



CANTEEN MENU – March 2020
(Subject to changes)

Juice and fruit will be served every day during snack

Day	Date	Morning snack	After snack
Monday	03/02/2020	Cheese bread	Cake, juice, fruit
Tuesday	03/03/2020	Whole wheat bread, cheese	Homemade cookie, juice, fruit
Wednesday	03/04/2020	Chicken <i>tapioca</i> , carrot cake	Whole wheat donuts, juice, fruit
Thursday	03/05/2020	Cheese bread, yogurt	Bread and cheese, juice, fruit
Friday	03/06/2020	Sandwich	Açaí, juice, fruit
Monday	03/09/2020	Potato bread stuffed with cream cheese	Cheese cookie, juice, fruit
Tuesday	03/10/2020	Cheese bread, <i>acai</i>	Cake, juice, fruit
Wednesday	03/11/2020	Baguette sandwich	Cheese bread, juice, fruit
Thursday	03/12/2020	Ground beef pastry	Whole wheat donuts, juice, fruit
Friday	03/13/2020	Vanilla cake, homemade cookies, yogurt	Açaí, juice, fruit
Monday	03/16/2020	Cheese bread	Bread and cheese, juice, fruit
Tuesday	03/17/2020	Olive oil bread, cheese	Yogurt, juice, fruit
Wednesday	03/18/2020	Chicken whole wheat <i>empanada</i> , banana cake	Açaí, juice, fruit
Monday	03/23/2020	Cheese bread, smoothie fruit	Cake, juice, fruit
Tuesday	03/24/2020	Potato bread stuffed with cream cheese	Yogurt, juice, fruit
Wednesday	03/25/2020	Chicken <i>tapioca</i> , carrot cake	Cheese cookie, juice, fruit
Thursday	03/26/2020	Sandwich	Whole wheat donuts, juice, fruit
Friday	03/27/2020	Cheese bread	Açaí, juice, fruit
Monday	03/30/2020	Ground beef pastry	Cheese bread, juice, fruit
Tuesday	03/31/2020	Bread cheese, <i>polenguinho</i> cheese	Whole wheat donuts, juice, fruit

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

Day	Date	Lunch menu
Monday	03/02/2020	Grilled chicken, mashed potato, collard greens, soy and vegetables, dessert
Tuesday	03/03/2020	Grilled pork, roasted chicken, grilled pineapple, <i>farofa</i>
Wednesday	03/04/2020	Grilled beef, chicken and vegetables, cabbage, string beans
Thursday	03/05/2020	Fish and tomato sauce, ground beef, pumpkin, chard
Friday	03/06/2020	Baked beef, mini bread, grilled chicken, corn <i>farofa</i> , gratin cauliflower
Monday	03/09/2020	Cheese capeleti, ground beef, garlic bread, broccoli and carrot, dessert
Tuesday	03/10/2020	Pork ribs, barbecue sauce, grilled chicken, purple cabbage, zucchini
Wednesday	03/11/2020	Grilled pork, chicken thigh fillet, garlic and oil spaghetti, string beans
Thursday	03/12/2020	Roll beef, grilled chicken, yellow carrot, chayote and tomato and pea
Friday	03/13/2020	Grilled chicken, <i>tropeiro</i> beans, grilled pineapple, collard greens
Monday	03/16/2020	Roasted pork, cheese omelet, <i>farofa</i> , sautéed vegetables, dessert
Tuesday	03/17/2020	Roasted chicken, ground beef, <i>angu</i> , okra
Wednesday	03/18/2020	Chicken stroganoff, grilled beef, roasted potato, broccoli
Monday	03/23/2020	Cheese lasagna, grilled chicken, string beans, cabbage and tomato, dessert
Tuesday	03/24/2020	Grilled pork, chicken thigh fillet, chayote, corn creamed
Wednesday	03/25/2020	Chicken fricassee, grilled beef, sautéed potato, chard
Thursday	03/26/2020	Chicken meatball and tomato sauce, grilled pork, spaghetti, zucchini
Friday	03/27/2020	Baked beef, mini bread, grilled chicken, pumpkin, roasted sweet potato
Monday	03/30/2020	Chicken thigh fillet, ratatouille, mashed potato, broccoli, dessert
Tuesday	03/31/2020	Fish and Mediterranean sauce, ground beef, collard greens, string beans and carrot