

# Menu 25/03/2019

| LUNCH/DINNER  |  | (Kcal)* | Proteins*<br>(g) | Fats*<br>(g) | Carbo-<br>hydrates*<br>(g) |
|---|--|---------|------------------|--------------|----------------------------|
| <b><u>MONDAY</u></b>  |  |         |                  |              |                            |
| <b>SOUP</b>   | Red cabbage with white beans   | 133     | 6                | 3            | 19                         |
| <b>MAIN DISH</b>  | Grilled mixed steak, rice, black beans   | 637     | 46               | 17           | 62                         |
| <b>DIET</b>   | Grilled lobster with rice  | 434     | 21               | 10           | 62                         |
| <b>VEGETARIAN</b>   | Vegetable pizza  | 536     | 19               | 16           | 75                         |
| <b><u>TUESDAY</u></b>   |  |         |                  |              |                            |
| <b>SOUP</b>   | Spinach cream  | 104     | 3                | 3            | 16                         |
| <b>MAIN DISH</b>  | Codfish fried with chips   | 982     | 18               | 71           | 75                         |
| <b>DIET</b>   | Grilled pork loin with rice  | 630     | 52               | 18           | 62                         |
| <b>VEGETARIAN</b>   | Vegetable patties with bean salad  | 707     | 19               | 24           | 10                         |
| <b><u>WEDNESDAY</u></b>   |  |         |                  |              |                            |
| <b>SOUP</b>   | Farmer (carrot, potato, garlic, leek, onion, cabbage, tronchuda, red beans)        | 139     | 6                | 4            | 21                         |
| <b>MAIN DISH</b>  | Breaded hake with potato peas (potatoes with cubes, peas, carrots and green beans) | 719     | 48               | 27           | 70                         |
| <b>DIET</b>   | Grilled veal scallops with spaghetti   | 643     | 52               | 16           | 71                         |
| <b>VEGETARIAN</b>   | Stuffed tomatoes with scrambled eggs   | 398     | 22               | 30           | 10                         |
| <b><u>THURSDAY</u></b>  |  |         |                  |              |                            |
| <b>SOUP</b>   | Chicken Soup   | 137     | 6                | 2            | 22                         |
| <b>MAIN DISH</b>  | Roasted chicken with rice and chips  | 711     | 37               | 32           | 66                         |
| <b>DIET</b>   | Broiled sausage with garlic with potato  | 461     | 21               | 13           | 62                         |
| <b>VEGETARIAN</b>   | Lentils stewed with vegetables, rice   | 312     | 20               | 7            | 41                         |
| <b><u>FRIDAY</u></b>  |  |         |                  |              |                            |
| <b>SOUP</b>   | Green soup (potatoes, onions, garlic, kale)  | 120     | 4                | 3            | 18                         |
| <b>MAIN DISH</b>  | Pasta w/ meat (stewed with meats, carrots, beans)                                  | 702     | 65               | 24           | 55                         |
| <b>DIET</b>   | Tuna salad with black bean and egg, rice   | 532     | 45               | 24           | 20                         |
| <b>VEGETARIAN</b>   | Green beans fried w/ chips   | 677     | 15               | 48           | 52                         |
| <b><u>SATURDAY</u></b>  |  |         |                  |              |                            |
| <b>SOUP</b>   | Spring (Onion, garlic, carrot, potato, cabbage, leek, peas)                        | 115     | 5                | 3            | 17                         |
| <b>MAIN DISH</b>  | Grilled Alheira (stuffed with meat), Potato Shovel (fried)                         | 772     | 18               | 42           | 78                         |
| <b>DIET</b>   | Grilled streak with cooked potatoes  | 438     | 21               | 10           | 63                         |
| <p style="text-align: center;">Attention:<br/>Menu subject to change;<br/>All dishes are accompanied by salad or vegetables; Dessert of the day: seasonal fruit or sweet<br/>* Average approximate nutritional values per dish<br/>If you want a strictly vegetarian dish, inform the kitchen one day in advance;<br/>Information about allergens present in the menu: request at the canteen</p> |  |         |                  |              |                            |

*Rita Gueiral*

Rita Gueiral, nutricionista, 1608N