




















































































































































































































































































Ementa Semanal 2


De 29/04/19 A 05/05/19

CERCIPENICHE

ALMOÇO			JANTAR		
SEGUNDA FEIRA					
Feijão verde	    	157,8kcal - Prot:3,2g - Lip:5,4g - HC:21,5g ADES:0,9g - Açúcares:17,4g - Sal:2,2g	SOPA	Feijão verde	    
Macarronada de carne picada com salada mista	    	745,3kcal - Prot:22,7g - Lip:40,9g - HC:18,8g ADES:19,4g - Açúcares:5,7g - Sal:4,3g	GERAL	Douradinhos no forno com salada camponesa	    
Peito de peru com arroz de grelos e salada mista	    	604,0kcal - Prot:39,8g - Lip:29,5g - HC:42,9g ADES:7,2g - Açúcares:2,7g - Sal:4,9g	DIETA/SAD/CD	Douradinhos no forno com salada camponesa	    
Macarronada de carne picada com salada mista	    		INFANTIL		
Fruta da época	    	99,3kcal - Prot:1,3g - Lip:0,3g - HC:21,1g ADES:0,1g - Açúcares:17,8g - Sal:0,0g	SOBREMESA	Mousse de morango / Fruta da época	    
TERÇA FEIRA					
Nabiças	    	146,5kcal - Prot:4,8g - Lip:5,5g - HC:18,1g ADES:0,9g - Açúcares:5,2g - Sal:2,1g	SOPA	Nabiças	    
Arroz de peixe à marinheiro	    	489,4kcal - Prot:28,4g - Lip:19,1g - HC:55,9g ADES:2,1g - Açúcares:3,7g - Sal:2,4g	GERAL	Hamburguer grelhado com massa e mistura chinesa	    
Pescada no forno com puré de brócolos	    	489,4kcal - Prot:28,4g - Lip:19,1g - HC:55,9g ADES:2,1g - Açúcares:3,7g - Sal:2,4g	DIETA	Hamburguer grelhado com massa e mistura chinesa	    
Pescada no forno com puré de brócolos	    	489,4kcal - Prot:28,4g - Lip:19,1g - HC:55,9g ADES:2,1g - Açúcares:3,7g - Sal:2,4g	SAD/CD		
Douradinhos no forno com arroz de cenoura	    	750,6kcal - Prot:37,1g - Lip:19,6g - HC:50,7g ADES:0,6g - Açúcares:4g - Sal:3,5g	INFANTIL		
Gelatina	    	372,3kcal - Prot:5,1g - Lip:12,4g - HC:59,7g ADES:2,2g - Açúcares:19,8g - Sal:0,0g	SOBREMESA	Fruta da época	    
QUARTA-FEIRA - Feriado					
Caldo verde	    	233,7kcal - Prot:5,2g - Lip:15,4g - HC:18,1g ADES:0,4g - Açúcares:2,8g - Sal:2,5g	SOPA	Caldo verde	    
Jardineira de carne	    	629,9kcal - Prot:39,8g - Lip:37,9g - HC:28,8g ADES:10,8g - Açúcares:3,3g - Sal:2,0g	GERAL	Salada de massa, atum, delícias e ovo	    
Jardineira de carne	    	518,8kcal - Prot:37,1g - Lip:19,6g - HC:50,7g ADES:0,2,1g - Açúcares:0,5g - Sal:4,2g	DIETA	Salada de massa, atum, delícias e ovo	    
Fruta da época	    	99,3kcal - Prot:1,3g - Lip:0,3g - HC:21,1g ADES:0,1g - Açúcares:17,8g - Sal:0,0g	SOBREMESA	Pudim de caramelo/ Fruta da época	    
QUINTA-FEIRA					
Juliana	    	155,4kcal - Prot:3,8g - Lip:5,4g - HC:20,9g ADES:0,9g - Açúcares:5,3g - Sal:2,2g	SOPA	Juliana	    
Filetes fritos com arroz de tomate e salada de alface	    	364,1kcal - Prot:19,0g - Lip:11,5g - HC:38,4g ADES:1,9g - Açúcares:1,1g - Sal:2,7g	GERAL	Strogonoff de frango com natas, cogumelos e massa	    
Medalhões no forno com puré de cenoura	    	364,1kcal - Prot:19,0g - Lip:11,5g - HC:38,4g ADES:1,9g - Açúcares:1,1g - Sal:2,7g	DIETA	Bife de frango salteado com legumes	    
Medalhões no forno com puré de cenoura	    	604,1kcal - Prot:25,0g - Lip:32,9g - HC:55,9g ADES:0,5g - Açúcares:4g - Sal:2,9g	INFANTIL		
Fruta da época	    	179,5kcal - Prot:4,9g - Lip:3,2g - HC:33,1g ADES:1,7g - Açúcares:19,2g - Sal:0,2g	SOBREMESA	Fruta da época	    
SEXTA-FEIRA					
Creme de legumes	    	151,8kcal - Prot:3,9g - Lip:5,4g - HC:19,3g ADES:0,9g - Açúcares:5,4g - Sal:2,2g	SOPA	Creme de legumes	    
Ervilhas com enchidos e ovos escalfados	    	589,9kcal - Prot:33,0g - Lip:29,0g - HC:45,4g ADES:10,2g - Açúcares:5,6g - Sal:4,3g	GERAL	Peixe à Gomes de Sá	    
Bifes de peru de cebolada com massa espiral	    	704,7kcal - Prot:42,2g - Lip:39,9g - HC:55,9g ADES:8,9g - Açúcares:2,9g - Sal:4,3g	DIETA	Peixe à Gomes de Sá	    
Bifes de frango fritos com massa espiral	    	521,6kcal - Prot:29,0g - Lip:41,0g - HC:56,8g ADES:9,4g - Açúcares:1,5g - Sal:4,3g	INFANTIL		
Mousse de ananás/ Ovo estrelado de fruta	    	99,3kcal - Prot:1,3g - Lip:0,3g - HC:21,1g ADES:0,1g - Açúcares:17,8g - Sal:0,0g	SOBREMESA	Pudim de morango/ Fruta da época	    
SÁBADO					
Espinafres	    	155,8kcal - Prot:3,0g - Lip:5,4g - HC:21,6g ADES:0,9g - Açúcares:5,7g - Sal:2,2g	SOPA	Espinafres	    
Pastéis de bacalhau com salada camponesa	    	534,5kcal - Prot:8,6g - Lip:30,3g - HC:55,9g ADES:4,1g - Açúcares:7,3g - Sal:5,6g	GERAL	Costoletas de cebolada com espirais e salada mista	    
Filetes no forno com salada camponesa	    	551,9kcal - Prot:29,1g - Lip:30,3g - HC:55,9g ADES:5,9g - Açúcares:3,9g - Sal:4,3g	DIETA	Costoletas de cebolada com espirais e salada mista	    
Doce	    	175,5kcal - Prot:0,9g - Lip:0,0g - HC:43,7g ADES:0,0g - Açúcares:49,3g - Sal:0,3g	SOBREMESA	Fruta da época	    
DOMINGO					
Ervilhas	    	151,1kcal - Prot:3,7g - Lip:5,7g - HC:19,0g ADES:1,0g - Açúcares:5,4g - Sal:2,2g	SOPA	Ervilhas	    
Frango estufado com arroz e legumes					

Esta ementa poderá ser alterada por motivos imprevistos

Quando as refeições são acompanhadas com pão, devemos ter em consideração a presença do alergénio glúten (à excepção das dietas sem glúten)

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