



CANTEEN MENU – August 2017
(Subject to changes)
Juice and fruit will be served every day during snack

Day	Date	Morning snack	After snack
Monday	07/31/2017	Cheese roll, yogurt	Yellow carrot bread, juice, fruit
Tuesday	08/01/2007	Bread, ham, cheese	Homemade cookie, juice, fruit
Wednesday	08/02/2017	Ham & cheese tapioca, carrot and chocolate cake	Açai, juice, fruit
Thursday	08/03/2017	Sandwich with salad, cheese and ham	Cake, juice, fruit
Friday	08/04/2017	Ham & cheese pastry	Fruit smoothie, juice, fruit
Monday	08/07/2017	Potato bread with cream cheese, cereal bar	Cookie, juice, fruit
Tuesday	08/08/2017	Muffin, pita bread, ham, cheese	Açai, juice, fruit
Wednesday	08/09/2017	Cheese bread, açai	Potato bread, juice, fruit
Thursday	08/10/2017	Sesame seed bread, ham, cheese	Cake, juice, fruit
Friday	08/11/2017	Cheese cookie, fruit smoothie	Fruit smoothie, juice, fruit
Monday	08/14/2017	Cheese bread, minas cheese, jam	Cake, juice, fruit
Wednesday	08/16/2017	Olive oil bread, ham, cheese	Homemade cookie, juice, fruit
Thursday	08/17/2017	Chocolate cake, chicken tapioca	Pumpkin bread, juice, fruit
Friday	08/18/2017	Baguette sandwich	Cereal bar, juice, fruit
Monday	08/21/2017	Margarita pastry, yogurt	Cookie, juice, fruit
Tuesday	08/22/2017	Cheese bread, cereal bar	Cake, juice, fruit
Wednesday	08/23/2017	Vanilla and chocolate cake, cheese tapioca	Yam bread, juice, fruit
Thursday	08/24/2017	Sandwich with salad, cheese and ham	Homemade cookie, juice, fruit
Friday	08/25/2017	Whole bread, ham, cheese	Fruit smoothie, juice, fruit
Monday	08/28/2017	Cheese cookie, cereal bar	Pumpkin bread, juice, fruit
Tuesday	08/29/2017	Sesame seed bread, ham, cheese	Cookie, juice, fruit
Wednesday	08/30/2017	Muffin, pita bread, ham, cheese	Açai, juice, fruit
Thursday	08/31/2017	Ham & cheese pastry	Cake, juice, fruit

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

Day	Date	Lunch menu
Monday	07/31/2017	Bolognese lasagna, vegetable lasagna, broccoli, pumpkin, desert
Tuesday	08/01/2007	Grilled chicken, pork ribs, roasted potato, collard greens
Wednesday	08/02/2017	Roasted beef, chicken with vegetables, grilled pineapple, farofa
Thursday	08/03/2017	Chicken meatball with tomato sauce, grilled beef, cabbage, sautéed carrot
Friday	08/04/2017	Roasted chicken, ground beef, okra, polenta
Monday	08/07/2017	Grilled chicken, vegetables pancake, string beans, cauliflower, desert
Tuesday	08/08/2017	Roasted pork, barbecue sauce, chicken, yellow carrot, farofa
Wednesday	08/09/2017	Fried fish, ground beef, creamed spinach, sautéed potato
Thursday	08/10/2017	Beef, grilled chicken, pasta, cabbage
Friday	08/11/2017	Grilled pork, roasted chicken, chard, grilled pineapple
Monday	08/14/2017	Gnocchi with Bolognese and white sauces, garlic bread, vegetables, desert
Wednesday	08/16/2017	Chicken stroganoff, grilled pork, roasted potato, zucchini and tomato
Thursday	08/17/2017	Ground beef and vegetables, roasted chicken, pumpkin, cabbage
Friday	08/18/2017	Feijoada, grilled chicken, farofa, collard greens
Monday	08/21/2017	Grilled chicken, soy and pumpkin burger pizzaiollo, mashed potato, chard, desert
Tuesday	08/22/2017	Baked beef with manioc, chicken and peppers, carrot and raisins, zucchini
Wednesday	08/23/2017	Fish, ground beef, chayote, roasted sweet potato
Thursday	08/24/2017	Roasted beef, chicken skewer, farofa, string beans
Friday	08/25/2017	Grilled chicken, tropeiro beans, collard greens, grilled pineapple
Monday	08/28/2017	Potato pie with meat, soy, broccoli, desert
Tuesday	08/29/2017	Chicken, grilled pork, pumpkin, chayote



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Wednesday	08/30/2017	Breaded chicken, grilled beef, corn creamed, string beans and carrot
Thursday	08/31/2017	Beef skewer, chicken meatball with tomato sauce, pasta, cabbage