

		MON 10 DEC	TUE 11 DEC	THURS 13 DEC	FRI 14 DEC
PICK	MEAT BASED PROTEIN	LOMITO SALTADO	TURKEY STEW	NEAPOLITAN MILANESE	ROAST CHICKEN
	MEATLESS PROTEIN	BAKED CHICKEN	GRILLED FISH	BAKED PORK	HOMEMADE PATTIES
	CARBS	MUSHROOMS AND SPINACH OMELET	CHICKPEA BURGER	QUINOA PIZZA MARGHERITA	SPINACH QUICHE
	VEGGIES	LENTILS STEW	ROASTED SWEET POTATOES	INTEGRAL RICE	FRENCH FRIES
	FRUIT	CARROTS AND BEANS SAUTÉED	ZUCCHINI AND CARROT SPIRALIZED NOODLES	AVOCADO SLICES WITH TURMERIC	PICO DE GALLO (WITHOUT CHILI)
	GRAPES	APPLE COMPOTE	PEAR	WATERMELON	