


NOVEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
main dished		1 HOLIDAY	2	3	4
			tuna empanada	pork stew with vegetables	pinto beans
				rice	rice
dessert snack			seasonal fruit	seasonal fruit	seasonal fruit
			yogurt	breadsticks with cream	flat bread & dulce de leche
main dished	7	8	9	10	11
	veggie cream arepas with cheese	oven roasted chicken with potatoes green peas sauté	fish filet in green sauce rice	veal burgers ratatouille	lentils rice with vegetables
	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
dessert snack	rice crackers	cereals with milk	yogurt	breadsticks with quacamole	ice cream
	14	15	16	17	18
main dished	Veggie Tortilla whole wheat bread	rice & chicken	fish casserole steam vegetables	lasagna	Catalan beans & sausages
	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
	olives & crackers	plumcake	yogurt	corn crackers	popcorns
main dished	21	22	23	24	25 THANKSGIVING LUNCH
	pasta with ham & broccoli	chicken & veggie Wok	fish sticks rice cauliflower au gratin	quinoa with vegetables & cheese	
	seasonal fruit	pork stew with	seasonal fruit	seasonal fruit	
dessert snack	corn sticks	cereal & milk	yogurt	plumcake	
	28	29	30		
Creamy chicken soup	poultry stew with vegetables rice	rive with fish and vegetables			
seasonal fruit	seasonal fruit	seasonal fruit			
dessert snack	breadsticks, fuet & cheese	croissants	yogurt		