

EMENTA SEMANAL – 14 a 18 de Agosto



	2º Feira	3º Feira	4º Feira	5º Feira	6º Feira
<b>Pequeno-Almoço</b>	Cereais	Torradas com leite e maçã	Cereais	Bolo de Cenoura com leite	Cereais
<b>Almoço</b>	Creme de couve	Creme de couve-roxa	Creme de courgette	Creme de abóbora	Creme de Repolho
	Pescada com arroz de legumes	Massa bolonhesa com salada	Cozido de bacalhau com batatas, ervilhas e cenoura	Bifinhos desfiados com arroz de feijão e salada	Caldeirada de peixe
	Fruta da época	Fruta da época	Fruta da época	Fruta da época	Fruta da época
<b>Lanche da Tarde</b>	Tosta mista com sumo	Iogurte com bolachas e banana	Bolo de cenoura com sumo	Tosta de queijo com leite e pêra	Bolachas com sumo e banana

WEEKLY MENU – 14<sup>th</sup> to the 18<sup>th</sup> of August



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereals	Butter toast with milk and apple	Cereals	Carrot Cake with milk	Cereals
<b>Lunch</b>	Kale Soup	Red cabbage Soup	Courgete Soup	Pumpkin Soup	Cabbage Soup
	Hake with vegetables rice	Bolognese and salad	Codfish with boiled potatoes, carrots and green peas	Beef with bean rice and salad	Fish stew with pasta
	Fruit of the season	Fruit of the season	Fruit of the season	Fruit of the season	Fruit of the season
<b>Afternoon Snack</b>	Ham and cheese toast with juice	Yogurt with biscuits and banana	Carrot cake with juice	Cheese toast with milk and pear	Biscuits with juice and banana