



09-01-2017
13-12-2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH

*Chicken Breast with
mushroom sauce
bifinhos de frango c/molho de
cogumelos*

*Stewed Steak with
carrots and peppers
vitela guizada c/cenouras e
pimentos*

*Roasted Fish fillet
filetes no forno á provençal*

*Breaded Pork fevers
febras de porco panadas*

*Oven Chicken
frango corado no forno*

VEGETARIAN

*Vegetarian Skewers
espetadas vegetarianas*

*Vegetarian Quiche
quiche de legumes*

*Cannelloni stuffed with
Spinach
canelones recheados c/
espinafres*

*Potatoes gratin with
cheese
batatas gratinadas c/ queijo*

*Stewed cabbage and
carrot
guizado de couve lombardo e
cenoura*

VEGETABLE

Mixed Salad

Mixed Salad

Mixed Salad

Mixed Salad

Mixed Salad

SIDE DISH

*Potato chips and pea
rice
batata chips e arroz de ervilhas*

*Sautéed Pasta
macarrão salteado*

*Boiled Potato
Batata cozida*

*Tomato sauce Spaghetti
esparquete e molho de tomate*

*Baked potato and rice
peas
batata assada e arroz de ervilhas*

*Fresh Fruit
fruta da epoca*

*Fresh Fruit
fruta da epoca*

*Fresh Fruit
fruta da epoca*

*Fresh Fruit
fruta da epoca*

*Fresh Fruit
fruta da epoca*

*Fresh Fruit
fruta da epoca*



16-01-2017
20-01-2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH

Stuffed Beef
carne vaca estufada

Chicken Curry
frango de caril

Fried Fish
peixe frito

Onion pork chops
costeletas de porco de cebolada

Grilled Chicken
frango grelhado

VEGETARIAN

Carrot burger
hamburguer de cenouras

Vegetable curry
caril de vegetais

Spinach Lasagna
lasanha de espinafres

Sausage and vegetable skewers
Espetadas de salsichas e legumes

Risotto Of Vegetables
risoto de vegetais

VEGETABLE

Mixed Salad

Mixed Salad

Mixed Salad

Mixed Salad

Mixed Salad

SIDE DISH

Garlic Spaghetti
esparguete ao alho

White Rice
arroz branco

Tomato Rice
arroz de tomate

mashed potatoes
puré de batata

Black Beans, Rice and Chips
feijão preto, arroz e batata frita

DESSERT

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época



23-01-2017
27-01-2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH

Roasted pork Shoulder
pá de porco assada

Veal strogonoff
estrogonoff de vitela

French fillets
filetes á francesa

"Hunter" Chicken
frango á caçador

Veal Steak
bitoque de vitela

VEGETARIAN

Pasta with rice and mushrooms
Massa de arroz c/ cogumelos

Onion quiche and vegetables
quiche de cebola e legumes

Souffle From Cauliflower
souflé de couve flor

Courgettes Pot pie
empadão de courgetes

Spinach Cake
bolinhos de batata e espinafres

VEGETABLE

Mixed Salad
salada mista

Mixed Salad
salada mista

Mixed Salad
salada mista

Mixed Salad
salada mista

Mixed Salad
salada mista

SIDE DISH

Vegetable Rice and baked Potato
arroz de vegetais e batata assada

White rice
arroz branco

Bean's Rice
arroz de feijão

Spaghetti Sautéed
espaguete salteado

Fried Egg, Potatoes and Rice
ovos, batata e arroz

DESSERT

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época



30-01-2017
03-02-2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH

Stuffed pork loin
lombo de porco estufado

Mixed Grilled Meat
grelhada mista

Breaded fillets
filetes panados

chicken leg will
jardiniere
perna de frango á jardineira

Grilled Burger
hamburguer grelhado

VEGETARIAN

Stuffed peppers
pimentos recheados

Gratin pasta
massa gratinada

Vegetable bundle
Trouxinha de legumes

Vegetarian Lasagna
lasanha vegetariana

Veggie Burger
hamburguer vegetariano

VEGETABLE

Mixed Salad
salada mista

Mixed Salad
salada mista

Mixed Salad
salada mista

Mixed Salad
salada mista

Mixed Salad
salada mista

SIDE DISH

Spaghetti
espaguete

Black beans and Rice
arroz e feijão preto

Tomato rice
arroz de tomate

White rice
arroz branco

Fries and Rice
batata frita e arroz

DESSERT

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época

Fresh Fruit
fruta da época