



COLÉGIO LUSO-SUÍÇO

NOVEMBER MENU

Day 20

Hearty Cabbage Soup
Pasta with Eggs and Sausage
Fruit/Jelly

Day 21

Mushroom soup
Hamburger w/ Rice
Fruit

Day 22

Bean soup
Spinach Lasagne
Fruit

Day 23

Green broth
Douradinhos

Day 24

Pumpkin and leek cream
Fruit
Valencian rice



COLÉGIO LUSO-SUÍÇO

Snack

Day 20 - Bread with cheese/butter, milk/yoghurt

Day 21 - Granola, Milk/Yoghurt

Day 22 - Bread with ham/butter, milk/yoghurt

Day 23 - Oatmeal with cooked fruit, milk/yoghurt

Day 24 - Yoghurt Cake, Milk/Yoghurt

All dishes are accompanied by salad and/or vegetables.