

CANTEEN MENU – March 2018
(Subject to changes)

Juice and fruit will be served every day during snack

Day	Date	Morning snack	After snack
Thursday	03/01/2018	Cheese bread, cereal bar	Potato bread, juice, fruit
Friday	03/02/2018	Sandwich with ham, cheese and salad or chicken paste	Yogurt , juice, fruit
Monday	03/05/2018	Olive oil bread, ham and cheese	Homemade cookie, juice, fruit
Tuesday	03/06/2018	Chicken tapioca, vanilla and chocolate cake	Pumpkin bread, juice, fruit
Wednesday	03/07/2018	Baguette sandwich	Yam bread, juice, fruit
Thursday	03/08/2018	Cheese bread, açaf	Cake, juice, fruit
Friday	03/09/2018	Potato bread with cream cheese	Açaf, juice, fruit
Monday	03/12/2018	Cheese cookie, cereal bar	Cake, juice, fruit
Tuesday	03/13/2018	Sesame seed bread, ham and cheese	Homemade cookie, juice, fruit
Wednesday	03/14/2018	Cheese tapioca, carrot and cacao cake	Yellow carrot bread, juice, fruit
Thursday	03/15/2018	Ham and cheese pastry	Cheese cookie, juice, fruit
Friday	03/16/2018	Cheese bread, <i>Minas cheese</i>	Açaf, juice, fruit
Monday	03/19/2018	Potato bread with cream cheese and chicken	Homemade cookie, juice, fruit
Tuesday	03/20/2018	Cornmeal cake, pita bread, ham and cheese	Yam bread, juice, fruit
Wednesday	03/21/2018	Cheese bread, yogurt	Cake, juice, fruit
Thursday	03/22/2018	Sandwich with ham, cheese and salad or chicken paste	Potato bread, juice, fruit
Friday	03/23/2018	Muffin, ham and cheese tapioca	Açaf, juice, fruit
Monday	03/26/2018	Cheese bread, smoothie fruit	Homemade cookie, juice, fruit
Tuesday	03/27/2018	Ham and cheese pastry, margarita pastry	Cake, juice, fruit
Wednesday	03/28/2018	Whole bread, ham and cheese	Açaf, juice, fruit

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

Day	Date	Lunch menu
Thursday	03/01/2018	Pork ribs, grilled chicken, yellow carrot, farofa
Friday	03/02/2018	Fish with Mediterranean sauce, ground beef, fish pirao, cauliflower and broccoli
Monday	03/05/2018	Roasted thing fillet, soy with peppers, mashed potato, carrot sautéed, dessert
Tuesday	03/06/2018	Baked beef, mini bread, grilled chicken, roasted sweet potato, chard
Wednesday	03/07/2018	Grilled chicken, grilled pork, pumpkin, cabbage
Thursday	03/08/2018	Barbecue
Friday	03/09/2018	Grilled chicken, mixed beef, grilled pineapple, vegetables
Monday	03/12/2018	Bolognese lasagna, vegetables lasagna, pumpkin, broccoli, dessert
Tuesday	03/13/2018	Chicken with vegetables, roasted pork, corn farofa, collard greens
Wednesday	03/14/2018	Fish with Mediterranean sauce, ground beef, yellow carrot, string beans
Thursday	03/15/2018	Beef skewer, crispy chicken, farofa, spinach cream
Friday	03/16/2018	Chicken stroganoff, grilled beef, roasted potato, cabbage
Monday	03/19/2018	Cheese and vegetables pancake, roasted pork, string beans, grilled pineapple, dessert
Tuesday	03/20/2018	Chicken fricassee, grilled beef, potato sautéed, zucchini
Wednesday	03/21/2018	Chicken and tomato sauce, ground beef, angu, okra
Thursday	03/22/2018	Baked beef and manioc, grilled chicken, chayote, cabbage and tomato
Friday	03/23/2018	Feijoada, grilled chicken, farofa, collard greens
Monday	03/26/2018	Chicken with vegetables, scrambled eggs, spaghetti, broccoli, dessert
Tuesday	03/27/2018	Chicken legs, ground beef, baked potato, string beans
Wednesday	03/28/2018	Grilled pork, grilled chicken, grilled pineapple, farofa