









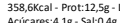


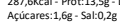















Semana de 04 a 08 de novembro de 2024

ALMOÇO		
SEGUNDA-FEIRA		
<b>SOPA</b>	Juliana	 145,4Kcal - Prot:2,8g - Lip:5,4g - HC:18,8g AGS:0,9g - Açúcares:7,6g - Sal:0,5g
<b>GERAL</b>	Croquetes com Arroz Primavera	 359,6Kcal - Prot:14,0g - Lip:15,9g - HC:28,0g AGS:6,5g - Açúcares:4,7g - Sal:0,3g
<b>DIETA</b>	Bife de Peru Grelhado com Arroz Branco e Salada	 221,5Kcal - Prot:12,4g - Lip:9,3g - HC:21,9g AGS:2,0g - Açúcares:4,1g - Sal:0,2g
<b>VEGETARIANO</b>	Caril de Grão com Arroz Primavera	 315,7Kcal - Prot:9,0g - Lip:11,2g - HC:42,5g AGS:3,9g - Açúcares:6,7g - Sal:0,5g
<b>SOBREMESA</b>	Gelatina	 83Kcal - Prot:1,8g - Lip:0,0g - HC:18,6g - AGS:0,0g - Açúcares:18,4g - Sal:0,3g
<b>LANCHE</b>	Vianinha com Queijo e Sumo	
TERÇA-FEIRA		
<b>SOPA</b>	Legumes com Grão	 163,8Kcal - Prot:6,1g - Lip:6,3g - HC:16,8g AGS:0,9g - Açúcares:5,3g - Sal:0,4g
<b>GERAL</b>	Arroz de Atum com Ovo Ralado	 299,9Kcal - Prot:13,6g - Lip:13,7g - HC:23,9g AGS:2,9g - Açúcares:1,8g - Sal:0,3g
<b>DIETA</b>	Abrótea Cozida com Batata e Legumes	 240,3Kcal - Prot:12,3g - Lip:11,5g - HC:22,8g AGS:1,7g - Açúcares:0,1g - Sal:0,2g
<b>VEGETARIANO</b>	Chilli de Feijão Encarnado e Legumes com Arroz Branco	 358,6Kcal - Prot:12,5g - Lip:6,1g - HC:54,9g AGS:0,7g - Açúcares:4,1g - Sal:0,4g
<b>SOBREMESA</b>	Fruta da Época	65,0Kcal - Prot:0,6g - Lip:0,07g - HC:14,0g AGS:0,02g - Açúcares:13,0g - Sal:0,0g
<b>LANCHE</b>	Carcaça com Chouriço e Iogurte	
QUARTA-FEIRA		
<b>SOPA</b>	Couve Flor	 154,9Kcal - Prot:3,8g - Lip:5,4g - HC:20,3g AGS:0,9g - Açúcares:6,3g - Sal:0,4g
<b>GERAL</b>	Carne à Primavera (ervilhas e cenoura) com Massa Espiral	 287,6Kcal - Prot:13,5g - Lip:11,2g - HC:24,6g AGS:5,6g - Açúcares:1,6g - Sal:0,2g
<b>DIETA</b>	Hambúrger de Aves com Massa Espiral e Salada	 230,9Kcal - Prot:13,9g - Lip:10,0g - HC:23,0g AGS:2,1g - Açúcares:1,6g - Sal:0,2g
<b>VEGETARIANO</b>	Tomate Recheado com Legumes e Lentilhas e Massa Espiral	 344,4Kcal - Prot:13,9g - Lip:9,5g - HC:46,8g AGS:1,4g - Açúcares:7,9g - Sal:0,4g
<b>SOBREMESA</b>	Fruta da Época	57,8Kcal - Prot:0,3g - Lip:0,0g - HC:13,1g AGS:0,0g - Açúcares:12,4g - Sal:0,0g
<b>LANCHE</b>	Pão de Leite com Manteiga e Leite	
QUINTA-FEIRA		
<b>SOPA</b>	Creme de Cenoura	 155,8Kcal - Prot:2,9g - Lip:5,4g - HC:21,6g AGS:0,9g - Açúcares:7,7g - Sal:0,5g
<b>GERAL</b>	Pescada à gomes de sá	 299,9Kcal - Prot:12,6g - Lip:13,1g - HC:23,6g AGS:1,9g - Açúcares:1,8g - Sal:0,3g
<b>DIETA</b>	Pescada no Forno ao Natural com Batata e Feijão Verde	 240,3Kcal - Prot:12,3g - Lip:11,5g - HC:22,8g AGS:1,7g - Açúcares:0,1g - Sal:0,2g
<b>VEGETARIANO</b>	Ervilhas com ovos escalfados, batata aos cubos e cenoura	 310,7Kcal - Prot:13,9g - Lip:8,8g - HC:39,7g AGS:2,0g - Açúcares:8,7g - Sal:0,5g
<b>SOBREMESA</b>	Sobremesa	 175,5Kcal - Prot:0,04g - Lip:0,04g - HC:43,6g AGS:0,04g - Açúcares:43,2g - Sal:0,2g
<b>LANCHE</b>	Carioca com Queijo e Iogurte	
SEXTA-FEIRA		
<b>SOPA</b>	Canja	 140,5Kcal - Prot:6,6 - Lip:1,9g - HC:23,7 AGS:0,4g - Açúcares:1,4g - Sal:0,4g
<b>GERAL</b>	Bifinhos de Frango com Cogumelos, Esparguete e Salada Mista	 351,7Kcal - Prot:14,0g - Lip:15,9g - HC:28,0g AGS:6,5g - Açúcares:4,7g - Sal:0,3g
<b>DIETA</b>	Bife de Frango Grelhado com Esparguete e Salada Mista (alface, tomate, cebola)	 255,6Kcal - Prot:13,3g - Lip:8,5g - HC:23,9g AGS:2,4g - Açúcares:3,4g - Sal:0,2g
<b>VEGETARIANO</b>	Cogumelos Salteados com legumes e massa	 370,0Kcal - Prot:20,8g - Lip:30,34g - HC:28,0g AGS:13,24g - Açúcares:2,2g - Sal:0,5g
<b>SOBREMESA</b>	Fruta da Época	56,0Kcal - Prot:0,4g - Lip:0,0g - HC:12,1g AGS:0,0g - Açúcares:12,1g - Sal:0,0g
<b>LANCHE</b>	Pão de Mistura com Fiambre e Leite Simples	

NOTA: diariamente disponível canja para o prato de dieta  
Esta ementa poderá ser alterada por motivos imprevistos

-  GLÚTEN
-  OVO
-  MOLLUSCOS
-  AMENDOINS
-  A
-  MOSTARDA
-  TREMOIÇOS
-  LÁCTEOS
-  PESCADO
-  CRUSTÁCEOS
-  FRUTOS DE CASCA RIUA
-  SÉSA
-  AIPO
-  ENXOFRE E SULFITOS

*Carolina*