

## 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	
Tuesday 20.09.2022	
Wednesday 21.09.2022	
Thursday 22.09.2022	
Friday 23.09.2022	

## 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	

Tuesday 27.09.2022	

Wednesday 28.09.2022	

Thursday 29.09.2022	

Friday 30.09.2022	

## 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	

Tuesday 04.10.2022	

Wednesday 05.10.2022	

Thursday 06.10.2022	

Friday 07.10.2022	

## LUNCH

Monday 10.10.2022	
Soup	Beans with cabbage
Fish	Gratin flounder and rice with peas
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	Red fish with chickpeas and corn bread
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	

Tuesday 11.10.2022	

Wednesday 12.10.2022	

Thursday 13.10.2022	

Friday 14.10.2022	