

OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday



main course

dessert

afternoon snack

1	pasta primavera	2	black beans & rice minced veal with vegetables
	Seasonal fruit		Seasonal fruit
	fruit		bread with nut spread
5	Veggie quiche fresh cheese whole wheat bread	6	rice with chicken and vegetables
	Seasonal fruit		Seasonal fruit
	banana and oks pancakes		cereals with milk
12	Dia de la Hispanidad	13	shirred chicken with vegetables bulgur wheat stew cauliflower
			Seasonal fruit
			cereals with milk
19	Spanish tortilla salad whole wheat bread	20	shirred chicken with vegetables millet with vegetables
	Seasonal fruit		Seasonal fruit
	chip with guacamole		cereals with milk
26	veggie lasagna	27	poultry sausages with vegetables in tomato sauce cous cous
	Seasonal fruit		Seasonal fruit
	turkey and cheese wraps		cereals with milk
7	pasta with tuna & vegetables	14	rice with fish and vegetables
	Seasonal fruit		Seasonal fruit
	yogurt		yogurt
8	pumpkin soup spinach omelets	15	veggie soup "arepa" with cheese
	Seasonal fruit		Seasonal fruit
	fruit		fruit
9	chili con carne rice cherry tomatoes	16	Chick peas rice with vegetables
	Seasonal fruit		Seasonal fruit
	bread with nut spread		bread with nut spread
21	fish and vegetables casserole rice	22	pasta with broccoli
	Seasonal fruit		Seasonal fruit
	yogurt		fruit
28	fideua	29	HALLOWEEN quinoa with vegetables
	Seasonal fruit		Seasonal fruit
	yogurt		fruit
		30	peas, vegetables, rice and veal ribs soup
			Seasonal fruit
			bread with nut spread

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