

**CANTEEN MENU – November 2017**  
(Subject to changes)

**Juice and fruit will be served every day during snack**

Day	Date	Morning snack	After snack
Wednesday	11/01/2017	Sesame seed bread, ham, cheese	Cereal bar, juice, fruit
Thursday	11/02/2017	Holiday	-----
Friday	11/03/2017	Cheese bread, fruit smoothie	Açaí, juice, fruit
Monday	11/06/2017	Potato bread stuffed with cream cheese and chicken	Cake, juice, fruit
Tuesday	11/07/2017	Cheese bread, açaí	Yellow carrot bread, juice, fruit
Wednesday	11/08/2017	Olive oil bread, ham, cheese	Cookies, juice, fruit
Thursday	11/09/2017	Cheese tapioca, vanilla and chocolate cake	Homemade cookie, juice, fruit
Friday	11/10/2017	Baguette Sandwich	Açaí, juice, fruit
Monday	11/13/2017	Cheese bread, yogurt	Cake, juice, fruit
Tuesday	11/14/2017	Ham and cheese pastry	Yam bread, juice, fruit
Wednesday	11/15/2017	Holiday	-----
Thursday	11/16/2017	Natural sandwich	Cheese bread, juice, fruit
Friday	11/17/2017	Cake, ham and cheese pita bread	Fruit smoothie, juice, fruit
Monday	11/20/2017	Mini bread, ham and cheese, carrot and chocolate cake	Cookie, juice, fruit
Tuesday	11/21/2017	Cheese bread	Cake, juice, fruit
Wednesday	11/22/2017	Bread, ham and cheese	-----
Monday	11/27/2017	Bread, ham and cheese	Cake, juice, fruit
Tuesday	11/28/2017	Cheese tapioca, cake	Cookie, juice, fruit
Wednesday	11/29/2017	Natural sandwich	Fruit smoothie, juice, fruit
Thursday	11/30/2017	Cheese bread, cereal bar	Pumpkin bread, juice, fruit

**Rice, beans, salad, juices and fruits will be served everyday during lunch**

Day	Date	Lunch menu
Wednesday	11/01/2017	Grilled beef, grilled chicken, farofa, yellow carrot
Thursday	11/02/2017	Holiday
Friday	11/03/2017	Grilled beef, chicken meatball with tomato sauce, pumpkin, garlic and oil spaghetti
Monday	11/06/2017	Bolognese lasagna, garlic bread, ratatouille, broccoli, desert
Tuesday	11/07/2017	Beef Stew, chicken thigh filet, sautéed potato, collard greens
Wednesday	11/08/2017	Roasted chicken "rocambolê" style pie, grilled beef, farofa, creamed corn
Thursday	11/09/2017	Roasted chicken, ground beef, carrot, cabbage
Friday	11/10/2017	Beef skewer, grilled pork, grilled pineapple, collard greens farofa
Monday	11/13/2017	Grilled chicken, soy with vegetables, roasted sweet potato, string beans and egg, desert
Tuesday	11/14/2017	Fish with Mediterranean sauce, grilled pork, mashed potato, collard greens
Wednesday	11/15/2017	Holiday
Thursday	11/16/2017	Grilled chicken, tropeiro beans, collard greens, grilled pineapple
Friday	11/17/2017	Roasted chicken drums, grilled beef, moussaka (eggplant pie), chayote
Monday	11/20/2017	Gnocchi, ground beef, carrot sautéed, baked cauliflower, desert
Tuesday	11/21/2017	Roasted beef, chicken with vegetables, chard, farofa
Wednesday	11/22/2017	Thanksgiving lunch
Monday	11/27/2017	Soy and pumpkin burger pizzaiollo, grilled chicken, mashed potato, string beans, desert
Tuesday	11/28/2017	Baked beef, roasted pork, pumpkin, collard greens
Wednesday	11/29/2017	Fish fried, ground beef, creamed corn, zucchini
Thursday	11/30/2017	Chicken stroganoff, grilled beef, roasted potato, cabbage