

CANTINA – ALMOÇO | CANTEEN - LUNCH


29 ABRIL – 03 MAIO | 29th APRIL – 03rd MAY | 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 Monday 29	Terça – feira Tuesday 30	Quarta – feira Wednesday 01	Quinta – feira Thursday 02	Sexta – feira Friday 03
Sopa Soup	Creme de abóbora e cenoura Pumpkin and carrot cream	Sopa de feijão-branco com repolho White bean soup with cabbage		Sopa de grão com espinafres Bean soup with spinach	Creme de legumes Vegetable cream
Menu Intolerâncias almoço Intolerances lunch menu	Feijoada de carnes com arroz e cenoura raspada Meat feijoada with rice and grated carrot	Salada de batata com atum, ovo e jardineira salteada com alho Potato salad with tuna, egg and vegetables sautéed with garlic	FERIADO HOLIDAY	Salada de bacalhau com couves, batata e feijão Codfish salad with cabbage, potatoes and beans	Frango assado com batata frita e salada de alface, cenoura e milho Roast chicken with carrot rice and lettuce, carrot and corn salad
Menu Intolerâncias jantar Intolerances dinner menu	Caril de pescada com cenoura raspada Fish curry with grated carrot	Omelete de salsa com arroz branco e jardineira salteada com alho Parsley omelet with white rice and garden sautéed with garlic	FERIADO HOLIDAY	Perna de porco estufada com arroz de cenoura e salada de alface, tomate e cebola Braised pork leg with carrot rice and lettuce, tomato and onion salad	Douradinhos no forno com salada de batata e legumes Fish fingers in the oven with potato and vegetable salad and lettuce
Sobremesa Desert	Fruta da época Fruit	Bolo de laranja / Fruta Orange cake / Fruit		Salada de fruta Fruit salad	Mousse de chocolate / Fruta da época Chocolate mousse/ Fruit

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

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