



CANTEEN MENU – March 2017
(Subject to changes)

Juice and fruit will be served every day during snack

Day	Date	Morning snack	After snack
Monday	03/06/2017	Cheese bread, smoothie	Yellow carrot bread, juice, fruit
Tuesday	03/07/2007	Olive oil bread, ham and cheese	Homemade cookie, juice, fruit
Wednesday	03/08/2017	Chicken tapioca, vanilla and chocolate cake	Smoothie, juice, fruit
Thursday	03/09/2017	Ham and cheese pastry, margarita pastry	Cake, juice, fruit
Friday	03/10/2017	Sandwich with ham, cheese and salad	Cookie, juice, fruit
Monday	03/13/2017	Potato bread stuffing with cream cheese, yogurt	Cake, juice, fruit
Tuesday	03/14/2017	Carrot and cacao cake, pita bread, ham and cheese	Homemade cookie, juice, fruit
Wednesday	03/15/2017	Cheese cookies	Pumpkin bread, juice, fruit
Thursday	03/16/2017	Baguette sandwich	Cookie, juice, fruit
Friday	03/17/2017	Cheese bread, <i>açaí</i>	Smoothie, juice, fruit
Monday	03/20/2017	Corn tapioca, mini coconut cake	Potato bread, juice, fruit
Tuesday	03/21/2017	Sesame bread, ham and cheese	Homemade cookie, juice, fruit
Wednesday	03/22/2017	Cheese bread, smoothie	Cereal bar, juice, fruit
Thursday	03/23/2017	Corn meal cake, pita bread, ham and cheese	Cake, juice, fruit
Friday	03/24/2017	Sandwich natural	Cookie, juice, fruit
Monday	03/27/2017	Cheese bread, cheese minas	Cake, juice, fruit
Tuesday	03/28/2017	Apple cake, mini olive oil bread, ham and cheese	Cereal bar, juice, fruit
Wednesday	03/29/2017	Whole bread, ham and cheese	Smoothie, juice, fruit

Rice, beans, salad, juice and fruit will be served everyday during lunch

Day	Date	Lunch menu
Monday	03/06/2017	Vegetables and cheese omelet, sautéed potato, soy and corn, dessert
Tuesday	03/07/2007	Roasted chicken, grilled beef, yellow carrot, cabbage
Wednesday	03/08/2017	Fried fish, ground beef, corn cream, chayote
Thursday	03/09/2017	Baked beef, mini bread, grilled chicken, farofa, string beans
Friday	03/10/2017	Chicken stroganoff, grilled beef, roasted potato, chard
Monday	03/13/2017	Potato pie and soy, broccoli, vegetable lasagna, sautéed carrot, dessert
Tuesday	03/14/2017	Grilled chicken, tropeiro beans, collard greens, grilled pineapple
Wednesday	03/15/2017	Pork ribs, barbecue sauce, grilled chicken, corn farofa, zucchini
Thursday	03/16/2017	Fish with herb sauce, ground beef, mashed potato, fish <i>pirão</i>
Friday	03/17/2017	Chicken meatball and tomato sauce, grilled beef, pasta, roasted pumpkin
Monday	03/20/2017	Soy and pumpkin burger with tomato sauce, mashed potato, string beans, cabbage, dessert
Tuesday	03/21/2017	Roasted pork, chicken and vegetables, collard greens, farofa
Wednesday	03/22/2017	Chicken and tomato sauce, ground beef, <i>angu</i> , okra
Thursday	03/23/2017	Baked beef and manioc, chayote, cauliflower and carrot
Friday	03/24/2017	Milanese chicken, grilled beef, spinach creamed
Monday	03/27/2017	Leek quiche, scrambled eggs, soy, broccoli, dessert
Tuesday	03/28/2017	Skewer beef, grilled pork, farofa, grilled pineapple
Wednesday	03/29/2017	Fish, grilled beef, mashed potato and yellow carrot, chard