

ICBAS/FFUP CANTEEN MENU

Week 1ST to 5th April 2024

Monday 1 st April	SOCIAL MEAL Soup Meat CLOSED Fish Vegan Vegetable
Tuesday 2 nd April	SOCIAL MEAL Soup Leek and cauliflower soup Meat Beef stew with vegetables and sautéed fusilli Fish Scabbardfish "à Madeirense" (fried with banana) with white cabbage rice Vegan Seitan steaks with mushroom sauce and sautéed fusilli Vegetable Lettuce and carrot salad
Wednesday 3 rd April	SOCIAL MEAL Soup Broccoli soup Meat Turkey stroganoff with boiled rice Fish Roasted sardine "à Portuguesa" (with peppers) with boiled potatoes Vegan Lentils and vegetables curry with boiled rice Vegetable Boiled carrots and white cabbage
Thursday 4 th April	SOCIAL MEAL Soup Red kidney bean and pointed cabbage soup Meat Pork "à Alentejana" (with potatoes and clams) and boiled rice Fish Grilled redfish with seafood sauce and boiled rice Vegan Red kidney bean, vegetable and potatoes tortilla Vegetable Lettuce and corn salad
Friday 5 th April	SOCIAL MEAL Soup Carrot and lentil creamy soup Meat Roasted chicken leg with sautéed spaghetti Fish Grilled flying squids with boiled potatoes Vegan Roasted red kidney bean burger with tomato sauce and sautéed spaghetti Vegetable Tomato and oregano salad

Note: The menu is subject to change.

The vegetarian dish does not contain any product of animal origin, which complies with the requirements of Law No 11/2017.

The dishes on the menu may have or contain traces of the following allergens:



ICBAS/FFUP CANTEEN MENU

Week 8th to 12th April 2024

Monday 8 th April	SOCIAL MEAL Soup Mixed vegetables soup Meat Stewed pasta with beef Fish Seafood rice Vegan Lentil stew with sauteed fusilli Vegetable Lettuce and carrot salad
Tuesday 9 th April	SOCIAL MEAL Soup Lentil and savoy cabbage soup Meat Grilled chicken steak with peas rice Fish Roasted whiting with roasted potatoes Vegan Tofu "à Gomes de Sá" Vegetable Sautéed vegetables
Wednesday 10 th April	SOCIAL MEAL Soup Spinach and chickpea soup Meat Roasted pork belly with roasted potatoes Fish Hake and seafood "Moqueca" Brazilian style (with coconut) and boiled rice Vegan Vegetarian "feijoada à Transmontana" (with red bean and greens) with seitan sausage and mushrooms with boiled rice Vegetable Carrot and corn salad
Thursday 11 th April	SOCIAL MEAL Soup Creamy pumpkin soup Meat Veal pie Fish Roasted sole with mayonnaise and boiled potatoes Vegan Falafel (fried chickpea cakes) with peppers and coconut sauce and sautéed maccheroni Vegetable Lettuce and tomato salad
Friday 12 th April	SOCIAL MEAL Soup Cauliflower and haricot bean soup Meat Portuguese duck rice Fish Black-eyed bean salad with tuna and potatoes Vegan Vegetarian paella with soy meat Vegetable Tomato and carrot salad

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