



08-05-2017
12-05-2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH

Chicken Steaks
bifes de frango

Bolognese Meat Balls
Almondegas à Bolonhesa

French Fillets
filetes á francesa

Braised Beef
jardineira de vaca

Hamburger
hamburger

VEGETARIAN

Stuffed Aubergine
beringela recheada

Beans Meatballs
almondegas de feijão

Vegetables Pancaques
panquecas de legumes

Gratin Potato with Cheese
batata gratinada c/queijo

Carrot Burger
hamburger de cenoura

VEGETABLE

Mixed salad
salada mista

Mixed salad
salada mista

Mixed salad
salada mista

Mixed salad
salada mista

Mixed salad
salada mista

SIDE DISH

Rice and chips
arroz e batata frita

Spaghetti
espaguete

Tomato Rice
arroz de tomate

White Rice
arroz branco

Potato Chips 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



15-05-2017
19-05-2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH

Stuffed Veal
carne estufada

Grilled Chicken
Frango grelhado

Parmegian Fish Filled
Filete de Peixe à parmegiana

Stewed beef
carne guizada

Oven Chicken
frango assado no forno

VEGETARIAN

*Spinach and Tomato
Spaghetti*
esparguete c/espinafres e tomate

*Sweet Potatoes and
Roasted Vegetables*
batata doce e legumes assados

Vegetable Pie
empadão de legumes

Vegetables Risotto
risoto de legumes

Gratin Pasta
massa gratinada

VEGETABLE

Mixed salad
salada mista

Mixed salad
salada mista

Mixed salad
salada mista

Mixed salad
salada mista

Mixed salad
salada mista

SIDE DISH

Spaghetti
esparguete

Rice and Black Beans
Arroz e feijão preto

Rice
Arroz

Pasta
massa

Baked Potato and Rice
batata assada 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



22-05-2017
26-05-2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH

Chicken bits
bifinhos de frango

Meatballs
almondegas

French Fish Fillets
filetes a francesa

Stewed Veal
jardineira de vitela

Fried Pork Chops
costeletas de porco fritas

VEGETARIAN

Stuffed Cannelloni
canelones recheados

Vegetables Chinese Pasta
massa chinesa com legumes

Vegetarian kebabs
espetadas vegetarianas

Russian Salad
salada russa

Vegetarian Lasagne
lasanha vegetariana

VEGETABLE

Mixed salad
salada mista

Mixed salad
salada mista

Mixed salad
salada mista

Mixed salad
salada mista

Mixed salad
salada mista

SIDE DISH

Roasted Potatoes
batata assada

Spaghetti
espaguete

Tomato rice and beans
arroz de tomate e feijão guizado

White rice
arroz branco

French Fries
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



29-05-2017
02-06-2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH

Stewed Beef
carne guizada

Grilled Chicken
frango grelhado

Breaded Fish Fillets
Filete de peixe panado

Grilled Pork
Febras de porco grelhadas

Hamburger
hamburger

VEGETARIAN

Vegetables Risotto
risoto de legumes

Gratin Pasta
massa gratinada

Rice Pastry
pasteis de arroz

Vegetarian Quiche
Quiche vegetariano

Veggie burger
hamburger vegetariano

VEGETABLE

Mixed salad
salada mista

Mixed salad
salada mista

Mixed Vegetables
Salada mista

Mixed salad
salada mista

Mixed salad
salada mista

SIDE DISH

Pasta
massa

French fries and rice
batata frita e arroz

Beans Beans
Arroz de feijão

*Roasted Potato and
Vegetables Rice*
arroz de legumes e batata assada

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