

LUNCH

Monday 19.09.2022

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

Tuesday 20.09.2022

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

Wednesday 21.09.2022

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

Thursday 22.09.2022

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

Friday 23.09.2022

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

DINNER

Monday 19.09.2022

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

Tuesday 20.09.2022

Soup	Beans and vegetables
Fish	Forkbeard "Gomes de Sá"
Meat	Spaghetti and meatballs
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 21.09.2022

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

Thursday 22.09.2022

Soup	Leek
Fish	Tuna with black-eyed peas
Meat	Entrecote in the oven with roasted potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

Friday 23.09.2022

Soup	Watercress
Fish	Grilled bass with potatoes and broccoli
Meat	Breaded turkey steaks with spaghetti
Vegetarian	
Dessert	Fruit Sweet yogurt

LUNCH

Monday 26.09.2022

Soup	Vegetable
Fish	Squid with baked potatoes and spinach
Meat	Beefsteak "Portuguesa" with rice
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 27.09.2022

Soup	Cabbage
Fish	Red fish in the oven with vegetables and roast potatoes
Meat	Rice with pork, sausage, and chicken
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 28.09.2022

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

Thursday 29.09.2022

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

Friday 30.09.2022

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

DINNER

Monday 26.09.2022

Soup	Vegetable
Fish	Fish fillets with corn bread and pea rice
Meat	Roast pork with roasted potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 27.09.2022

Soup	Cabbage
Fish	Bean and Squid Stew and rice
Meat	Veal with peas, potatoes, and carrots
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 28.09.2022

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

Thursday 29.09.2022

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

Friday 30.09.2022

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

LUNCH

Monday 03.10.2022

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

Tuesday 04.10.2022

Soup	Watercress with carrots
Fish	Ray rice
Meat	Turkey stroganoff with fusilli
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 05.10.2022

Thursday 06.10.2022

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

Friday 07.10.2022

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

DINNER

Monday 03.10.2022

Soup	Vegetable
Fish	Hake cooked with egg potatoes and green beans
Meat	Braised veal with carrot rice
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 04.10.2022

Soup	Watercress with carrots
Fish	Fish and seafood lasagne
Meat	Pork Steak "Portuguesa" with rice
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 05.10.2022

Thursday 06.10.2022

Soup	Chickpea with cabbage
Fish	Grilled mackerel with potatoes
Meat	Baked chicken legs with oregano and spaghetti
Vegetarian	
Dessert	Fruit Sweet yogurt

Friday 07.10.2022

Soup	Green bean
Fish	Hake in the oven with mashed potatoes
Meat	Meatballs in tomato sauce with spaghetti
Vegetarian	
Dessert	Fruit Sweet yogurt

LUNCH

Monday 10.10.2022

Soup	Beans with cabbage
Fish	Red fish with chickpeas and corn bread
Meat	Beef Lasagne
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 11.10.2022

Soup	Courgette with green beans
Fish	Pasta with fish
Meat	Turkey leg with herbs and pasta
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 12.10.2022

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

Thursday 13.10.2022

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

Friday 14.10.2022

Soup	Cabbage
Fish	Fried ray with rice and tomato
Meat	Chicken with white bean, cabbage e potatoes
Vegetarian	
Dessert	Fruit Sweet yogurt

DINNER

Monday 10.10.2022

Soup	Beans with cabbage
Fish	Rice with fish
Meat	Pork "Portuguese" style
Vegetarian	
Dessert	Fruit Sweet yogurt

Tuesday 11.10.2022

Soup	Courgette with green beans
Fish	Hake with potatoes
Meat	Beef with rice and vegetables
Vegetarian	
Dessert	Fruit Sweet yogurt

Wednesday 12.10.2022

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

Thursday 13.10.2022

Soup	Spinach
Fish	Fish fillets with corn bread, roasted potatoes and sautéed cabbage
Meat	Braised entrecote with rice and beans
Vegetarian	
Dessert	Fruit Sweet yogurt

Friday 14.10.2022

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