

LUNCH MENU 08/04/2024 TO 12/04/2024

DAY		DISH	SIDE DISH
MONDAY	soup	spinach	
	meat	grilled pork chops	bean rice
	fish	boiled hake	boiled potatoes
	diet	boiled hake	boiled potatoes
	option	grilled pork chops	bean rice
	veget.	grilled tofu with bean rice	
TUESDAY	soup	cabbage	
	meat	roast chicken	rice and chips
	fish	grilled mackerel	boiled potatoes
	diet	grilled mackerel	boiled potatoes
	option	roast chicken	rice and chips
	veget.	roast tofu and potatoes	
WEDNESDAY	soup	green bean	
	meat	pork meat pie	
	fish	tuna and egg	beans, carrots and potatoes
	diet	tuna and egg	beans, carrots and potatoes
	option	pork meat pie	
	veget.	soya pie	
THURSDAY	soup	french garlic cream	
	meat	cow meat balls	spaghetti
	fish	fish rice	
	diet	fish rice	
	option	cow meat balls	esparguete
	veget.	vegetables with spaghetti	
FRIDAY	soup	green soup	
	meat	pork	chips and rice
	fish	medallions in the oven	rice
	diet	medallions in the oven	rice
	option	pork	chips and rice
	veget.	stewed lentils with egg and rice	

DINNER MENU 08/04/2024 TO 12/04/2024

DAY		DISH	SIDE DISH
MONDAY	soup	spinach	
	meat	stewed turkey burger	spaghetti
	fish	red fish in the oven	roast potatoes and rice
	diet	red fish in the oven	roast potatoes and rice
	option	stewed turkey burger	spaghetti
	veget.	soya bolognese	
TUESDAY	soup	cabbage	
	meat	pork with onions	noodle
	fish	codfish patties	tomato rice
	diet	grilled pork	noodle
	option	pork with onions	noodle
	veget.	breaded seitan with tomato rice	
WEDNESDAY	soup	green bean	
	meat	cow burger with fried egg	rice and chips
	fish	fillets in the oven	rice
	diet	fillets in the oven	rice
	option	cow burger with fried egg	rice and chips
	veget.	fried egg and soya sausage with chips and rice	
THURSDAY	soup	french garlic cream	
	meat	stewed chicken	mushrooms rice
	fish	stewed daffodil	rice
	diet	stewed daffodil	rice
	option	stewed chicken	mushrooms rice
	veget.	vegetables rice	
FRIDAY	soup	green soup	
	meat	s. jacob (cheese and ham)	peas rice
	fish	stewed squids	peas rice
	diet	stewed squids	peas rice
	option	s. jacob (cheese and ham)	peas rice
	veget.	breaded vegetables with peas rice	