	Monday 30.05.2022		Monday 30.05.2022
oup	Pea	Soup	Pea
<b>1</b> eat	Pork steaks with onion and vegetable rice	Meat	Bean and meat stew
ish	Grilled mackerel with potatoes and boiled carrots	Fish	Fried flounder with Russian salad
egetarian	· · · · · · · · · · · · · · · · · · ·	Vegetarian	
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
	Tuesday 31.05.2022		Tuesday 31.052022
Soup	Beans and vegetables	Soup	Beans and vegetables
Meat	Roasted turkey leg and potatoes	Meat	Spaghetti and meatballs
ish	Cod lasagne with spinach	Fish	Salmon in the oven with lemon, potatoes, ar green beans
/egetarian		Vegetarian	
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
	Wednesday 01.06.2022		Wednesday 01.06.2022
Soup	Fish	Soup	Fish
Meat	Mixed grill with corn bread, rice and beans	Meat	Stewed chicken with mushrooms and rice
ish	Hake with potatoes and sautéed vegetables	Fish	Fish stew
/egetarian		Vegetarian	
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
	Thursday 02.06.2022		Thursday 02.06.2022
Soup	Leek	Soup	Leek
Meat	Chicken in the oven with lemon, spaghetti and sautéed green beans	Meat	Braised veal with white rice
Fish	Squid stew with mashed potatoes	Fish	Codfish "Gomes de Sá"
/egetarian		Vegetarian	
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
	Friday 03.06.2022		Friday 03.06.2022
Soup	Watercress	Soup	Watercress
Meat	Veal steaks with mushrooms and white rice	Meat	Spaghetti Bolognese
ish	Flounder with roasted potatoes	Fish	Tuna with black-eyed peas
Vegetarian		Vegetarian	
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt

_	Monday 06.06.2022		Monday 06.06.2022
Soup	Vegetable	Soup	Vegetable
Meat	Veal with pasta	Meat	Roast pork with raisin rice
ish	Stewed squid with potatoes, carrots and peas	Fish	Fish pasta
/egetarian		Vegetarian	
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
	Tuesday 07.06.2022		Tuesday 07.06.2022
Soup	Cabbage	Soup	Cabbage
Meat	Rice with pork, sausage, and chicken	Meat	Turkey pasta with gratin mushrooms
ish	Perch with baked potatoes	Fish	Grilled fish with lemon, mint sauce and bak potatoes
Vegetarian		Vegetarian	P
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
	Wednesday 08.06.2022		Wednesday 08.06.2022
Soup	Courgette and green beans	Soup	Courgette and green beans
Meat	Grilled pork chops and rice with vegetables	Meat	Stewed chicken with spaghetti and peas
Fish	Fish pie	Fish	Grilled swordfish with baked potatoes
Vegetarian		Vegetarian	
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
	Thursday 09.06.2022		Thursday 09.06.2022
Soup	Spinach	Soup	Spinach
Meat	Stewed chicken with onion, rosemary, lemon and boiled potatoes	Meat	Saffron rice with mixed meats and vegetab
Fish	Breaded fillets and rice with peas	Fish	Ling with onions and mashed potatoes
/egetarian		Vegetarian	
	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
Dessert			

Vegetarian  Dessert Fruit   Sweet   yogurt  Tuesday 14.06.2022  Soup Watercress with carrots  Meat Turkey stroganoff with fusilli  Fish Stuffed squid with boiled potatoes  Vegetarian  Dessert Fruit   Sweet   yogurt  Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  Soup Fish  Fruit   Sweet   yogurt  Wednesday 15.06.2022  Soup Fish  Meat Grilled pork steak with chili sauce with potatoes  Fish Tuna with Russian salad  Vegetarian		Monday 13.06.2022		Monday 13.06.2022
Stewed pork leg with mashed potatoes  Fried marmots with black-eyed beans  Gestarian  Sessert Fruit   Sweet   yogurt  Tuesday 14.06.2022  Soup Watercress with carrots  Meat Sliced veal with mashed potatoes  Fish Fish and seafood lasagne  Vegetarian  Vegetarian  Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  Wednesday 15.06.2022  Wednesday 15.06.2022  Tuesday 14.06.2022  Tuesday 14.06.2022  Tuesday 14.06.2022  Tuesday 14.06.2022  Fish Fish and seafood lasagne  Vegetarian  Vegetarian  Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  Tuesday 14.06.2022  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes  Fish Fried flounder with black-eyed beans, separation of the potatoes of	up	Vegetable	Soup	Vegetable
ressert Fruit   Sweet   yogurt Dessert Fruit   Sweet   yogurt Tuesday 14.06.2022  Tuesday 14.06.2022  Oup Watercress with carrots Soup Watercress with carrots  fleat Turkey stroganoff with fusilli Meat Sliced veal with mashed potatoes  ish Stuffed squid with boiled potatoes Fish Fish and seafood lasagne  egetarian Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  Oup Fish Soup Fish  fleat Veal pie Meat Grilled pork steak with chili sauce with potatoes  ish Tuna with Russian salad Fish Fried flounder with black-eyed beans, bread pudding  Vegetarian  Vegetarian  Vegetarian  Dessert Fruit   Sweet   yogurt  Fruit   Sweet   yogurt  Fish Fried flounder with black-eyed beans, bread pudding  Vegetarian  Dessert Fruit   Sweet   yogurt  Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt	1eat	Stewed pork leg with mashed potatoes	Meat	Meatballs in tomato sauce with rice
Tuesday 14.06.2022  OUP Watercress with carrots  Meat Turkey stroganoff with fusilli  Stuffed squid with boiled potatoes  Fish Fish and seafood lasagne  Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  OUP Fish  Meat Veal pie  Soup Watercress with carrots  Fish Fish and seafood lasagne  Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  Soup Fish  Meat Grilled pork steak with chili sauce with potatoes  Fish Tuna with Russian salad  Pessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   Yogurt  Fruit   Sweet   Yogurt  Dessert Fruit   Sweet   Yogurt  Fish Fish Tuna with Sweet   Yogurt  Dessert Fruit   Sweet   Yogurt  Dessert Fruit   Sweet   Yogurt  Dessert Fruit   Sweet   Yogurt	ish	Fried marmots with black-eyed beans	Fish	Hake cooked with egg potatoes and gree
Tuesday 14.06.2022  Soup Watercress with carrots  Meat Turkey stroganoff with fusilli  Fish Stuffed squid with boiled potatoes  Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  Soup Fish  Wednesday 15.06.2022  Soup Fish  Meat Grilled pork steak with chili sauce with potatoes  Fish Tuna with Russian salad  Vegetarian  Vegetarian  Vegetarian  Dessert Fruit   Sweet   yogurt  Fruit   Sweet   yogurt  Wednesday 15.06.2022  Soup Fish  Meat Grilled pork steak with chili sauce with potatoes  Fish Fried flounder with black-eyed beans, bread pudding  Vegetarian  Vegetarian  Dessert Fruit   Sweet   yogurt	/egetarian		Vegetarian	
Soup Watercress with carrots  Meat Turkey stroganoff with fusilli Fish Stuffed squid with boiled potatoes  Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  Soup Fish  Meat Veal pie Fish Tuna with Russian salad  Dessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt  Meat Vegetarian  Dessert Fruit   Sweet   yogurt  Meat Veal pie Fish Tuna with Russian salad  Dessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt  Meat Potatoes  Fish Fried flounder with black-eyed beans, so bread pudding  Vegetarian  Dessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
Meat Turkey stroganoff with fusilli Meat Sliced veal with mashed potatoes Fish Stuffed squid with boiled potatoes Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  Soup Fish Meat Veal pie Fish Tuna with Russian salad  Vegetarian  Dessert Fruit   Sweet   yogurt  Meat Grilled pork steak with chili sauce with potatoes Fish Fish Fried flounder with black-eyed beans, bread pudding  Vegetarian  Dessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt		Tuesday 14.06.2022		Tuesday 14.06.2022
Fish Stuffed squid with boiled potatoes  Fish Stuffed squid with boiled potatoes  Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  Soup Fish  Meat Veal pie  Fish Tuna with Russian salad  Vegetarian  Dessert Fruit   Sweet   yogurt  Wednesday 15.06.2022  Fish Meat Grilled pork steak with chili sauce with potatoes  Fish Fried flounder with black-eyed beans, store and pudding  Vegetarian  Dessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt	Soup	Watercress with carrots	Soup	Watercress with carrots
Vegetarian  Vegetarian  Vegetarian  Vegetarian  Vegetarian  Vegetarian  Vegetarian  Vegetarian  Vegetarian  Vedenesday 15.06.2022  Soup Fish  Meat Veal pie  Fish Tuna with Russian salad  Vegetarian  Dessert Fruit   Sweet   yogurt	Meat	Turkey stroganoff with fusilli	Meat	Sliced veal with mashed potatoes
Dessert Fruit   Sweet   yogurt Dessert Fruit   Sweet   yogurt Wednesday 15.06.2022  Soup Fish Soup Fish  Meat Grilled pork steak with chili sauce with potatoes Fish Tuna with Russian salad  Vegetarian Vegetarian  Dessert Fruit   Sweet   yogurt Dessert Fruit   Sweet   yogurt	Fish	Stuffed squid with boiled potatoes	Fish	Fish and seafood lasagne
Wednesday 15.06.2022  Soup Fish  Weat Veal pie Fish  Tuna with Russian salad  Vegetarian  Wednesday 15.06.2022  Soup Fish  Meat Grilled pork steak with chili sauce with potatoes  Fish Fried flounder with black-eyed beans, shread pudding  Vegetarian  Dessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt	Vegetarian		Vegetarian	
Fish  Weat Veal pie  Fish  Tuna with Russian salad  Vegetarian  Dessert  Fruit   Sweet   yogurt  Soup Fish  Meat Grilled pork steak with chili sauce with potatoes  Fish Fried flounder with black-eyed beans, so bread pudding  Vegetarian  Dessert  Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
Meat Veal pie  Meat Grilled pork steak with chili sauce with potatoes  Fish Tuna with Russian salad  Meat Grilled pork steak with chili sauce with potatoes  Fish Fried flounder with black-eyed beans, bread pudding  Vegetarian  Vegetarian  Dessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt		Wednesday 15.06.2022		Wednesday 15.06.2022
rish Tuna with Russian salad  Fish Fried flounder with black-eyed beans, bread pudding  Vegetarian  Vegetarian  Dessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt	Soup	Fish	Soup	Fish
Tuna with Russian salad  Fish Fried flounder with black-eyed beans, bread pudding  Vegetarian  Dessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt  Fish Fried flounder with black-eyed beans, bread pudding  Vegetarian	Meat	Veal pie	Meat	Grilled pork steak with chili sauce with
Vegetarian  Dessert Fruit   Sweet   yogurt  Dessert Fruit   Sweet   yogurt	Fish	Tuna with Russian salad	Fish	Fried flounder with black-eyed beans, s
	Vegetarian		Vegetarian	3. 544 P4440
Thursday 16.06.2022 Thursday 16.06.2022	Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
		Thursday 16.06.2022		Thursday 16.06.2022
		Friday 17.06.2022		Friday 17.06.2022
	•	Green bean		Green bean
Soup Green bean Soup Green bean	Meat	Chicken with chestnuts and saffron rice	Meat	Turkey kebab and rice with peas

Fish

Vegetarian

Dessert

Hake in the oven with mashed potatoes

Fruit | Sweet | yogurt

Fish

Vegetarian

Dessert

Fish and spinach tortilla

Fruit | Sweet | yogurt

	LUNCH		DINNER
	Monday 20.06.2022		Monday 20.06.2022
Soup	Beans with cabbage	Soup	Beans with cabbage
Meat	Beef Lasagne	Meat	Stewed Pork
Fish	Fried ray with rice and tomato	Fish	Rice with fish
Vegetarian		Vegetarian	
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
	Tuesday 21.06.2022		Tuesday 21.06.2022
Soup	Courgette with green beans	Soup	Courgette with green beans
Meat	Turkey leg with herbs and pasta	Meat	Beef with rice and vegetables
Fish	Cod with potatoes, chickpea and parsley	Fish	Baked salmon with potatoes and carrots
Vegetarian		Vegetarian	
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
6	Wednesday 22.06.2022	6	Wednesday 22.06.2022
Soup	Wild radish	Soup	Wild radish
Meat	Pork kebabs with spaghetti	Meat	Roast chicken with baked potatoes
Fish	Mixed fish stew	Fish	Swordfish fried with rice and tomato or bread pudding
Vegetarian		Vegetarian	
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
	Thursday 23.06.2022		Thursday 23.06.2022
Soup	Spinach	Soup	Spinach
Meat	Veal steaks with mustard, mushrooms and mashed potatoes	Meat	Rice with poultry
Fish	Gratin flounder and rice with peas	Fish	Fish fillets with corn bread, roasted potatoes and sautéed cabbage
Vegetarian		Vegetarian	Sauteeu cannage
Dessert	Fruit   Sweet   yogurt	Dessert	Fruit   Sweet   yogurt
Soup	Friday 24.06.2022	Sour	Friday 24.06.2022
Soup	Cabbage	Soup	Cabbage
Meat	Stewed chicken and rice with cabbage	Meat	Spaghetti Bolognese
Fish	Hake in the oven with bacon and baked potato	Fish	Squid in tomato sauce with mashed potatoes
Vegetarian		Vegetarian	

Fruit | Sweet | yogurt

Dessert

Fruit | Sweet | yogurt

Dessert