

September

Monday	Tuesday	Wednesday	Thursday	Friday
		Whole-wheat Pomodoro macaroni Oven baked chicken and green salad Fresh fruit	Sautéed Green peas with ham Baked hake & roasted tomatoes Fresh fruit	Whole-wheat paella with chicken, lean meat and vegetables Spinach salad Fresh fruit
4	5	6	7	8
Brown rice wok with vegetables, chicken and soy sauce Gourmet salad Plain yogurt and fresh fruit topping	Vichyssoise Spanish omelet and salad Fresh fruit	TACO WEDNESDAY Lean meat, black beans, vegetables, brown rice and corn on a cob. Plain yogurt and fresh fruit topping	VEGETARIAN Organic white beans stewed with vegetables and brown rice Plain yogurts and fresh fruit topping	Whole-wheat spaghetti bolognaise Tuna en papillote with vegetables Fresh fruit topping
11	12	13	14	15
Home made beef burger & potato salad Fresh fruit	Sautéed green peas and hard-boiled egg Baked salmon and steamed potatoes Fresh fruit	VEGETARIAN Organic chickpeas stewed with veggies and brown rice Plain yogurt and dark chocolate shavings	Salmorejo with jamón and hard-boiled egg Grilled chicken and roasted potatoes	Whole-wheat pasta salad Baked haddock in green sauce Fresh fruit
18	19	20	21	22
Spinach salad with ricotta cheese Grilled hake and zucchini Plain yogurt & fresh fruit topping	Whole-wheat pasta Napolitano style Omelet with tuna & salad Fresh fruit salad	VEGETARIAN Organic pinto beans stewed with veggies and brown rice Plain yogurt and fresh fruit topping	Chicken noodle soup Grilled pork loin and caprese salad Fresh fruit salad	Leak & zucchini cream Home-made beef meatballs & poached potatoes Fresh fruit
25	26	27	28	29