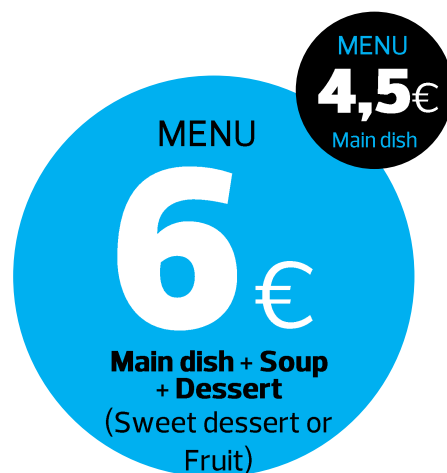


WEEKLY MENU

Bar lunches

 **12h to 14h pm**



DAY

SOUP

MAIN DISH 01

MAIN DISH 02

Mon
19
OCT



**Vegetables
soup**



**Lasagna (pork) +
salad**



**Chickpeas and
pasta stew +
salad**

TUE
20
OCT



**Pumpkin
and
saffron
cream**



**Pork loins with
carrot rice and
roast potatoes +
salad**



**Black-eyed peas
with cornbread
crumbs and carrot
rice + salad**

WED
21
OCT



**Vegetables,
beans and
pasta soup**



**Oven baked
chicken with
peppers + salad**



**Oven baked pasta
and soy + salad**

THU
22
OCT



**Borecole
soup**



**Fried skate fish
with tomato rice +
salad**



**Seitan
stew**

FRI
23
OCT



**Red
beans
cream**



**Oven baked hake
fillets with green
peas rice + salad**



**Lentils rice with
mediterranean
vegetables + salad**



WHERE TO FIND US

Penha Campus:

- > ESGHT Bar
- > ESEC Bar

Gambelas Campus:

- > Complexo pedagógico Bar
- > Edifício 7 Bar

*Food that tastes
like home.*