

LUNCH

Monday 15.11.2021

Soup	Pea
Meat	Turkey pasta with mushrooms au gratin in the oven
Fish	Fried flounder with Russian salad
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 16.11.2021

Soup	Beans and vegetables
Meat	Spaghetti and meatballs
Fish	Salmon in the oven with lemon, potatoes and green beans
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 17.11.2021

Soup	Fish
Meat	Stewed chicken with mushrooms and rice
Fish	Fish stew
Vegetarian	
Dessert	Fruit Sweet yogurt

Thursday 18.11.2021

Soup	Leek
Meat	Braised veal with white rice
Fish	Tuna with black-eyed peas
Vegetarian	
Dessert	Fruit Sweet yogurt

Friday 19.11.2021

Soup	Watercress
Meat	Breaded turkey steaks with spaghetti
Fish	Codfish "Gomes de Sá"
Vegetarian	
Dessert	Fruit Sweet yogurt

DINNER

Monday 15.11.2021

Tuesday 16.11.2021

Wednesday 17.11.2021

Thursday 18.11.2021

Friday 19.11.2021

LUNCH**Monday 22.11.2021**

Soup **Vegetable**

Meat **Roast pork with raisin rice**

Fish **Codfish in cream**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Tuesday 23.11.2021

Soup **Cabbage**

Meat **Veal with peas, potatoes and carrots**

Fish **Grilled fish with lemon, mint sauce and baked potatoes**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Wednesday 24.11.2021

Soup **Courgette and green beans**

Meat **Stewed chicken with spaghetti and peas**

Fish **Grilled swordfish with baked potatoes**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Thursday 25.11.2021

Soup **Spinach**

Meat **Saffron rice with mixed meats and vegetables**

Fish **Ling with onions and mashed potatoes**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Friday 26.11.2021

Soup **White bean soup with cabbage**

Meat **Spaghetti Bolognese**

Fish **Rice with squid**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

DINNER**Monday 22.11.2021****Tuesday 23.11.2021****Wednesday 24.11.2021****Thursday 25.11.2021****Friday 26.11.2021**

LUNCH**Monday 29.11.2021**

Soup **Vegetable**

Meat **Sliced veal with carrot rice**

Fish **Hake in the oven with mashed potatoes**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Tuesday 30.11.2021

Soup **Watercress with carrots**

Meat **Sliced veal with mashed potatoes**

Fish **Fish and seafood lasagne**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Wednesday 01.12.2021**Thursday 02.12.2021**

Soup **Chickpea with cabbage**

Meat **Baked chicken legs with oregano and spaghetti**

Fish **Forkbeard in tomato sauce with rice**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Friday 03.12.2021

Soup **Green bean**

Meat **Meatballs in tomato sauce with rice**

Fish **Hake cooked with egg potatoes and green beans**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

DINNER**Monday 29.11.2021****Tuesday 30.11.2021****Wednesday 01.12.2021****Thursday 02.12.2021****Friday 03.12.2021**

LUNCH

DINNER

Monday 06.12.2021

Soup **Courgette with green beans**

Meat **Stewed Pork**

Fish **Rice with fish**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Monday 06.12.2021

Tuesday 07.12.2021

Soup **Beans with cabbage**

Meat **Beef with rice and vegetables**

Fish **Baked salmon with potatoes and carrots**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Tuesday 07.12.2021

Wednesday 08.12.2021

Wednesday 08.12.2021

Thursday 09.12.2021

Soup **Spinach**

Meat **Stuffed ribs with rice and beans**

Fish **Fish fillets with corn bread, roasted potatoes and sautéed cabbage**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Thursday 09.12.2021

Friday 10.12.2021

Soup **Cabbage**

Meat **Spaghetti Bolognese**

Fish **Squid in tomato sauce with mashed potatoes**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Friday 10.12.2021