

LUNCH: Week 25 to 31 march 2024

Montany   Spinach and chickpee aream soup   Spinach and chickpee and chickpee and aream soup   Spinach and chickpee and chickpee and aream soup   Spinach and chickpee		LUNCH: Week 25 to 31 march								
Some	Monday, 25 n	nar.	VE (kJ)	VE (kcal)		Sat. Fat.	Carb.	Sugar (g)	Prot.	Salt (g)
Pink   Stand sport spring syle (pees and carrot) with with reference   Find   Continue	Soup	Spinach and chickpea cream soup								
Defect   Schan staw this paginetian of the stands   10	Meat	Black beans stew with meats, rice, vegetables, farofa manioc	943	223	7,3	1,9	21,7	0,1	17,6	0,2
Vegetable         Sching basen with spagneth and carroti. Figure 1. Simple should be suited by the patient of the patient o	Fish	Stewed fogonero spring style (peas and carrots) with white rice <sup>4</sup>	592	140	2,4	0,3	18,5	0,5	10,1	0,4
Vegetable         Strong parts againstic         100         100         101         101         100         101         100         10	Diet		1143	273	11,9	3,5	27,3	0,1	13,8	0,3
Note	Vegetarian	Seitan stew with spaghetti and carrot <sup>1,6</sup>	844	200	4,0	1,0	26,0	2,3	14,4	0,5
Soup   Process	Vegetable	String beans sauté								
Soughesiant South of Scrilled with the mean and mushrooms sauce and potate of Sau 167 of 108	Tuesday, 26 i	mar.								
Section   Sect	Soup	Brocolli soup								
Second   Personal Properties   Personal Pr	Meat	·	432	102	2,0	0,6	10,8	0,7	9,8	0,3
Display   Disp										
Negeration   Soutsers							-			
No.   Process		,								
Medical	-	•			-					
Soup   Milate beans and cabbage soup   Sou	_				-	-				
Mean										
Fish   Roast blue shark rosa do adro with pota brupée 1-34,67,81,112,131   197   1										
Post   Displication					-					
Note   March					-					
Persistant   Per					-		-	-		
Thurbday, ≥ Image: Properties of the prope	-				-					
Note   Part	_				-					
Mease of the position o										
Pasta with tuna gratin with cheese and aromatic herbs   1.4   1.5   1.		· ·								
Position   Boiled fingonero with boiled potato and white cabbage   1908   1908   1909   190								-		
Vegetarian volcooli) <sup>1,6</sup> (sorcooli) <sup></sup>		<del>-</del>			-		-			•
Vegetable         Souccoli)-1-6         roccoli)-1-6         vol.         2-7         0.9         2-7         2-8         3-8         1-8         2	Diet		317	75	0,1	0,0	10,2	0,9	7,3	0,4
Friday, 29 m:riday, 29 m:riday         Friday, 29 m:riday         Vib. (kg) (kg) (kg) (kg) (kg) (kg) (kg) (kg)	Vegetarian	broccoli) <sup>1,6</sup>	694	164	2,7	0,5	27,5	2,4	6,1	0,1
Soup   Caldo verde (typical portuguese cabbage soup) 6,7,12   Caldo verde (typical portuguese dish with varied meats) 1,12   Caldo verde (t	Vegetable	Sautéed macedonia			-					
Soup   Caldo verde (typical portuguese cabbage soup) <sup>6,712</sup>   261   63   35   1,1   4,9   0,2   1,1   1,0   1,0   1,1   1,0   1,1   1,0   1,1	Friday, 29 ma	ır.								
Meat         Mixed grilled meats (flank, chicken stump and tuscan sausage) with black beans with rice <sup>1,2,4,6,7,9,10,10</sup> (a) 14,0         14,0         18,0         <	Soup	Caldo verde (typical portuguese cabbage soup) <sup>6,7,12</sup>								
Fish         Roast sardines with roast punched potatoes <sup>4</sup> 54         129         54         120         118         0,8         7,8         12,0           Diet         Roast turkey thigh with carrot rice <sup>12</sup> 779         185         7,4         2,1         14,7         0,3         14,2         0,2           Vegetarian         Grilled tofu with aromatic herbs and potatoes sautés <sup>1,6</sup> 81         115         0,5         0,1         14,6         0,5         2,0         1,0         2,0         1,0         2,0         1,0	Meat	Mixed grilled meats (flank, chicken stump and tuscan sausage) with black beans with rice $^{1,2,4,6,7,9,10}$	1448	347	23,4	7,8	19,9	0,1	14,1	0,3
Properties   Roast turkey thigh with carrot rice <sup>12</sup>   Vegetarian   Grilled tofu with aromatic herbs and potatoes sautés <sup>1,6</sup>   483   115   3,8   0,8   13,6   0,9   0,5   0,0   0	Fish		541	129	5,4	1,2	11,8	0,8	7,8	0,2
Vegetarian         Grilled tofu with aromatic herbs and potatoes sautés¹.6         483         115         3,8         0,8         13,6         0,9         5,5         0,2           Vegetable         Roast green pepper and onion salad         107         26         0,5         0,1         2,8         2,4         1,5         0,3           Saturday, 30 mr.         Vegetame         Veget	Diet		779	185	7,4	2,1	14,7	0,3	14,2	0,2
Saturday, 30 mar.         VE (kJ)         VE (kJ)         VE (kJ)         Sat. Fat. (kJ)         Sups. (kg)         Sups. (kg)         Sups. (kg)         Sups. (kJ)         Sups. (kJ)         VE (kJ)         VE (kJ)         VE (kJ)         Keat. (kJ)         Veg. (kJ)	Vegetarian		483	115	3,8	0,8	13,6	0,9	5,5	0,2
Saturday, 30 mar.  Soup Peas cream soup 229 54 0,7 0,1 9,5 1,1 1,6 0,1 Meat Roast lamb with rice 12 0,1 1,1 0,1 0,2 0,1 0,1 0,1 0,1 0,1 0,1 0,1 0,1 0,1 0,1	Vegetable	Roast green pepper and onion salad	107	26	0,5	0,1	2,8	2,4	1,5	0,3
Soup         Peas cream soup         229         54         0,7         0,1         9,5         1,1         1,6         0,1           Meat         Roast lamb with rice <sup>12</sup> 806         192         5,8         1,8         19,2         0,1         14,7         0,2           Fish         Grilled swordfish with boiled potato and parsley sauce <sup>4</sup> 396         94         1,7         0,3         11,9         0,8         7,1         0,2           Diet         Grilled haddock with boiled potato <sup>4</sup> 361         85         0,2         0,0         10,8         0,7         9,6         1,7           Vegetarian         Couscous with vegetables and chickpea <sup>1,6</sup> 675         160         3,2         0,5         23,9         2,3         6,6         0,2           Vegetable         Brussels sprout with cauliflower         187         45         1,0         0,2         3,8         3,0         3,6         0,2           Sunday, 31 mar.         Leek and cauliflower soup         213         50         0,7         0,1         8,9         1,0         1,6         0,1           Meat         Arroz à valenciana (typical potuguese dish with varied meats, seafood, calamares, vegetables and rice) <sup>1,2,6,7,9,10,14</sup> 31         5	Saturday, 30	mar.								
Meat         Roast lamb with rice <sup>12</sup> 806         192         5,8         1,9         19,2         1,4         0,3           Fish         Grilled swordfish with boiled potato and parsley sauce <sup>4</sup> 396         94         1,7         0,3         11,9         0,8         7,1         0,2           Diet         Grilled haddock with boiled potato <sup>4</sup> 361         85         0,2         0,0         10,8         0,7         9,6         1,7           Vegetarian         Couscous with vegetables and chickpea <sup>1,6</sup> 675         160         3,2         0,5         23,9         2,3         6,6         0,2           Vegetable         Brussels sprout with cauliflower         187         45         1,0         0,2         3,8         3,0         3,6         0,2           Sunday, 31         ************************************										
Fish Grilled swordfish with boiled potato and parsley sauce <sup>4</sup> 396 94 1,7 0,3 11,9 0,8 7,1 0,2 Diet Grilled haddock with boiled potato <sup>4</sup> 361 85 0,2 0,0 10,8 0,7 9,6 1,7 Vegetarian Couscous with vegetables and chickpea <sup>1,6</sup> 675 160 3,2 0,5 23,9 2,3 6,6 0,2 Vegetable Brussels sprout with cauliflower 187 45 1,0 0,2 3,8 3,0 3,6 0,2 Sunday, 31 The Sunday, 31 The Sunday Repeated Brussels sprout with cauliflower 187 45 1,0 0,2 3,8 3,0 3,6 0,2 Sunday, 31 The Sunday Repeated Brussels sprout with cauliflower 187 50 1,0 0,2 0,2 0,5 0,5 0,5 0,5 0,5 0,5 0,5 0,5 0,5 0,5	•	•								
Diet Grilled haddock with boiled potato <sup>4</sup> 361 85 0,2 0,0 10,8 0,7 9,6 1,7 Vegetarian Couscous with vegetables and chickpea <sup>1,6</sup> 675 160 3,2 0,5 23,9 2,3 6,6 0,2 Vegetable Brussels sprout with cauliflower 187 45 1,0 0,2 3,8 3,0 3,6 0,2 Sunday, 31 Two Sunday, 31 Two Sunday 187 189 199 199 199 199 199 199 199 199 199										
Vegetarian VegetableCouscous with vegetables and chickpea1,66751603,20,523,92,36,60,2VegetableBrussels sprout with cauliflower187451,00,23,83,03,60,2Sunday, 31 wr.VE (k)VE (k)VE (kcal)VE (kcal)VE (kcal)VE (kcal)VE (kcal)Sat. Fat. Carb. (ag.)Sugar (bg.)Prot. Salt (g)Salt (g)SoupLeek and cauliflower soup213500,70,18,91,01,60,1MeatArroz à valenciana (typical potuguese dish with varied meats, seafood, calamares, vegetables and rice)1,2,6,7,9,10,147131705,81,618,90,49,90,6FishFresh cod gratin with bread crust and aromatic herbs, aromatic herbs, aromatic herbs and roast potatoes1,44341031,90,313,00,67,80,2DietChicken stripes stewed in raw with vegetables rice7201712,70,521,60,514,50,2VegetableStewed tofu with boiled potato, red peppers and carrot, corn and mushrooms salad1,64221003,20,712,00,95,00,2VegetableCucumber, green pepper and tomato salad95220,40,12,92,91,10,0		· · · · · · · · · · · · · · · · · · ·								
VegetableBrussels sprout with cauliflower187451,00,23,83,03,60,2Sunday, 31 mr.VE (kJ)VE (kJ)VE (kJ)VE (kJ)VE (kJ)Sat. Fat. (gr)Carb. (gr)Sugar (gr)Prot. (gr)Sat. Fat. (gr)Sugar (gr)Prot. (gr)Sat. Fat. (gr)Carb. (gr)Sugar (gr)Prot. (gr)Sat. Fat. (gr)Sat. Fat. (gr)Sat. Fat. (gr)Sugar (gr)Prot. (gr)Sat. Fat. (gr)Sat. (gr)<			675	160						
Soup Leek and cauliflower soup 213 50 0,7 0,1 8,9 1,0 1,6 0,1  Meat Arroz à valenciana (typical potuguese dish with varied meats, seafood, calamares, vegetables and rice) 1,2,6,7,9,10,14  Fish Fresh cod gratin with bread crust and aromatic herbs, aromatic herbs and roast potatoes 1,4  Diet Chicken stripes stewed in raw with vegetables rice 720 171 2,7 0,5 21,6 0,5 14,5 0,2  Vegetarian Stewed tofu with boiled potato, red peppers and carrot, corn and mushrooms salad 1,6  Vegetable Cucumber, green pepper and tomato salad 95 22 0,4 0,1 2,9 2,9 1,1 0,0		·	187	45	1,0	0,2	3,8	3,0	3,6	0,2
Soup Leek and cauliflower soup  Arroz à valenciana (typical potuguese dish with varied meats, seafood, calamares, vegetables and rice) <sup>1,2,6,7,9,10,14</sup> Fish Fresh cod gratin with bread crust and aromatic herbs, aromatic herbs and roast potatoes <sup>1,4</sup> Diet Chicken stripes stewed in raw with vegetables rice  Vegetarian Stewed tofu with boiled potato, red peppers and carrot, corn and mushrooms salad <sup>1,6</sup> Vegetable Cucumber, green pepper and tomato salad	_	ar.								
MeatArroz à valenciana (typical potuguese dish with varied meats, seafood, calamares, vegetables and rice)\(^1,2,6,7,9,10,14\)7131705,81,618,90,49,90,6FishFresh cod gratin with bread crust and aromatic herbs, aromatic herbs and roast potatoes\(^1,4\)4341031,90,313,00,67,80,2DietChicken stripes stewed in raw with vegetables rice7201712,70,521,60,514,50,2VegetarianStewed tofu with boiled potato, red peppers and carrot, corn and mushrooms salad\(^1,6\)4221003,20,712,00,95,00,2VegetableCucumber, green pepper and tomato salad95220,40,12,92,91,10,0										
seafood, calamares, vegetables and rice) <sup>1,2,6,7,9,10,14</sup> Fish  Fresh cod gratin with bread crust and aromatic herbs, aromatic herbs and roast potatoes <sup>1,4</sup> Diet  Chicken stripes stewed in raw with vegetables rice  Vegetarian  Stewed tofu with boiled potato, red peppers and carrot, corn and mushrooms salad <sup>1,6</sup> Vegetable  Cucumber, green pepper and tomato salad  Seafood, calamares, vegetables and rice) <sup>1,2,6,7,9,10,14</sup> 434  103  1,9  0,3  13,0  0,6  7,8  0,2  21,6  0,5  14,5  0,2  22  0,7  12,0  0,9  1,0  1,0  1,0  1,0  1,0  1,0  1	Soup	·	213	30	0,7	0,1	0,9	1,0	1,0	0,1
and roast potatoes <sup>1,4</sup> Diet Chicken stripes stewed in raw with vegetables rice 720 171 2,7 0,5 21,6 0,5 14,5 0,2  Vegetarian Stewed tofu with boiled potato, red peppers and carrot, corn and mushrooms salad <sup>1,6</sup> Vegetable Cucumber, green pepper and tomato salad 95 22 0,4 0,1 2,9 2,9 1,1 0,0	Meat	seafood, calamares, vegetables and rice) <sup>1,2,6,7,9,10,14</sup>	713	170	5,8	1,6	18,9	0,4	9,9	0,6
VegetarianStewed tofu with boiled potato, red peppers and carrot, corn and mushrooms salad1,64221003,20,712,00,95,00,2VegetableCucumber, green pepper and tomato salad95220,40,12,92,91,10,0	Fish	and roast potatoes <sup>1,4</sup>	434	103	1,9	0,3	13,0	0,6	7,8	0,2
Vegetarian mushrooms salad $^{1,6}$ mushrooms salad $^{1,6}$ vegetable Cucumber, green pepper and tomato salad 95 22 0,4 0,1 2,9 2,9 1,1 0,0	Diet		720	171	2,7	0,5	21,6	0,5	14,5	0,2
	Vegetarian		422	100	3,2	0,7	12,0	0,9	5,0	0,2
	Vegetable	Cucumber, green pepper and tomato salad	95	22	0,4	0,1	2,9	2,9		0,0

Your meal contains or may contain the following substances or products and their derivatives: <sup>1</sup>Cereals containing gluten, <sup>2</sup>Crustaceans, <sup>3</sup>Eggs, <sup>4</sup>Fish, <sup>5</sup>Peanuts, <sup>6</sup>Soybeans, <sup>7</sup>Milk, <sup>8</sup>Nuts, <sup>9</sup>Celery, <sup>10</sup>Mustard, <sup>11</sup>Sesame seeds, <sup>12</sup>Sulphur dioxide and sulphites, <sup>13</sup>Lupin, <sup>14</sup>Molluscs. For those who are not allergic or intolerant, these substances or products are completely harmless. The menu may change due to unforeseen reasons. The vegetarian dish does not contain any product of animal origin, which complies with the requirements of Law No 11/2017. Nutritional declaration: Variations in preparation and confection techniques, as well as seasonal and regional differences in products, may change the values presented. Average values of 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the National Institute of Health Dr. Ricardo Jorge, Food Composition Table (2007), and the information provided by suppliers. Sat. Fat. - Saturated Fatty Acids, Sugar - Sugar, VE - Energetic value, Carb. - Carbohydrates, Fat - Fat, Prot. - Proteins, Salt - Salt



DINNER: Week 25 to 31 march 2024

Monday, 2	5 mar.	VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot.	Salt (g)
Soup	Peas and zucchini soup	223	53	0,7	0,1	9,2	0,9	1,6	0,1
Meat	Grilled pork steaks with lemon sauce and white rice <sup>6,7</sup>	898	214	6,3	1,8	23,5	0,1	15,3	0,3
Fish	Boiled hake with egg, chickpea, potato and parsley <sup>3,4</sup>	512	121	1,3	0,2	15,6	0,9	10,4	0,2
Diet	Boiled hake with white rice and brussels sprout <sup>4</sup>	603	143	1,4	0,2	20,4	0,6	11,5	0,3
Vegetarian	Vegetable pie (potato, carrot, kale, pepper and soy) <sup>6</sup>	306	72	0,9	0,1	10,2	1,0	5,0	0,1
Vegetable	Onion, carrot and red pepper salad	103	24	0,2	0,0	3,7	3,3	0,9	0,1
Tuesday 2	6	VE	VE	Fat	Sat.	Carb.	Sugar	Prot.	Salt
Tuesday, 2	o mar.	(kJ)	(kcal)	(g)	Fat. (g)	(g)	(g)	(g)	(g)
Soup	Lombardo soup	216	51	0,7	0,1	9,1	1,1	1,4	0,1
Meat	Stewed turkey thigh with carrot and spaghetti <sup>1,3</sup>	810	193	7,2	1,9	17,8	1,1	13,8	0,3
Fish	Roast mackerel with tomato and pepper rice <sup>4</sup>	763	181	4,8	0,8	22,2	0,3	11,9	0,2
Diet	Boiled turkey thigh with carrot and spaghetti <sup>1,3</sup>	832	197	6,3	1,9	19,5	1,0	15,3	0,3
Vegetarian	Lentils spaghetti bolognese <sup>1,6,8,10,11</sup>	1265	301	4,0	0,9	52,5	3,0	15,2	0,1
Vegetable	Broccoli, carrot and zucchini	106	25	0,4	0,1	2,5	1,6	1,9	0,4
Wodnoodo	27	VE	VE	Fat	Sat.	Carb.	Sugar	Prot.	Salt
Wednesda	y, 27 mar.	(kJ)	(kcal)	(g)	Fat. (g)	(g)	(g)	(g)	(g)
Soup	Julienne vegetables	211	50	0,7	0,1	9,0	1,1	1,3	0,1
Meat	Duck rice <sup>1,6,7,12</sup>	837	199	8,2	2,7	15,9	0,3	15,3	0,5
Fish	Roast stingray with boiled potato and green sauce <sup>4,12</sup>	414	98	2,6	0,4	13,2	1,0	4,7	0,2
Diet	Boiled stingray with boiled potato and string beans <sup>4</sup>	317	75	0,1	0,0	13,0	1,2	4,7	0,3
Vegetarian	Vegetables frittata with seitan with rice <sup>1,6</sup>	833	198	4,2	0,8	29,2	1,0	9,9	0,3
Vegetable	Lettuce, carrot and cucumber salad	83	20	0,3	0,1	2,3	2,2	1,3	0,1
Thursday,	28 mar.	VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat.	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	String beans soup	220	52	0,7	(g) 0,1	9,4	1,1	1,4	0,1
Meat	Stewed turkey strips with tomato sauce and macaroni <sup>1,6</sup>	765	181	4,3	0,9	19,6	1,6	15,9	0,1
Fish	Grilled mackerel with garlic sauce and white rice <sup>4,7</sup>	1001	239	11,6	2,9	17,6	0,2	15,7	0,3
Diet	Grilled pork escalopes with macaroni <sup>1,6</sup>	867	205	4,0	1,4	23,5	1,3	18,7	0,3
Vegetarian	Corn bread migas with beans and cabbage with white rice <sup>1</sup>	1247	295	4,4	0,8	50,9	1,5	10,7	0,3
Vegetable	Purple savoy cabbage, corn and cucumber salad	196	46	1,1	0,0	4,5	2,1	3,7	0,0
regetable	Tarpie savoy cassage, com ana cacamser salaa	VE		•	Sat.		•		-
Friday, 29	mar.		VE (kcal)	Fat (g)	Fat.	Carb. (g)	Sugar (g)	Prot.	Salt (g)
Soup	Vegetables and lentils cream soup <sup>1,6,8,10,11</sup>	272	65	0,8	(g) 0,1	11,4	1,0	2,6	0,1
Meat	Beef pie with carrot <sup>3,7,12</sup>	462	111	6,1	2,1	6,4	0,3	7,3	0,1
Fish	Stewed squid with white rice <sup>14</sup>	661	157	3,1	0,5	20,0	0,1	11,8	0,4
Diet	Grilled squid with white rice <sup>14</sup>	608	143	1,7	0,3	18,8	0,1	13,1	0,5
Vegetarian	Stewed soybeans and vegetables with potato with potatoes sautés <sup>6</sup>	542	129	3,8	0,5	14,1	0,9	8,1	0,3
Vegetable	Shaved carrot and cucumber salad	91	22	0,3	0,1	2,9	2,7	1,1	0,1
regetable	Shavea carrot and cacamber salad	VE	VE	•	Sat.				-
Saturday,	30 mar.	VE (kJ)	VE (kcal)	Fat (g)	Fat.	(g)	Sugar (g)	(g)	(g)
Soup	Greens soup	206	49	0,7	(g) 0,1	8,5	1,2	1,5	0,1
Meat	Stewed poultry meatballs with spaghetti <sup>1,3,6,12</sup>	926	221	8,4	3,5	24,5	1,5	11,0	0,8
Fish	Boiled codfish with vegetables <sup>3,4</sup>	346	82	0,6	0,2	10,8	1,1	7,6	1,1
Diet	Grilled beef steak with spaghetti <sup>1,3</sup>	856	202	3,9	1,4	24,5	0,9	16,9	0,3
	Vegetable feijoada (black beans, mushrooms, tomatoes) and fusilli pasta			•			0,5		
Vegetarian	with mushrooms and cherry tomato <sup>1,6</sup>	666	159	2,5	0,4	25,1	1,6	8,3	0,2
Vegetable	Purple savoy cabbage salad	127	30	0,0	0,0	3,9	3,3	2,0	0,0
Sunday, 31	mar.	VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Brocolli and butter beans soup	306	73	0,9	0,1	12,6	0,9	2,9	0,1
Meat	Stewed rabbit with hunter style and potato purée <sup>7,12</sup>	453	108	3,4	0,9	9,7	0,7	8,2	0,1
Fish	Roast snapper with rosemary rice <sup>4</sup>	791	188	4,1	0,6	24,7	0,2	12,5	0,3
Diet	Grilled red snapper fish with boiled potato <sup>4</sup>	366	86	0,2	0,0	12,9	0,8	7,6	0,2
Vegetarian	Eggplant stuffed with soy, carrot puree and grated cabbage with soy <sup>6</sup>	448	106	2,3	0,3	9,6	1,9	10,4	0,1
Vegetable	Stewed baby carrot	284	68	5,1	0,8	3,9	3,6	0,7	0,5
								S3	

Your meal contains or may contain the following substances or products and their derivatives: 1 Cereals containing gluten, 2 Crustaceans, 3 Eggs, 4 Fish, 5 Peanuts, 6 Soybeans, 7 Milk, 8 Nuts, 9 Celery, 10 Mustard, 11Sesame seeds, 12Sulphur dioxide and sulphites, 13Lupin, 14Molluscs. For those who are not allergic or intolerant, these substances or products are completely harmless. The menu may change due to unforeseen reasons. The vegetarian dish does not contain any product of animal origin, which complies with the requirements of Law No 11/2017. Nutritional declaration: Variations in preparation and confection techniques, as well as seasonal and regional differences in products, may change the values presented. Average values of 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the National Institute of Health Dr. Ricardo Jorge, Food Composition Table (2007), and the information provided by suppliers. Sat. Fat. - Saturated Fatty Acids, Sugar - Sugar, VE - Energetic value, Carb. - Carbohydrates, Fat - Fat, Prot. - Proteins, Salt - Salt



LUNCH: Week 1st to 7th April 2024

	LUNCH: Week 1st to 7st April .								
Monday, 1 <sup>st</sup>	April	VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Cabbage kale and pumpkin soup	222	53	0,7	0,1	9,5	0,9	1,4	0,1
Meat	Alheira (typical Portuguese sausage) in the oven with potatoes sautés <sup>1</sup>	642	153	6,2	1,9	18,3	1,0	5,5	0,3
Fish	Roast salmon with vegetables and roast potatoes <sup>4</sup>	705	168	8,4	1,6	13,8	0,7	8,8	0,2
Diet	Boiled sole fillet with white rice and macedonia <sup>4</sup>	631	149	1,9	0,3	20,1	0,0	12,4	0,3
Vegetarian	Lentils stew with vegetables and potatoes sautés <sup>1,6,8,11</sup>	492	117	3,1	0,4	16,4	0,9	4,7	0,2
Vegetable	Carrot, apple and tomato salad	167	39	0,3	0,0	7,7	7,6	0,5	0,1
Tuesday, 2	<sup>nd</sup> April	VE	VE	Fat	Sat. Fat.	Carb.	Sugar	Prot.	Salt
Soup	White beans with turnip greens soup	(kJ) 292	(kcal) 69	(g) 0,8	(g) 0,1	(g) 11,5	(g) 0,9	(g) 2,7	(g) 0,1
Meat	Cow beef meatloaf with carrot sauce and white rice <sup>1,3,6,7,8,11,12,13</sup>	907	216	7,1	1,9	26,7	0,3	10,7	1,2
Fish	Stewed fogonero with carrot sauce and white rice <sup>4</sup>	663	157	3,9	0,6	19,2	0,3	10,4	0,5
Diet	Grilled turkey steak with spaghetti <sup>1,3</sup>	784	185	1,9	0,4	22,9	0,9	18,6	0,3
Vegetarian	Seitan stroganoff with white rice <sup>1,6,12</sup>	752	178	2,0	0,5	27,2	0,7	11,4	0,6
Vegetable	Turnip greens sauté	356	86	7,0	1,0	2,2	0,0	2,3	0,3
Wednesday		VE	VE	Fat	Sat. Fat.	Carb.	Sugar	Prot.	Salt
		(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	Carrot, Lombardo and chickpea soup	349	83	1,2	0,1	13,8	1,2	3,1	0,1
Meat	Turkey sauté with pickles and carrot and spring rice (peas and carrot) <sup>12</sup>	671	159	3,0	0,5	18,2	0,6	14,1	0,6
Fish	Seafood with pasta stew (clams, shrimp, crab sticks) <sup>1,2,3,4,6,12,14</sup>	706	167	3,5	0,6	21,8	1,5	11,2	0,7
Diet	Grilled sole with boiled potato <sup>4</sup>	380 752	89 178	0,5 2,3	0,1 0,5	12,9 25,5	0,8 2,2	7,7 12,4	0,2 0,1
Vegetarian Vegetable	Vegetarian pasta (broccoli, peas, tomatoes and soybeans) <sup>1,6</sup> Lettuce, onion and tomato salad	81	176	0,2	0,0	23,3	2,2	1,2	0,0
_		VE	VE	Fat	Sat. Fat.	Carb.	Sugar	Prot.	Salt
Thursday, 4	-	(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	String beans soup with lentils <sup>1,6,8,10,11</sup>	339	80	8,0	0,1	14,5	1,2	3,7	0,1
Meat	Grilled chicken breast with roast potatoes	446	106	1,6	0,3	11,7	0,7	10,5	0,2
Fish	Grilled red snapper fish with spring rice <sup>4</sup>	644	152	1,8	0,3	21,1	0,5	12,2	0,3
Diet	Boiled beef and boiled chicken with boiled potatoes, boiled vegetables	724	172	4,3	1,0	18,6	0,6	14,3	0,2
	and rice								
Vegetarian	Couscous salad with red kidney bean and vegetables (leek, peas and courgetti and red pepper)	791	188	1,4	0,2	33,1	0,9	9,1	0,2
Vegetable	Lettuce and red cabbage salad	95	23	0,1	0,0	2,4	2,1	1,9	0,0
_		VE	VE	Fat	Sat. Fat.	Carb.	Sugar	Prot.	Salt
Friday, 5 <sup>th</sup>		(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	Leek and pumpkin soup <sup>7,12</sup>	160	38	1,2	0,2	5,6	0,9	0,9	0,1
Meat	Stewed pork with fries and rice <sup>5,6,12</sup>	732	175	7,6	1,8	17,3	0,1	8,4	0,3
Fish	Grilled horse-mackerel with parsley and onion sauce and boiled potatoes <sup>4</sup>	399	94	1,6	0,3	12,0	0,9	7,4	0,2
Diet	Boiled whiting fillets with boiled potato <sup>4</sup>	369	87	0,6	0,1	11,4	0,7	8,7	0,2
Vegetarian	Falafel (chickpea cake) with carrot sauce and white rice	1398	333	8,4	1,1	50,9	1,6	10,1	0,3
Vegetable	Chinese vegetable mixture sauté	403	97	7,6	1,1	4,4	2,1	1,9	0,3
Saturday, 6	<sup>th</sup> April	VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	White cabbage soup	216	51	0,7	0,1	9,3	1,2	1,3	0,1
Meat	Roast chicken thigh with corn flakes and black beans and rice <sup>1,8,12</sup>	891	211	4,1	0,7	27,6	0,9	14,7	0,3
Fish	Roast stingray with boiled potato and macedonia <sup>1,3,4</sup>	352	197	3,4	0,5	14,6	0,7	4,8	0,3
Diet	Roast chicken thigh au naturel with white rice	801	189	2,9	0,6	25,2	0,2	15,3	0,3
Vegetarian	Diced potato salad with black beans, carrots and peas	557	132	1,7	0,2	22,8	1,2	5,6	0,2
Vegetable	Onion, corn and cucumber salad	218	51	1,7	0,1	4,5	1,1	4,2	0,0
Sunday, 7th	April	VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Cauliflower and striped beans soup	301	71	0,8	0,1	12,5	1,1	3,0	0,1
Meat	Roast pork with roast potatoes <sup>12</sup>	597	142	6,7	1,9	11,1	0,8	8,3	0,2
Fish	Roast croaker with thyme and roast potatoes <sup>4</sup>	452	107	2,7	0,4	11,1	0,7	9,1	0,2
Diet	Grilled croaker with vegetables rice <sup>4</sup>	693	164	2,0	0,4	22,4	0,5	13,6	0,2
Vegetarian	Bean stew with mushrooms and vegetables rice	741	176	2,8	0,4	28,0	0,8	6,8	0,3
Vegetable	Lettuce and carrot salad	85	20	0,1	0,0	2,6	2,5	1,2	0,1
								<b>S4</b>	

Your meal contains or may contain the following substances or products and their derivatives: <sup>1</sup>Cereals containing gluten, <sup>2</sup>Crustaceans, <sup>3</sup>Eggs, <sup>4</sup>Fish, <sup>5</sup>Peanuts, <sup>6</sup>Soybeans, <sup>7</sup>Milk, <sup>8</sup>Nuts, <sup>9</sup>Celery, <sup>10</sup>Mustard, <sup>11</sup>Sesame seeds, <sup>12</sup>Sulphur dioxide and sulphites, <sup>13</sup>Lupin, <sup>14</sup>Molluscs. For those who are not allergic or intolerant, these substances or products are completely harmless. The menu may change due to unforeseen reasons. The vegetarian dish does not contain any product of animal origin, which complies with the requirements of Law No 11/2017. Nutritional declaration: Variations in preparation and confection techniques, as well as seasonal and regional differences in products, may change the values presented. Average values of 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the National Institute of Health Dr. Ricardo Jorge, Food Composition Table (2007), and the information provided by suppliers. Sat. Fat. - Saturated Fatty Acids, Sugar - Sugar, VE - Energetic value, Carb. - Carbohydrates, Fat - Fat, Prot. - Proteins, Salt - Salt



DINNER: Week 1st to 7th April 2024

Monday, 1 <sup>st</sup>	April	VE (kJ)	VE (kcal)	Fat	Sat. Fat.		Sugar		
Soup	Carrot, kale and broad beans soup	219	52	(g) 0,7	(g) 0,1	(g) 9.0	(g) 1,1	(g) 1,7	(g) 0,1
Meat	Pork stroganoff with white rice <sup>1,7</sup>	912	217	9,9	3,3	20,0	0,1	11,6	0,3
Fish	Tuna lasagna <sup>1,3,4,6,7</sup>	1117	272	10,6	3,2	27,5	0,9	16,0	1,0
Diet	Boiled beef with vegetables rice	779	185	3,6	1,2	23,9	0,5	13,6	0,2
Vegetarian	Roasted soy meatballs with tomato sauce and spaguethi <sup>1,6</sup>	1241	293	4,2	0,8	42,2	1,9	21,2	0,3
Vegetable	Lettuce and corn salad	276	65	2,2	0,0	5,1	0,4	5,9	0,0
Tuesday 2	nd Amerik	VE	VE	Fat	Sat.	Carb.	Sugar	Prot.	Salt
Tuesday, 2	April	(kJ)	(kcal)	(g)	Fat. (g)	(g)	(g)	(g)	(g)
Soup	Portuguese cabbage soup	294	70	0,8	0,1	11,7	1,1	2,7	0,1
Meat	Roast chicken thigh with spiral pasta <sup>1,6,12</sup>	852	202	4,4	1,0	23,5	1,5	16,1	0,3
Fish	Calamari in the oven with tomato rice <sup>1,2,3,4,7,9,14</sup>	723	171	3,6	0,6	23,1	0,2	11,3	0,3
Diet	Grilled mackerel with boiled potato <sup>4</sup>	399	94	0,9	0,2	12,9	0,8	8,0	0,2
Vegetarian	Stewed black beans with mushrooms, tomato rice ang galician kale	848	201	5,8	0,8	29,5	0,3	6,9	0,4
Vegetable	Purple savoy cabbage and cucumber salad	108	26	0,2	0,1	3,0	2,6	1,8	0,0
Wednesday	, 3 <sup>rd</sup> April	VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat.	Carb. (g)	Sugar (g)		Salt (g)
	Discouling and accountable as account				(g)			(g)	
Soup	Pumpkin and savoy cabbage soup	213	50	0,7	0,1	9,2	1,2	1,3	0,1
Meat	Plain tortilla in the oven (beef and pork) with salad <sup>3,5,6</sup>	573	137	7,2	1,7	7,2	0,2	10,5	0,2
Fish Diet	Roast sole fillets with roast potatoes <sup>4</sup> Grilled chop with white rice	448 1143	106 273	2,8 11,9	0,4 3,5	11,4 27,3	0,8 0,1	8,3 13,8	0,2 0,3
Vegetarian	Seitan stew with carrot and peas and potatoes sautés <sup>1,6</sup>	452	107	2,6	0,5	13,2	1,4	6,8	0,3
Vegetarian	Lettuce, onion and corn salad	204	48	1,5	0,0	4,2	1,0	4,1	0,0
		VE	VE	Fat	Sat.				•
Thursday, 4	I <sup>th</sup> April	(kJ)	(kcal)	rat (g)	Fat. (g)	Carb. (g)	Sugar (g)	(g)	(g)
Soup	Brussels sprouts soup with lentils <sup>1,6,8,10,11</sup>	310	74	0,9	0,1	12,9	1,2	3,2	0,1
Meat	Spaghetti bolognese <sup>1,3,12</sup>	1037	247	10,9	3,6	21,4	0,9	14,6	0,1
Fish	Roast red fish with thyme and white rice <sup>4</sup>	819	194	4,9	0,8	24,1	0,1	13,1	0,3
Diet	Boiled red fish with boiled potato and cabbage <sup>4</sup>	370	87	1,0	0,2	11,4	1,0	7,7	0,2
Vagatarian	Vegetarian pan (potatoes, soy chunks, carrot, zucchini, peas, broccoli and	E40	120	1 4	0.2	16.0	1.1	10.2	0.1
Vegetarian	red pepper) <sup>6</sup>	549	130	1,4	0,2	16,9	1,1	10,3	0,1
Vegetable	Tomato and pepper salad	100	23	0,4	0,0 <b>Sat</b> .	3,3	3,2	1,0	0,0
Friday, 5th	April	VE (kJ)	VE (kcal)	Fat (g)	Fat.	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Carra	Chiefman and wagetables areas soun				(g)				
Soup Meat	Chickpea and vegetables cream soup  Roast turkey thigh with vegetables rice (white cabbage and carrot) <sup>12</sup>	293 801	69 191	1,0 6,9	0,1 1,8	11,4 18,7	1,0 0,6	2,5 12,2	0,1 0,2
Fish	Roast sardines with boiled potato and peppers salad <sup>4</sup>	479	114	4,0	1,0	11,3	0,9	7,5	0,2
Diet	Grilled turkey thighs with spiral pasta <sup>1,6</sup>	880	209	6,5	2,1	20,8	1,1	16,9	0,3
	Tricoloured pasta with white bean, mushrooms, pineapple and			,	•	-	•		•
Vegetarian	macedonia <sup>1,6</sup>	1008	239	3,2	0,6	37,8	2,8	10,8	0,3
Vegetable	Lettuce and beetroot salad	75	18	0,1	0,0	1,8	1,8	1,5	0,1
Saturday, 6	th April	VE	VE	Fat	Sat. Fat.	Carb.	Sugar	Prot.	Salt
Saturday, C	April	(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	Broccoli soup	222	53	0,8	0,1	9,4	1,0	1,5	0,1
Meat	Grilled chop with tomato sauce and purée <sup>7,12</sup>	566	135	6,6	2,0	11,0	0,8	7,3	0,2
Fish	Codfish in the oven with boiled egg and vegetables <sup>3,4</sup>	421	100	2,2	0,4	12,5	0,9	6,8	1,0
Diet	Boiled fresh cod with boiled potato and white cabbage <sup>4</sup>	335	79	0,2	0,0	11,3	1,0	7,5	0,2
Vegetarian	Seitan curry with leek sauté and stewed peas <sup>1,6</sup>	480	116	7,6	2,3	4,1	0,9	6,6	0,5
Vegetable	Tomato and lettuce salad	79	19	0,3	0,0 <b>Sat</b> .	2,2	2,2	1,3	0,0
Sunday, 7 <sup>th</sup> April		VE (kJ)	VE (kcal)	Fat (g)	Fat.	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Pumpkin soup with rice	300	71	0,7	0,1	13,6	1,1	2,0	0,1
Meat	Stewed turkey thigh with curry and white rice	809	193	7,7	2,1	15,7	0,1	14,9	0,2
Fish	Roast hake with seafood sauce and mashed potatoes <sup>1,2,3,4,6,7,12</sup>	440	105	3,2	0,7	10,7	0,7	7,3	0,2
Diet	Grilled chop with tagliatelle <sup>1,6</sup>	1161	276	11,8	3,8	25,9	1,4	16,5	0,3
Vegetarian	Vegetables and bean curd tortilla in the oven <sup>6</sup>	383	91	2,4	0,5	12,9	1,2	3,4	0,2
Vegetable	Boiled kale	116	28	0,4	0,1	3,5	3,4	1,4	0,5

Your meal contains or may contain the following substances or products and their derivatives: <sup>1</sup>Cereals containing gluten, <sup>2</sup>Crustaceans, <sup>3</sup>Eggs, <sup>4</sup>Fish, <sup>5</sup>Peanuts, <sup>6</sup>Soybeans, <sup>7</sup>Milk, <sup>8</sup>Nuts, <sup>9</sup>Celery, <sup>10</sup>Mustard, <sup>11</sup>Sesame seeds, <sup>12</sup>Sulphur dioxide and sulphites, <sup>13</sup>Lupin, <sup>14</sup>Molluscs. For those who are not allergic or intolerant, these substances or products are completely harmless. The menu may change due to unforeseen reasons. The vegetarian dish does not contain any product of animal origin, which complies with the requirements of Law No 11/2017. Nutritional declaration: Variations in preparation and confection techniques, as well as seasonal and regional differences in products, may change the values presented. Average values of 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the National Institute of Health Dr. Ricardo Jorge, Food Composition Table (2007), and the information provided by suppliers. Sat. Fat. - Saturated Fatty Acids, Sugar - Sugar, VE - Energetic value, Carb. - Carbohydrates, Fat - Fat, Prot. - Proteins, Salt - Salt



64