



**School Year
2020-2021**

Escola Básica nº1 de Campelo

Escola Básica de Fijós



Menu	Monday 4th January	Tuesday 5th January	Wednesday 6th January	Thursday 7th January	Friday 8th January
Soup	Peas cream soup	PUBLIC HOLIDAY	Peas and turnip cream soup	Chickpeas and spinach	Courgette and pumpkin cream soup
Main course	Scrambled eggs with crab sticks, bell peppers, parsley and rice		Meat stew with pasta (pork, chicken, cabbage, carrot and beans)	Pollack fillet "à Gomes de Sá"	Roast chicken with rice Lettuce, carrot and onion salad
Vegetarian Dish	Scrambled eggs with mushrooms and rice Lettuce, tomato and corn salad		Stewed beans and vegetables	Vegetables "à Gomes de Sá"	Stuffed tomatoes with rice and parsley
Dessert	Seasonal fruit		Seasonal fruit	Seasonal fruit/ yogurt	Seasonal fruit



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Menu	Monday 11th January	Tuesday 12th January	Wednesday 13th January	Thursday 14th January	Friday 15th January
Soup	Chickpeas and spinach	Carrot and leek cream soup	Peas and turnip cream soup	Savoy cabbage cream soup	Pumpkin and courgette cream soup
Main course	Stewed mackerel with spaghetti Carrot, lettuce and tomato salad	Stewed meatballs with tomato sauce and mashed potatoes Lettuce, onion, and carrot salad	Vegetables fritters (carrot, leek, cabbage, green beans) with red beans rice	Poultry "Rancho" (stewed chicken, turkey, chickpeas, pasta, carrot and cabbage)	Hake medallions au gratin with cream carrot sauce and rice Lettuce, tomato and onion salad
Vegetarian Dish	Vegetarian paella	Stewed vegetable balls with tomato sauce and mashed potatoes and salad	Vegetables fritters (carrot, leek, cabbage, green beans) with red beans rice	Vegetarian "Rancho" (stewed chickpeas, pasta, carrot and cabbage)	Seitan chunks with peas rice and salad
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit/ yogurt



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Menu	Monday 18th January	Tuesday 19th January	Wednesday 20th January	Thursday 21st January	Friday 22nd January
Soup	Vegetables cream soup (turnip, green beans, radish, cabbage)	White beans and pointed cabbage	Chickpeas and cabbage	Courgette and pumpkin	Macedonia (turnip, green beans, carrot, cauliflower)
Main course	Meat loaf (beef, pork/ slice) with oregano sauce and spaghetti Cabbage and grated carrot salad	Shrimp patties with carrot rice Lettuce, and cucumber salad	Chicken stew (potato, carrot, peas, and green beans)	Tuna fish rice pie Red cabbage, carrot, and onion salad	Stew (pork, chicken, pasta, beans, cabbage and beans)
Vegetarian Dish	Vegetarian hamburger with tomato sauce, spaghetti and salad	Tofu patties with carrot rice and salad	Vegetables stew	Vegetables rice pie	Vegetables stew and pasta
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit/ pudding	Seasonal fruit



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Menu	Monday 24th January	Tuesday 25th January	Wednesday 26th January	Thursday 27th January	Friday 28th January
Soup	Courgette and green beans	Beans and white cabbage		Courgette, cabbage, broccoli cream soup	Turnip greens
Main course	Fish rice (hake, crab sticks, tuna fish, rice, bell pepper and boiled eggs)	Roast chicken and sauté pasta, garlic and sauté vegetables	Fried small whiting with vegetables rice	Scramble eggs with turkey ham, corn, carrot, peãs, mushrooms and pasta	Pallock fillet au gratin with carrot, leek, parsley and mashed potatoes
Vegetarian Dish	Corn pancake	Sauté seitan with vegetables and pasta	“Peixinhos da horta” (Breadcrumbs green beans) with vegetables rice	Scramble eggs with corn, carrot, peãs, mushrooms and pasta	Vegetables au gratin
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit/ gelatine	Seasonal fruit