

**LUNCH****DINNER****Monday 14.11.2022**

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

**Monday 14.11.2022****Tuesday 15.11.2022**

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

**Tuesday 15.11.2022****Wednesday 16.11.2022**

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

**Wednesday 16.11.2022****Thursday 17.11.2022**

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

**Thursday 17.11.2022****Friday 18.11.2022**

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

**Friday 18.11.2022**

**LUNCH****Monday 21.11.2022**

Soup **Vegetable**

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Fish **Squid with baked potatoes and spinach**

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Meat **Beefsteak "Portuguesa" with rice**

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Vegetarian

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Dessert **Fruit | Sweet | yogurt**

**Tuesday 22.11.2022**

Soup **Cabbage**

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Fish **Red fish in the oven with vegetables and roast potatoes**

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Meat **Rice with pork, sausage, and chicken**

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Vegetarian

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Dessert **Fruit | Sweet | yogurt**

**Wednesday 23.11.2022**

Soup **Courgette and green beans**

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Fish **Fish pie**

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Meat **Grilled pork chops and rice with vegetables**

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Vegetarian

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Dessert **Fruit | Sweet | yogurt**

**Thursday 24.11.2022**

Soup **Spinach**

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Fish **Breaded fillets and rice with peas**

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Meat **Stewed chicken with onion, rosemary, lemon and boiled potatoes**

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Vegetarian

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Dessert **Fruit | Sweet | yogurt**

**Friday 25.11.2022**

Soup **White bean soup with cabbage**

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Fish **Forkbeard in the oven with potatoes and broccoli**

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Meat **Roast turkey with orange sauce and spaghetti**

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Vegetarian

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Dessert **Fruit | Sweet | yogurt**

**DINNER****Monday 21.11.2022****Tuesday 22.11.2022****Wednesday 23.11.2022****Thursday 24.11.2022****Friday 25.11.2022**

**LUNCH****Monday 28.11.2022**

Soup **Vegetable**

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Fish **Fried marmots with black-eyed beans**

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Meat **Stewed pork leg with mashed potatoes**

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Vegetarian

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Dessert **Fruit | Sweet | yogurt**

**Tuesday 29.11.2022**

Soup **Watercress with carrots**

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Fish **Ray rice**

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Meat **Turkey stroganoff with fusilli**

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Vegetarian

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Dessert **Fruit | Sweet | yogurt**

**Wednesday 30.11.2022**

Soup **Fish**

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Fish **Forkbeard with corn bread and vegetables**

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Meat **Veal pie (rice)**

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Vegetarian

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Dessert **Fruit | Sweet | yogurt**

**Thursday 01.12.2022****Friday 02.12.2022**

Soup **Green bean**

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Fish **Fish and spinach tortilla**

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Meat **Chicken with chestnuts and saffron rice**

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Vegetarian

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Dessert **Fruit | Sweet | yogurt**

**DINNER****Monday 28.11.2022****Tuesday 29.11.2022****Wednesday 30.11.2022****Thursday 01.12.2022****Friday 02.12.2022**

## LUNCH

Monday 05.12.2022

Soup	Beans with cabbage
Fish	Gratin flounder and rice with peas
Meat	Beef Lasagne
Vegetarian	
Dessert	Fruit   Sweet   yogurt

Tuesday 06.12.2022

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

Wednesday 07.12.2022

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

Thursday 08.12.2022

Friday 09.12.2022

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

## DINNER

Monday 05.12.2022

Tuesday 06.12.2022

Wednesday 07.12.2022

Thursday 08.12.2022

Friday 09.12.2022