

WEEKLY MENU

AUGUST 31ST TO SEPTEMBER 4TH



WEEKLY MENU AUGUST 31 ST TO SEPTEMBER 4 TH			UNISELF		Kcal			
					Pre School	Primary	Lower Secondary	Upper Secondary
MONDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ¹					
	LUNCH	SOUP	“Juliana”		75	75	116	116
		MAIN	“Lavrador” style pork		350	424	546	619
		DIET	Lentils in tomato sauce with rice		371	444	572	644
		VEG. DISH	Sautéed seitan steak ^{1,6} with mixed peppers and saffron rice		346	429	513	627
		VEGETABLES / SALAD	Fava beans with coriander and a raw salad at a buffet		68/85	96/109	132/156	163/176
		DESSERT	Seasonal fruit (3 varieties)		40	40	76	76
	AFTERNOON SNACK		Multigrain bread with cheese or butter ^{1,7} , concentrated juice or plain milk ⁷					
TUESDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ¹					
	LUNCH	SOUP	Turnip greens		86	86	105	105
		MAIN	Hake salad ⁴ with potatoes, carrots and green beans		--	361	618	659
		DIET	Oven-baked hake ⁴ with aromatic herbs and boiled potatoes		184	242	296	340
		VEG. DISH	Vegetable curry with couscous		334	393	593	713
		VEGETABLES / SALAD	Savoy cabbage in vinaigrette ¹² 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		Seed bread ^{1,8} with turkey ham or marmalade, and chocolate or plain milk ⁷					
WEDNESDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ¹					
	LUNCH	SOUP	White beans with red cabbage and grated carrot		110	110	127	127
		MAIN	Chicken cutlets stewed with carrots and rice		399	482	639	733
		DIET	Chicken cutlets grilled with carrots and rice		371	454	600	694
		VEG. DISH	Lentils in tomato sauce with rice		346	429	513	627
		VEGETABLES / SALAD	Macedonia and raw salad at a buffet		53/85	77/109	101/156	126/176
		DESSERT	Seasonal fruit (3 varieties)		40	40	76	76
	AFTERNOON SNACK		Liquid yogurt ⁷ / plain milk ⁷ with corn biscuits and a cheese triangle ⁷ , or bread with cheese ¹⁷					
THURSDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ¹					
	LUNCH	SOUP	Carrots with leeks		77	77	93	93
		MAIN	Tuna salad (black-eyed peas, potatoes, carrots, peas, egg) ^{3,4}		--	--	--	--
		DIET	Croaker ⁴ or ling ⁴ cooked with potatoes and cauliflower		338	417	538	605
		VEG. DISH	Tofu salad ⁶ with potatoes, carrots, peas, sweetcorn and black-eyed peas		208	275	370	463
		VEGETABLES / SALAD	Sautéed green beans and raw vegetable salad at the buffet		38/85	58/109	83/156	104/176
		DESSERT	Seasonal fruit (3 varieties) and ice cream ⁷		40/60	40/60	76/120	76/120
	AFTERNOON SNACK		Cereal bar ^{1,6,7} and plain milk ⁷ or multigrain bread with turkey ham ¹					
FRIDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ¹					
	LUNCH	SOUP	Carrot and lentil		77	77	93	93
		MAIN	Veal “Jardineira”		--	--	--	--
		DIET	Chicken “Jardineira”		338	417	538	605
		VEG. DISH	Quinoa burger ^{1,6} with rice		208	275	370	463
		VEGETABLES / SALAD	Sautéed ratatouille and raw vegetable salads at a buffet		38/85	58/109	83/156	104/176
		DESSERT	Seasonal fruit (3 varieties)		40/60	40/60	76/120	76/120
	AFTERNOON SNACK		Rye bread with jam ¹ 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.