

### Week 6 to 10 may 2024

Monday 6 may	Soup	Chickpea and savoy cabbage soup
	Meat	Roasted veal
	Fish	Fried whiting fillet
	Vegetarian	Vegetarian “feijoada” with beans
Tuesday 7 may	Soup	Leek and cauliflower soup
	Meat	Roasted pork with chestnuts
	Fish	Codfish with cream
	Vegetarian	Seitan steaks with mushroom sauce
Wednesday 8 may	Soup	Broccoli soup
	Meat	Roasted duck with orange
	Fish	Squid stew
	Vegetarian	Lentil and vegetables curry
Thursday 9 may	Soup	White cabbage and red kidney bean soup
	Meat	Turkey steak with coffee sauce
	Fish	Salmon with Portuguese corn bread
	Vegetarian	Tofu, vegetable and potatoes tortilla
Friday 10 may	Soup	Creamy carrot and lentil soup
	Meat	Roasted chicken breast with cheese and spinach
	Fish	Sea bass loin stuffed with roasted vegetables
	Vegetarian	Roasted red-kidney bean with tomato sauce

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

The vegan dish does not contain any animal product, according with Law nº 11/2017.

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



### Week 13 to 17 may 2024

Monday 13 may	Soup	Mixed vegetables soup
	Meat	Roasted pork loin with thyme
	Fish	Flying squid julienne in soy sauce, bell pepper and cilantro
	Vegetarian	Lentil stew
Tuesday 14 may	Soup	Lentil and white cabbage soup
	Meat	Grilled veal with mustard and oregano
	Fish	Tuna and spinach lasagna
	Vegetarian	Tofu "à Gomes de Sá"
Wednesday 15 may	Soup	Spinach and chickpea soup
	Meat	Chicken curry
	Fish	Salmon timbale
	Vegetarian	Vegetarian "feijoada à Transmontana" (with red bean and greens) with seitan sausage and mushrooms
Thursday 16 may	Soup	Pumpkin creamy soup
	Meat	Roasted lamb
	Fish	Codfish au gratin
	Vegetarian	Falafel (fried chickpea cakes) with peppers and coconut sauce
Friday 17 may	Soup	Cauliflower and haricot bean soup
	Meat	Roasted turkey breast stuffed with vegetables
	Fish	Roasted corvina with breadcrumbs
	Vegetarian	Vegetarian "Paella" with soy meat

**NOTAS:** A ementa encontra-se sujeita a alterações.

O prato vegetariano não contém ingredientes de origem animal, cumprindo os requisitos da Lei n.º 11/2017.

Os pratos constantes na ementa poderão possuir ou conter vestígios dos alergénios abaixo indicados:

