



January Almuerzo 2019

a vegetarian global Spanish menu
with culinary detours reflecting the Primavera community

January 1 - January 5 School closed for Holiday Break!

January 7-January 11:

Monday: Spinach Quesadilla, Guacamole, Rainbow Root Vegetables and Papaya

Tuesday: Jewelled Saffron Rice, Black Beans, Kale and Winter Fruit

Wednesday: Patatas Bravas with Chimichurri Sauce, Cheddar and Roasted Cauliflower and Broccoli

Thursday: Blue Corn Tortilla Nachos with Refried Beans, Crisp Lettuce, Tomato and Cheese

Friday: Vegan Risotto with Chimichurri Sauce and Roasted Vegetable

Cooking Class, Argentina, Wednesday, January 16

Chimichurri Sauce: a classic paste made from finely chopped parsley, garlic, olive oil and red wine vinegar. It complements everything it's paired with!

<https://www.signupgenius.com/go/30e0a45a4af28a5f85-lacocina>



January 14-18

Monday: Patatas Bravas, Fire Roasted Tomato Aioli, Manchego Cheese and Lightly Pickled Radishes

Tuesday: Lentil-Mushroom Pozole with Tortilla, Lime, Avocado and Sour Cream

Wednesday: Vegetable Pinchos with Baby Kale Pasta Salad Peas and Herbs

Thursday: Bean & Butternut Tortilla Wrap, Queso Fundido, Baby Greens and Winter Fruit

Friday: Corn Tortilla, Refried Beans, Avocado, Fire Roasted Corn Salsa and Microgreens

January 21 - January 25

Monday: No School! Martin Luther King Jr. Holiday!

Tuesday: 100th Day of School: Blue Corn Tortillas, Avocado, Refried Beans, Pineapple, Mint and Salsa

Wednesday: Sweet Potato Fries, Brussel Sprouts, Broccoli, Apple and Soft Cheese

Thursday: Spinach, Mushroom & Onion Quesadilla, Wisconsin Cheddar, Frisee Salad and Oranges

Friday: Exotic Root Vegetable Chips with Tropical Fruit, Kale & Apple Salad

January 28 - January 31

Monday: Vegetable Pinchos, Queso Fundido, Plantains and Cucumber Couscous

Tuesday: Carmelized Onion Quiche, Winter Fruits and Seasonal Vegetables

Wednesday: Crispy Potato Cakes, Avocado Swiss Chard Slaw, Tropical Fruit, Gouda Cheese