

St Nicholas - Lunch Menu September 2010

Dia	SALADS	SOY PROTEIN	MAIN DISH	MAIN DISH	MAIN DISH	DESSERTS
1	Carrots/ Beetroot (32 Kcal)	SOY PROTEIN	Grilled chicken fillets (163 Kcal)	Diced meat (240 Kcal)	Penne (210 Kcal)	Watermelon (33 Kcal) / Grape (60 Kcal)
2	"Macarronese" (280 Kcal)	SOY PROTEIN	Grilled fish (116 Kcal)	Omelet (205 Kcal)	Roast potatoes- 90 Kcal)	Passion fruit mousse (335 Kcal) / Mango (64 Kcal)
3	Vegetables (120 Kcal)	SOY PROTEIN	Roast meat (223 Kcal)	Diced chicken (240 Kcal)	Carrots (42 Kcal)	Tangerine (37 Kcal) / Papaya (45 Kcal)
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8	Quaile eggs (177 Kcal)	SOY PROTEIN	Chicken nuggets (221 Kcal)	Grilled "Alcatra" (245 Kcal)	Corn w/ white sauce (158 Kcal)	Melon (29 Kcal) / Guava (54 Kcal)
9	Cucumber (10 Kcal)	SOY PROTEIN	Grilled "Filé mignon" (220 Kcal)	Sausage (304 Kcal)	Peas (74 Kcal)	Jelly (60 Kcal) / Watermelon (33 Kcal)
10	Rocket w/ dried tomato (17 Kcal)	SOY PROTEIN	Roast chicken (230 Kcal)	"Escondidinho carne seca" (220 Kcal)	"Polenta" (210 Kcal)	Orange (37 Kcal) / Grape (60 Kcal)
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13	Baby carrots (34 Kcal)	SOY PROTEIN	Scalopines w/ mushrooms (241 Kcal)	Chicken Risotto (180 Kcal)	Corn (90 Kcal)	Papaya (45 Kcal) / Banana (92 Kcal)
14	Heart of palm (17 Kcal)	SOY PROTEIN	Chicken "fricasse" (265 Kcal)	Grilled pork (245 Kcal)	Broccoli (62 Kcal)	Swiss roll (475 Kcal) / Pineapple (48 Kcal)
15	"Chuchu" (19 Kcal)	SOY PROTEIN	"Polpetone" (272 Kcal)	Chicken Scalopines (116 Kcal)	Mashed potatoes (118 Kcal)	Mango (64 Kcal) / Apple (56 Kcal)
16	"Almeirão" w/ cheese (24 Kcal)	SOY PROTEIN	Fried fish (210 Kcal)	Grilled "Alcatra" (245 Kcal)	Vegetables (52 Kcal)	Ice cream (250 Kcal) / Melon (29 Kcal)
17	Little potatoes (80 Kcal)	SOY PROTEIN	Diced meat (252 Kcal)	Pancakes (270 Kcal)	Kale (43 Kcal)	Tangerine (37 Kcal) / Grape (60 Kcal)
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20	Beetroot (32 Kcal)	SOY PROTEIN	Parmeggiana Steak (295 Kcal)	Roast pork (240 Kcal)	"Farofa" (110 Kcal)	Orange (37 Kcal) / Watermelon (33 Kcal)
21	Corn (90 Kcal)	SOY PROTEIN	Chicken kebabs (272 Kcal)	"Assado vienense" (272 Kcal)	Green beans (63 Kcal)	Chocolate éclair (390 Kcal) / Pineapple (48 Kcal)
22	Watercress w/ cherry tomato (18 Kcal)	SOY PROTEIN	Roast meat (223 Kcal)	Chicken sausage (304 Kcal)	Nhoque (216 Kcal)	Apple (56 Kcal) / Melon (29 Kcal)
23	Mix salad (49 Kcal)	SOY PROTEIN	Shepherd's pie (219 Kcal)	Grilled chicken fillets (163 Kcal)	Spinach (25 Kcal)	Cheesecake (485 Kcal) / Banana (92 Kcal)
24	Soya (160 Kcal)	SOY PROTEIN	Hamburguer Day (395 Kcal)	Chicken soup (108 Kcal)	Eggs / Onions / French fries	Guava (54 Kcal) / Papaya (45 Kcal)
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27	Cheese w/ cherry tomato (19 Kcal)	SOY PROTEIN	Grilled "Filé mignon" (220 Kcal)	Chicken sausage (304 Kcal)	Mashed potatoes (118 Kcal)	Mango (64 Kcal) / Grape (60 Kcal)
28	Quaile eggs (177 Kcal)	SOY PROTEIN	Fried fish (210 Kcal)	"Kibe" (270 Kcal)	Cauliflower (62 Kcal)	"Bicho de pé" (320 Kcal) / Fruit salad (172 Kcal)
29	Cheese and turkey w/ olive oil (19 Kcal)	SOY PROTEIN	Diced meat (252 Kcal)	"Rondelli" (20 Kcal)	Asparagus Risotto (185 Kcal)	Orange (37 Kcal) / Papaya (45 Kcal)
30	Vegetables "maionese" (280 Kcal)	SOY PROTEIN	Roast chicken (230 Kcal)	Cheese and turkey pie (273 Kcal)	Manioc (197 Kcal)	Milk pudding (410 Kcal) / Watermelon (33 Kcal)

St Nicholas - Cardápio Setembro 2010

Dia	Salada	PTS	Prato Principal	Opção	Guarnição	Sobremesa
1	Cenoura / Beterraba ralada	PTS	Filé de frango ao fricandole	Carne moída c/ legumes	Penne ao sugo	Fruta
2	Macarronese	PTS	Peixe grelhado	Omelete de forno	Batata sauté	Mousse de maracujá
3	Legumes	PTS	Carne assada ao m. madeira	Frango xadrez	Cenoura rodelas	Fruta
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8	Ovos de codorna	PTS	Nuggets de frango	Alcatra grelhado	Crème de milho	Fruta
9	Pepino palito	PTS	Filé mignon grelhado	Linguiça acebolada	Ervilha	Gelatina c/ crème
10	Rúcula c/ tomate seco	PTS	Frango assado	Escondidinho de carne seca	Polenta frita	Fruta
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13	Cenoura baby	PTS	Escalopinho ao champignon	Risotto de frango	Espiga de milho	Fruta
14	Palmito	PTS	Fricasse de frango	Bisteca suína c/ limão	Brocolis	Rocambole doce de leite
15	Chuchu c/ milho	PTS	Polpetone recheado	Escalopinho de fgo	Purê de batata	Fruta
16	Almeirão c/ parmesão	PTS	Peixe à dorê	Alcatra acebolado	Legumes sauté	Sorvete c/ calda
17	Batata bolinha	PTS	Cubos de carne c/ legumes	Panqueca de frios	Couve na manteiga	Fruta
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19						
20	Beterraba cozida	PTS	Bife à parmegiana	Pernil assado	Farofa	Fruta
21	Milho	PTS	Espeto de frango	Assado Vienense	Vagem refogada	Bomba de chocolate
22	Agrião c/ tomate cereja	PTS	Lagarto recheado	Linguiça de frango	Nhoque ao sugo	Fruta
23	Tricolor	PTS	Torta Madalena	Filé de fgo acebolado	Espinafre refogado	Cheesecake
24	Soja ao vinagrete	PTS	Dia do Hamburger	Canja de galinha	Batata frita / Cebola / Ovo	Fruta
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27	Mussarela búfala c/ tomate cereja	PTS	Filé mignon ao roty	Salsicha de fgo	Purê de batata	Fruta
28	Ovos de codorna	PTS	Peixe à milanesa	Kibe assado	Couve flor na salsa	Bicho de pé
29	Frios em cubos	PTS	Isca de carne ao shoyo	Rondelli recheado	Risotto de aspargos	Fruta
30	Maionese de legumes	PTS	Coxa de frango ao m. laranja	Torta de queijo e peru	Mandioquinha na salsa	Pudim de leite