

Menu IPCA 08/07/2024

LUNCH/DINNER

PRATO

Monday

SOUP	Vegetables
MAIN	Veal croquettes (meat balls) w/ rice and black-eyed peas
DIET	Tuna pasta
VEGETARIAN	Vegetables pasta

Tuesday

SOUP	Vegetables
MAIN	Pork steaks w/ rice
DIET	Grilled hake w/ rice

VEGETARIAN

wednesday

SOUP	Vegetables
MAIN	Roasted turkey w/ potatoes
DIET	Tuna and beans salad
VEGETARIAN	Vegetable croquettes (vegetable balls)

Thursday

SOUP	Vegetables
MAIN	Roasted chicken w/ pasta
DIET	Grilled red fish w/ rice
VEGETARIAN	Vegetables and potatoes salad

Friday

SOUP	Chicken soup
MAIN	Fish fingers w/ rice
DIET	Chicken in the oven w/ pasta
VEGETARIAN	Omelet of vegetables

Attention:

Menu subject to change;

All dishes are accompanied by salad or vegetables; Dessert of the day: seasonal fruit or sweet

*Approximate average nutritional values per dish

If you want a strictly vegetarian dish, inform the kitchen one day in advance;

Information about allergens present on the menu: request in the canteen.



Rita Gueiral, nutricionista, 1608N