WEEKLY MENU

NOVEMBER 16TH TO 20TH

				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	"Juliana"				
		MAIN	Grilled gourmet burger with spaghetti[1]				
		DIET	Grilled turkey steak with spaghetti[1]				
		VEG. DISH	Spinach and quinoa burger with spaghetti[1]				
		VEGETABLES / SALAD	Sautéed spinach and raw salad at a buffet				
		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[1,3,7]				
	LUNCH	SOUP	Spinach				
		MAIN	Fish fingers[1,3,4] with carrot and pea rice				
		DIET	Hake fillet[4] with carrot and pea rice				
		VEG. DISH	Sautéed tofu[6] with citrus sauce, served with pea and carrot rice				
		VEGETABLES / SALAD	Broccoli and raw salad at the buffet				
		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[1,7]				
WEDNESDAY	MORNING SNACK		Flavoured yoghurt[7] or a piece of fruit and varied biscuits[1,3,7]				
	LUNCH	SOUP	Vegetable cream				
		MAIN	"Portuguese" style meat				
		DIET	Grilled turkey steak with rice				
		VEG. DISH	"Portuguese" style soya[6]				
		VEGETABLES / SALAD	Sautéed savoy cabbage 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	Vegetable				
		MAIN	Tuna salad with black-eyed beans, potatoes and egg[3,4]				
		DIET	Boiled perch[4] with potatoes				
		VEG. DISH	Black-eyed pea, potato and egg salad[3]				
		VEGETABLES / SALAD	Sautéed courgette with pumpkin 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	Pea cream				
		MAIN	Mixed grill with pineapple, white rice and black beans				
		DIET	Chicken steak with white rice				
		VEG. DISH	Black bean stew with rice and pineapple				
		VEGETABLES / SALAD	Green beans and raw salad at a buffet				
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	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.