


EMENTA – ALMOÇO | MENU - LUNCH

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



	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>
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 à gomes de Sá com azeitonas, salsa, repolho e cenoura raspada <i>Gomes de Sá style vegetables with olives, parsley, cabbage and grated carrot</i>	Massada de legumes com salada de alface, cenoura e milho <i>Vegetable pasta with lettuce, carrot and corn 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>
Salada do dia <i>Salad of the day</i>	Salada de ovo e ananás (alface, tomate, ovo, couve-roxa, ananás, croutons) <i>Egg and pineapple salad (lettuce, tomato, egg, red cabbage, pineapple, croutons)</i>	Salada de frango e maçã (alface, grão-de-bico, frango, repolho, cenoura, maçã) <i>Chicken and apple salad (lettuce, chickpeas, chicken, cabbage, carrots, apple)</i>	Salada de atum, feijão-frade e pêssego (alface, atum, feijão-frade, tomate, pimento, pêssego) <i>Tuna, black-eyed pea and peach salad (lettuce, tuna, black-eyed)</i>	Salada de delícias, cogumelos e tomate (alface, milho doce, delícias do mar, cogumelos salteados, tomate e laranja) <i>Seafood, mushroom and tomato salad (lettuce, sweet corn, seafood, sautéed mushrooms, tomato and orange)</i>	Salada de queijo fresco e laranja (alface, massa espiral, cenoura, queijo fresco, laranja courgette) <i>Fresh cheese and orange salad (lettuce, spiral pasta, carrot, fresh cheese, orange courgette)</i>

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