

# SEPTEMBER



|           | Monday                                | Tuesday                                          | Wednesday                               | Thursday                                   | Friday                       |
|-----------|---------------------------------------|--------------------------------------------------|-----------------------------------------|--------------------------------------------|------------------------------|
|           | 1                                     |                                                  | 2                                       | 3                                          | 4                            |
| main dish |                                       |                                                  | pan seared hake<br>rive with vegetables | minced veal with<br>vegetables0<br>polenta | lentils<br>rice              |
| dessert   |                                       |                                                  | Seasonal fruit                          | Seasonal fruit                             | Seasonal fruit               |
| snack     |                                       |                                                  | yogurt                                  | fruit                                      | bread with nut spread        |
|           | 7                                     | 8                                                | 9                                       | 10                                         | 11                           |
| main dish | Tortilla<br>wholewheat bread          | chicken with mushroom<br>bulgur with vegetables  | rice, fish and veggies                  | veal burgers<br>ratatouille                |                              |
| dessert   | Seasonal fruit                        | Seasonal fruit                                   | Seasonal fruit                          | Seasonal fruit                             |                              |
| snack     | corn crackers with hummus             | cereals with milk                                | yogurt                                  | fruit                                      |                              |
|           | 14                                    | 15                                               | 16                                      | 17                                         | 18                           |
| main dish | pasta with broccoli                   | turkey stew with vegetables<br>potatoes          | fish in green sauce<br>rice.            | lasagna                                    | chickpeas<br>rice            |
| dessert   | Seasonal fruit                        | Seasonal fruit                                   | Seasonal fruit                          | Seasonal fruit                             | Seasonal fruit               |
| snack     | breadsticks with guacamole            | cereals with milk                                | yogurt                                  | fruit                                      | bread with nut spread        |
|           | 21                                    | 22                                               | 23                                      | 24                                         | 25                           |
| main dish | vegetable cream<br>arepas with cheese | oven roasted chicken and<br>potatoes<br>broccoli | fish casserole<br>rice                  |                                            | white beans<br>pork sausages |
| dessert   | Seasonal fruit                        | Seasonal fruit                                   | Seasonal fruit                          |                                            | Seasonal fruit               |
| snack     | corn bake sticks                      | cereals with milk                                | yogurt                                  |                                            | bread with nut spread        |
|           | 28                                    | 29                                               | 30                                      |                                            |                              |
| main dish | quinoa with vegetables                | shirred chicken with<br>vegetables<br>cous cous  | tuna empanada                           |                                            |                              |
| dessert   | Seasonal fruit                        | Seasonal fruit                                   | Seasonal fruit                          |                                            |                              |
| snack     | cheese, raisins and                   | cereals with milk                                | yogurt                                  |                                            |                              |