

January

Monday

Tuesday

Wednesday

Thursday

Friday

	9	10	11	12	13
main dish	pasta with tomato sauce and cheese	veal stew rice	tuna empanada	chicken with mushroom sauce rice	with beans sausages rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	muffin	toast with cream cheese	yogurt	corn crackers	pop corns
	16	17	18	19	20
main dish	quinoa with vegetables	chicken and veggie wok	fideua	veal burgers oven baked potatoes	lentils
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	cereals & milk	muffins	yogurt	rice crackers	cookies & milk
	23	24	25	26	27
main dish	pumpkin cream arepas with ham	oven roasted chicken and potatoes	fish casserole rice with vegetables	minced veal with vegetables corn polenta	chickpeas rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	corn sticks	breadsticks with guacamole	yogurt	olives & crackers	chocolate cookies
	30	31			
main dish	Tortilla salad	lasagna			
dessert	seasonal fruit	seasonal fruit			
afternoon snack	croissants	cereal & milk			