

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



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.