



OCTOBER

Monday

Tuesday

Wednesday

Thursday

	Monday	Tuesday	Wednesday	Thursday
main course		1 turkey stew arroz con vegetables	2 stew fish filet steam vegetables	3 minced veal with vegetables corn ball
dessert		Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack		bread with almond butter	yogurt	fruit
main course	7 Veggie quiche fresh cheese minced veal with vegetables	8 rice with chicken and vegetables	9 pasta with tuna & vegetables	10 pumpkin soup spinach omelets
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	bread with avocado	corn crackers with peanut butter	yogurt	fruit
main course	14 veggie soup "arepa" with cheese	15 shirred chicken with vegetables bulgur wheat stew cauliflower	16 rice with fish and vegetables	17 veggie lasagna
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	cereals & milk	corn sticks	yogurt	fruit
main course	21 Spanish tortilla salad whole wheat bread	22 shirred chicken with vegetables millet with vegetables	23 fish and vegetables casserole rice	24 pasta with broccoli
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	raisins, cheese and breadsticks	guacamole and corn chips	yogurt	fruit
main course	28 pasta with vegetables and cheese	29 poultry sausages with vegetables in tomato sauce cous cous	30 fideua	31. HALLOWEEN PARTY meatballs in vegetables sauce rice 
dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
afternoon snack	bread with almond butter	cereals with milk	yogurt	fruit

Friday

4	beans and vegetable mix rice
	Seasonal fruit
	bread with fresh cheese
11	chili con carne rice cherry tomatoes
	Seasonal fruit
	homemade banana bread
18	rice with fish and vegetables rice with vegetables
	Seasonal fruit
	pita bread and hummus
25	lentils rice with vegetables
	Seasonal fruit
	turkey bread rolls

