

CANTINA 4 - CAMPUS 3

Week	LUNCH	DINNER
Monday 14-09-2015	Soup: Vegetable Meat: Stewed pork leg with mashed potatoes Fish: Fried marmots with black-eyed beans Dessert: Fruit Sweet yogurt	Soup: Vegetable Meat: Meatballs in tomato sauce with rice Fish: Hake cooked with egg potatoes and green beans Dessert: Fruit Sweet yogurt
Tuesday 15-09-2015	Soup: Watercress with carrots Meat: Turkey stroganoff with fusilli Fish: Fish and spinach tortilla Dessert: Fruit Sweet yogurt	Soup: Watercress with carrots Meat: Sliced veal with mashed potatoes Fish: Fish and seafood lasagne Dessert: Fruit Sweet yogurt
Wednesday 16-09-2015	Soup: Fish Meat: Veal pie Fish: Codfish with onion and eggs Dessert: Fruit Sweet yogurt	Soup: Fish Meat: Grilled pork steak with chili sauce with boiled potatoes Fish: Fried flounder with black-eyed beans, salad or bread pudding Dessert: Fruit Sweet yogurt
Thursday 17-09-2015	Soup: Chickpea with cabbage Meat: Pork steak with rice Fish: Tuna with Russian salad Dessert: Fruit Sweet yogurt	Soup: Chickpea with cabbage Meat: Baked chicken legs with oregano and spaghetti Fish: Forkbeard in tomato sauce with rice Dessert: Fruit Sweet yogurt
Friday 18-09-2015	Soup: Green bean Meat: Chicken with chestnuts and saffron rice Fish: Stuffed squid with boiled potatoes Dessert: Fruit Sweet yogurt	Soup: Green beans Meat: Turkey kebab and rice with peas Fish: Hake in the oven with mashed potatoes Dessert: Fruit Sweet yogurt