

Week 6 to 10 may 2024

<p><b>Monday</b> 6 may</p>	<p><b>SOCIAL MEAL</b></p> <p>Soup Cabbage and chickpea soup            Meat Roasted chicken breast with carrot rice            Fish Roasted hake with mashed potatoes            Vegan Vegetarian "feijoada" with red kidney bean with carrot rice            Vegetable Lettuce and tomato salad</p>
<p><b>Tuesday</b> 7 may</p>	<p><b>SOCIAL MEAL</b></p> <p>Soup Leek and cauliflower soup            Meat Beef stew with vegetables and sautéed fusilli            Fish Scabbardfish "à Madeirense" (fried with banana) with white cabbage rice            Vegan Seitan steaks with mushroom sauce and sautéed fusilli            Vegetable Lettuce and carrot salad</p>
<p><b>Wednesday</b> 8 may</p>	<p><b>SOCIAL MEAL</b></p> <p>Soup Broccoli soup            Meat Turkey stroganoff with boiled rice            Fish Roasted sardine "à Portuguesa" (with peppers) with boiled potatoes            Vegan Lentils and vegetables curry with boiled rice            Vegetable Boiled carrots and white cabbage</p>
<p><b>Thursday</b> 9 may</p>	<p><b>SOCIAL MEAL</b></p> <p>Soup Red kidney bean and pointed cabbage soup            Meat Pork "à Alentejana" (with potatoes and clams) and boiled rice            Fish Grilled redfish with seafood sauce and boiled rice            Vegan Tofu, vegetable and potatoes tortilla            Vegetable Lettuce and cucumber salad</p>
<p><b>Friday</b> 10 may</p>	<p><b>SOCIAL MEAL</b></p> <p>Soup Carrot and lentil creamy soup            Meat Roasted chicken leg with sautéed spaghetti            Fish Grilled flying squids with boiled potatoes            Vegan Roasted red kidney bean burger with tomato sauce and sautéed spaghetti            Vegetable Tomato, onion and oregano salad</p>

**Note:** The menu is subject to change.

The vegetarian dish does not contain any product of animal origin, which complies with the requirements of Law No 11/2017.

The dishes on the menu may have or contain traces of the following allergens:



Week 13 to 17 may 2024

<p><b>Monday</b> 13 may</p>	<p><b>SOCIAL MEAL</b>            Soup Mixed vegetables soup            Meat Stewed pasta with beef            Fish Grilled whiting with tomato rice            Vegan Lentil stew with sauteed fusilli            Vegetable Lettuce and beetroot salad</p>
<p><b>Tuesday</b> 14 may</p>	<p><b>SOCIAL MEAL</b>            Soup Lentil and savoy cabbage soup            Meat Grilled chicken steak with peas rice            Fish Roasted salmon with roasted potatoes            Vegan Tofu "à Gomes de Sá"            Vegetable Sautéed vegetables</p>
<p><b>Wednesday</b> 15 may</p>	<p><b>SOCIAL MEAL</b>            Soup Spinach and chickpea soup            Meat Roasted pork belly with roasted potatoes            Fish Hake and seafood "Moqueca" Brazilian style (with coconut) and boiled rice            Vegan Vegetarian "feijoada à Transmontana" (with red bean and greens) with seitan sausage and mushrooms with boiled rice            Vegetable Carrot and corn salad</p>
<p><b>Thursday</b> 16 may</p>	<p><b>SOCIAL MEAL</b>            Soup Creamy pumpkin soup            Meat Veal pie            Fish Roasted sole with mayonnaise and boiled potatoes            Vegan Falafel (fried chickpea cakes) with peppers and coconut sauce and sautéed maccheroni            Vegetable Lettuce and tomato salad</p>
<p><b>Friday</b> 17 may</p>	<p><b>SOCIAL MEAL</b>            Soup Cauliflower and haricot bean soup            Meat Portuguese duck rice            Fish Black-eyed bean salad with tuna and potatoes            Vegan Vegetarian paella with soy meat            Vegetable Cucumber, apple and onion salad</p>

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