

Lunch/Dinner

# CATERING *Crasto*

		Meat/ Fish /Vegetarian	Accompaniments	Salads	Desserts
<b>JULY 22</b>	<b>Lunch</b>	Broccoli Soup Barbecue Chicken Grilled Salmon Eggplant Lasagna	Pasta Shells Rice French Fries Lasagne Pasta	Lettuce Tomato Carrot Cucumber	Seasonal fruit: minimum 3 varieties and Brownie
	<b>Dinner</b>	Broccoli Soup Poultry Rice Octopus "à lagareiro" Soya Chilli	Pasta Shells Rice Mashed Potato Brown Rice	Red Cabbage Lupins	Seasonal fruit: minimum 3 varieties and Flan
<b>JULY 23</b>	<b>Lunch</b>	Lentil Soup Veal Stroganoff Cod Fish with Cream Tofu Stroganoff	Pasta Rice Boiled Potato Brown Rice	Lettuce Tomato Carrot Cucumber	Seasonal fruit: minimum 3 varieties and Flan
	<b>Dinner</b>	Lentil Soup Breaded Chicken Russian Salad w/Tuna Leek "à brás"	Pasta Rice Boiled Potato French Fries	Peppers White beans	Seasonal fruit: minimum 3 varieties and Crème Brûlée
<b>JULY 24</b>	<b>Lunch</b>	Carrot Cream Turkey Breast w/ nuts Orly-style Hake Fillets Mushroom Stew	Pasta Rice French Fries Brown Rice	Lettuce Tomato Carrot Cucumber	Seasonal fruit: minimum 3 varieties and Crème Brûlée
	<b>Dinner</b>	Carot Cream Veal Bolognese Baked Sea Cream Soya Bolognese	Pasta Baked Potato Wholemeal Pasta	Sweet corn Chickpeas	Seasonal fruit: minimum 3 varieties and Jell-O
<b>JULY 25</b>	<b>Lunch</b>	Turnip Soup Chicken Grilled Squid Ratatui	Pasta Boiled Potatoes Rice Brown Rice	Lettuce Tomato Carrot Cucumber	Seasonal fruit: minimum 3 varieties and Jell-O
	<b>Dinner</b>	Turnip Soup Turkey Steak w/Mustard Grilled Tuna Stewed Lentils w/Tofu	Pasta Boiled Potatoes Rice	White Cabbage Kidney beans	Seasonal fruit: minimum 3 varieties and Yogurt w/Chia

**Drinks : Water, tea and coffee**



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<b>JULY 26</b>	<b>Lunch</b>	"Caldo verde" Soup Veal Stew Cuttlefish stew Seitan Chanfana	Pasta Rice Baked Potato	Lettuce Tomato Carrot Cucumber	<b>Seasonal fruit:</b> minimum 3 varieties and Yogurt w/Chia
	<b>Dinner</b>	"Caldo verde" Soup Breaded Chicken Leg Grilled Swordfish Mushroom rice	Pasta Boiled Potato Rice Btown Rice	Tomato Red Cabbage Peanuts	<b>Seasonal fruit:</b> minimum 3 varieties and Typical Desert
<b>JULY 27</b>	<b>Lunch</b>	Leek Soup Turkey Skewered Octopus Rice Chickpea Curry	Pasta Rice French Fries Brown Rice	Lettuce Tomato Carrot Cucumber	<b>Seasonal fruit:</b> minimum 3 varieties and Typical Desert
	<b>Dinner</b>	Leek Soup Chicken Curry Steak w/Onions Spiritual Codfish Vegetarian Stew	Pasta Rice Mashed Potatoes Boiled Potato	Peppers Black beans	<b>Seasonal fruit:</b> minimum 3 varieties and chocolate mousse
<b>JULY 28</b>	<b>Lunch</b>	Peas Cream Chicken Curry Tuna Pasta w/Spinach Paella	Pasta Rice Boiled Potato Brown Rice	Lettuce Tomato Carrot Cucumber	<b>Seasonal fruit:</b> minimum 3 varieties and Chocolate mousse
	<b>Dinner</b>	Peas Cream Grilled Turkey Hake Fritters Bean Pasta	Pasta Rice French Fries Macaroni Pasta	Sweet corn Soybeans	<b>Seasonal fruit:</b> minimum 3 varieties and Typical Desert
<b>JULY 29</b>	<b>Lunch</b>	Spinach Soup Veal Chilli Grilled Sea Bass Soya Stew	Pasta Baked Potato Rice Potato	Lettuce Tomato Carrot Cucumber	<b>Seasonal fruit:</b> minimum 3 varieties and Typical Desert
	<b>Dinner</b>	Spinach Soup Chicken Stuffed Squid Vegetable Pie	Pasta Boiled Potato Rice Mashed Potatoes	White Cabbage Lentils	<b>Seasonal fruit:</b> minimum 3 varieties and Banana cake
<b>JULY 30</b>	<b>Lunch</b>	Savoy cabbage Soup Stewed Turkey Leg Breaded Plaice Rancho	Fusil Pasta Rice Boiled Potato Potato	Lettuce Tomato Carrot Cucumber	<b>Seasonal fruit:</b> minimum 3 varieties and Banana cake
	<b>Dinner</b>	Savoy Cabbage Soup Veal Hamburger Seafood rice Vegetable Hamburger	Pasta French Fries Rice	Red cabbage Red beans	<b>Seasonal fruit:</b> minimum 3 varieties and Brownie

**Drinks : Water, tea and coffee**

