

WEEKLY MENU

JUNE 15TH TO 19TH



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	Lettuce cream	80	80	103	103
		MAIN	Meat lasagne (pork and beef) ^{1,6,12}	X	360	543	629
		DIET + Pre-School	Braised veal and spaghetti ¹	306	371	499	575
		VEG. DISH	Spinach and soya lasagne ^{1,3,6}	312	418	534	674
		VEGETABLES / SALAD	Sautéed Brussels sprouts and salad buffet	53/85	78/109	106/156	135/176
		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	Chickpea purée with spinach	109	109	128	128
		MAIN + Pre-School	Cod à la Brás ^{3,4}	X	313	410	491
		DIET	Boiled fresh cod ⁴ with potatoes, carrots, green beans and egg ³	227	267	374	418
		VEG. DISH	Vegetables à la Brás ³	208	268	345	409
		VEGETABLES / SALAD	Sautéed ratatouille and salad buffet	43/85	65/109	87/156	109/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Drinking yoghurt ⁷ / plain milk ⁷ with "Maria" biscuits ^{1,6,7,12} and cheese triangles ⁷ or multigrain bread with cheese ⁷					
WEDNESDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and crackers ^{1,6,7,12}					
	LUNCH	SOUP	Vegetable	85	85	111	111
		MAIN + Pre-School	Turkey stroganoff ^{7,12} , with carrot rice	255	361	476	571
		DIET	Grilled turkey steak with carrot rice	X	258	347	411
		VEG. DISH	Seitan strips with mushrooms ^{1,6,12} and carrot rice	199	278	366	460
		VEGETABLES / SALAD	Sautéed spinach and salad buffet	49/85	68/109	90/156	108/176
		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	Diced pumpkin and chopped cauliflower	86	86	113	113
		MAIN	Hake ⁴ , potato, carrot, green bean and sweetcorn salad	237	277	364	423
		DIET	Poached hake ⁴ with potatoes and broccoli	X	250	307	357
		VEG. DISH	Vegetable tortilla ³	269	337	453	540
		VEGETABLES / SALAD	Sautéed savoy cabbage and salad buffet	37/85	60/109	82/156	104/176
		DESSERT	Seasonal fruit (3 varieties) / ice cream ⁷	40/128	40/128	76/255	76/255
	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	Roast pork with spiral pasta ¹	319	397	525	600
		DIET	Simple roasted chicken with spiral pasta ¹	X	289	382	446
		VEG. DISH	Spinach burger ^{1,3,7,9} with spiral pasta ¹	316	370	530	690
		VEGETABLES / SALAD	Sautéed turnip greens and salad buffet	46/85	69/109	94/156	117/176
		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.