

MAY

	Monday	Tuesday	Wednesday	Thursday	Friday
2		3	4	6	7
main dish	pumpkin soup arepas with cheese	stew chicken green peas & rice	fideua	veal stew with vegetables polenta	with bean soup rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	muffins	breadsticks & cheese	yogurt	olives & crackers	cereals
9		10	11	12	13
main dish	minestrine bread	chicken rice	fish casserole rice	veal meatballs green beans & potatoes	lentils rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	breadsticks with fuet	plumcake	yogurt	bread & cheese	chocolate cookies
16		17	18	19	20
main dish	sausages with vegetal rice	shirred chicken with vegetables cous cous with carrots	fish rice	quinoa with vegetables and cheese	STAFF DAY
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	
afternoon snack	cereals with milk	rice crackers	yogurt	pita bread & humus	
23		24	25	26	27
main dish	pasta with tomato sauce and vegetables	roasted chicken & potatoes stew vegetables	fish filet in tomato sauce rice	lasagna	chickpeas rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	turkey & cheese wraps	corn crackers with chocolate	yogurt	toast with cream cheese	pop corns
30		31			
main dish	Veggie tortilla poultry sausages	chicken & veggie wok			
dessert	seasonal fruit	seasonal fruit			
afternoon snack	breadsticks with guacamole	sweet milk bread			