



**Monday, mar 11**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Julienne vegetables	211	50	0,7	0,1	9	1,1	1,3	0,1
Meat	Roast turkey roti with roast potatoes and aromatic herbs <sup>12</sup>	466	110	2,6	0,4	10,6	0,7	10,2	0,2
Fish	Grilled ling with clams and white rice <sup>4,14</sup>	698	165	1,4	0,2	24,8	0,1	12,8	0,4
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	Soy spaghetti bolognese <sup>1,6</sup>	1302	308	3,8	0,7	43,2	2,2	24,3	0,1
Vegetable	Lettuce and carrot salad	85	20	0,1	0	2,6	2,5	1,2	0,1


**Tuesday, mar 12**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Pumpkin and savoy cabbage soup	213	50	0,7	0,1	9,2	1,2	1,3	0,1
Meat	Grilled pork steaks with mustard sauce and spaghetti <sup>1,3,5,6,7,9,10,12</sup>	882	210	7,2	2,7	20,5	0,8	15,3	0,3
Fish	Roast whiting with potatoes sautés <sup>4</sup>	434	103	2,7	0,4	11,2	0,8	8	0,2
Diet	Boiled whiting with boiled potato, kale and string beans <sup>4</sup>	333	79	0,5	0,1	10,1	1,1	7,7	0,2
 Vegetarian	Black eyed peas salad with white rice and chinese vegetable mixture sauté <sup>12</sup>	1124	267	5,8	1	42,4	1,6	9,2	0,2
Vegetable	Cucumber salad with corn	266	63	2,2	0,1	5,1	0,8	5,4	0


**Wednesday, mar 13**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Cauliflower and chickpea soup	302	72	1	0,1	12,1	1,3	2,5	0,1
Meat	Beefburger in the oven with fried egg and fried potatoes <sup>1,3,6,12</sup>	647	271	11,6	2,4	9,4	0,5	9,6	0,2
Fish	Stewed squid with white rice <sup>14</sup>	661	157	3,1	0,5	20	0,1	11,8	0,4
Diet	Grilled beefburger with white rice <sup>1,6,12</sup>	956	228	7,6	2,2	24,7	0	14,9	0,3
 Vegetarian	Roast tofu with gomes de sá <sup>1,6</sup>	556	133	6,5	1,2	12,1	0,9	5,4	0,4
Vegetable	Lettuce and tomato salad	79	19	0,3	0	2,2	2,2	1,3	0


**Thursday, mar 14**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Portuguese cabbage soup	294	70	0,8	0,1	11,7	1,1	2,7	0,1
Meat	Chicken curry with white rice <sup>1,12</sup>	775	184	4,2	2	20,3	0,4	15	0,2
Fish	Roast mackerel with tomato sauce and boiled potato <sup>4</sup>	619	148	7,7	1,9	8,9	0,7	10,3	0,2
Diet	Boiled pollock fillets with potato salad <sup>4</sup>	338	80	0,2	0	10,4	0,6	8,5	0,2
 Vegetarian	Vegetarian chilli (red beans, corn, eggplant, pepper and zucchini) <sup>9,10,11</sup>	940	224	2,9	0,3	39,5	0,6	9,4	0,1
Vegetable	Carrot, corn and tomato salad	181	43	1	0	5,1	3	2,6	0,1


**Friday, mar 15**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Carrot and broad beans soup	227	54	0,7	0,1	9,3	1	1,8	0,1
Meat	Stewed pork spring style with tagliatelle <sup>1,6</sup>	905	215	8,8	2,7	19,9	1,5	13,7	0,2
Fish	Pollock strips tortilla with spinach <sup>3,4,5,6</sup>	471	235	8,2	1,3	7,9	0,5	8,9	0,6
Diet	Grilled pork steaks with tagliatelle <sup>1,6</sup>	902	214	5,2	1,6	23,2	1,3	18,5	0,2
 Vegetarian	Roast seitan with in the oven with olive <sup>1,6</sup>	506	120	3,4	0,6	13,4	1,3	8,1	0,3
Vegetable	Broccoli sautés	406	98	8,3	1,2	1,5	1,1	3,1	0,3

**Saturday, mar 16**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	String beans soup	220	52	0,7	0,1	9,4	1,1	1,4	0,1
Meat	Stewed beef with mushrooms and purée <sup>7,12</sup>	427	101	2,6	0,8	10,9	0,6	7,6	0,2
Fish	Roast sole with carrot sauce and white rice <sup>4</sup>	842	200	5,9	0,9	24,9	0,4	11,3	0,4
Diet	Grilled sole with white rice and boiled string beans <sup>4</sup>	670	159	2	0,3	23,6	0,7	10,9	0,3
 Vegetarian	Broad beans and leek stew with white rice	876	208	4,4	0,7	34,9	0,8	5,6	0,2
Vegetable	Lettuce and tomato salad	79	19	0,3	0	2,2	2,2	1,3	0

**Sunday, mar 17**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Red bean with sprouts soup	295	70	0,9	0,1	12,2	0,9	2,8	0,1
Meat	Roast turkey thigh with mustard and honey sauce and carrot rice <sup>1,3,5,6,7,9,10,11,12</sup>	854	203	7,9	1,8	20	1,6	12,2	0,3
Fish	Grilled salmon with vegetables, chickpea and boiled potato <sup>4</sup>	700	167	8,5	1,6	13,2	1	8,6	0,2
Diet	Roast turkey thigh au naturel with roast potato	512	122	4,5	1,3	10,2	0,7	9,6	0,2
 Vegetarian	Stewed peas with vegetables (carrot and cabbage) with soy and fusilli pasta <sup>1,6</sup>	852	201	2,4	0,5	29,1	1,8	14,6	0,2
Vegetable	Onion, carrot and red pepper salad	103	24	0,2	0	3,7	3,3	0,9	0,1

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 More responsible option with a smaller carbon footprint (gCO2eq/portion).

Your meal contains or may contain the following substances or products and their derivatives: 1Cereals containing gluten, 2Crustaceans, 3Eggs, 4Fish, 5Peanuts, 6Soybeans, 7Milk, 8Nuts, 9Celery, 10Mustard, 11Sesame seeds, 12Sulphur dioxide and sulphites, 13Lapin, 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

**Monday, mar 11**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Leek and cauliflower soup	213	50	0,7	0,1	8,9	1	1,6	0,1
Meat	Roast entrecote with peas rice <sup>12</sup>	960	229	9,2	2,6	22,8	0,3	12,3	0,2
Fish	Roast mackerel with roast potatoes <sup>4</sup>	471	112	3,3	0,6	12,3	0,8	7,6	0,2
Diet	Grilled mackerel with white rice <sup>4</sup>	852	202	3,2	0,6	28,9	0,1	13,8	0,3



Vegetarian	Stewed lentils with spaghetti <sup>1,6,8,10,11</sup>	1373	327	4,2	0,9	56,6	2,5	17,5	0,2
Vegetable	Tomato and pepper salad	100	23	0,4	0	3,3	3,2	1	0

**Tuesday, mar 12**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Striped beans and kale soup	299	71	0,9	0,1	12,5	1,1	2,7	0,1
Meat	Stewed beef with carrot and peas and potato purée <sup>7,12</sup>	420	100	2,5	0,8	11,1	0,9	7,5	0,2
Fish	Grilled mackerel with corn rice <sup>4</sup>	963	230	10,4	2,6	17,8	0	16	0,2
Diet	Grilled chicken thighs with spiral pasta <sup>1,6</sup>	787	186	2,7	0,7	21,5	1,2	18,9	0,3



Vegetarian	Soy roll with corn rice <sup>6</sup>	1270	301	4,9	0,6	44,3	0,4	18,8	0,2
Vegetable	Purple savoy cabbage, cucumber and onion salad	104	25	0,2	0,1	3	2,5	1,6	0

**Wednesday, mar 13**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Lombardo soup	216	51	0,7	0,1	9,1	1,1	1,4	0,1
Meat	Grilled turkey steaks with carrot sauce and fusilli pasta <sup>1,6</sup>	771	182	3,5	0,8	19,7	1,4	17,8	0,3
Fish	Forkbread à João do Grão <sup>3,4,12</sup>	512	121	2,1	0,3	15,8	1	8,6	0,1
Diet	Boiled hake with boiled potato and broccoli <sup>4</sup>	325	77	0,1	0	10,6	0,8	7,8	0,2



Vegetarian	Noodles sauté with mushrooms, eggplant, carrot and red beans <sup>1,6</sup>	847	201	4,5	0,7	30,9	1,9	8,7	0,3
Vegetable	Purple savoy cabbage, cucumber and onion salad	104	25	0,2	0,1	3	2,5	1,6	0

**Thursday, mar 14**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Borlotti beans and carrot cream soup	303	72	0,9	0,1	12,5	1	2,8	0,1
Meat	Roasted beef with roast potatoes	499	118	3,8	1	11,8	0,8	8,7	0,2
Fish	Fried small sardines with borlotti beans rice <sup>1,4</sup>	957	403	10,8	2,2	29,4	0,1	13,5	0,2
Diet	Grilled chicken steak with tagliatelle <sup>1,3,7,10,14</sup>	806	190	1,8	0,4	23,2	1,7	19,7	0,3



Vegetarian	Roast seitan with banana and roast potato <sup>1,6</sup>	495	118	2,8	0,5	15,2	3,4	7	0,3
Vegetable	Sautéed pumpkin and cauliflower	379	92	7,1	1	4,3	2,1	2,5	0,3

**Friday, mar 15**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Cabbage kale soup	222	53	0,7	0,1	9,5	0,9	1,4	0,1
Meat	Fried chicken (bird style) with spaghetti <sup>1,3</sup>	681	492	11	1,8	18,2	0,7	16,9	0,3
Fish	Grilled croaker with lemon and parsley potato <sup>4</sup>	425	100	1,8	0,3	11	0,7	9,5	0,2
Diet	Boiled croaker with boiled potato and vegetables <sup>4</sup>	369	87	0,5	0,1	11,3	0,9	8,8	0,2



Vegetarian	Chickpea meatballs with tomato sauce and rice	1327	315	7	0,9	49,1	1,6	10,6	0,1
Vegetable	Lettuce, onion and tomato salad	81	19	0,2	0	2,4	2,2	1,2	0

**Saturday, mar 16**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Broccoli and chickpea soup	310	73	1,1	0,1	12,3	1,1	2,7	0,1
Meat	Pork chop salsicheiro's style with fries and rice <sup>1,6,7,9,10,12</sup>	835	339	15,2	3,5	13,8	0,5	9,2	0,4
Fish	Tuna bolognese <sup>1,3,4</sup>	1048	249	9	1,3	27,6	1,4	13,8	1
Diet	Grilled chop with white rice	1143	273	11,9	3,5	27,3	0,1	13,8	0,3



Vegetarian	Stewed noodles with soy and vegetables with spinach sauté <sup>1,6</sup>	999	236	3,7	0,7	31,5	1,5	18,2	0,2
Vegetable	Corn, cucumber and carrot	184	43	1,2	0,1	4,5	2,2	3,1	0,1

**Sunday, mar 17**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Greens soup	206	49	0,7	0,1	8,5	1,2	1,5	0,1
Meat	Lamb chanfana <sup>12</sup>	456	108	2,9	1	11	0,8	8,6	0,1
Fish	Roast perch with peppers sauce and vegetables rice <sup>4,9,10,11</sup>	674	160	4,6	0,7	18,4	0,6	10,9	0,3
Diet	Grilled perch with vegetables rice <sup>4</sup>	660	156	2	0,3	22	0,5	12,1	0,2



Vegetarian	Vegetable pie (vegan) with mushrooms and lentils <sup>1,6,8,10,11</sup>	270	64	0,9	0,1	10,5	0,9	2,9	0,1
Vegetable	Onion and purple savoy cabbage salad	114	27	0,1	0	3,7	3	1,7	0



More responsible option with a smaller carbon footprint (gCO<sub>2</sub>eq/portion).

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# ENGINEERING CANTEN MENU

## MENU - LUNCH: Week 18 to 24 march 2024


### Monday, mar 18

		VE	VE	Fat	Sat. Fat	Carb	Sugar	Prot.	Salt
		(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	Lettuce cream soup with lentils <sup>1,6,8,10,11</sup>	327	78	0,7	0,1	14	1,2	3,6	0,1
Meat	Beef lasagna <sup>1,3,6,7,12</sup>	1104	268	11,5	4,5	24,8	0,8	15,3	0,3
Fish	Roast red fish with rosemary and rice <sup>4</sup>	816	193	4,9	0,8	24	0,1	13	0,3
Diet	Boiled red fish with potato and broccoli <sup>4</sup>	368	87	1	0,2	11,1	0,8	7,8	0,2
 Vegetarian	Chickpea stew with vegetables with fusilli pasta <sup>1,6</sup>	1064	252	4,8	0,8	39,4	2,9	10,4	0,2
Vegetable	Lettuce and carrot salad	85	20	0,1	0	2,6	2,5	1,2	0,1


### Tuesday, mar 19

		VE	VE	Fat	Sat. Fat	Carb	Sugar	Prot.	Salt
		(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	Turnip greens soup	220	52	0,7	0,1	9,4	1	1,4	0,1
Meat	Roast turkey thigh with orange and potato purée <sup>7,12</sup>	482	115	4,2	1,3	9,9	1	8,3	0,1
 Fish	Farfalle with seafood, mushrooms, carrots and peppers <sup>1,2,3,4,6,12,14</sup>	802	190	4,2	0,8	29,6	2,3	8,4	0,7
Diet	Grilled turkey steak with fusilli pasta <sup>1,6</sup>	771	182	1,8	0,5	21,5	1,2	19,8	0,3
Vegetarian	Vegetarian paella (with tofu) <sup>6</sup>	656	156	4,9	1,1	19,8	1,2	6,9	0,1
Vegetable	Lettuce and beetroot salad	75	18	0,1	0	1,8	1,8	1,5	0,1


### Wednesday, mar 20

		VE	VE	Fat	Sat. Fat	Carb	Sugar	Prot.	Salt
		(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	Pumpkin and savoy cabbage soup	213	50	0,7	0,1	9,2	1,2	1,3	0,1
Meat	Breaded pork steaks with carrot rice <sup>1,3,6,7,8,11,12,13</sup>	827	378	8,7	1,8	26,6	0,3	13,3	0,3
Fish	Grilled hake with garlic and lemon sauce and carrot rice <sup>4,7</sup>	705	167	3,1	0,5	22,9	0,5	11,6	0,2
Diet	Boiled hake with boiled potato and cabbage <sup>4</sup>	327	77	0,1	0	10,9	1	7,7	0,2
 Vegetarian	White kidney beans and vegetables burger with spaghetti <sup>1,6</sup>	1032	244	3	0,7	38,2	1,8	11,9	0,2
Vegetable	Onion, corn and cucumber salad	218	51	1,7	0,1	4,5	1,1	4,2	0


### Thursday, mar 21

		VE	VE	Fat	Sat. Fat	Carb	Sugar	Prot.	Salt
		(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	Borlotti bean and galician kale soup	295	70	0,9	0,1	12,1	0,8	2,8	0,1
Meat	Hungarian beef goulash with potato purée <sup>7,12</sup>	450	107	2,7	0,9	11,6	0,7	7,9	0,1
Fish	Roast mackerel with roast punched potatoes <sup>4</sup>	471	112	3,3	0,6	12,3	0,8	7,6	0,2
Diet	Boiled beef with potato and kale	398	94	1,4	0,6	11,4	1	8,4	0,2
 Vegetarian	Grilled seitan with pineapple and potatoes sautés <sup>1,6</sup>	451	107	1,7	0,3	15,9	2,5	6,1	0,3
Vegetable	Boiled carrot, lombardo and cabbage	114	27	0,2	0	3,3	3,2	1,7	0,5


### Friday, mar 22


		VE	VE	Fat	Sat. Fat	Carb	Sugar	Prot.	Salt
		(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	Vegetables soup	209	49	0,7	0,1	8,8	0,9	1,4	0,1
Meat	Roast chicken thigh with macaroni <sup>1,6,12</sup>	852	202	4,4	1	23,5	1,5	16,1	0,3
Fish	Codfish fritters with black-eyed bean and green sauce <sup>1,3,4,12</sup>	790	325	9,3	1,6	19,7	0,9	13,4	1,6
Diet	Grilled fresh cod with white rice and boiled vegetables <sup>4</sup>	660	156	1,5	0,2	23,2	0,5	11,9	0,3
 Vegetarian	Lentils stew with vegetables (carrot, eggplant, savoy cabbage) with white rice <sup>1,6,8,10,11</sup>	975	232	3,5	0,5	41,1	1,6	9,3	0,2
Vegetable	Purple savoy cabbage and tomato salad	114	27	0,1	0	3,7	3,4	1,5	0

### Saturday, mar 23

		VE	VE	Fat	Sat. Fat	Carb	Sugar	Prot.	Salt
		(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	Leek and turnip soup	210	50	0,7	0,1	8,9	1,1	1,3	0,1
Meat	Mini boiled (chicken, beef, vegetables, rice, potatoes)	450	107	3,7	0,9	5,7	1	12,3	0,2
Fish	Grilled swordfish with garlic and herbs sauce and boiled potato <sup>4,9,10,11</sup>	412	98	2,2	0,3	12	0,8	7,1	0,3
Diet	Grilled pork steaks with boiled potato	466	110	2,5	0,7	11,7	0,7	9,8	0,2
 Vegetarian	Vegetable lasagna (vegan) with soy and spinach <sup>1,6</sup>	735	174	3	0,4	25	1,8	10,6	0,1
Vegetable	Lettuce, beets and corn salad	212	50	1,5	0	4,2	1	4,5	0


### Sunday, mar 24

		VE	VE	Fat	Sat. Fat	Carb	Sugar	Prot.	Salt
		(kJ)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)
Soup	Peas soup	229	54	0,7	0,1	9,5	1,1	1,6	0,1
Meat	Pork stew (pork, clams and cubed fries) <sup>5,6,12,14</sup>	637	281	11,8	2,5	9,3	0,1	9,4	0,2
Fish	Stewed haddock with white rice <sup>4</sup>	691	164	2,9	0,4	20,5	0,1	13,7	2,5
Diet	Boiled haddock with potato salad and vegetables <sup>4</sup>	330	78	0,2	0	9,6	0,8	8,9	1,6
 Vegetarian	Seitan stew (potatoes, macedonia and seitan) <sup>1,6</sup>	380	90	1,5	0,3	12,6	1,6	5,6	0,2
Vegetable	Carrot, pepper and cucumber	102	24	0,3	0,1	3,3	3	1,1	0,1


 More responsible option with a smaller carbon footprint (gCO2eq/portion).

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**Monday, mar 18**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Black eyed peas soup	346	82	0,8	0,2	14,1	1,2	3,5	0,1
Meat	Chicken thigh barbecue with peas rice	772	183	2,8	0,5	23,6	0,2	15,3	0,3
Fish	Stewed blue shark with vegetable sauce and potato <sup>4,9,10,11</sup>	384	91	2,3	0,3	10	1,1	7,2	0,2
Diet	Boiled chicken with potato and boiled broccoli	380	90	0,9	0,2	11,5	0,8	8,4	0,2
 Vegetarian	Vegetables and soy tortilla in the oven <sup>6</sup>	495	117	1,5	0,2	17,5	1,2	7,3	0,1
Vegetable	Lettuce and tomato salad	79	19	0,3	0	2,2	2,2	1,3	0


**Tuesday, mar 19**

		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	Pork stew with pickles and potatoes <sup>5,6,12</sup>	599	270	10,6	2,3	10,1	0	8,8	0,2
Fish	Roast sole with pineapple and joyful rice <sup>4</sup>	719	170	3,6	0,5	23,3	1,9	10,4	0,3
Diet	Grilled sole with joyful rice <sup>4</sup>	711	168	2,3	0,3	24,5	0,4	11,7	0,3
 Vegetarian	Seitan stew gomes de sá <sup>1,6</sup>	507	121	3,9	0,7	12,3	1,2	8,3	0,4
Vegetable	Purple savoy cabbage, pepper and tomato salad	114	27	0,2	0	3,5	3,2	1,5	0


**Wednesday, mar 20**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Pumpkin cream soup	227	54	0,7	0,1	10,1	1,1	1,3	0,1
Meat	Stewed turkey thigh in tomato with spaghetti <sup>1,3</sup>	810	193	8,1	2	16,6	1,1	12,9	0,3
 Fish	Pasta with monkfish and basil <sup>1,3,4,12,14</sup>	558	132	1,5	0,3	15,6	0,3	13,3	0,3
Diet	Roast turkey thigh with white rice <sup>12</sup>	861	205	7,6	2	19,6	0,2	13,5	0,3
Vegetarian	Soy croquettes in the oven with white rice <sup>1,6</sup>	1396	330	5	0,7	50,1	0,3	20,1	0,3
Vegetable	Lettuce and pepper salad	100	24	0,5	0,1	2,3	2,1	1,6	0


**Thursday, mar 21**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Carrot soup	212	50	0,7	0,1	9,1	1,1	1,3	0,1
Meat	Pork steaks with fried potatoes <sup>12</sup>	592	269	9,6	1,7	11,1	0,6	8,8	0,2
Fish	Stewed whiting in onion (with potato and egg) <sup>3,4</sup>	397	94	2,8	0,5	9,1	0,9	7,6	0,2
Diet	Stewed whiting au naturel with boiled potato and kale <sup>4</sup>	361	85	1,1	0,2	10,9	1	7,4	0,2
 Vegetarian	Grilled eggplant and peppers with black beans with rice	588	138	1,7	0,2	23,7	1,2	6,2	0,1
Vegetable	Lettuce, corn and cucumber salad	179	42	1,4	0,1	3,3	0,9	3,8	0


**Friday, mar 22**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Chickpea and vegetables soup	289	68	1	0,1	11,4	1,1	2,5	0,1
Meat	Turkey stroganoff with white rice <sup>1,7</sup>	794	188	4,5	1,5	21,8	0,3	14,7	0,3
Fish	Salmon gratin with roast potatoes <sup>4</sup>	699	167	9,8	1,8	11,2	0,7	7,9	0,1
Diet	Boiled beef with white rice	867	206	4,1	1,3	26,5	0	15,3	0,3
 Vegetarian	Stewed chickpea with mushrooms and carrot rice with carrot rice	961	229	5,8	0,8	34,9	1	7	0,4
Vegetable	String beans sauté	405	98	7,9	1,2	3,5	2,6	1,8	0,3


**Saturday, mar 23**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Cauliflower soup	217	51	0,7	0,1	9,1	1,2	1,6	0,1
Meat	Cheese and ham omelet (no fat added) with turnip greens rice <sup>1,3,6,7</sup>	817	194	6,1	2	24,7	0,3	9,1	0,5
Fish	Croaker in the oven with purée <sup>1,3,4,6,7,8,11,12,13</sup>	446	106	1,9	0,5	12,8	0,6	8,8	0,1
Diet	Grilled croaker with boiled potato and kale <sup>4</sup>	361	85	0,5	0,1	11	1	8,5	0,2
 Vegetarian	Sautéed tofu with potato, carrot, peas and green beans salad <sup>1,6</sup>	456	109	3,7	0,7	12,8	1,2	4,8	0,2
Vegetable	Onion and purple savoy cabbage salad	114	27	0,1	0	3,7	3	1,7	0

**Sunday, mar 24**

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Sugar (g)	Prot. (g)	Salt (g)
Soup	Broccoli soup with lentils <sup>1,6,8,10,11</sup>	342	81	0,8	0,1	14,5	1,1	3,8	0,1
Meat	Grilled poultry skewer with spaghetti <sup>1,3,6,12</sup>	765	181	2,8	0,9	20,6	1,2	16,8	0,4
Fish	Halibut fillet in the oven with vegetables rice <sup>1,3,4</sup>	668	306	6,1	1	21,9	0,4	12,3	0,2
Diet	Grilled chicken thighs with spaghetti <sup>1,3</sup>	772	182	2,7	0,6	20,9	0,8	18	0,3
 Vegetarian	Borlotti beans rice with tomato salad and stewed white cabbage	694	165	4,6	0,7	25,8	1,1	4,3	0,4
Vegetable	Lettuce and corn salad	276	65	2,2	0	5,1	0,4	5,9	0

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 More responsible option with a smaller carbon footprint (gCO<sub>2</sub>eq/portion).

Your meal contains or may contain the following substances or products and their derivatives: 1Cereals containing gluten, 2Crustaceans, 3Eggs, 4Fish, 5Peanuts, 6Soybeans, 7Milk, 8Nuts, 9Celery, 10Mustard, 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