

Menu

10/06/2019

LUNCH/DINNER		(Kcal)*	Proteíns* (g)	Fats* (g)	Carbo- hydrates* (g)
<u>MONDAY</u>					
SOUP					
MAIN DISH					
DIET					
VEGETARIAN					
<u>TUESDAY</u>					
SOUP	Spring (Onion, garlic, carrot, potato, cabbage, leek, peas)	115	5	3	17
MAIN DISH	Pasta with tuna with egg, peas, carrot	535	48	30	19
DIET	Grilled pork scallops, white rice	630	52	18	62
VEGETARIAN	Vegetable tortilla	617	19	36	52
<u>WEDNESDAY</u>					
SOUP	Of turnip greens with chickpeas	113	4	4	16
MAIN DISH	Hake fried with mashed potatoes	726	48	44	36
DIET	Sliced cooked veal with rice	618	39	23	62
VEGETARIAN	Vegetarian ranch	377	16	15	42
<u>THURSDAY</u>					
SOUP	Chicken Soup	137	6	2	22
MAIN DISH	Chicken curry, saffron rice	532	37	36	16
DIET	Grilled streak with cooked potatoes	438	21	10	63
VEGETARIAN	Small pies of vegetables and potatoes	673	18	33	74
<u>FRIDAY</u>					
SOUP	Pea cream	115	5	3	17
MAIN DISH	Fried meat with potato chips (all mixed)	908	45	56	54
DIET	Grilled fillets with potato peas (potato cubes, peas, carrots and green beans)	442	22	10	63
VEGETARIAN	Vegetable carbonara	427	15	13	60
<u>SATURDAY</u>					
SOUP	Green soup (potatoes, onions, garlic, kale)	120	4	3	18
MAIN DISH	Tuna salad with black bean and egg, rice	532	45	24	20
DIET	Grilled chops, rice	443	21	11	62
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