

WEEKLY MENU

JANUARY 26TH TO 30TH



GLUTEN

FISH

MILK

SHELLFISH

EGGS

NUTS

SESAME SEEDS

MOLLUSCS

































CELERY

MUSTARD

SOYA

SULPHITES



MONDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Beetroot and red cabbage soup	
		MAIN DISH	Stewed pork with pasta	  
		SIDES	Salad	
		VEG. DISH	Sautéed mushrooms with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
TUESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Watercress soup	
		MAIN DISH	"Gomes de Sá" style cod	 
		SIDES	Salad	
		VEG. DISH	"Brás" style leek	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
WEDNESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	"Saloia" soup	
		MAIN DISH	Chicken rice pie with spinach	
		SIDES	Salad	
		VEG. DISH	Vegetable crêpes with rice	
		DESSERT	Strawberry pudding	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
THURSDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Carrot cream with pasta	
		MAIN DISH	Boiled hake with potatoes and vegetables	
		SIDES	Salad	
		VEG. DISH	Vegetable curry	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
FRIDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Spinach soup	
		MAIN DISH	Beef meatballs with pasta	
		SIDES	Salad	
		VEG. DISH	Beetroot "meatballs" with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 



The meal may contain the following substances or their derivatives: gluten, fish, milk, shellfish, eggs, nuts, sesame seeds, molluscs, celery, mustard, soya and sulphites. For people without allergies or intolerances, these ingredients are harmless. If you need more information about the ingredients, please ask the staff.