

LUNCH

Monday 17.10.2022

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

Tuesday 18.10.2022

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

Wednesday 19.10.2022

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

Thursday 20.10.2022

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

Friday 21.10.2022

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

DINNER

Monday 17.10.2022

Tuesday 18.10.2022

Wednesday 19.10.2022

Thursday 20.10.2022

Friday 21.10.2022

LUNCH

Monday 24.10.2022

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

Tuesday 25.10.2022

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

Wednesday 26.10.2022

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

Thursday 27.10.2022

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

Friday 28.10.2022

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

DINNER

Monday 24.10.2022

Tuesday 25.10.2022

Wednesday 26.10.2022

Thursday 27.10.2022

Friday 28.10.2022

LUNCH

Monday 31.10.2022

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

Tuesday 01.11.2022

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

Wednesday 02.11.2022

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

Thursday 03.11.2022

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

Friday 04.11.2022

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

DINNER

Monday 31.10.2022

Tuesday 01.11.2022

Wednesday 02.11.2022

Thursday 03.11.2022

Friday 04.11.2022

LUNCH

DINNER

Monday 07.11.2022

Soup **Beans with cabbage**

Fish **Rice with fish**

Meat **Pork "Portuguese" style**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Monday 07.11.2022

Tuesday 08.11.2022

Soup **Courgette with green beans**

Fish

Meat **Beef with rice and vegetables**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Tuesday 08.11.2022

Wednesday 09.11.2022

Soup **Wild radish**

Fish **Swordfish fried with rice and tomato or bread pudding**

Meat **Roast chicken with baked potatoes**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Wednesday 09.11.2022

Thursday 10.11.2022

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**

Thursday 10.11.2022

Friday 11.11.2022

Soup **Cabbage**

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

Meat **Spaghetti Bolognese**

Vegetarian

Dessert **Fruit | Sweet | yogurt**

Friday 11.11.2022