

JANUARY

	Monday	Tuesday	Wednesday	Thursday	Friday
10		11	12	13	14
main dish	pasta with tomato sauce and cheese	veal stew rice	fideua	shirred chicken with vegetables cous cous with carrots	chickpeas rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	cereals & milk	breadsticks & cheese	yogurt	muffins	cookies
17		18	19	20	21
main dish	pumpkin cream arepas with cheese	oven roasted chicken and potatoes	fish sticks rice spinach, raisings & pinenuts	minced veal with vegetables corn polenta	lentils rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	toast with cream cheese	olives & cheese	yogurt	breadsticks and hummus	muffins
24		25	26	27	28
main dish	Tortilla salad	chicken empanada	rice with fish and vegetables	veal meat balls pasta	with beans sausages
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	ham & cheese sand	sweet bread	yogurt	cereals & milk	pop corns
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main dish	minestrone soup whole wheat bread				
dessert	seasonal fruit				
afternoon snack	croissants				