

WEEKLY MENU

MARCH 2ND TO 6TH



MONDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Carrot and pasta soup	
		MAIN DISH	Hake fillets with tomato rice	 
		SIDES	Salad	
		VEG. DISH	Spinach croquettes with tomato rice	
		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	Chicken steak with pasta	
		SIDES	Salad	
		VEG. DISH	Bean burger with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
WEDNESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Green bean soup	
		MAIN DISH	Boiled hake with potatoes and broccoli	
		SIDES	Salad	
		VEG. DISH	Sautéed vegetables with beans and couscous	
		DESSERT	Gelatine	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
THURSDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Beetroot and red cabbage soup	
		MAIN DISH	Spaghetti Bolognese	
		SIDES	Salad	
		VEG. DISH	Soy Bolognese	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
FRIDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	"Juliana" 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	 