

WEEKLY MENU

OCTOBER 5TH TO 9TH



Kcal			
Pre School	Primary	Lower Secondary	Upper Secondary

MONDAY	HOLIDAY						
TUESDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{13,7}				
	LUNCH	SOUP	Courgette with brocolli				
		MAIN	Tuna pie ⁶ (mashed potatoes)			361	618
		DIET	Grilled hake ⁴ with aromatic herbs and boiled potatoes		184	242	296
		VEG. DISH	Soya pie ⁶ (mashed potatoes)		334	393	593
		VEGETABLES / SALAD	Savoy cabbage in vinaigrette ¹² and raw salad at the buffet		37/85	60/109	82/156
		DESSERT	Seasonal fruit (3 varieties)		40	40	76
	AFTERNOON SNACK		Liquid yogurt ⁷ / plain milk ⁷ with corn biscuits and a cheese triangle ⁷ , or bread with cheese ¹⁷				
WEDNESDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{13,7}				
	LUNCH	SOUP	White beans with red cabbage and grated carrot		110	110	127
		MAIN	Chicken cutlets stewed with mushrooms and rice		399	482	639
		DIET	Grilled chicken fillets with rice		371	454	600
		VEG. DISH	Lentils in tomato sauce with rice		346	429	513
		VEGETABLES / SALAD	Macedonia and raw salad at a buffet		53/85	77/109	101/156
		DESSERT	Seasonal fruit (3 varieties)		40	40	76
	AFTERNOON SNACK		Seed bread ¹⁸ with turkey ham or marmalade, and chocolate or plain milk ⁷				
THURSDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{13,7}				
	LUNCH	SOUP	Savoy Cabbage		77	77	93
		MAIN	Hake au gratin ^{4,7} with pasta ¹				
		DIET	Grilled salmon ⁴ with spiral pasta ¹ and spinach		338	417	538
		VEG. DISH	Spiral pasta ¹ with seitan and spinach		208	275	370
		VEGETABLES / SALAD	Sautéed courgette and raw salad at a buffet		38/85	58/109	83/156
		DESSERT	Seasonal fruit (3 varieties) / gelatine		40/60	40/60	76/120
	AFTERNOON SNACK		Cereal bar ^{16,7} 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 ^{13,7}				
	LUNCH	SOUP	Leek cream				
		MAIN	Veal "Jardineira"				
		DIET	Simple browned chicken with macaronette ¹		371	444	572
		VEG. DISH	Soya "Jardineira" ⁶				
		VEGETABLES / SALAD	Sautéed ratatouille and raw salad at a buffet		43/85	65/109	87/156
		DESSERT	Seasonal fruit (3 varieties)		40	40	76
	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.