

# OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday



Main course

Dessert  
Snack

Main course

Dessert  
Snack

Main course

Dessert  
Snack

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Dessert  
Snack

Main course

Dessert  
Snack

				1 white bean soup rice
				Seasonal fruit
				cookies & milk
4 cream of vegetables arepas with cheese	5 meat balls with veggie sauce rice	6 fish casserole rice with vegetables	7 quinoa with vegetables and cheese	8 white beans, rice pork sausage
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
plumcake	pita bread with hummus	yogurt	cereals with milk	whole wheat breadsticks with guacamole
11 noodle soup, chicken and vegetables	LA HISPANIDAD NO SCHOOL	13 fish filet with green sauce rice	14 pasta with vegetable sauce	15 chili con carne rice
Seasonal fruit		Seasonal fruit	Seasonal fruit	Seasonal fruit
crackers and turkey		yogurt	corn baked sticks	chocolate cookies
18 veggie tortilla salad	19 veal stew with vegetables rice	20 fideua	21 shirred chicken with vegetables cous cous	22 lentils rice
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
"milk bread"	olives, cheese and breadsticks	yogurt	rice crackers	pop corns
25 pumpkin soup ham & spinach omelets	26 pork tenderloin smashed potatoes & green peas sauté	27 rice fish	28 HALLOWEEN minced veal with vegetables pasta	29 chick peas rice
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
croissants	crackers & cheese	yogurt	toast with cheese and jam	cookies