

St. Nicholas Lunch Menu - February 2012

DAY	SALADS	SOY PROTEIN	MAIN DISH	MAIN DISH	MAIN DISH	DESSERTS
1	Tricolor Salad (Carrots/Cabbage/Beetroot) (40kcal)	Soy Protein w/ Corn	Filet Mignon (220kcal)	Palm Heart Risotto (160kcal)	Noisete Potato (65kcal)	Banana (92kcal)/Tangerine (37kcal)
2	Cabbage w/ Mango (35kcal)	"Torta Madalena" w/ Soy Protein	Roast Pork California (250kcal)	Shepherd's Pie (141kcal)	Vegetables (42kcal)	Beijinho de Colher (125kcal)/Apple (56kcal)
3	Quail Eggs (117kcal)	Soy Protein w/ Tomatoes	Fish w/ Passion Fruit Sauce (210kcal)	American Sausage (497kcal)	Pasta (192kcal)	Watermelon (33kcal)/ Grape (53kcal)
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6	Chard w/ Orange (42kcal)	Strogonoff Soy Protein	Beef Stroganoff (235kcal)	Chicken Nuggets (230kcal)	"Batata Palha" (275kcal)	Pineapple (48kcal)/ Apple (56kcal)
7	Little Potatoes (65kcal)	Soy Protein w/ Potatoes	Sausage (497kcal)	Chicken w/ Mustard Sauce (113kcal)	Cabbage (33kcal)	"Torta Holandesa" (387kcal)/ Watermelon (33kcal)
8	Palm Hearts (17kcal)	Soy Protein w/ Pod	"Moqueca de Peixe" (250kcal)	Grilled Steak (252kcal)	Mashed Manioc (125kcal)	Mango (64kcal)/ Orange (37kcal)
9	Cumcumber w/ Yogurt (22kcal)	Moussaka	Roast Pork (250kcal)	Diced Beef w/ Vegetables (260kcal)	"Farofa" (359kcal)	"Carolina de Doce de leite" (187kcal)/ Banana (92kcal)
10	Cheese and Turkey w/ olive oil (70kcal)	Soy Protein w/ Manioc	Diced Chicken (210kcal)	Roast Meat (222kcal)	Gnocchi (192kcal)	Papaya (45kcal)/Guava (54kcal)
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13	Carrots (42kcal)	Soy Protein w/ pea	Grilled Chicken (112kcal)	Cheese Rondelli (117kcal)	Endive (56kcal)	Watermelon (33kcal)/ Tangerine (37kcal)
14	Cesar (38kcal)	Stuffed Zucchini	Roast Pork w/ Lemon Sauce (250kcal)	Meatball (253kcal)	Baby Carrots (42kcal)	Berry Cheesecake (387kcal)/Melon (29kcal)
15	"Antepasto de Berinjela" (35kcal)	Soy Protein w/ Tomatoes	Roast Meat (222kcal)	"Frango Xadrez" (113kcal)	Broccoli (36kcal)	Pineapple (48kcal)/ Papaya (45kcal)
16	Vegetables w/ Mayonnaise (102kcal)	Soy Meatball	Filet Mignon (220kcal)	Sundried Tomatoes Risotto (370kcal)	Roast Potatoes (105kcal)	Ice Cream (187kcal)/ Fruit Salad (148kcal)

St. Nicholas Cardápio - Fevereiro 2012

Dia	Salada	PTS	Prato Principal	Opção	Guarnição	Sobremesa
1	Salada Tricolor	PTS c/ Milho	Espeto de Filet Mignon	Risoto de Palmito	Batata Noissete	Banana/ Tangerina
2	Couve c/ Manga	Torta Madalena c/ PTS	Pernil à California	Torta Madalena	Panachê de Legumes	Beijinho de Colher/ Maça
3	Ovos de Codorna	PTS c/ Tomate	Filé de Peixe Assado ao Molho de Maracujá	Salsicha Americana	Espaguete (Molho branco e vermelho)	Melancia/ Uva
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6	Acelga c/ Laranja	Strogonoff de PTS	Strogonoff de Carne	Nuggets de Frango	Batata Palha	Abacaxi/ Maça
7	Batata Bolinha ao M. Mostarda	PTS c/ Batata	Lingüiça ao Forno	Filé de Coxa ao M. Mostrada	Couve Refogada	Torta Holandesa/ Melancia
8	Palmito	PTS c/ Vagem	Moqueca de Peixe	Bife Grelhado	Purê Mandioquinha	Manga/ Laranja
9	Pepino c/ Molho de Iogurte	Moussaka	Lombo Ao M. Agri-doce	Carne Moida c/ Legumes	Farofa Rica	Carolina de Doce de leite/ Banana
10	Frios em Cubinhos	PTS c/ Mandioquinha	Iscas de Frango ao Vinagrete	Carne Assada	Nhoque ao Sugo	Mamão/ Goiaba
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13	Cenoura na Salsa	PTS c/ Ervilha	Filé de Frango Grelhado	Rondelli de Queijo	Escarola Refogada	Melancia/ Tangerina
14	Salada Ceasar	Abobrinha recheada de PTS	Copa Lombo ao M. de Limão	Torta Madalena	Cenoura baby	Cheesecake de Amora/ Melão
15	Berinjela Curtida	PTS c/ Tomate	Carne Assada	Frango Xadrez	Brocolis	Abacaxi/ Mamão
16	Legumes c/ maionese	Almondegas de PTS	File Mignon ao Alho Poró	Risoto de Tomate Seco	Batata Corada	Sorvete Crocante/ Salada de Frutas