



EMENTAS DAS REFEIÇÕES / MEALS MENUS

05 Jul – 3ª Feira/TUESDAY

Almoço / Lunch

- Sopa de espinafres / Spinach Soup
- Salada russa c/ pastéis de bacalhau / Cow peas with cod rissols
- Seitan no forno c/ legumes e salada / Seitan in the oven with veggies and salad
- Arroz doce + gelatina + fruta / Rice pudding + gelatin + fruit

Jantar / Dinner

- Sopa de puré de legumes / Vegetables puree
- Carne à bolonhesa / Bolognese
- Alho à Braz c/ salada / Scallions Braz stlye with salad
- Aletria + gelatina + fruta / Vermicelli + gelatin + fruit

06 Jul – 4ª Feira/WEDNESDAY

Almoço / Lunch

- Sopa de feijão c/ legumes / Beans soup with veggies in a puree
- Frango assado c/ arroz, batata e salada / Roast chicken with rice, chips and salad
- Bife de tofu c/ arroz e salada / Tofu fillet with rice and salad
- Pudim + iogurte + fruta + gelatina / Pudding + yogurt + fruit + gelatin

Jantar / Dinner

- Sopa de creme de cenoura / Carrot puree
- Strogonoff de peru c/ arroz e salada / Turkey strogonoff with rice and salad
- Almondegas de tofu c/ arroz e salada / Tofu balls with rice and salad
- Gelatina + salada de fruta / Gelatin + fruit salad

07 Jul – 5ª Feira/THURSDAY

Almoço / Lunch

- Sopa de alho francês / French scallion puree
- Lombo de porco assado c/ arroz e salada / Roast pork loin with rice and salad
- Pataniscas de feijão verde c/ arroz e salada / Fried vegetables with rice and salad
- Gelatina + tortas + fruta / Gelatin + rolled sweet pie + fruit

Jantar / Dinner

- Sopa de puré de ervilha / Green peas puree
- Peru estufado c/ esparguete e salada / Turkey in a stew with pasta and salad
- Bifinhos de soja c/ puré e legumes / Soy fillet with mashed potatoes and veggies
- Aletria + iogurtes + gelatina + fruta / Vermicelli + yougurt + gelatin + fruit





08 Jul – 6ª Feira/FRIDAY

Almoço / Lunch

- Sopa de agrião / Watercress puree
- Bacalhau à portuguesa c/ batatas às rodelas / Cod portuguese style with fried sliced potatoes
- Stroganoff de seitan c/ arroz e salda / Seitan stroganoff with rice and salad
- Pudim + mousse de gelatina + fruta / Pudding + gelatin mousse + fruit

Jantar / Dinner

- Sopa de nabiça / Turnip greens in a puree
- Carne à primaveril / Sirloin portuguese style
- Tofu c/ cogumelos e massinhas / Tofu with mushrooms and noodles
- Arroz doce + gelatina + salada de frutas / Rice pudding + gelatin + fruit salad

09 Jul – Sábado/SATURDAY

Almoço / Lunch

- Sopa de lombarda / Cabbage puree
- Bife de cebolada c/ batata cozida e salada / Steak fried with onions with boiled potatoes and salad
- Empadão de seitan c/ salada / Seitan pot pie with salad
- Arroz doce + pudim de baunilha + fruta / Rice pudding + vanilla pudding + fruit

Jantar / Dinner

- Sopa de creme de cebola / Onion soup
- Bacalhau à Braz c/ salada / Cod portuguese style with salad
- Legumes salteados / Fried Vegetables
- Aletria + gelatina iogurtes + fruta / Vermicelli + gelatin + yougurt + fruit





10 Jul – Domingo/SUNDAY

Almoço / Lunch

- Sopa de canja de galinha / Chicken soup
- Bife de peru c/ massa espiral e salada / Turkey with pasta and salad
- Jardineira de seitan / Seitan in a stew with veggies
- Leite creme + gelatina + fruta / Custard + gelatin + fruit

Jantar / Dinner

- Bife de peru c/ massa espiral e salada / Turkey with pasta and salad
- Jardineira de seitan / Seitan in a stew with veggies
- Leite creme + gelatina + fruta / Custard + gelatin + fruit

11 Jul – 2ª Feira/MONDAY

Almoço / Lunch

- Sopa de creme de tomate / Tomato soup
- Bifanas c/ esparguete e salada / Pork fillet with pasta and salad
- Bifinhos de seitan c/ puré e salada / Seitan fillet with mashed potatoes and salad
- Gelatina + fruta + salada de frutas + iogurte / Gelatin + fruit + fruit salad + yougurt

Jantar / Dinner

- Sopa de creme de legumes / Vegetables puree
- Hambúrguer c/ arroz e salada / Hamburger with rice and salad
- Tofu grelhado c/legumes / Grilled tofu with veggies
- Gelatina + leite creme + fruta / Gelatin + custard + fruit

