



OCTOBER



Monday

Tuesday

Wednesday

Thursday

Friday

	2	3	4	5	6
main course	pasta with carbonara sauce	turkey stew green peas & rice	stew fish filet steam vegetables	minced veal with vegetables corn ball	ben's mix rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	cereals & milk	croissants	yogurt	cherry tomatoes & cheese sticks	natural fruit ice cream
	9	10	11	12	13
main course	Veggie quiche sausages	rice with chicken and vegetables	pasta with tuna & vegetables		chili con carne rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit		Seasonal fruit
afternoon snack	breadsticks with hummus	muffins	yogurt		pop corn
	16	17	18	19	20
main course	veggie soup "arepa"s with cheese	turkey burgers oven baked potatoes steam cauliflower	rice with fish and vegetables	lasagna	chickpeas rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	olive, crackers & turkey	sweat bread	yogurt	cream cheese in toast bread	rice crackers with dark chocolate
	23	24	25	26	27
main course	Spanish tortilla salad whole wheat bread	shirred chicken with vegetables buckwheat	fish casserole rice	HALLOWEEN  pasta with broccoli and ham	lentils rice
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	jam rolls	cookies & milk	yogurt	fruit	corn sticks
	30	31			
main course	noodle soup	pork sausages with vegetables in tomato sauce bulgur			
dessert	Seasonal fruit	Seasonal fruit			
afternoon snack	raisin, cheese and crackers	breadsticks with guacamole			