

MAY

Monday

Tuesday

Wednesday

Thursday

Friday

main dish

dessert
snack

main dish

dessert
snack

main dish

dessert
snack

main dish

dessert
snack

main dish

dessert
snack

		1	2	3
		LABOR DAY	roasted chicken & potatoes	with bean soup
			stew vegetables	rice
			seasonal fruit	seasonal fruit
			hummus with pita bread	corn sticks
6	7	8	9	10
omelets with spinach cauliflower au gratin whole wheat bread	burgers pasta green peas sauté	fish rice	chicken with mushroom sauce polenta	lentils rice
seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
cereal with milk	fruit	yogurt	breadsticks with guacamole	corn crackers with peanut butter
13	14	15	16	17
pasta with tomato sauce and vegetables	veal stew with vegetables rice with vegetables	pan fried hake smashed potatoes boiled broccoli	shirred chicken with vegetables millet with vegetables	STAFF DAY
seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	
chips with guacamole	fruit	yogurt	cereal with milk	
17	21	22	23	24
PENTECOSTÉS	pork sausages in tomato & veggie sauce potatoes and green beans	fish casserole rice	meatballs in veggie sauce pasta	chick peas rice
	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
	toast with guacamole	yogurt	fruit	bread rolls with turkey and cheese
27	28	29	30	31
minestra whole wheat bread	chicken with lemon sauce rice with vegetables	pasta with fish and vegetables	quinoa with vegetables and cheese	bean mix rice
seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
cereal with milk	fruit	yogurt	raisins and crackers	rice crackers with cheese