

Menu 01/04/2019

LUNCH/DINNER		(Kcal)*	Proteins* (g)	Fats* (g)	Carbo- hydrates* (g)
<u>MONDAY</u>					
SOUP	Farmer (carrot, potato, garlic, leek, onion, cabbage, tronchuda, red beans)	139	6	4	21
MAIN DISH	Veal stewed with peas, carrot and rice	632	49	38	23
DIET	Grilled whiting, cooked potatoes	434	21	10	62
VEGETARIAN	Cheese and herbs omelet	465	24	27	29
<u>TUESDAY</u>					
SOUP	Carrot cream	119	5	4	17
MAIN DISH	Beef stew (beef, potatoes, peas, carrots)	574	38	36	24
DIET	Grilled red fish, pea rice	442	23	10	62
VEGETARIAN	Vegetables w/ potatos	386	19	18	37
<u>WEDNESDAY</u>					
SOUP	Chicken Soup	137	6	2	22
MAIN DISH	Salmon pasta (salmon, sea food, carrots, broccoli)	618	28	30	58
DIET	Spiced chicken thigh with spaghetti and lettuce	530	48	10	60
VEGETARIAN	Spaghetti with Bolognese of soy	546	23	32	36
<u>THURSDAY</u>					
SOUP	Peasant (onion, carrot, garlic, potatoes, cabbage, beans, tronchuda)	120	5	4	17
MAIN DISH	Beef stew with beans and cabbage, white rice	686	59	31	43
DIET	Grilled hake with cooked potatoes	438	21	10	63
VEGETARIAN	Vegetable stew (Cauliflower, carrot, broccoli, cauliflower) with white rice	368	16	14	42
<u>FRIDAY</u>					
SOUP	Of courgette	97	3	3	14
MAIN DISH	Pork Cutlets with mustard sauce, carrot rice	704	43	30	63
DIET	Grilled sardines with boiled potatoes and pepper and tomato salad	527	22	19	64
VEGETARIAN	Vegetarian Pizza	536	19	16	75
<u>SATURDAY</u>					
SOUP	Red cabbage with beans	107	4	3	15
MAIN DISH	Stew pork steaks with rice and chips				
DIET	Fish Peasant Salad	442	22	10	63
Attention: Menu subject to change; All dishes are accompanied by salad or vegetables; Dessert of the day: seasonal fruit or sweet * Average approximate nutritional values per dish If you want a strictly vegetarian dish, inform the kitchen one day in advance; Information about allergens present in the menu: request at the canteen					

Rita Gueiral

Rita Gueiral, nutricionista, 1608N