


SNACK-BAR - ALMOÇO | LUNCH



30 – 04 DE SETEMBRO – OUTUBRO | SEPTEMBER 30th – OCTOBER 4th, 2024

	Segunda – feira <i>Monday</i> 30	Terça – feira <i>Tuesday</i> 01	Quarta – feira <i>Wednesday</i> 02	Quinta – feira <i>Thursday</i> 03	Sexta – feira <i>Friday</i> 04
Sopa <i>Soup</i>	Tomate <i>Tomato</i>	Brócolos <i>Broccoli</i>	Creme de ervilhas <i>Pea cream</i>	Sopa de espinafres <i>Watercress Soup</i>	Creme de legumes <i>Vegetable cream</i>
Peixe/Carne <i>Fish/ Meat</i>	Pescada às lascas com ovo, legumes e batata às rodelas no forno com salsa, azeitonas e salada de alface e cebola <i>Sliced hake with egg, vegetables and sliced potatoes in the oven with parsley, olives and lettuce and onion salad</i>	Panado de frango frito com esparguete salteado e cenoura baby e feijão verde salteados com alho <i>Breaded fried chicken with sautéed spaghetti and baby carrots and green beans sautéed with garlic</i>	Lasanha de atum e legumes com salada de alface e tomate <i>Tuna and vegetables lasagna with lettuce and tomato salad</i>	Bifanas de porco à regional com arroz de cenoura e salada de couve-branca, alface e cebola <i>Regional style pork steaks with carrot rice and white cabbage, lettuce and onion salad</i>	Bacalhau com natas e cenoura e milho <i>Codfish with cream, carrots and corn</i>
Vegetariano <i>Vegetarian</i>	Courgette recheada com soja, batatinha assada e salada de alface e tomate <i>Courgette stuffed with soy, roasted potatoes and lettuce and tomato salad</i>	Estufado de lentilhas, legumes, arroz branco e cenoura baby e feijão verde salteados com alho <i>Stewed lentils, vegetables, white rice and baby carrots and green beans sautéed with garlic</i>	Legumes à Brás com salada de alface e cebola <i>Brás style vegetables with lettuce and onion salad</i>	Caril vegetariano com grão, cenoura e couscous com salada de couve-branca, alface e cebola <i>Vegetarian curry with chickpeas, carrots and couscous with white cabbage, lettuce and onion salad</i>	Cogumelos salteados com arroz de feijão-preto, pimentos e cenoura e milho <i>Sautéed mushrooms with black bean rice, peppers, carrots and corn</i>
Salada do dia <i>Salad of the day</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>	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 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 atum, feijão-frade e pêsego (alface, atum, feijão-frade, tomate, pimento, pêsego) <i>Tuna, black-eyed pea and peach salad (lettuce, tuna, black-eyed)</i>

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