegetables	10 fish, cauliflower & potatoes stew	11 veal lasagna	12 white beans soup rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	mini sandwiches	cereal	yogurt	pickles & crackers	pop corns
main dish	15 Spanish tortilla Salad: tomato, cheese & corn	16 veal and vegetable roll potatoes & green beans	17 fish sticks rice with vegetables	18 oven roasted chicken & potatoes green peas sauté	19 bean mix rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	breadsticks & cream cheese	pita bread & hummus	yogurt	cookies & milk	rice crackers with dark chocolate
main dish	22 vegetable cream arepas with cheese	23 shirred chicken cous cous with carrots	24 fish rice	25 vegetable pasta with broccoli	26 black beans & minced veal rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	breadsticks with turkey	cereals	yogurt	fuet & crackers	croissant
main dish	29 quinoa with vegetables	30 chicken and vegetable wok rice noodles	31 fideua		
dessert	seasonal fruit	seasonal fruit	seasonal fruit		
afternoon snack	cereals	muffins	yogurt		