

CANTINA – ALMOÇO | CANTEEN - LUNCH

22 – 26 DE JULHO | 22nd – 26th OF JULY / 2024



Menu Intolerâncias / Intolerances Menu

Intolerâncias apenas às proteínas do leite de vaca e glúten

Intolerances to cow's milk and gluten proteins only

	Segunda – feira <i>Monday</i> 22	Terça – feira <i>Tuesday</i> 23	Quarta – feira <i>Wednesday</i> 24	Quinta – feira <i>Thursday</i> 25	Sexta – feira <i>Friday</i> 26
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>
Menu Intolerâncias almoço <i>Intolerances lunch menu</i>	Feijoada de carnes com arroz branco e cenoura raspada <i>Meat stew with beans, white rice and grated carrot</i>	Salada de batata com atum, ovo e jardineira salteada com alho <i>Potato salad with tuna, egg and vegetables sautéed with garlic</i>	Frango assado com arroz de cenoura, repolho e cenoura raspada <i>Roast chicken with carrot rice, cabbage and grated carrot</i>	Bacalhau assado com couves, batata e feijão (sem broa) <i>Roasted cod with cabbage, potatoes and beans (without cornbread)</i>	Strogonoff vegetariano (cogumelos, cenoura, pimento 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>
Menu Intolerâncias jantar <i>Intolerances dinner menu</i>	Caril de pescada com batata e cenoura raspada <i>Hake curry with potatoes and grated carrots</i>	Omelete de salsa com arroz branco e jardineira salteada com alho <i>Parsley omelet with white rice and garden sautéed 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 arroz de cenoura e salada de alface, tomate e cebola <i>Braised pork leg with carrot rice and lettuce, tomato and onion salad</i>	Medalhões de pescada estufado com salada de batata e legumes <i>Stewed hake medallions with potato and vegetable 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>

*Intolerâncias apenas às proteínas do leite de vaca e glúten / *Intolerances to cow's milk and gluten proteins only*

*Opção intolerâncias e vegetariano / *intolerances and vegetarian option*

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