

28th June to 02nd July 2021

Monday

Soup Red bean soup

Main Dish Stewed meat with vegetables, penne pasta and salad

Diet*: Grilled pork steak with penne pasta and salad

Ovolactovegetarian*: Sautéed mushrooms with vegetables, penne pasta and

salad

Dessert: Seasonal fruit

Tuesday

Soup Vegetable cream

Main Dish Tuna pie with salad

Diet*: Boiled fish with potatoes, vegetables and salad

Ovolactovegetarian*: Soy pie with salad Dessert: Seasonal fruit

Wednesday

Soup Green beans soup

Main Dish

Roasted beef with spaghetti and salad

Diet*:

Turkey steak with spaghetti and salad

Ovolactovegetarian*: Tofu with oven vegetables, spaghetti and salad

Dessert: Seasonal fruit

Thursday

Soup Spinach soup

Main Dish Russian potato salad with fish patties and salad

Diet*: Grilled fish with boiled potatoes and vegetables or salad

Ovolactovegetarian*: Russian potato salad with rasped eggs and salad

Dessert: Seasonal fruit | Jelly

Friday

Soup Heart cabbage soup

Main Dish Traditional meat rice with salad

Diet*: Boiled meat with potatoes and vegetables

Ovolactovegetarian*: Stuffed eggplant with rice and salad

Dessert: Seasonal fruit

R. Dom Duarte de Lemos 113, 3750-791 Trofa - Águeda

Contactos: 925 974 560 | 925 974 561 | 925 974 562

^{*}Dishes prepared only for students with food intolerances.