

LUNCH MENU 18/03/2024 TO 22/03/2024

DAY		DISH	SIDE DISH
Monday	soup	spinach	
	meat	pork steak with mushrooms	rice and chips
	fish	stewed daffodil	boiled potatoes
	diet	stewed daffodil	boiled potatoes
	option	pork steak with mushrooms	rice and chips
	veget.	lentil and vegetables curry with rice	
Tuesday	soup	green soup	
	meat	pork bologneses	spaghetti and salad
	fish	tuna and egg	potatoes, carrots and peas
	diet	tuna and egg	potatoes, carrots and peas
	option	pork bologneses	spaghetti and salad
	veget.	vegetables to Brás	
wednesday	soup	french garlic	
	meat	stewed chicken	rice
	fish	breaded hake fillets	tomato rice
	diet	hake fillets in the oven	rice
	option	stewed chicken	rice
	veget.	stewed soy wit fusilli	
thrusday	soup	chicken soup	
	meat	S. Jacob (breaded cheese and ham)	carrot rice
	fish	cod pastries	pepper rice
	diet	boiled daffodil	boiled potatoes
	option	S. Jacob (breaded cheese and ham)	carrot rice
	veget.	vegetables chilli with rice	
Friday	soup	vegetables	
	meat	pork	spaghetti and salad
	fish	fried mackerel	rice and salad
	diet	grilled mackere	boiled potatoes
	option	pork	spaghetti and salad
	veget.	VEGETABLES burger with spaghetti	

DINNER MENU 18/03/2024 TO 22/03/2024

DAY		DISH	SIDE DISH
MONDAY	soup	spinach	
	meat	pork pie	salad
	fish	mackerel with onion	boiled potatoes
	diet	mackerel with onion	boiled potatoes
	option	pork pie	salad
	veget.	spaghetti with mushrooms and vegetables	
TUESDAY	soup	green soup	
	meat	stewed pork meat	carrot rice
	fish	fried hake	tomato rice
	diet	cooked hake	boiled potatoes
	option	stewed pork meat	carrot rice
	veget.	breaded vegetables with rice	
WEDNESDAY	soup	french garlic	
	meat	pork lasagna	salad
	fish	cod pastries	pepper rice
	diet	grilled mackerel	boiled potatoes
	option	pork lasagna	salad
	veget.	tomatos stuffed with peas and tofu	
THRUSDAY	soup	chicken soup	
	meat	pork in the oven	carrot rice
	fish	tuna bolognese	spaghetti and salad
	diet	pork in the oven	carrot rice
	option	pork in the oven	carrot rice
	veget.	lentils stewed with vegetables	
FRIDAY	soup	vegetables	
	meat	pork	rice and chips
	fish	fish patties	tomato rice
	diet	grilled pork steak	rice
	option	pork	rice and chips
	veget.	soy bolognese	