

# WEEKLY MENU

FEBRUARY 9<sup>TH</sup> TO 13<sup>TH</sup>



MONDAY	LUNCH	MORNING SNACK	Yoghurt / Fruit and crackers	 
		SOUP	Vegetable cream	
		MAIN DISH	Stewed beef with pasta	  
		SIDES	Salad	
		VEG. DISH	Bean burger with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
TUESDAY	LUNCH	MORNING SNACK	Yoghurt / Fruit and crackers	 
		SOUP	"Saloia" soup	
		MAIN DISH	"Brás" style cod	 
		SIDES	Salad	
		VEG. DISH	"Brás" style leek	
		DESSERT	Seasonal fruit (3 varieties)	
WEDNESDAY	LUNCH	MORNING SNACK	Yoghurt / Fruit and crackers	 
		SOUP	Spinach soup	
		MAIN DISH	Turkey steak with rice and beans	
		SIDES	Salad	
		VEG. DISH	Vegetable crêpes with rice and beans	
		DESSERT	Caramel pudding	
THURSDAY	LUNCH	MORNING SNACK	Yoghurt / Fruit and crackers	 
		SOUP	Green bean soup	
		MAIN DISH	Salmon with penne pasta	 
		SIDES	Salad	
		VEG. DISH	Beetroot "meatballs" with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
FRIDAY	LUNCH	MORNING SNACK	Yoghurt / Fruit and crackers	 
		SOUP	Watercress soup	
		MAIN DISH	Oven-baked pork loin with potatoes	
		SIDES	Salad	
		VEG. DISH	Mushrooms au gratin with oven-baked potatoes	
		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.