

MAY

	Monday	Tuesday	Wednesday	Thursday	Friday
main dish	3 Veggie tortilla sausages	4 stew chicken green peas & rice	5 tuna empanada	6 veal stew with vegetables rice	7 with bean soup rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	muffins	breadsticks & cheese	yogurt	tomatoes, olives & crackers	cereals
main dish	10 noodle soup bread	9 chicken rice	10 fish casserole rice	11 veal meatballs green beans & potatoes	12 lentils rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	breadsticks with fuet	plumcake	yogurt	bread & cheese	chocolate cookies
main dish	17 pumpkin soup arepas with cheese	16 shirred chicken with vegetables cous cous with carrots	17 fish rice	18 quinoa with vegetables and cheese	19 chili con carne rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	cereals with milk	rice crackers yogurt flavor	yogurt	pita bread & humus	muffins
main dish	24 PENTECOSTÉS	23 roasted chicken & potatoes stew vegetables	24 fish filet in tomato sauce rice	25 lasagna	26 chickpeas rice
dessert		seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack		corn crackers with chocolate	yogurt	toast with cream cheese	pop corns
main dish	31 pasta with tomato sauce and vegetables				
dessert	seasonal fruit				
afternoon snack	breadsticks with guacamole				