



**School Year
2020-2021**

Escola Básica nº1 de Campelo

Escola Básica de Fijós



Menu	Monday 5th October	Tuesday 6th October	Wednesday 7th October	Thursday 8th October	Friday 9th October
Soup	PUBLIC HOLIDAY	Leek, turnip, broccoli cream soup	Pointed cabbage and chickpeas	Cauliflower and pumpkin cream soup	Pinto beans and kale
Main course		Squid rings with tomato rice Courgette, carrot, and cucumber salad	Beef Stroganoff with mushrooms and pasta Red cabbage, tomato, corn, and salad	Crumbed hake fillets in the oven with rice Lettuce, onion, and cucumber salad	Stewed chicken leg with baby carrots, Brussel sprouts and penne pasta
Vegetarian Dish		Onion rings with tomato rice and salad	Mushrooms with white sauce and pasta and salad	Stewed lentils with rice and salad	Stewed soy with vegetables and penne pasta
Dessert		Seasonal fruit	Seasonal fruit	Seasonal fruit/ gelatine	Seasonal fruit



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Menu	Monday 12th October	Tuesday 13th October	Wednesday 14th October	Thursday 15th October	Friday 16th October
Soup	Savoy cabbage	Green beans	Turnip and peas cream soup	Spinach and chickpeas	Pumpkin and courgette cream soup
Main course	Stewed meatballs with tomato sauce and spaghetti Lettuce, beetroot, and onion salad	Corn battered fried sardines with beans rice Peasant salad (cabbage and carrot julienne)	“Massa à Lavrador” (stewed beef, pork, cabbage, carrot, and pasta)	Tuna fish salad (cubed potatoes, green beans, peas, carrot, egg)	Poultry rice (chicken, turkey) Lettuce, tomato and arugula salad
Vegetarian Dish	Soy Bolognese and salad	Tofu patties with beans rice	Stewed beans with vegetables	Russian salad with grated egg	Stuffed tomato with rice and salad
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit/ yoghurt	Seasonal fruit



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Menu	Monday 19th October	Tuesday 20th October	Wednesday 21st October	Thursday 22nd October	Friday 23rd October
Soup	Portuguese cabbage, turnip, green beans and radish cream soup	Carrot and leek	Cabbage and chickpeas cream soup	Broccoli	Macedonia vegetables (turnip, carrot, green beans, cauliflower)
Main course	Stewed mackerel with carrot rice Lettuce, red cabbage, and cucumber salad	Roast chicken with spirals and sauté vegetables (Brussel sprouts, carrot, green beans)	Breaded hake medallions with rice Carrot, courgette and tomato salad	Beef spaghetti Bolognese Lettuce, onion, beetroot salad	Plaice in the oven with mashed potatoes Cabbage, bell pepper, and grated carrot salad
Vegetarian Dish	Vegetarian paella	Sauté seitan with vegetables and spirals	Soy "jardineira" (vegetables pot-stew)	Vegetarian hamburger with tomato sauce, spaghetti and salad	Sauté black-eyed beans with onion, parsley and rice
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit/ pudding	Seasonal fruit	Seasonal fruit



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Menu	Monday 26th October	Tuesday 27th October	Wednesday 28th October	Thursday 29th October	Friday 30th October
Soup	Green beans and courgette cream soup	Carrot and lettuce cream soup	White cabbage and beans	Courgette, cabbage and broccoli cream soup	Turnip greens
Main course	Scramble eggs with mushrooms, peas, corn and carrot	“Feijoada” with rice (pork, chicken, white beans, carrot, onion, savoy cabbage)	Codfish “à Brás” Carrot, red cabbage and tomato salad	Sliced turkey roti with oreganos sauce and pasta Sauté Macedonia vegetables	Hake slices with peas rice Peasant salad (white cabbage and carrot julinne)
Vegetarian Dish	Scramble eggs with mushrooms, peas, corn and carrot	Vegetarian “Feijoada”	Vegetables “à Brás”	Stewed vegetables with pasta	Seitan slices with peas rice and salad
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit/ gelatine	Seasonal fruit	Seasonal fruit