

WEEKLY MENU

FEBRUARY 9TH TO 13TH



GLUTEN

FISH

MILK

SHELLFISH

EGGS

NUTS

SESAME SEEDS

MOLLUSCS
































CELERY

MUSTARD

SOYA

SULPHITES



MONDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Vegetable cream	
		MAIN DISH	Stewed beef with pasta	  
		SIDES	Salad	
		VEG. DISH	Bean burger with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
TUESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	"Saloia" soup	
		MAIN DISH	"Brás" 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	Spinach soup	
		MAIN DISH	Turkey steak with rice and beans	
		SIDES	Salad	
		VEG. DISH	Vegetable crêpes with rice and beans	
		DESSERT	Caramel pudding	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
THURSDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Green bean soup	
		MAIN DISH	Salmon with penne pasta	 
		SIDES	Salad	
		VEG. DISH	Beetroot "meatballs" with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
FRIDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	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.