

## Menu

### 5<sup>th</sup> to 9<sup>th</sup> July 2021

#### Monday

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Soup	Vegetable Julienne soup
Main Dish	Grilled chicken steak with carrot rice and salad
Diet*:	Grilled chicken steak with carrot rice and salad
Ovolactovegetarian*:	Tofu with grilled vegetables, carrot rice and salad
Dessert:	Seasonal fruit

#### Tuesday

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Soup	White beans soup
Main Dish	'Gomes de Sá' Pollock with salad
Diet*:	Boiled fish with potatoes, vegetables, and salad
Ovolactovegetarian*:	'Gomes de Sá' French garlic with salad
Dessert:	Seasonal fruit

#### Wednesday

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Soup	Cauliflower soup
Main Dish	Spaghetti Bolognese with lettuce and tomato salad
Diet*:	Grilled turkey steak with spaghetti and salad
Ovolactovegetarian*:	Bolognese Soy with salad
Dessert:	Seasonal fruit

#### Thursday

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Soup	Watercress soup
Main Dish	Roasted fish with vegetable rice and salad
Diet*:	Grilled fish with vegetable rice and salad
Ovolactovegetarian*:	Vegetable rice with sautéed mushrooms and salad
Dessert:	Seasonal fruit   Sweet angel hair pasta

#### Friday

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Soup	Pea soup
Main Dish	Portuguese meat with salad
Diet*:	Grilled pork chop with boiled potatoes and vegetables
Ovolactovegetarian*:	Vegetarian potato salad (rasped egg, turnip, broccoli, carrot, hear cabbage and potato)
Dessert:	Seasonal fruit

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\*Dishes prepared only for students with food intolerances.