

EMENTA ALMOÇO 27/03/2023 A 31/03/2023

DIA		PRATO	MENU
2ª FEIRA	sopa	Legumes	Vegetables
	carne	Panados de porco c/ macarronete	Breaded pork steak with noodle
	peixe	Bolonhesa de atum	Tuna fish bolognese
	dieta	Febras grelhadas c/ macarronete	Grilled pork steak with noodle
	opção	Panados de porco c/ macarronete	Breaded pork steak with noodle
	veget.	Cuscuz c/ legumes	Couscus with vegetables
3ª FEIRA	sopa	Feijão verde	Green bean
	carne	Esparguete à Bolonhesa	Pork bolognese
	peixe	Red fish cozido c/ batata cozida	Cooked red fish with boiled potatoes
	dieta	Red fish cozido c/ batata cozida	Cooked red fish with boiled potatoes
	opção	Esparguete à Bolonhesa	Pork bolognese
	veget.	Tofu no forno de cebolada c/ batata cozida	Tofu in the oven with onions and boiled potatoes
4ª FEIRA	sopa	Espinafres	Spinach
	carne	Bitoque de porco c/batata frita e arroz	Pork steak with fried egg with chips and rice
	peixe	Pescada cozida c/ batata cozida	Boiled hake with boiled potatoes
	dieta	Pescada cozida c/ batata cozida	Boiled hake with boiled potatoes
	opção	Bitoque de porco c/batata frita e arroz	Pork steak with fried egg with chips and rice
	veget.	Caril de legumes c/ arroz branco	Vegetable curry with rice
5ª FEIRA	sopa	Juliana	Cabbage
	carne	Frango assado c/ arroz	Roast chicken with rice
	peixe	Lasanha de peixe	Fish lasagna
	dieta	Frango assado c/ arroz	Roast chicken with rice
	opção	Frango assado c/ arroz	Roast chicken with rice
	veget.	Seitan de cebolada c/ batata frita e salada	Onion seitan with chips and salad
6ª FEIRA	sopa	Couves c/feijão	Bean with cabbage
	carne	Arroz de pato	Duck rice
	peixe	Lulas de tomatada c/ arroz	Tomato squids with rice
	dieta	Arroz de pato	Duck rice
	opção	Arroz de pato	Duck rice
	veget.	Panado de legumes c/ arroz e batata frita	Breaded vegetable with rice and chips

EMENTA JANTAR 27/03/2023 A 31/03/2023

DIA		PRATO	MENU
2ª FEIRA	sopa	Legumes	Vegetables
	carne	Almondegas de vaca estufadas c/ arroz	Stewed beef meatballs with rice
	peixe	Carapauzinhos fritos c/ açorda	Fried mackerels with stewed tomato and bread
	dieta	Almondegas de vaca estufadas c/ arroz	Stewed beef meatballs with rice
	opção	Almondegas de vaca estufadas c/ arroz	Stewed beef meatballs with rice
	veget.	Lasanha de legumes	Vegetables lasagna
3ª FEIRA	sopa	Feijão verde	Green bean
	carne	Bife de porco c/molho branco,arroz e batata frita	Pork steak with white sauce,rice and chips
	peixe	Filetes no forno c/ arroz	Fillets in the oven with rice
	dieta	Filetes no forno c/ arroz	Fillets in the oven with rice
	opção	Bife de porco c/molho branco,arroz e batata frita	Pork steak with white sauce,rice and chips
	veget.	Jardineira de tofu	Tofu with cooked potatoes,peas and carrot
4ª FEIRA	sopa	Espinafres	Spinach
	carne	Rissois de carne c/ arroz	Cow meat patties with rice
	peixe	Abrotea cozida c/ batata cozida	Boiled daffodil with boiled potatoes
	dieta	Abrotea cozida c/ batata cozida	Boiled daffodil with boiled potatoes
	opção	Rissois de carne c/ arroz	Cow meat patties with rice
	veget.	Estufadinho de lentilhas c/ legumes e tofu	Stewed lentills with vegetables and tofu
5ª FEIRA	sopa	Juliana	Cabbage
	carne	Jardineira de frango	Chicken stewed with potatoes,carrots and peas
	peixe	Pescada cozida c/batata cozida	Boiled hake with boiled potatoes
	dieta	Pescada cozida c/batata cozida	Boiled hake with boiled potatoes
	opção	Jardineira de frango	Chicken stewed with potatoes,carrots and peas
	veget.	Legumes de fricassé c/macarronete	Fricasse vegetables with noodle
6ª FEIRA	sopa	Couve c/ feijão	Beans with cabbage
	carne	Febras de cebolada c/ arroz	Fried pork steak with onion and rice
	peixe	Medalhões de pescada cozidos c/ batata cozida	Boiled hake medallions with boiled potatoes
	dieta	Medalhões de pescada cozidos c/ batata cozida	Boiled hake medallions with boiled potatoes
	opção	Febras de cebolada c/ arroz	Fried pork steak with onion and rice
	veget.	Hamburguer de soja grelhado c/arroz e bat. frita	Grilled soy burger with rice and chips