

Tuesday, 19 July	Soup	Leek soup
	Fish	Codfish with cream
	Meat	Veal slices with happy rice
	Vegan	Grilled vegetables with tofu
Wednesday, 20 July	Soup	Vegetable soup
	Fish	Hake tenderloins with seafood sauce and carrot purée
	Meat	Golden chicken fillets with pepper sauce, Greek rice and potato sticks
	Vegan	Vegetable stuffed tomato and vegan cheese gratin
Thursday, 21 July	Soup	Pumpkin and carrot soup
	Fish	Flavoured salmon fillets with Greek rice
	Meat	Veal Stroganoff with Corinthian sultana rice
	Vegan	Tofu kebabs with onions, peppers and carrots
Friday, 22 July	Soup	Leek soup
	Fish	Hake fillets with rice salad or potato salad
	Meat	Duck rice Portuguese style
	Vegan	Vegetables Brás style
Saturday, 23 July	Soup	Vegetable soup
	Fish	Flaked codfish flavoured with crunchy corn bread
	Meat	Turkey Stroganoff with side dish
	Vegan	Quiche of courgette, mushrooms and leek