

MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday
main dish	3 pumpkin cream arepas with cheese	4 turkey stew with mushroom rice con vegetables steamed broccoli	5 fideua	6 vegetable quiche sausages	7 minced veal black beans rice
	dessert seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	cereals with milk	fruit	yogurt	raisins, cheese and breadsticks	bread with peanut butter
main dish	10 minestrone bread	11 chicken with lemon sauce cauliflower gratin cous cous with carrots	12 rice a la marinera	13 quinoa with vegetables	14 Catalan sausages white beans rice
	dessert seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	banana & oats pancakes	fruit	yogurt	cereals with milk	bread with peanut butter
main dish	17 Tortilla bread Salad	18 rice with chicken and vegetables	19 pan seared fish filet smashed potatoes steamed carrots	20 lasagna	21 white beans soup rice
	dessert seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	cheese and turkey flatbread roll	fruit	yogurt	breadsticks with hummus	bread with peanut butter
main dish	24 veggie burgers rice	25 pork stew in vegetable sauce polenta	26 pork stew in vegetable sauce mushroom sauté rice with vegetables	27 pasta with meatballs in tomatoes sauce	28 chick peas rice
	dessert seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	corns chips with guacamole	fruit	yogurt	cereals with milk	bread with peanut butter