

## JANUARY

	Monday	Tuesday	Wednesday	Thursday	Friday
8		9	10	11	12
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 with humus	yogurt	muffins	cookies
15		16	17	18	19
main dish	pumpkin cream arepas with cheese	oven roasted chicken and potatoes	fish sticks rice spinach, raisins & 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 guacamole	muffins
22		23	24	25	26
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	raising, cheese and crackers	yogurt	cereals & milk	pop corns
29		30	31		
main dish	minestrone whole wheat bread	turkey stew rice with vegetables	fish casserole millet with vegetables		
dessert	seasonal fruit	seasonal fruit	seasonal fruit		
afternoon snack	croissants	fuet, cheese and pretzel	yogurt		