


SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	2	3	4 oven bake pan fileted buckwheat stewed broccoli	7 Spanish tortilla salad wholewheat bread	6 chili con carne and vegetables rice
dessert			seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack			natural yogurt	corn crackers with peanut butter	raisins, cheese & wholewheat breadsticks
Main dish	9 pasta with tomatoes sauce can cheese	10 veal stew with vegetables and rice	11 La Diada	12 oven roasted chicken & potatoes cherry tomatoes	13 chick peas with vegetables rice
dessert	seasonal fruit	seasonal fruit		seasonal fruit	seasonal fruit
afternoon snack	breadstick with hummus	cereals with milk		fruit	wholewheat cookies with milk
Main dish	16 pumpkin soup arepas with cheese	17 chicken in mushroom sauce millet	18 fish filet in green sauce smashed potatoes boiled carrots	19 meatball in tomato and vegetable sauce small pasta	20 white bean and vegetable soup rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	corn chips with guacamole	fruit	natural yogurt	bread and fresh cheese	home made muffins
Main dish	23 chicken and veggie wok with rice noodles	24  La Mercè	25 tuna and veggie empanada	26 minced veal with vegetables polenta	27 lentils with vegetables rice
dessert	seasonal fruit		seasonal fruit	seasonal fruit	seasonal fruit
afternoon snack	toast with almond cream		natural yogurt	fruit	flatbread rolls with turkey
Main dish	30 veggie burgers rice				
dessert	seasonal fruit				
afternoon snack	corn crackers with peanut butter				