

WEEKLY MENU

MAY 25TH TO 29TH



Kcal			
Pre School	Primary	Lower Secondary	Upper Secondary

			Kcal				
			Pre School	Primary	Lower Secondary	Upper Secondary	
MONDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and "Maria" biscuits ^{1,6,7,12}					
	LUNCH	SOUP	Carrot and pasta ¹ , and chicken soup with pasta ¹	106/144	106/144	127/166	127/166
		MAIN	Braised pork and carrot rice	361	456	663	698
		DIET	Grilled chicken steak with carrot rice	228	305	412	494
		VEG. DISH	Spinach burger ^{1,3,7,9} and carrot and pea rice	366	437	624	802
		VEGETABLES / SALAD	Sautéed mixed vegetables and raw salad at a buffet	72/85	102/109	131/156	160/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Multigrain bread with cheese or butter ^{1,7} , juice 100% Pack or plain milk ⁷					
TUESDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and corn crispbread					
	LUNCH	SOUP	White beans and spinach	105	105	124	124
		MAIN	Elbow pasta with ling or croaker, tomatoes and peppers ^{1,4}	193	251	333	395
		DIET	Poached ling ⁴ , potatoes and broccoli	177	231	289	332
		VEG. DISH	Seitan elbow pasta with tomatoes, peppers and coriander ^{1,6}	164	228	306	389
		VEGETABLES / SALAD	Sautéed Brussels sprouts and raw salad at the buffet	53	78	106	135
		DESSERT	Seasonal fruit (3 varieties) and rice pudding ^{3,7}	40/126	40/126	76/175	76/175
	AFTERNOON SNACK	Drinking yoghurt ⁷ / plain milk ⁷ with "Maria" biscuits ^{1,6,7,12} and cheese triangles ⁷					
WEDNESDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and crackers ^{1,6,7,12}					
	LUNCH	SOUP	Beetroot	88	88	106	106
		MAIN	"Feijoada" (pork, chorizo, carrots and savoy cabbage) ⁶ and rice	400	552	711	887
		DIET	Simple braised veal with mashed potatoes ⁷	316	366	478	534
		VEG. DISH	Vegetarian "Feijoada"	349	425	534	609
		VEGETABLES / SALAD	Sautéed savoy cabbage and raw salad at the buffet	37/85	60/109	82/156	104/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Multigrain bread ^{1,8} with turkey or chicken ham, or butter ⁷ and chocolate ⁷ or plain milk ⁷					
THURSDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and toasted biscuits ^{1,6,7,12}					
	LUNCH	SOUP	"Caldo verde"	77	77	93	93
		MAIN DISH	Tuna ⁴ rice pie with tomatoes, carrots and oregano	366	448	547	640
		DIET	Oven-baked swordfish ⁴ with lemon and potatoes	184	242	296	340
		VEG. DISH	Soy ⁶ rice pie with tomatoes, carrots and oregano	322	428	540	680
		VEGETABLES / SALAD	Sautéed collard greens and raw salad at the buffet	46/85	69/109	94/156	117/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Cereal bar ^{1,6,7} and plain milk ⁷ or multigrain bread with butter ^{1,7}					
FRIDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and wholemeal biscuits ^{1,6,7,12}					
	LUNCH	SOUP	Vegetable cream	88	88	115	115
		MAIN DISH	Chopped turkey with sliced carrots and penne pasta ¹	289	350	470	538
		DIET	Sliced turkey with penne pasta ¹	182	252	333	408
		VEG. DISH	Pasta salad with peas, carrots, sweetcorn, feta cheese and mushrooms ^{1,7}	259	344	442	529
		VEGETABLES / SALAD	Sautéed macedonia and raw salad at the buffet	53/85	77/109	101/156	126/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Rye bread with butter ^{1,7} and flavoured yoghurts ⁷ or plain milk ⁷					

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.