

Menu

Daily Options

- **Pasta and Rice**
- **Carbonara**
Sauce and
Tomato Sauce
- **Bolognese**
- **Grilled Chicken**
Fillets

Salads

- **Cold Salads**
- **Mixed Salads**

Each Meal Includes

- **Bread**
- **Soup**
- **Main**
- **Fruit**
- **Dessert**

10/04

DINNER

Soup: Carrot Cream

Dish: Breaded Chicken Escalopes

JANTAR

Sopa: Creme de Cenoura

Prato: Panados de Frango

11/04

LUNCH

Soup: Leek Cream

Dish: Stewed Chicken

DINNER

Soup: Cauliflower Cream

Dish: Pasta with Veal

ALMOÇO

Sopa: Creme de Alho Francês

Prato: Frango Estufado

JANTAR

Sopa: Creme de Couve Flor

Prato: Massa de Vitela

12/04

LUNCH

Soup: Pumpkin Cream

Dish: Oven-Roasted Pork Loin

DINNER

Soup: Courgette

Dish: Veal Lasagne

ALMOÇO

Sopa: Creme de Abóbora

Prato: Lombo Assado no Forno

JANTAR

Sopa: Curgete

Prato: Lasanha de Vitela

MAIA
JOVEM
12-19
ABR

13/04

LUNCH

Soup: Pea Cream

Dish: Grilled Pork Steaks

DINNER

Soup: Vegetable Cream

Dish: Veal Stew

ALMOÇO

Sopa: Creme de Ervilhas

Prato: Fêveras grelhadas

JANTAR

Sopa: Creme de Coração

Prato: Jardineira de Vitela

14/04

LUNCH

Soup: Carrot Cream

Dish: Rojões (Portuguese Pork)

DINNER

Soup: Courgette Cream

Dish: Tuna Lasagne

ALMOÇO

Sopa: Creme de Cenoura

Prato: Rojões

JANTAR

Sopa: Creme de Courgete

Prato: Lasanha de Atum

Menu

Daily Options

- **Pasta and Rice**
- **Carbonara**
Sauce and
Tomato Sauce
- **Bolognese**
- **Grilled Chicken**
Fillets

Salads

- **Cold Salads**
- **Mixed Salads**

Each Meal Includes

- **Bread**
- **Soup**
- **Main**
- **Fruit**
- **Dessert**

15/04

LUNCH

Soup: Leek Cream
Dish: Roast Chicken

DINNER

Soup: White Cabbage Cream
Dish: Salt Cod "Brás" Style

ALMOÇO

Sopa: Creme de Alho Francês
Prato: Frango Assado

JANTAR

Sopa: Creme de Couve Branca
Prato: Bacalhau à Brás

16/04

LUNCH

Soup: Vegetable Cream
Dish: Chicken Pie

DINNER

Soup: Spinach Cream
Dish: Duck Rice

ALMOÇO

Sopa: Creme de Legumes
Prato: Empadão de Frango

JANTAR

Sopa: Creme de Espinafres
Prato: Arroz de Pato

17/04

LUNCH

Soup: Pea Soup
Dish: Grilled Sea Bream
with Crushed Potatoes

DINNER

Soup: Cauliflower Cream
Dish: Grilled Pork Chops

ALMOÇO

Sopa: Sopa de Ervilhas
Prato: Dourada Grelhada
com batata a murro

JANTAR

Sopa: Creme de Couve Flor
Prato: Costeletas Grelhadas