

Menu

25th to 29th October 2021

Monday

Soup	Julienne soup
Main Dish	Strogonoff with rice and salad
Diet*:	Grilled turkey steak with rice and salad
Ovolactovegetarian*:	Strogonoff with mushrooms, soy, vegetables, rice and salad
Dessert:	Seasonal fruit

Tuesday

Soup	White cabbage soup
Main Dish	Russian salad with oven hake fillets and salad
Diet*:	Russian salad with grilled fish and salad
Ovolactovegetarian*:	Russian salad with rasped eggs and salad
Dessert:	Seasonal fruit

Wednesday

Soup	“Caldo Verde” soup
Main Dish	Stewed veal with peas, carrot, spaghetti, and salad
Diet*:	Grilled ribs with spaghetti, and salad
Ovolactovegetarian*:	Vegetarian couscous salad
Dessert:	Seasonal fruit

Thursday

Soup	Turnip green soup
Main Dish	Bean rice with pollock ‘pataniscas’ and salad
Diet*:	Boiled fish with bean rice, boiled vegetables, and salad
Ovolactovegetarian*:	Bean rice with green beans ‘pataniscas’ and salad
Dessert:	Seasonal fruit Jelly

Friday

Soup	‘Lavrador’ soup
Main Dish	Grilled chicken steak with boiled potatoes and salad
Diet*:	Grilled chicken steak with boiled potatoes and salad
Ovolactovegetarian*:	Soy stew and salad
Dessert:	Seasonal fruit

*Dishes prepared only for students with food intolerances.