

CANTINA – ALMOÇO | CANTEEN - LUNCH



18 – 22 DE NOVEMBRO – NOVEMBER 18th to 22th, 2024

	Segunda – feira <i>Monday</i> 18	Terça – feira <i>Tuesday</i> 19	Quarta – feira <i>Wednesday</i> 20	Quinta – feira <i>Thursday</i> 21	Sexta – feira <i>Friday</i> 22
Sopa <i>Soup</i>	Creme de abóbora e cenoura <i>Pumpkin and carrot cream</i>	Sopa de feijão-branco com repolho <i>White bean soup with cabbage</i>	Caldo Verde <i>Green Soup</i>	Sopa de grão com espinafres <i>Bean soup with spinach</i>	Sopa de feijão-verde <i>Green bean soup</i>
Peixe/Carne <i>Fish/ Meat</i>	Feijoada de carnes com arroz branco e cenoura raspada <i>Meat stew with beans, white rice and grated carrot</i>	Pudim de atum com jardineira salteada com alho <i>Tuna pudding with sautéed vegetables and garlic</i>	Frango assado com arroz de cenoura, repolho e cenoura raspada <i>Roast chicken with carrot rice, cabbage and grated carrot</i>	Bacalhau com broa e salada de alface, tomate e cebola <i>Codfish with cornbread and lettuce, tomato and onion salad</i>	Lasanha de carne (de vaca) com cogumelos, salada de alface, cenoura e milho <i>Meat lasagna with mushrooms, lettuce, carrot and corn salad</i>
Vegetariano <i>Vegetarian</i>	Empadão de cogumelos e soja com cenoura raspada <i>Mushroom and soy pie with grated carrots</i>	Almôndegas vegetarianas com massa espiral salteada com ervas aromáticas e jardineira salteada com alho <i>Vegetarian meatballs with spiral pasta sautéed with aromatic herbs and sautéed vegetables with garlic</i>	Legumes com broa e grão, azeitonas e salsa Repolho e cenoura raspada <i>Vegetables with cornbread and chickpeas, olives, and parsley, cabbage and grated carrot</i>	Massada de legumes (cenoura, lentilhas, alho-francês, brócolos) Salada de alface, tomate e cebola <i>Vegetable pasta (carrot, lentils, leek, broccoli), lettuce, tomato, and onion salad</i>	Strogonoff vegetariano (cogumelos, cenoura, pimentão vermelho e ervilhas com natas de soja) com arroz branco e salada de alface, cenoura e milho <i>Vegetarian stroganoff (mushrooms, carrots, red pepper and peas with soy cream) with white rice and lettuce, carrot and corn salad</i>
Jantar <i>Dinner</i> (<u>take-away</u>)	Caril de pescada com cougette, alho francês, tomate, cebola e batata Cenoura raspada <i>Hake curry with zucchini, leek, tomato, onion, potato, and grated carrot</i>	Omelete de salsa com arroz branco e jardineira salteada com alho <i>Parsley omelet with white rice and sautéed garden with garlic</i>	Red-fish assado no forno com batata assada, repolho e cenoura raspada <i>Oven-roasted red fish with roast potatoes, cabbage and grated carrot</i>	Perna de porco estufada com esparguete e salada de alface, tomate e cebola <i>Braised pork leg with spaghetti and lettuce, tomato and onion salad</i>	Medalhões de pescada estufados Salada de batata e legumes Salada de alface, cenoura e milho <i>Stewed hake medallions Potato and vegetable salad Lettuce, carrot, and corn salad</i>
Sobremesa <i>Desert</i>	Fruta da época <i>Fruit</i>	Bolo de laranja / Fruta <i>Orange cake / Fruit</i>	Fruta da época <i>Fruit</i>	Salada de fruta <i>Fruit salad</i>	Fruta da época <i>Fruit</i>

Obs: A ementa pode ser alterada por motivos imprevistos / The menu may change for unforeseen