



CSI Menu



Week 1

Monday

Soup: Vegetable cream soup with chickpeas

Vegetarian: Tagliatelle with Vegetables

Main course: Algarvian style meat with rice and peas

Tuesday

Soup: Potatoe, carrot and cabbage soup (Juliana soup)

Vegetarian: Scrambled eggs

Main course: Tuna Pasta with mixed Salad

Wednesday

Soup: Carrot cream soup

Vegetarian: Vegetarian Fillets

Main course: Filets in onion with roast potatoes



CSI Menu



Thursday

Soup: Courgette and basil soup

Vegetarian: chickpea Burger

Main course: Crumbed fish with rice in tomatoe sauce

Friday

Soup: Pea soup

Vegetarian: Falafel in tomatoe sauce

Main course: Meatballs in Bolognese sauce with spaghetti