Weekly Menu 1

Week from ____ / ____ / _____ to ____ / ____ / _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek soup	Pea Cream	Vegetable soup	Butter bean and cabbage soup	Carrot Cream
Main Course	Spaghetti with soy Bolognese and lettuce, grated carrot and sweetcorn salad [1,3,6]	Salmon in the oven with sweet potato and boiled vegetables (carrot and broccoli) [4]	Chickpea and vegetable curry with couscous [1]	Fish pasta stew (hake) [1,3,4]	Chicken rice with lettuce, red cabbage and tomato salad
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Plant-based jelly

Note: The menu is subject to change, duly identified and with prior notice to users. As several raw materials are handled in our production area, products may be subject to cross-contamination with substances that cause allergies or intolerances. Information on food allergies or intolerances should be requested from the person responsible for the Food Service. NOTE: The meal contains or may contain the following substances or products and their derivatives: 1- Gluten; 2- Crustaceans/Shellfish; 3- Eggs; 4- Fish and fish products; 5- Peanuts; 6- Soy; 7- Milk/Lactose; 8- Nuts; 9- Celery; 10- Mustard; 11- Sesame seeds; 12- Sulphur dioxide and sulphites; 13- Lupin; 14- Molluscs Nutritionist Adriana Sales (2094 N, Portuguese Order of Nutritionists)

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Weekly Menu 2

Week from ____ / ____ / _____ to ____ / ____ / _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Pumpkin soup	Chickpea and spinach soup	Lentil soup	Turnip greens soup	Portuguese kale soup
Main Course	Mushroom jardinière	Poultry meatballs in tomato sauce with spiral pasta and lettuce, rocket and red cabbage salad 1,6,12	Boiled hake with potato, boiled egg and boiled vegetables (cauliflower and green beans) 3,4	Rice with red beans and stewed vegetables (carrot, Savoy cabbage and courgette)	Roast turkey with bulgur and sautéed vegetables (aubergine, broccoli and tomato) 1
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Ice cream 7

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Weekly Menu 3

Week from ____ / ____ / _____ to ____ / ____ / _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Courgette Cream	Pea soup	Spinach soup	Cream of white bean soup	Purslane soup
Main Course	Vegetarian burgers with carrot rice and watercress, beetroot and cucumber salad 1,6,12	Oven-roasted pork loin with tricolour fusilli pasta and lettuce, grated carrot and sweetcorn salad 1,3	Fish rice (monkfish) with coriander 4	Vegetables à Brás with lettuce, tomato and cucumber salad 3	Fish medallions stewed in tomato sauce with potato and boiled mixed vegetables 4
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Fruit salad

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Weekly Menu 4

Week from ____ / ____ / _____ to ____ / ____ / _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cauliflower cream	Green bean soup	Chicken broth / Vegetable soup	Watercress soup	Cream of beetroot soup
Main Course	Pasta with tuna (in water), spinach and mozzarella cheese, with lettuce, tomato and red cabbage salad 1,3,4,7	Wholemeal vegetarian pizza with lettuce, beetroot and sweetcorn salad 1,7,8,11	Children's bean stew (with lean meats) and white rice	Vegetarian rancho with chickpeas, beans, pasta, Savoy cabbage and carrot	Turkey in the oven with quinoa and sautéed vegetables (courgette, carrot and mushrooms)
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Rice pudding 3,7

Note: The menu is subject to change, duly identified and with prior notice to users. As several raw materials are handled in our production area, products may be subject to cross-contamination with substances that cause allergies or intolerances. Information on food allergies or intolerances should be requested from the person responsible for the Food Service. NOTE: The meal contains or may contain the following substances or products and their derivatives: 1- Gluten; 2- Crustaceans/Shellfish; 3- Eggs; 4- Fish and fish products; 5- Peanuts; 6- Soy; 7- Milk/Lactose; 8- Nuts; 9- Celery; 10- Mustard; 11- Sesame seeds; 12- Sulphur dioxide and sulphites; 13- Lupin; 14- Molluscs Nutritionist Adriana Sales (2094 N, Portuguese Order of Nutritionists)

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