



CANTEEN MENU – January 2018
(Subject to changes)

Juice and fruit will be served every day during snack

Day	Date	Morning snack	After snack
Tuesday	01/16/2018	Muffin, pita bread, ham and cheese	Cookies, juice, fruit
Wednesday	01/17/2018	Ham and cheese pastry	Cake, juice, fruit
Thursday	01/18/2018	Chicken <i>tapioca</i> , vanilla and chocolate cake	Potato bread, juice, fruit
Friday	01/19/2018	Salad sandwich	Mini açaf, juice, fruit
Monday	01/22/2018	Cheese cookies, yogurt	Cake, juice, fruit
Tuesday	01/23/2018	Whole bread, cheese and ham	Cookies, juice, fruit
Wednesday	01/24/2018	Cheese <i>tapioca</i> , carrot and chocolate cake	Fruit smoothie, juice, fruit
Thursday	01/25/2018	Cheese bread, açaf	Pumpkin bread, juice, fruit
Friday	01/26/2018	Baguette sandwich	Mini açaf, juice, fruit
Monday	01/29/2018	Sesame seed bread, cheese and ham	Yam bread, juice, fruit
Tuesday	01/30/2018	Cheese cookies, cereal bar	Cookies, juice, fruit
Wednesday	01/31/2018	Chicken and cream cheese potato bread	Cake, juice, fruit

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

Day	Date	Lunch menu
Tuesday	01/16/2018	Parmigiana chicken, grilled beef, mashed potato, broccoli
Wednesday	01/17/2018	Baked beef, mini bread, grilled chicken, pumpkin, chard
Thursday	01/18/2018	Roasted chicken, ground beef, polenta, okra
Friday	01/19/2018	<i>Feijoada</i> , grilled chicken, collard greens, <i>farofa</i>
Monday	01/22/2018	Grilled chicken, yakisoba, string beans, grilled pineapple, dessert
Tuesday	01/23/2018	Roasted beef, chicken and vegetables, <i>farofa</i> , cabbage
Wednesday	01/24/2018	Fish with Mediterranean sauce, ground beef, sautéed potato, zucchini
Thursday	01/25/2018	Grilled pork, chicken skewer, corn <i>farofa</i> , chard
Friday	01/26/2018	Roasted chicken, grilled beef, cauliflower gratin, sautéed carrot
Monday	01/29/2018	Soy burger with sauce, grilled chicken, string beans, mashed potato, dessert
Tuesday	01/30/2018	Fish fried, grilled pork, fish <i>pirao</i> , yellow carrot
Wednesday	01/31/2018	Chicken meatball with tomato sauce, grilled beef, garlic and oil spaghetti, chayote