

# WEEKLY MENU

MAY 18<sup>TH</sup> TO 22<sup>ND</sup>



Kcal			
Pre School	Primary	Lower Secondary	Upper Secondary

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MONDAY	MORNING SNACK	Flavoured yoghurt <sup>7</sup> or a piece of fruit and "Maria" biscuits <sup>1,6,7,12</sup>					
	LUNCH	SOUP	Cream of lentil and grated carrot soup	108	108	129	129
		MAIN DISH	Mixed meatballs (beef and pork) <sup>1,6,12</sup> in a tomato sauce with oregano and spaghetti <sup>1</sup>	240	294	392	490
		DIET	Grilled turkey steak and spaghetti <sup>1</sup>	192	216	266	294
		VEG. DISH	Cauliflower burger <sup>1,3,7,11</sup> and spaghetti <sup>1</sup>	288	342	489	793
		VEGETABLES / SALAD	Sautéed spinach and raw salad at the buffet	49/85	68/109	90/156	108/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Multigrain bread with cheese or butter <sup>1,7</sup> , juice 100% Pack or plain milk <sup>7</sup>					
TUESDAY	MORNING SNACK	Flavoured yoghurt <sup>7</sup> or a piece of fruit and corn crispbread					
	LUNCH	SOUP	Savoy Cabbage	89	89	116	116
		MAIN DISH	Hake patties <sup>1,2,4,6,7</sup> with bean and rice	244	315	437	559
		DIET	Grilled perch <sup>4</sup> , potatoes, carrots and kale	207	270	335	384
		VEG. DISH	Tofu rissoles <sup>1,6,12</sup> with rice and beans	264	336	468	600
		VEGETABLES / SALAD	Ratatouille and raw salad at the buffet	43/85	65/109	87/156	109/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Drinking yoghurt <sup>7</sup> / plain milk <sup>7</sup> with "Maria" biscuits <sup>1,6,7,12</sup> and cheese triangles <sup>7</sup>					
WEDNESDAY	MORNING SNACK	Flavoured yoghurt <sup>7</sup> or a piece of fruit and crackers <sup>1,6,7,12</sup>					
	LUNCH	SOUP	Carrots and turnip greens	107	107	138	138
		MAIN DISH	Shredded chicken, mushroom and grated carrot gratin <sup>1,7</sup>	239	319	433	519
		DIET	Roast chicken with spiral pasta <sup>1</sup>	225	289	382	446
		VEG. DISH	Soy, carrot and mushroom gratin <sup>1,6</sup>	280	387	501	644
		VEGETABLES / SALAD	Sautéed green beans and raw salad at the buffet	38/85	58/109	84/156	107/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Multigrain bread <sup>1,8</sup> with turkey or chicken ham, or butter <sup>7</sup> and chocolate <sup>7</sup> or plain milk <sup>7</sup>					
THURSDAY	MORNING SNACK	Flavoured yoghurt <sup>7</sup> or a piece of fruit and toasted biscuits <sup>1,6,7,12</sup>					
	LUNCH	SOUP	"Primavera"	103	103	127	127
		MAIN DISH	Fresh cod, Gomes de Sá style <sup>3,4</sup>	234	308	409	504
		DIET	Fresh boiled cod <sup>4</sup> , potatoes, carrots and broccoli	192	248	313	354
		VEG. DISH	Tofu, Gomes de Sá style <sup>3,6</sup>	199	251	326	385
		VEGETABLES / SALAD	Sautéed fava beans with coriander and a raw salad at the buffet	68/85	96/109	132/156	163/176
		DESSERT	Seasonal fruit (3 varieties) and ice cream <sup>7</sup>	40/128	40/255	76/255	76/255
	AFTERNOON SNACK	Cereal bar <sup>1,6,7</sup> and plain milk <sup>7</sup> or multigrain bread with butter <sup>1,7</sup>					
FRIDAY	MORNING SNACK	Flavoured yoghurt <sup>7</sup> or a piece of fruit and wholemeal biscuits <sup>1,6,7,12</sup>					
	LUNCH	SOUP	Pumpkin with chopped cauliflower	86	86	113	113
		MAIN DISH	Oven-baked chicken and turkey rice with chorizo <sup>6</sup>	399	475	594	665
		DIET	Simple poultry rice with carrots	358	434	553	624
		VEG. DISH	Oven-baked soy <sup>6</sup> and carrot rice	289	376	470	592
		VEGETABLES / SALAD	Sautéed courgettes and raw salad at the buffet	38/85	58/109	83/156	104/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Rye bread with butter <sup>1,7</sup> and flavoured yoghurts <sup>7</sup> or plain milk <sup>7</sup>					

Your meal contains or may contain the following substances or products and their derivatives:

1-Gluten, 2-Shellfish, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soya, 7-Milk, 8-Nuts, 9-Celery, 10-Mustard, 11-Sesame seeds, 12-Sulphur dioxide and sulphites, 13-Lupin, 14-Molluscs.

For those who are not allergic or intolerant, these substances or products are completely harmless.

If you require further information about the products in question, please ask the staff.

**Note:** The salad bar offers the following daily: carrots, grated beetroot, red cabbage, tomatoes, cucumbers, lettuce, onions and olives.