

# Canteen Menu

September 2018

		Soup	Main Dish	Vegetarian Dish
<b>3 to 7 Sept</b>	Monday	Vegetable soup	Portuguese Chilli	Vegetable Quiche
	Tuesday	Vegetable soup	Tuna Pasta	Bruschetta of vegetables
	Wednesday	Vegetable soup	Grilled Pork Chops	Spanish Omelette
	Thursday	Vegetable soup	Cod Fish With Chick Peas	Peas with eggs
	Friday	Vegetable soup	Chicken in Onion Sauce	Croquettes with rice

<b>10 to 14 Sept</b>	Monday	Vegetable soup	Pork Ribs With Rice	Tomato with eggs
	Tuesday	Vegetable soup	Fish with Vegetables	Stuffed aubergine
	Wednesday	Vegetable soup	Spaghetti a Bolognese	Vegetarian burger
	Thursday	Vegetable soup	Tuna Salad	Bulhão Pato Mushrooms
	Friday	Vegetable soup	Valecian Rice	Vegetable Couscous

<b>17 to 21 Sept</b>	Monday	Vegetable soup	Onion & Pork	Sweet potato and cheese Penne
	Tuesday	Vegetable soup	Hake Fish in the oven	Vegetable Risotto
	Wednesday	Vegetable soup	Chef's Speciality	Grilled aubergine with spaghetti
	Thursday	Vegetable soup	Cod Fish with Potatoes	Spinach tart
	Friday	Vegetable soup	Sicilian Meat Loaf	Been rice with mushrooms

<b>24 to 28 Sept</b>	Monday	Vegetable soup	Colored Chicken Breast	Valencian rice
	Tuesday	Vegetable soup	Tuna Pie	Macaroni with vegetables
	Wednesday	Vegetable soup	Pork Scallops with mushroom sauce	Mushroom burger
	Thursday	Vegetable soup	Cod fish Brás Style	Filled Aubergine
	Friday	Vegetable soup	Bacon Carbonara	Vegetarian balls with rice

Colégio Santiago Internacional

