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	Alternative	Meatballs with spaghetti   
Wednesday	Lunch	Spinach croquettes    
	Alternative	Fried chicken 
	Dinner	Vegetable Burger    
	Alternative	Stew of beans with cuttlefish  
Thursday	Lunch	Vegetable Strogonoff 
	Alternative	Cod fritters with rice beans    
	Dinner	Vegetarian Chili 
	Alternative	Rump roast with apple sauce 
Friday	Lunch	Leek fritters   
	Alternative	Fried Chicken with sweet and sour sauce   
	Dinner	Tofu with mushroom sauce 
	Alternative	small fried sardines with bean Rice  
Saturday	Lunch	Stir-fried vegetables with straw potatoes and egg  
	Alternative	Sauteed codfish with straw potatoes and egg   
	Dinner	Vegetarian Sausage  
	Alternative	Fried pork with clams and crisp pickles  
Sunday	Lunch	Spinach lasagna  
	Alternative	Hake fillet with vegetable rice   
	Dinner	Lentil stew 
	Alternative	Mashed potatoes with stewed beef in layers  

(Note: Menu might change)



Glúten



Crustáceos



Ovos



Pescado



Amendoins



Soja



Lácteos



Frutos casca Rija



Aipo



Mostarda



Sementes sésamo



Dióxido enxofre e sulfitos



Moluscos



Tremoços