














































Ementa Semanal 3

CERCIPENICHE

De 01/07/19 a 07/07/19

| ALMOÇO | | JANTAR | | |
|---|--|--------------|---|--|
| SEGUNDA- FEIRA | | | | |
| Feijão verde |  152,40kcal - Prot:4,0g - Lip:5,5g - HC:18,5g ADO:0,0g - Açúcares:0,4g - Sal:2,2g | SOPA | Feijão verde |  152,40kcal - HC:18,5g A Sal:2,2g |
| Esparguete à bolonhesa |  700,00kcal - Prot:22,7g - Lip:34,0g - HC:79,4g ADO:11,3g - Açúcares:5,4g - Sal:4,8g | GERAL | Misto de fritos com arroz de tomate |  106,00kcal - HC:72,5g A Sal:2,4g |
| Peito de peru c/ massa* e salada |  700,00kcal - Prot:22,7g - Lip:34,0g - HC:79,4g ADO:11,3g - Açúcares:5,4g - Sal:4,8g | DIETA/SAD/CD | Douradinhos no forno com arroz de tomate | |
| Fruta da época |  99,30kcal - Prot:1,3g - Lip:0,3g - HC:21,3g ADO:0,5g - Açúcares:17,8g - Sal:0,0g | SOBREMESA | Pudim de caramelo / Fruta da época |  99,30kcal - I HC:21,3g A Açúcares:1 |
| TERÇA-FEIRA | | | | |
| Nabiças |  233,70kcal - Prot:5,2g - Lip:5,3g - HC:37,3g ADO:0,4g - Açúcares:1,5g - Sal:2,8g | SOPA | Nabiças |  233,70kcal - HC:37,3g A Sal:2,8g |
| Salada de atum c/ ovo, batata e feijão frade |  623,60kcal - Prot:10,3g - Lip:36,1g - HC:58,5g ADO:0,2g - Açúcares:1,5g - Sal:3,5g | GERAL | Hamburguer gr. c/ salteado de massa e legumes |  613,00kcal - HC:42,3g A Sal:4,0g |
| Abrótea cozida c/ batata e legumes |  460,80kcal - Prot:10,7g - Lip:26,1g - HC:62,9g ADO:0,4g - Açúcares:2,0g - Sal:4,2g | DIETA | Hamburguer gr. c/ salteado de massa e legumes |  785,00kcal - HC:63,3g A Sal:4,8g |
| Gelatina |  141,00kcal - Prot:0,7g - Lip:0,5g - HC:21,3g ADO:0,5g - Açúcares:14,7g - Sal:0,0g | SOBREMESA | Fruta da época |  99,30kcal - I HC:21,3g A Açúcares:1 |
| QUARTA-FEIRA | | | | |
| Juliana |  136,90kcal - Prot:2,7g - Lip:5,3g - HC:17,3g ADO:0,0g - Açúcares:4,0g - Sal:2,3g | SOPA | Juliana |  136,90kcal - HC:17,3g A Sal:2,3g |
| Strogonoff de frango c/ batatas fritas e salada |  689,30kcal - Prot:34,8g - Lip:52,1g - HC:48,3g ADO:0,7g - Açúcares:4,0g - Sal:6,8g | GERAL | Peixe à Gomes de Sá |  441,30kcal - HC:42,4g A Sal:3,2g |
| Bife frango grelh. c/ arroz de cenoura e salada |  409,60kcal - Prot:10,3g - Lip:9,5g - HC:45,7g ADO:2,0g - Açúcares:1,5g - Sal:4,2g | DIETA | Peixe à Gomes de Sá |  441,30kcal - HC:42,4g A Sal:3,2g |
| Fruta da época |  99,30kcal - Prot:1,3g - Lip:0,3g - HC:21,3g ADO:0,5g - Açúcares:17,8g - Sal:0,0g | SOBREMESA | Gelatina |  99,30kcal - I HC:21,3g A Açúcares:1 |
| QUINTA-FEIRA | | | | |
| Creme de legumes |  152,80kcal - Prot:1,9g - Lip:5,4g - HC:18,5g ADO:0,0g - Açúcares:1,5g - Sal:2,2g | SOPA | Creme de legumes |  152,80kcal - HC:18,5g A Sal:2,2g |
| Peixe frito c/ arroz de tomate e salada mista |  699,70kcal - Prot:30,8g - Lip:27,2g - HC:64,0g ADO:0,2g - Açúcares:4,2g - Sal:4,4g | GERAL | Peito de peru estufado com puré de legumes |  611,00kcal - HC:63,3g A Sal:4,2g |
| Peixe no forno com batatas e salada mista |  368,10kcal - Prot:20,0g - Lip:19,5g - HC:37,5g ADO:0,3g - Açúcares:1,0g - Sal:4,2g | DIETA | Peito de peru estufado com puré de legumes |  611,00kcal - HC:63,3g A Sal:4,2g |
| Arroz doce / Pêra cozida |  179,50kcal - Prot:4,8g - Lip:8,2g - HC:33,3g ADO:1,7g - Açúcares:12,5g - Sal:0,0g | SOBREMESA | Fruta da época |  99,30kcal - I HC:21,3g A Açúcares:1 |
| SEXTA-FEIRA | | | | |
| Caldo verde |  154,00kcal - Prot:1,7g - Lip:5,4g - HC:20,3g ADO:0,0g - Açúcares:1,5g - Sal:2,2g | SOPA | Caldo verde |  154,00kcal - HC:20,3g A Sal:2,2g |
| Macarronada de carne e legumes |  687,60kcal - Prot:40,3g - Lip:54,4g - HC:50,5g ADO:0,7g - Açúcares:1,5g - Sal:21,0g | GERAL | Peixe de sequinho (red-fish) |  727,80kcal - HC:50,5g A Sal:2,0g |
| Salteado de peru, massa e legumes |  409,60kcal - Prot:10,3g - Lip:9,5g - HC:45,7g ADO:2,0g - Açúcares:1,5g - Sal:4,2g | DIETA | Peixe de sequinho (red-fish) |  727,80kcal - HC:50,5g A Sal:2,0g |
| Fruta da época |  99,30kcal - Prot:1,3g - Lip:0,3g - HC:21,3g ADO:0,5g - Açúcares:17,8g - Sal:0,0g | SOBREMESA | Mousse de chocolate/ Gelatina |  99,30kcal - I HC:21,3g A Açúcares:1 |
| SÁBADO | | | | |
| Primavera |  155,40kcal - Prot:1,8g - Lip:5,4g - HC:20,3g ADO:0,0g - Açúcares:1,5g - Sal:2,2g | SOPA | Primavera |  155,40kcal - HC:20,3g A Sal:2,2g |
| Tintureira de coentrada com batata e brócolos |  521,90kcal - Prot:27,5g - Lip:22,2g - HC:50,5g ADO:0,7g - Açúcares:1,5g - Sal:6,3g | GERAL | Salada de massa, legumes e cogumelos |  770,00kcal - HC:63,3g A Açúcares:3 |
| Tintureira de coentrada com batata e brócolos |  521,90kcal - Prot:27,5g - Lip:22,2g - HC:50,5g ADO:0,7g - Açúcares:1,5g - Sal:6,3g | DIETA | Salada de massa, legumes e cogumelos |  770,00kcal - HC:63,3g A Açúcares:3 |
| |  179,50kcal - Prot:4,8g - Lip:8,2g - HC:33,3g ADO:1,7g - Açúcares:12,5g - Sal:0,0g | SOBREMESA | |  99,30kcal - I HC:21,3g A Açúcares:1 |
| DOMINGO | | | | |
| Espinafres |  157,80kcal - Prot:1,2g - Lip:5,4g - HC:21,3g ADO:0,0g - Açúcares:1,7g - Sal:2,2g | SOPA | Espinafres |  157,80kcal - HC:21,3g A Sal:2,2g |
| Bifanas de cebolada com puré de cenoura |  587,50kcal - Prot:37,5g - Lip:24,0g - HC:58,5g ADO:0,3g - Açúcares:1,0g - Sal:2,9g | GERAL | Douradinhos com arroz primavera |  551,50kcal - HC:51,3g A Sal:4,3g |
| Bifes de cebolada com puré de cenoura |  587,50kcal - Prot:37,5g - Lip:24,0g - HC:58,5g ADO:0,3g - Açúcares:1,0g - Sal:2,9g | DIETA | Douradinhos com arroz primavera |  551,50kcal - HC:51,3g A Sal:4,3g |
| Fruta da época |  99,30kcal - Prot:1,3g - Lip:0,3g - HC:21,3g ADO:0,5g - Açúcares:17,8g - Sal:0,0g | | Fruta da época |  99,30kcal - I HC:21,3g A Açúcares:1 |

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 exceção das dietas sem glúten)

1 GLUTEN
2 LACTOSE

1 OVO
2 PESCADOS

1 MOLUSCOS
2 CRUSTÁCEOS

1 SOLOS
2 SEMANOS

1 MIOXIMBIO
2 ALFOS

1 TREMOCOS
2 ENDOFITE E SULFATO

Ana Nunes - Nutricionista - CP: 2378




Prot 4,0g - Lip 5,5g -
GS 0,5g - Asparum 4,4g -


Prot 23,2g - Lip 12,2g -
GS 2,2g - Asparum 1,2g -


Prot 3,3g - Lip 0,3g -
GS 0,3g -
7,8g - Sal 0,0g


Prot 5,2g - Lip 15,4g -
GS 4,4g - Asparum 2,8g -

Prot 51,7g - Lip 39,2g -
GS 8,8g - Asparum 3,4g -

Prot 30,5g - Lip 36,0g -
GS 7,0g - Asparum 3,0g -

Prot 1,3g - Lip 0,3g -
GS 0,3g -
7,8g - Sal 0,0g


Prot 2,7g - Lip 5,3g -
GS 0,5g - Asparum 4,0g -

Prot 25,0g - Lip 17,7g -
GS 3,2g - Asparum 2,8g -

Prot 25,0g - Lip 17,7g -
GS 3,2g - Asparum 2,8g -

Prot 1,3g - Lip 0,3g -
GS 0,3g -
7,8g - Sal 0,0g


Prot 5,0g - Lip 5,4g -
GS 0,5g - Asparum 5,4g -

Prot 41,2g - Lip 20,0g -
GS 3,0g - Asparum 3,0g -

Prot 41,2g - Lip 20,0g -
GS 3,0g - Asparum 3,0g -

Prot 1,3g - Lip 0,3g -
GS 0,3g -
7,8g - Sal 0,0g


Prot 3,7g - Lip 5,4g -
GS 0,5g - Asparum 6,2g -

Prot 22,5g - Lip 30,7g -
GS 4,4g - Asparum 0,7g -

Prot 22,5g - Lip 30,7g -
GS 4,4g - Asparum 0,7g -

Prot 1,3g - Lip 0,3g -
GS 0,3g -
7,8g - Sal 0,0g


Prot 3,8g - Lip 5,4g -
GS 0,5g - Asparum 5,2g -

Prot 30,4g - Lip 41,7g -
GS 1,7g -
7g - Sal 2,3g

Prot 30,4g - Lip 41,7g -
GS 1,7g -
7g - Sal 2,3g

Prot 1,3g - Lip 0,3g -
GS 0,3g -
7,8g - Sal 0,0g


Prot 3,2g - Lip 5,4g -
GS 0,5g - Asparum 5,8g -


Prot 20,1g - Lip 22,0g -
GS 3,0g - Asparum 3,0g -

Prot 20,1g - Lip 22,0g -
GS 3,0g - Asparum 3,0g -

Prot 1,3g - Lip 0,3g -
GS 0,3g -
7,8g - Sal 0,0g