

LUNCH

Monday 10.01.2022

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

Tuesday 11.01.2022

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 12.01.2022

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

Thursday 13.02.2022

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

Friday 14.01.2022

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

DINNER

Monday 10.01.2022

Soup	Pea
Meat	Pork steaks with onion and vegetable rice
Fish	Grilled mackerel with potatoes and boiled carrots
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 11.01.2022

Soup	Beans and vegetables
Meat	Roasted turkey leg and potatoes
Fish	Cod lasagne with spinach
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 12.01.2022

Soup	Fish
Meat	Mixed grill with corn bread, rice and beans
Fish	Mediterranean hake with potatoes and vegetables
Vegetarian	
Dessert	Fruit Sweet yogurt

Thursday 13.01.2022

Soup	Leek
Meat	Chicken in the oven with lemon, spaghetti and sautéed green beans
Fish	Squid stew with mashed potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

Friday 14.01.2022

Soup	Watercress
Meat	Veal steaks with mushrooms and white rice
Fish	Flounder with roasted potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

LUNCH**Monday 17.01.2022**

Soup	Vegetable
Meat	Roast pork with raisin rice
Fish	Codfish in cream
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 18.01.2022

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 19.01.2022

Soup	Courgette and green beans
Meat	Stewed chicken with spaghetti and peas
Fish	Grilled swordfish with baked potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

Thursday 20.01.2022

Soup	Spinach
Meat	Saffron rice with mixed meats and vegetables
Fish	Ling with onions and mashed potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

Friday 21.01.2022

Soup	White bean soup with cabbage
Meat	Spaghetti Bolognese
Fish	Rice with squid
Vegetarian	
Dessert	Fruit Sweet yogurt

DINNER**Monday 17.01.2022**

Soup	Vegetable
Meat	Veal with pasta
Fish	Stewed squid with potatoes, carrots and peas
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 18.01.2022

Soup	Cabbage
Meat	Rice with pork, sausage and chicken
Fish	Perch with baked potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 19.01.2022

Soup	Courgette and green beans
Meat	Grilled pork chops and rice with vegetables
Fish	Fish pie
Vegetarian	
Dessert	Fruit Sweet yogurt

Thursday 20.01.2022

Soup	Spinach
Meat	Stewed chicken with onion, rosemary, lemon and boiled potatoes
Fish	Breaded fillets and rice with peas
Vegetarian	
Dessert	Fruit Sweet yogurt

Friday 21.01.2022

Soup	White bean soup with cabbage
Meat	Roast turkey with orange sauce and spaghetti
Fish	Forkbeard in the oven with potatoes and broccoli
Vegetarian	
Dessert	Fruit Sweet yogurt

LUNCH**Monday 24.01.2022**

Soup	Vegetable
Meat	Sliced veal with carrot rice
Fish	Hake in the oven with mashed potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 25.01.2022

Soup	Watercress with carrots
Meat	Sliced veal with mashed potatoes
Fish	Fish and seafood lasagne
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 26.01.2022

Soup	Fish
Meat	Turkey kebab and rice with peas
Fish	Fried flounder with black-eyed beans, salad or bread pudding
Vegetarian	
Dessert	Fruit Sweet yogurt

Thursday 27.01.2022

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 28.01.2022

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 24.01.2022**

Soup	Vegetable
Meat	Stewed pork leg with mashed potatoes
Fish	Fried marmots with black-eyed beans
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 25.01.2022

Soup	Watercress with carrots
Meat	Turkey stroganoff with fusilli
Fish	Stuffed squid with boiled potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 26.01.2022

Soup	Fish
Meat	Veal pie
Fish	Codfish with onion and eggs
Vegetarian	
Dessert	Fruit Sweet yogurt

Thursday 27.01.2022

Soup	Chickpea with cabbage
Meat	Pork steak with rice
Fish	Tuna with Russian salad
Vegetarian	
Dessert	Fruit Sweet yogurt

Friday 28.01.2022

Soup	Green bean
Meat	Chicken with chestnuts and saffron rice
Fish	Fish and spinach tortilla
Vegetarian	
Dessert	Fruit Sweet yogurt

LUNCH

Monday 31.01.2022

Soup	Courgette with green beans
Meat	Stewed Pork
Fish	Rice with fish
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 01.02.2022

Soup	Beans with cabbage
Meat	Beef with rice and vegetables
Fish	Baked salmon with potatoes and carrots
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 02.02.2022

Soup	Wild radish
Meat	Roast chicken with baked potatoes
Fish	Swordfish fried with rice and tomato or bread pudding
Vegetarian	
Dessert	Fruit Sweet yogurt

Thursday 03.02.2022

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

Friday 04.02.2022

Soup	Cabbage
Meat	Spaghetti Bolognese
Fish	Squid in tomato sauce with mashed potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

DINNER

Monday 31.01.2022

Soup	Courgette with green beans
Meat	Beef Lasagne
Fish	Fried ray with rice and tomato
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 01.02.2022

Soup	Beans with cabbage
Meat	Turkey leg with herbs and pasta
Fish	Cod with potatoes, chickpea and parsley
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 02.02.2022

Soup	Wild radish
Meat	Pork kebabs with spaghetti
Fish	Mixed fish stew
Vegetarian	
Dessert	Fruit Sweet yogurt

Thursday 03.02.2022

Soup	Spinach
Meat	Veal steaks with mustard, mushrooms and mashed potatoes
Fish	Gratin flounder and rice with peas
Vegetarian	
Dessert	Fruit Sweet yogurt

Friday 04.02.2022

Soup	Cabbage
Meat	Stewed chicken and rice with cabbage
Fish	Redfish in chickpea with cornbread
Vegetarian	
Dessert	Fruit Sweet yogurt