

EMENTA ALMOÇO 02/11/2026 A 06/11/2026

DIA		PRATO	ACOMPANHAMENTO
2ª FEIRA	sopa	ALHO FRANCES	
	carne	CARNE PORCO ESTUFADA	MACARRONETE E SALADA
	peixe	RED FISH COZIDO	BATATA COZIDA E SALADA
	dieta	RED FISH COZIDO	BATATA COZIDA E SALADA
	opção	CARNE PORCO ESTUFADA	MACARRONETE E SALADA
	veget.	JARDINEIRA DE TOFU	
3ª FEIRA	sopa	COUVE LOMBARDA	
	carne	ALMONDEGAS DE VACA ESTUFADAS	ESPARGUETE E SALADA
	peixe	CALAMARES	ARROZ DE TOMATE E SALADA
	dieta	ALMONDEGAS DE VACA ESTUFADAS	ESPARGUETE E SALADA
	opção	ALMONDEGAS DE VACA ESTUFADAS	ESPARGUETE E SALADA
	veget.	SEITAN SALTEADO COM ARROZ	
4ª FEIRA	sopa	ESPINAFRES	
	carne	HAMBURGUER DE PERU GRELHADO	ARROZ DE CENOURA E BATATA FRITA
	peixe	FILETES NO FORNO	ARROZ DE CENOURA
	dieta	HAMBURGUER DE PERU GRELHADO	ARROZ DE CENOURA
	opção	HAMBURGUER DE PERU GRELHADO	ARROZ DE CENOURA E BATATA FRITA
	veget.	MASSADA DE ERVILHAS COGUMELOS E MILHO	
5ª FEIRA	sopa	LEGUMES	
	carne	FRANGO DE TOMATADA	MACARRONETE E SALADA
	peixe	CALDEIRADA DE PEIXE	SALADA
	dieta	FRANGO COZIDO	MACARRONETE E SALADA
	opção	FRANGO DE TOMATADA	MACARRONETE E SALADA
	veget.	BOLONHESA DE LENTILHAS	
6ª FEIRA	sopa	FEIJÃO VERDE	
	carne	ALMOFADAS DE QUEIJO E FIAMBRE	ARROZ E BATATA FRITA
	peixe	PESCADA COZIDA	BATATA COZIDA E SALADA
	dieta	PESCADA COZIDA	BATATA COZIDA E SALADA
	opção	ALMOFADAS DE QUEIJO E FIAMBRE	ARROZ E BATATA FRITA
	veget.	FEIJOADA DE LEGUMES	

LUNCH MENU 02/11/2026 A 06/11/2026

DAY		DISH	SIDE DISH
MONDAY	soup	FRENCH GARLIC	
	meat	STEWED PORK	NOODLE AND SALAD
	fish	BOILED RED FISH	BOILED POTATOES AND SALAD
	diet	BOILED RED FISH	BOILED POTATOES AND SALAD
	option	STEWED PORK	NOODLE AND SALAD
	veget.	TOFU, POTATOES, CARROTS AND PEAS	
TUESDAY	soup	CABBAGE	
	meat	COW MEATBALLS	SPAGHETTI AND SALAD
	fish	BREADED SQUIDS	TOMATO RICE AND SALAD
	diet	COW MEATBALLS	SPAGHETTI AND SALAD
	option	COW MEATBALLS	SPAGHETTI AND SALAD
	veget.	SEITAN WITH RICE	
WEDNESDAY	soup	SPINACH	
	meat	GRILLED TURKEY BURGER	CARROT RICE AND CHIPS
	fish	HAKE FILLETS IN THE OVEN	CARROT RICE
	diet	GRILLED TURKEY BURGER	CARROT RICE
	option	GRILLED TURKEY BURGER	CARROT RICE AND CHIPS
	veget.	NOODLE WITH PEAS, MUSHROOMS AND CORN	
THURSDAY	soup	VEGETABLES	
	meat	TOMATO CHICKEN	NOODLE AND SALAD
	fish	FISH	POTATOES. PEPER AND SALAD
	diet	BOILED CHICKEN	NOODLE AND SALAD
	option	TOMATO CHICKEN	NOODLE AND SALAD
	veget.	LENTILLS BOLOGNESE WITH SPAGHETTI	
FRIDAY	soup	GREEN BEAN	
	meat	S. JACOB (CHEESE AND HAM)	RICE AND CHIPS
	fish	BOILED HAKE	BOILED POTATOES AND SALAD
	diet	BOILED HAKE	BOILED POTATOES AND SALAD
	option	S. JACOB (CHEESE AND HAM)	RICE AND CHIPS
	veget.	BEANS WITH VEGETABLES	

EMENTA JANTAR 02/11/2026 A 06/11/2026

DIA		PRATO	ACOMPANHAMENTO
2ª FEIRA	sopa	ALHO FRANCES	
	carne	FEBRAS DE CEBOLADA	PURÉ DE BATATA E SALADA
	peixe	RISSOIS DE PEIXE	ARROZ DE TOMATE E SALADA
	dieta	FEBRAS GRELHADAS	ARROZ E SALADA
	opção	FEBRAS DE CEBOLADA	PURÉ DE BATATA E SALADA
	veget.	SEITAN SALTEADO COM LEGUMES	
3ª FEIRA	sopa	COUVE LOMBARDA	
	carne	CARNE PORCO À ALENTEJANA	BATATA FRITA E ARROZ
	peixe	ABRÓTEA ESTUFADA	BATATA COZIDA E SALADA
	dieta	ABRÓTEA ESTUFADA	BATATA COZIDA E SALADA
	opção	CARNE PORCO À ALENTEJANA	BATATA FRITA E ARROZ
	veget.	FEIJOADA DE LEGUMES	
4ª FEIRA	sopa	ESPINAFRES	
	carne	RISOIS DE CARNE	ARROZ DE CENOURA E BATATA FRITA
	peixe	ARROZ DE PEIXE	SALADA
	dieta	PESCADA COZIDA	BATATA COZIDA
	opção	RISSOIS DE CARNE	ARROZ DE CENOURA E BATATA FRITA
	veget.	ARROZ DE COGUMELOS COM COUVE LOMBARDA	
5ª FEIRA	sopa	LEGUMES	
	carne	COSTELETAS GRELHADAS	MACARRONETE E SALADA
	peixe	PESCADA FRITA	ARROZ DE TOMATE E SALADA
	dieta	COSTELETAS GRELHADAS	MACARRONETE E SALADA
	opção	COSTELETAS GRELHADAS	MACARRONETE E SALADA
	veget.	SEITAN DE CEBOLADA COM ARROZ	
6ª FEIRA	sopa	FEIJÃO VERDE	
	carne	FRANGO CORADO	ARROZ E SALADA
	peixe	ARROZ DE LULAS	SALADA
	dieta	FRANGO CORADO	ARROZ E SALADA
	opção	FRANGO CORADO	ARROZ E SALADA
	veget.	SALTEADO DE LEGUMES COM GRAO E BATATA COZIDA	

DINNER MENU 02/11/2026 A 06/11/2026

DAY		DISH		SIDE DISH	
MONDAY	soup	FRENCH GARLIC			
	meat	PORK STEAK WITH ONIONS		MASHED POTATOES AND SALAD	
	fish	FISH PATTIES		TOMATO RICE AND SALAD	
	diet	GRILLED PORK STEAK		RICE AND SALAD	
	option	PORK STEAK WITH ONIONS		MASHED POTATOES AND SALAD	
	veget.	SEITAN AND VEGETABLES			
TUESDAY	soup	CABBAGE			
	meat	FRIED PORK		RICE AND CHIPS	
	fish	STEWED DAFFODIL		BOILED POTATOES AND SALAD	
	diet	STEWED DAFFODIL		BOILED POTATOES AND SALAD	
	option	FRIED PORK		RICE AND CHIPS	
	veget.	BEANS AND VEGETABLES			
WEDNESDAY	soup	SPINACH			
	meat	MEAT PATTIES		CARROT RICE AND CHIPS	
	fish	FISH RICE		SALAD	
	diet	BOILED HAKE		BOILED POTATOES	
	option	MEAT PATTIES		CARROT RICE AND CHIPS	
	veget.	RICE, MUSHROOMS AND CABAGGE			
THRUSDAY	soup	VEGETABLES			
	meat	GRILLED PORK CHOPS		NOODLE AND SALAD	
	fish	FRIED HAKE		TOMATO RICE AND SALAD	
	diet	GRILLED PORK CHOPS		NOODLE AND SALAD	
	option	GRILLED PORK CHOPS		NOODLE AND SALAD	
	veget.	SEITAN WITH RICE			
FRIDAY	soup	GREEN BEAN			
	meat	ROAST CHICKEN		RICE AND SALAD	
	fish	SQUIDS RICE		SALAD	
	diet	ROAST CHICKEN		RICE AND SALAD	
	option	ROAST CHICKEN		RICE AND SALAD	
	veget.	VEGETABLES AND BOILED POTATOES			