

SPORTS CANTEEN MENU

Week 6 to 10 may 2024

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



SPORTS CANTEEN MENU

Week 13 to 17 may 2024

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

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