

## LUNCH

Monday 23.09.2019

Soup	Pea
Meat	Rice with pork, sausage and chicken
Fish	Fried flounder with Russian salad
Vegetarian	
Dessert	Fruit   Sweet   yogurt

Tuesday 24.09.2019

Soup	Beans and vegetables
Meat	Spaghetti and meatballs
Fish	Salmon in the oven with lemon, potatoes and green beans
Vegetarian	
Dessert	Fruit   Sweet   yogurt

Wednesday 25.09.2019

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

Thursday 26.09.2019

Soup	Leek
Meat	Braised veal with white rice
Fish	Codfish "Gomes de Sá"
Vegetarian	
Dessert	Fruit   Sweet   yogurt

Friday 27.09.2019

Soup	Watercress
Meat	Breaded turkey steaks with spaghetti
Fish	Tuna with black-eyed peas
Vegetarian	
Dessert	Fruit   Sweet   yogurt

## DINNER

Monday 23.09.2019

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

Tuesday 24.09.2019

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

Wednesday 25.09.2019

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

Thursday 26.09.2019

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

Friday 27.09.2019

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

## LUNCH

Monday 30.09.2019

Soup	Vegetable
Meat	Roast pork with raisin rice
Fish	Ling with onions and mashed potatoes
Vegetarian	
Dessert	Fruit   Sweet   yogurt

Tuesday 01.10.2019

Soup	Cabbage
Meat	Turkey pasta with gratin mushrooms
Fish	Grilled fish with lemon, mint sauce and baked potatoes
Vegetarian	
Dessert	Fruit   Sweet   yogurt

Wednesday 02.10.2019

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

Thursday 03.10..2019

Soup	Spinach
Meat	Saffron rice with mixed meats and vegetables
Fish	Codfish in cream
Vegetarian	
Dessert	Fruit   Sweet   yogurt

Friday 04.10.2019

Soup	White bean soup with cabbage
Meat	Veal with peas, potatoes and carrots
Fish	Rice with squid
Vegetarian	
Dessert	Fruit   Sweet   yogurt

## DINNER

Monday 30.09.2019

Soup	Vegetable
Meat	Veal with pasta
Fish	Stewed squid with potatoes, carrots and peas
Vegetarian	
Dessert	Fruit   Sweet   yogurt

Tuesday 01.10.2019

Soup	Cabbage
Meat	Rice with pork, sausage and chicken
Fish	Perch with baked potatoes
Vegetarian	
Dessert	Fruit   Sweet   yogurt

Wednesday 02.10.2019

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

Thursday 03.10.2019

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

Friday 04.10.2019

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

**LUNCH****Monday 07.10.2019**

Soup	<b>Vegetable</b>
Meat	<b>Meatballs in tomato sauce with rice</b>
Fish	<b>Hake in the oven with mashed potatoes</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

**Tuesday 08.10.2019**

Soup	<b>Watercress with carrots</b>
Meat	<b>Sliced veal with mashed potatoes</b>
Fish	<b>Fish and seafood lasagne</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

**Wednesday 09.10.2019**

Soup	<b>Fish</b>
Meat	<b>Grilled pork steak with chili sauce with boiled potatoes</b>
Fish	<b>Fried flounder with black-eyed beans, salad or bread pudding</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

**Thursday 10.10.2019**

Soup	<b>Chickpea with cabbage</b>
Meat	<b>Baked chicken legs with oregano and spaghetti</b>
Fish	<b>Forkbeard in tomato sauce with rice</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

**Friday 11.10.2019**

Soup	<b>Green bean</b>
Meat	<b>Turkey kebab and rice with peas</b>
Fish	<b>Hake cooked with egg potatoes and green beans</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

**DINNER****Monday 07.10.2019**

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

**Tuesday 08.10.2019**

Soup	<b>Watercress with carrots</b>
Meat	<b>Turkey stroganoff with fusilli</b>
Fish	<b>Stuffed squid with boiled potatoes</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

**Wednesday 09.10.2019**

Soup	<b>Fish</b>
Meat	<b>Veal pie</b>
Fish	<b>Codfish with onion and eggs</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

**Thursday 10.10.2019**

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

**Friday 11.10.2019**

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

## LUNCH

Monday 14.10. 2019

Soup	<b>Courgette with green beans</b>
Meat	<b>Stewed Pork</b>
Fish	<b>Rice with fish</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

Tuesday 15.10.2019

Soup	<b>Beans with cabbage</b>
Meat	<b>Beef with rice and vegetables</b>
Fish	<b>Baked salmon with potatoes and carrots</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

Wednesday 16.10.2019

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

Thursday 17.10.2019

Soup	<b>Spinach</b>
Meat	<b>Rice with poultry</b>
Fish	<b>Fish fillets with corn bread, roasted potatoes and sautéed cabbage</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

Friday 18.10.2019

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

## DINNER

Monday 14.10.2019

Soup	<b>Courgette with green beans</b>
Meat	<b>Beef Lasagne</b>
Fish	<b>Fried ray with rice and tomato</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

Tuesday 15.10.2019

Soup	<b>Beans with cabbage</b>
Meat	<b>Turkey leg with herbs and pasta</b>
Fish	<b>Cod with potatoes, chickpea and parsley</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

Wednesday 16.10.2019

Soup	<b>Wild radish</b>
Meat	<b>Pork kebabs with spaghetti</b>
Fish	<b>Mixed fish stew</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>

Thursday 17.10.2019

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

Friday 18.10.2019

Soup	<b>Cabbage</b>
Meat	<b>Stewed chicken and rice with cabbage</b>
Fish	<b>Hake in the oven with bacon and baked potato</b>
Vegetarian	
Dessert	<b>Fruit   Sweet   yogurt</b>