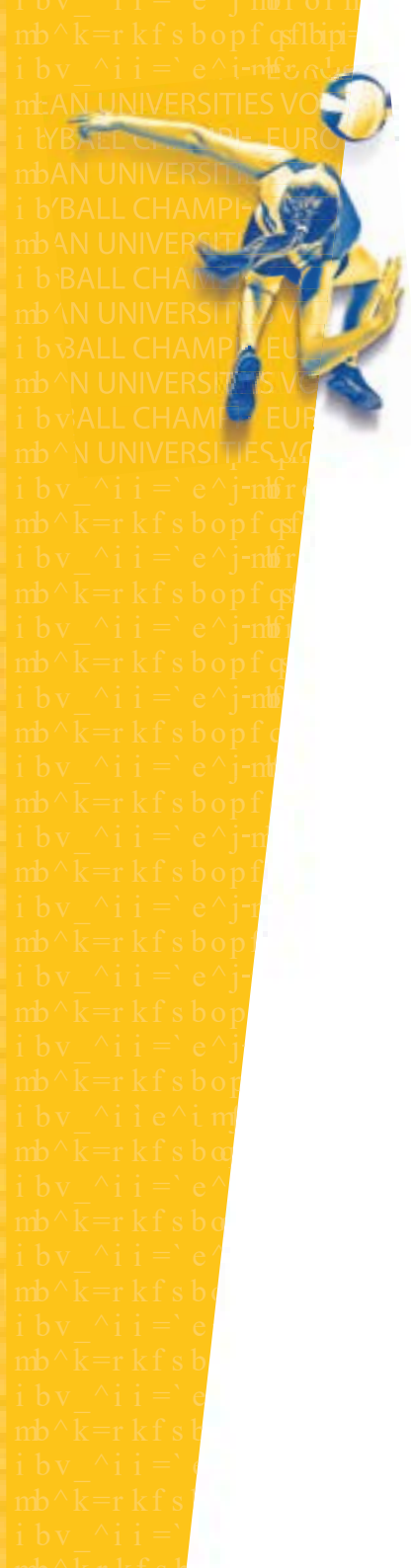




	SATURDAY / JUNE 15		SUNDAY / JUNE 16		MONDAY / JUNE 17	
<b>Lunch</b>	Soup	Red bean soup with green bean soup	Soup	Creamy peas soup	Soup	Spinach soup
	Fish Dish	Crumbled codfish with cornbread	Fish Dish	Gratin pasta with tuna	Fish Dish	Grilled forkbeard with lemon and mint sauce
	Meat Dish	Duck rice	Meat Dish	Grilled chicken fillet	Meat Dish	Grilled pork fillet
	Side Dish 1 - Cereals and derivatives, tubers	Potatoes in the oven with olive oil and garlic	Side Dish 1 - Cereals and derivatives, tubers	Broccoli rice	Side Dish 1 - Cereals and derivatives, tubers	Baked skin potatoes
<b>Dinner</b>	Soup	Vegetable soup	Soup	Vegetable soup	Soup	Cauliflower soup
	Fish Dish	Grilled salmon	Fish Dish	Fish "à Gomes de Sá" (hake with eggs, onions and potatoes)	Fish Dish	Roasted hake fillets with tomato sauce and vegetables
	Meat Dish	Roasted pork loin	Meat Dish	Braised veal	Meat Dish	Roasted turkey breast
	Side Dish 1 - Cereals and derivatives, tubers	Carrot rice	Side Dish 1 - Cereals and derivatives, tubers	Cooked pasta	Side Dish 1 - Cereals and derivatives, tubers	Tomato rice

	TUESDAY / JUNE 18		WEDNESDAY / JUNE 19		THURSDAY / JUNE 20	
<b>Lunch</b>	Soup	Creamy pumpkin soup	Soup	Chickpeas soup	Soup	Creamy carrot soup
	Fish Dish	Fish pie (pollock)	Fish Dish	Roasted hake	Fish Dish	Grilled tuna with onion sauce
	Meat Dish	Roasted chicken	Meat Dish	Meat rice (veal, pork, chicken)	Meat Dish	Grilled turkey fillet with mushrooms sauce
	Side Dish 1 - Cereals and derivatives, tubers	Vegetables rice	Side Dish 1 - Cereals and derivatives, tubers	Cooked potatoes	Side Dish 1 - Cereals and derivatives, tubers	Peas rice
<b>Dinner</b>	Soup	White bean with white cabbage	Soup	Zucchini soup	Soup	White bean with portuguese cabbage
	Fish Dish	Pasta with salmon	Fish Dish	Stewed squid tentacles with vegetables	Fish Dish	Grilled perch
	Meat Dish	Grilled pork chop	Meat Dish	Bolognese pasta	Meat Dish	Stewed pork
	Side Dish 1 - Cereals and derivatives, tubers	Sautéed potatoes	Side Dish 1 - Cereals and derivatives, tubers	Bell pepper rice	Side Dish 1 - Cereals and derivatives, tubers	Hot potato salad with broccoli and olives



	FRIDAY / JUNE 21		SATURDAY / JUNE 22		SUNDAY / JUNE 23	
<b>Lunch</b>	Soup	Creamy carrot soup	Soup	Pumpkin soup	Soup	Creamy pea soup
	Fish Dish	Fried hake fillets	Fish Dish	Roasted salmon	Fish Dish	Roasted squid's tentacles with corn bread
	Meat Dish	Roasted pork leg	Meat Dish	Pasta with turkey and vegetables	Meat Dish	Fried pork
	Side Dish 1 - Cereals and derivatives, tubers	Potatoes with peas and carrots	Side Dish 1 - Cereals and derivatives, tubers	Carrot rice	Side Dish 1 - Cereals and derivatives, tubers	Potatoes in the oven with olive oil and garlic
<b>Dinner</b>	Soup	Broccoli soup	Soup	Chickpea with spinach soup	Soup	Vegetable soup
	Fish Dish	Fish tortilla (pollock)	Fish Dish	Roasted hake with onion sauce	Fish Dish	Tuna salad, potato and cowpeas
	Meat Dish	Roasted chicken with onion and bell peppers	Meat Dish	Braised veal with carrot, peas and green beans	Meat Dish	Chicken with onions and bell peppers
	Side Dish 1 - Cereals and derivatives, tubers	Garlic rice	Side Dish 1 - Cereals and derivatives, tubers	Baked skin potatoes	Side Dish 1 - Cereals and derivatives, tubers	Plain white rice