

CANTEEN MENU – September 2017
(Subject to changes)

Juice and fruit will be served every day during snack

Day	Date	Morning snack	After snack
Friday	09/01/2017	Baguette sandwich	Cereal bar, juice, fruit
Monday	09/04/2017	Sesame seed bread, ham, cheese	Cake, juice, fruit
Tuesday	09/05/2007	Chicken tapioca, carrot and chocolate cake	Cheese cookie, juice, fruit
Wednesday	09/06/2017	Cheese bread, smoothie	Açaí, juice, fruit
Monday	09/11/2017	Cheese bread, cereal bar	Yellow carrot bread, juice, fruit
Tuesday	09/12/2017	Cheese tapioca, vanilla and chocolate cake	Cookie, juice, fruit
Wednesday	09/13/2017	Corn bread, ham and cheese pita bread	Cake, juice, fruit
Thursday	09/14/2017	Ham and cheese pastry	Homemade cookie, juice, fruit
Friday	09/15/2017	Cheese bread, açaí	Smoothie, juice, fruit
Monday	09/18/2017	Potato bread with cream cheese, yogurt	Cookie, juice, fruit
Tuesday	09/19/2017	Muffin, ham and cheese pita bread, eggplant antipasto	Potato bread, juice, fruit
Wednesday	09/20/2017	Cheese bread, minas cheese	Smoothie fruit, juice, fruit
Thursday	09/21/2017	Olive oil bread, ham and cheese	Cake, juice, fruit
Friday	09/22/2017	Cheese and ham tapioca, corn cake	Açaí, juice, fruit
Monday	09/25/2017	Ham and cheese pastry	Cake, juice, fruit
Tuesday	09/26/2017	Cheese bread, yogurt	Cookie, juice, fruit
Wednesday	09/27/2017	Chocolate cake, beef tapioca	Pumpkin bread, juice, fruit
Thursday	09/28/2017	Natural sandwich	Yam bread, juice, fruit
Friday	09/29/2017	Whole wheat bread, ham, cheese	Smoothie, juice, fruit

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

Day	Date	Lunch menu
Friday	09/01/2017	Roasted pork, roasted chicken, collard greens, farofa
Monday	09/04/2017	Grilled pork, cheese omelet, chard, grilled pineapple, dessert
Tuesday	09/05/2007	Feijoada, chicken, farofa, collard greens
Wednesday	09/06/2017	Grilled chicken, grilled beef, roasted sweet potato, sautéed carrot
Monday	09/11/2017	Chicken meatball with tomato sauce, spaghetti with garlic and oil, broccoli, dessert
Tuesday	09/12/2017	Roasted beef, chicken, corn farofa, chard
Wednesday	09/13/2017	Chicken stroganoff, grilled beef, sautéed potato, chayote
Thursday	09/14/2017	Roasted pork, chicken skewer, farofa, cabbage
Friday	09/15/2017	Grilled chicken, tropeiro beans, collard greens, grilled pineapple
Monday	09/18/2017	Breaded chicken, soy, mashed potato, string beans, dessert
Tuesday	09/19/2017	Roasted chicken, baked beef, pumpkin, banana farofa
Wednesday	09/20/2017	Grilled pork, chicken fricassee, roasted potato, collard greens
Thursday	09/21/2017	Pork ribs, barbecue sauce, grilled chicken, sautéed vegetables, grilled pineapple
Friday	09/22/2017	Ground beef, chicken with vegetables, yellow carrot, zucchini
Monday	09/25/2017	Four cheese lasagna, grilled chicken, string beans with eggs, pumpkin, dessert
Tuesday	09/26/2017	Chicken with tomato sauce, ground beef, polenta, okra
Wednesday	09/27/2017	Baked beef, chicken, chayote, carrot
Thursday	09/28/2017	Grilled pork, fried fish, grilled pineapple, creamed corn
Friday	09/29/2017	Cassoulet, grilled chicken, collard greens, farofa