

JULY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
main dish				1 quinoa with vegetables	2 lentils rice
dessert snack				seasonal fruit	seasonal fruit
				rice crackers with chocolate	olives and crackers
main dish	5 vegetable quiche poultry sausages	6 pulled pork with vegetables rice	7 pasta with tuna sauce	8 chicken & potatoes oven roasted green peas sauté	9 chickpeas rice
dessert snack	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
	cereals	toast with cream cheese	yogurt	breadsticks and ham	obleas with dulce de leche
main dish	12 vegetable soup spinach omelet	13 pasta with Bolognese sauce	14 fish a la crème cous cous	15 veal stew rice with vegetables	16 white beans rice
dessert snack	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
	bread with ham	plumcake	yogurt	cookies & milk	pop corn
main dish	19 veggie cream arepas with cheese	20 chicken and vegetable wok	21 fish sticks potatoes puree	22 meat balls in tomatoes' sauce rice	23 pasta, veggie, cheese and turkey salad
dessert snack	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
	cookies & milk	breadsticks & hummus	yogurt	cereals	ICE CREAM