

WEEKLY MENU

MAY 18TH TO 22ND

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	Vegetable crêpes with couscous	 
		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	Lentil and vegetable rice pie	
		DESSERT	Fruit salad	
	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 with chickpeas and pasta	 
		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 carrot rice	
		SIDES	Salad	
		VEG. DISH	Beetroot "meatballs" carrot rice	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	