

JANUARY

Monday

Tuesday

Wednesday

Thursday

Friday

main dish
dessert
afternoon snack
main dish
dessert
afternoon snack
main dish
dessert
afternoon snack
main dish
dessert
afternoon snack

			8	9	10
			fish sticks buckwheat with vegetables spinach, raisins & pinenuts	shirred chicken with vegetables cous cous with carrots	chickpeas rice
			seasonal fruit	seasonal fruit	seasonal fruit
			yogurt	fruit	bread with peanuts butter
13	14	15	16	17	
pumpkin cream arepas with cheese	oven roasted chicken and potatoes	fideua	pasta with cheese & vegetables	lentils rice	
seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	
corn crackers with fresh cheese	cereals & milk	yogurt	fruit	bread with nuts butter	
20	21	22	23	24	
Tortilla salad (tomatoes, cheese & corn)	veal meat balls in tomatoes sauce little pasta	tuna & vegetables empanada	quinoa with vegetables and cheese	with beans rice sausages	
seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	
wheat tortillas with turkey and cream cheese	oak cereals with milk	yogurt	fruit	bread with nuts butter	
27	28	29	30	31	
minestrone whole wheat bread	turkey stew with mushroom rice with vegetables	fish casserole millet with vegetables	mac &cheese stew vegetables	bean mix rice with vegetables	
seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	
oak & bananas pancakes	raisins, bread sticks & cheese	yogurt	fruit	bread with nuts butter	