

Menu

17th to 21st January, 2022

Monday

Soup	Carrot cream with peas
Main course:	Spaghetti Bolognese and salad
Diet*:	Grilled turkey steak with spaghetti and salad
Ovolactovegetarian*:	Soy Bolognese and salad
Dessert:	Seasonal fruit

Tuesday

Soup	Lombard cabbage soup
Main course:	Fish rice with salad
Diet*:	Boiled fish with potato, cabbage and salad
Ovolactovegetarian*:	Stewed vegetables with pouched egg and salad
Dessert:	Seasonal fruit

Wednesday

Soup	Watercress soup
Main course:	Stroganoff with spirals and salad
Diet*:	Grilled chicken steak with spirals and salad
Ovolactovegetarian*:	Mushroom stroganoff with spirals and salad
Dessert:	Seasonal fruit

Thursday

Soup	White bean soup
Main course:	'Gomes de Sá' Pollock with salad
Diet*:	Grilled fish with baked potato and salad
Ovolactovegetarian*:	'Gomes de Sá' leek with salad
Dessert:	Yogurt Seasonal fruit

Friday

Soup	Cauliflower soup
Main course:	Roast chicken with rice and salad
Diet*:	Grilled chop with rice and salad
Ovolactovegetarian*:	Roasted tofu with vegetables, rice and salad.
Dessert:	Seasonal fruit

*Dishes prepared only for students with food intolerances.