

WEEKLY MENU

OCTOBER 26TH TO 30TH



			Kcal			
			Pre School	Primary	Lower Secondary	Upper Secondary
MONDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{1,3,7}			
	LUNCH	SOUP	Broccoli cream			
		MAIN	Beef rice pie			
		DIET	Grilled chicken steak and rice			
		VEG. DISH	Soya ⁶ rice pie			
		VEGETABLES / SALAD	Sautéed brussels sprouts and raw salad at a buffet			
		DESSERT	Seasonal fruit (3 varieties)			
	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 ^{1,3,7}			
	LUNCH	SOUP	Chickpea purée with spinach			
		MAIN	Cod with cream ^{4,7}			
		DIET	Grilled perch ⁴ with potatoes			
		VEG. DISH	Mushrooms and lentils with cream ⁷			
		VEGETABLES / SALAD	Sautéed ratatouille and raw salad at the buffet			
		DESSERT	Seasonal fruit (3 varieties)			
	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 ^{1,3,7}			
	LUNCH	SOUP	Vegetable			
		MAIN	Roasted chicken thighs with bowtie pasta ¹			
		DIET	Grilled chicken with bowtie pasta ¹			
		VEG. DISH	Strips of seitan with mushrooms ^{6,12} and bowtie pasta ¹			
		VEGETABLES / SALAD	Sautéed green beans and raw salad at a buffet			
		DESSERT	Seasonal fruit (3 varieties)			
	AFTERNOON SNACK		Seed bread ^{1,8} 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 ^{1,3,7}			
	LUNCH	SOUP	Diced pumpkin and chopped cauliflower			
		MAIN	Oven-baked forkbeard fish fillet ⁴ with vegetable rice			
		DIET	Poached hake ⁴ , potatoes and vegetables			
		VEG. DISH	Vegetable tortilla ³			
		VEGETABLES / SALAD	Sautéed spinach and raw salad at a buffet			
		DESSERT	Seasonal fruit (3 varieties) / pudding			
	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 ^{1,3,7}			
	LUNCH	SOUP	Vegetable soup with pasta ¹			
		MAIN	Portuguese style "Rancho" ¹			
		DIET	Boiled chicken with macarronete ¹ pasta and savoy cabbage			
		VEG. DISH	Vegetarian "Rancho" ¹			
		VEGETABLES / SALAD	Sautéed savoy cabbage and raw salad at a buffet			
		DESSERT	Seasonal fruit (3 varieties)			
	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.