

			Allergens	Kcal (nutritional value per 100 g)	Proteins	Carbo- hydrates	Lipids
Monday Day 4	Reinforcement	Crackers or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Chicken soup		82	12,7	3,1	0,8
	Plate	Stewed chicken with spaghetti and salad		381	35,5	38,4	12,6
	Diet	Boiled chicken with spaghetti and salad		352	35,5	38,4	9,5
	Lacto-egg	Vegetable pudding		466	13,0	84,2	7,5
	Dessert	Seasonal fruit (medium composition)		84/81	2,3/1,1	13,7/17,5	3,0/0,9
	Snack	Dumpling with butter or sausage / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Tuesday Day 5	Reinforcement	Crackers or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Pumpkin cream		64	1,7	36,8	1,2
	Plate	Russian salad		449	38,8	35,3	8,6
	Diet	Boiled fish with potatoes and boiled vegetables		240	23,5	24,0	4,8
	Lacto-egg	Lentil stew with rice and salad		537	24,2	79,0	12,9
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Mixed dumplings with butter or cereal / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Wednesday Day 6	Reinforcement	Mixed dumplings with butter / seasonal fruit / liquid yogurt		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	White cabbage		73	2,2	13,1	1,2
	Plate	Sausage cutlets with rice and sautéed vegetables		598	43,1	75,6	13,2
	Diet	Grilled turkey steaks with rice and sautéed vegetables		437	32,4	37,0	17,2
	Lacto-egg	Vegan sausage with cabbage		202,2	6,3	22,6	8,4
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Dumpling with butter or ham / milk		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Thursday Day 7	Reinforcement	Crackers or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Green beans		94	4,6	15,6	1,3
	Plate	Bacalhau à Brás and salad		885	34,0	63,3	54,0
	Diet	Boiled fish with potatoes and boiled vegetables		333	28,6	32,1	9,7
	Lacto-egg	Baked vegetables with bread		202,2	6,3	22,6	8,4
	Dessert	Seasonal fruit (medium composition)		84/81	2,3/1,1	13,7/17,5	3,0/0,9
	Snack	Dumplings with butter or sausage / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Friday Day 8	Reinforcement	Crackers or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Turnip greens		94	4,6	15,6	1,3
	Plate	Beef bolognese and salad		397	33,3	39,6	11,2
	Diet	Turkey bolognese and salad		376	35,9	39,6	7,6
	Lacto-egg	Soya bolognese and salad		429	20,3	61,6	17,4
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Biscuit mix with butter or cereal / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7

Nota: As ementas poderão sofrer alterações em função de eventuais necessidades.

Saladas (3 variedades): Tomate, alface, pepino, cenoura ralada, milho, couve roxa, beterraba, feijão frade com broa e couve-galega, couve-lombarda com passas.

Legumes cozidos/salteados: Brócolos, couve-flor, feijão-verde, couve-de-bruxelas, macedónia com batata e cenoura.



			Allergens	Kcal (nutritional value per 100 g)	Proteins	Carbo- hydrates	Lipids
Monday Day 11	Reinforcement	Crackers or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Spinach puree		72	2,7	12,0	1,4
	Plate	Turkey steaks with couscous and vegetables		411	36,3	35,3	13,8
	Diet	Grilled turkey steaks with vegetable rice		378	32,8	40,6	8,8
	Lacto-egg	Vegetable and vegetable couscous		485	22,2	73,0	11,7
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Dumpling with butter or ham / milk		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Tuesday Day 12	Reinforcement	Mixed dumpling with butter / seasonal fruit / liquid yogurt		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Cauliflower		86	4,5	13,6	1,4
	Plate	Grilled fish pasta and salad		395	32,0	49,0	11,0
	Diet	Grilled fish with potatoes and salad		333	28,6	32,1	9,7
	Lacto-egg	Sicilian pasta		502	17,7	55,1	16,9
	Dessert	Custard pudding/ seasonal fruit (medium composition)		162/81	5,9/1,1	19,5/17,5	6,8/0,9
	Snack	Dumplings with butter or sausage / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Wednesday Day 13	Reinforcement	Cookies or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Spring		92	4,5	15,3	1,4
	Plate	Chicken fricassee rice and salad		643	44,7	78,3	15,8
	Diet	Boiled chicken with spaghetti and salad		360	32,8	40,6	6,8
	Lacto-egg	Bulgur salad with vegetables		377	31,0	40,5	10,9
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Dumpling with butter or cheese / milk		246/85,3	9,5/0,3	39,6/39,0	9,7/10,9
Thursday Day 14	Reinforcement	Crackers or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Spinach		72	2,7	78,4	1,4
	Plate	Hake fillet au gratin with mashed potatoes and sautéed vegetables		496	32,9	64,0	12,4
	Diet	Boiled fish with potatoes and boiled vegetables		333	28,6	32,1	9,7
	Lacto-egg	Cauliflower gratin with bread and sweet potatoes		300,9	10,9	35,7	10,0
	Dessert	Seasonal fruit (medium composition)		84/81	2,3/1,1	13,7/17,5	3,0/0,9
	Snack	Milk bread / Biscuits with butter or sausage / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Friday Day 15	Reinforcement	Crackers or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Leek		68	2,0	12,0	1,0
	Plate	Portuguese pork with chips and salad		345	22,2	18,6	20,0
	Diet	Grilled chicken steak with spaghetti and salad		275	24,3	24,5	8,6
	Lacto-egg	Vegetable crepes		199	26,1	8,1	6,2
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Mixed dumpling with butter or cereal / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7

Nota: As ementas poderão sofrer alterações em função de eventuais necessidades.

Saladas (3 variedades): Tomate, alface, pepino, cenoura ralada, milho, couve roxa, beterraba, feijão frade com broa e couve-galega, couve-lombarda com passas.

Legumes cozidos/salteados: Brócolos, couve-flor, feijão-verde, couve-de-bruxelas, macedónia com batata e cenoura.



			Allergens	Kcal (nutritional value per 100 g)	Proteins	Carbo- hydrates	Lipids
Monday Day 18	Reinforcement	Mixed dumpling with butter / seasonal fruit / liquid yogurt		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Zucchini		72	2,5	12,0	1,2
	Plate	Meatballs with mashed potato and salad		344	31,8	27,7	12,5
	Diet	Turkey meatballs with potatoes and salad		356	33,4	34,8	8,7
	Lacto-egg	Chickpea meatballs with mashed potatoes and mashed broccoli		239,9	12,3	26,4	8,9
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Dumpling with butter or ham / milk		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Tuesday Day 19	Reinforcement	Cookies or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Beans with tenderloin		319	10,9	22,7	17,3
	Plate	Grilled cuttlefish strips with baked potatoes and broccoli		301	26,6	32,1	7,0
	Diet	Baked perch fillets with potatoes and broccoli		370	43,5	32,2	7,0
	Lacto-egg	Seitan with onion sauce with baked potatoes and broccoli		333	20,7	20,7	8,4
	Dessert	Jelly / Seasonal fruit (medium composition)		84/81	2,3/1,1	13,7/17,5	2,3/0,9
	Snack	Dumpling with butter or sausage / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Wednesday Day 20	Reinforcement	Mixed dumplings with butter / seasonal fruit / liquid yogurt		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Broccoli puree		74	3,0	12,3	1,4
	Plate	Roast chicken with carrot rice and salad		885	34,0	63,3	54,0
	Diet	Roast chicken with carrot rice and salad		885	34,0	63,3	54,0
	Lacto-egg	Baked tofu with potatoes and salad		493	31,7	25,1	28,1
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Dumpling with butter or cheese / milk		246/85,3	9,5/0,3	39,6/39,0	9,7/10,9
Thursday Day 21	Reinforcement	Crackers or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Coriander cream with grated boiled egg		76	3,1	12,5	1,3
	Plate	Hake with boiled potatoes and vegetables		527	31,7	70,9	12,1
	Diet	Boiled fish with potatoes and vegetables		333	28,6	32,1	9,7
	Lacto-egg	Lentil curry		411	18,5	38,3	14,5
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Dumpling with butter or sausage / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Friday Day 22	Reinforcement	Mixed dumpling with butter / seasonal fruit / liquid yogurt		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Spinach		72	2,7	78,4	1,4
	Plate	Stewed turkey with tricolor fusilli and sautéed vegetables		397	36,5	39,5	9,9
	Diet	Grilled turkey steak with spaghetti and vegetables		383	35,6	36,9	9,8
	Lacto-egg	Vegetable stew with pasta		407	15,6	67,7	8,2
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Mixed dumpling with butter or cereal / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7

Nota: As ementas poderão sofrer alterações em função de eventuais necessidades.

Saladas (3 variedades): Tomate, alface, pepino, cenoura ralada, milho, couve roxa, beterraba, feijão frade com broa e couve-galega, couve-lombarda com passas.

Legumes cozidos/salteados: Brócolos, couve-flor, feijão-verde, couve-de-bruxelas, macedónia com batata e cenoura.



			Allergens	Kcal (nutritional value per 100 g)	Proteins	Carbo- hydrates	Lipids
Monday Day 25	Reinforcement	Crackers or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Vegetables		77	3,1	16,0	1,7
	Plate	Valencian rice and salad		400	32,8	45,7	9,2
	Diet	Chicken breast with rice and salad		357	32,0	40,6	6,9
	Lacto-egg	Tortilla		381	21,1	32,1	18,3
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Dumpling with butter or ham / milk		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Tuesday Day 26	Reinforcement	Mixed dumplings with butter / seasonal fruit / liquid yogurt		302/81	9,5/1,1	35,0/17,5	7,5/0,9
	Soup	Pumpkin with orange		165	10,5	15,0	6,5
	Plate	Salmon pasta and salad		449	38,8	35,3	8,6
	Diet	Boiled ling with potatoes and cauliflower		240	23,5	24,0	4,8
	Lacto-egg	Vegetable vol-au-vent		369	8,4	26,4	22,8
	Dessert	Flan pudding / Seasonal fruit (medium composition)		84/81	11,1/1,1	19,5/17,5	6,8/0,9
	Snack	Dumpling with butter or sausage / milk		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Wednesday Day 27	Reinforcement	Mixed dumpling with butter / seasonal fruit / liquid yogurt		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Velvety lettuce		70	2,6	12,1	1,1
	Plate	Veal stew		357	32,2	29,3	12,0
	Diet	Boiled veal with potatoes and salad		338	29,6	32,2	9,7
	Lacto-egg	Vegetarian side dish		202,1	6,3	22,6	8,4
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Dumpling with butter or cheese / milk		246/85,3	9,5/0,3	39,6/39,0	9,7/10,9
Thursday Day 28	Reinforcement	Cookies or seasonal fruit / milk		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Cream of butter beans		121	6,1	18,7	2,2
	Plate	Baked fillet with bean rice and salad		468	32,2	48,0	15,8
	Diet	Grilled fish with rice and salad		330	25,0	40,6	7,0
	Lacto-egg	Vegetable frittata		492	32,0	24,1	27,9
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Cake / Dumpling with butter or sausage / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7
Friday Day 29	Reinforcement	Mixed dumplings with butter / seasonal fruit / liquid yogurt		302/81	11,1/1,1	36,8/17,5	12,1/0,9
	Soup	Beef Heart cabbage		99	2,9	18,5	1,4
	Plate	Turkey escalopes with mushrooms, spaghetti and sautéed vegetables		598	43,1	75,6	13,2
	Diet	Grilled turkey steaks with spaghetti and vegetables		383	35,6	36,9	9,8
	Lacto-egg	Vegetarian stew		350,6	29,3	39,3	7,6
	Dessert	Seasonal fruit (medium composition)		81	1,1	17,5	0,9
	Snack	Mixed dumplings with butter or cereal / liquid yogurt		212/224	8,9/9,6	33,0/39,5	4,7/2,7

Nota: As ementas poderão sofrer alterações em função de eventuais necessidades.

Saladas (3 variedades): Tomate, alface, pepino, cenoura ralada, milho, couve roxa, beterraba, feijão frade com broa e couve-galega, couve-lombarda com passas.

Legumes cozidos/salteados: Brócolos, couve-flor, feijão-verde, couve-de-bruxelas, macedónia com batata e cenoura.

