

















































































































































































































Ementa Semanal 4

CERCIPENICHE

De 13/05/2019 a 19/05/2019

ALMOÇO		JANTAR		
SEGUNDA-FEIRA				
Espinafres	        233,7kcal - Prot:5,2g - Lip:35,4g - HC:18,3g ADO:4,4g - Açúcares:2,8g - Sal:2,2g	SOPA	Espinafres	     233,7kcal - Prot:5,2g - Lip:35,4g - HC:18,3g ADO:4,4g - Açúcares:2,8g - Sal:2,2g
Hamburguer gr. com arroz de cenoura e salada mista	        579,3kcal - Prot:11,4g - Lip:12,2g - HC:17,8g ADO:15,5g - Açúcares:0,0g - Sal:4,2g	GERAL	Salada de atum com batata e legumes	     665,2kcal - Prot:10,5g - Lip:11,4g - HC:17,8g ADO:15,4g - Açúcares:0,0g - Sal:4,2g
Bifes de cebolada com arroz de cenoura e salada mista	        579,3kcal - Prot:11,4g - Lip:12,2g - HC:17,8g ADO:15,5g - Açúcares:0,0g - Sal:4,2g	DIETA/SAD/CD	Salada de atum com batata e legumes	     605,8kcal - Prot:10,7g - Lip:11,4g - HC:15,4g ADO:15,2g - Açúcares:0,0g - Sal:4,2g
Hamburguer gr. com arroz de cenoura e salada mista	        579,3kcal - Prot:11,4g - Lip:12,2g - HC:17,8g ADO:15,5g - Açúcares:0,0g - Sal:4,2g	INFANTIL		
Fruta da época	        99,3kcal - Prot:1,3g - Lip:0,5g - HC:21,3g ADO:0,3g - Açúcares:17,8g - Sal:0,0g	SOBREMESA	Gelatina	     99,3kcal - Prot:1,3g - Lip:0,5g - HC:21,3g ADO:0,3g - Açúcares:17,8g - Sal:0,0g
TERÇA- FEIRA				
Feijão	        200,0kcal - Prot:5,4g - Lip:5,7g - HC:29,3g ADO:0,8g - Açúcares:4,4g - Sal:2,2g	SOPA	Feijão	     200,0kcal - Prot:5,4g - Lip:5,7g - HC:29,3g ADO:0,8g - Açúcares:4,4g - Sal:2,2g
Pescada cozida com batata e legumes	        490,8kcal - Prot:19,7g - Lip:26,5g - HC:40,3g ADO:4,4g - Açúcares:2,0g - Sal:4,2g	GERAL	Salteado peru com massa e legumes	     606,8kcal - Prot:17,5g - Lip:11,4g - HC:15,3g ADO:0,3g - Açúcares:0,0g - Sal:4,2g
Pescada cozida com batata e legumes	        490,8kcal - Prot:19,7g - Lip:26,5g - HC:40,3g ADO:4,4g - Açúcares:2,0g - Sal:4,2g	DIETA	Salteado peru com massa e legumes	
Salada de grão com batata, atum e ovo	        490,8kcal - Prot:19,7g - Lip:26,5g - HC:40,3g ADO:4,4g - Açúcares:2,0g - Sal:4,2g	SAD / CD		     516,8kcal - Prot:17,5g - Lip:11,4g - HC:15,3g ADO:0,3g - Açúcares:0,0g - Sal:4,2g
Salada de massa e atum	        344,8kcal - Prot:14,7g - Lip:12,7g - HC:42,7g ADO:2,0g - Açúcares:1,5g - Sal:4,2g	INFANTIL		
Mousse de morango/ Maçã assada	        84,5kcal - Prot:21,2g - Lip:0,0g - HC:0,0g ADO:0,0g - Açúcares:0,0g - Sal:0,0g	SOBREMESA	Fruta da época	     99,3kcal - Prot:1,3g - Lip:0,5g - HC:21,3g ADO:0,3g - Açúcares:17,8g - Sal:0,0g
QUARTA-FEIRA				
Caldo verde	        157,7kcal - Prot:3,2g - Lip:5,4g - HC:21,3g ADO:0,8g - Açúcares:7,8g - Sal:2,2g	SOPA	Caldo verde	     157,7kcal - Prot:3,2g - Lip:5,4g - HC:21,3g ADO:0,8g - Açúcares:7,8g - Sal:2,2g
Grelhada (costoleta e salsicha) c/ batatas fritas e salada	        761,4kcal - Prot:11,1g - Lip:42,2g - HC:40,3g ADO:10,8g - Açúcares:3,8g - Sal:4,8g	GERAL	Peixe à Gomes de Sá e salada de alface	     506,8kcal - Prot:13,9g - Lip:23,5g - HC:17,3g ADO:0,3g - Açúcares:0,0g - Sal:4,2g
Bifes de frango grelhado com arroz e salada mista	        683,7kcal - Prot:14,0g - Lip:15,3g - HC:40,3g ADO:6,5g - Açúcares:3,6g - Sal:4,2g	DIETA	Peixe à Gomes de Sá e salada de alface	     568,8kcal - Prot:23,8g - Lip:11,4g - HC:17,5g ADO:0,2g - Açúcares:0,0g - Sal:2,4g
Bifinhos de frango com batata frita	        521,8kcal - Prot:20,6g - Lip:41,1g - HC:16,8g ADO:9,8g - Açúcares:1,5g - Sal:4,4g	INFANTIL		
Fruta da época	        99,3kcal - Prot:1,3g - Lip:0,5g - HC:21,3g ADO:0,3g - Açúcares:17,8g - Sal:0,0g	SOBREMESA	Pudim de caramelo	     99,3kcal - Prot:1,3g - Lip:0,5g - HC:21,3g ADO:0,3g - Açúcares:17,8g - Sal:0,0g
QUINTA-FEIRA				
Creme de legumes	        112,4kcal - Prot:4,0g - Lip:5,5g - HC:18,3g ADO:0,8g - Açúcares:4,4g - Sal:2,2g	SOPA	Creme de legumes	     112,4kcal - Prot:4,0g - Lip:5,5g - HC:18,3g ADO:0,8g - Açúcares:4,4g - Sal:2,2g
Misto de fritos c/ arroz tomate e salada (alface e pepino)	        630,4kcal - Prot:14,0g - Lip:14,4g - HC:35,3g ADO:3,4g - Açúcares:4,4g - Sal:2,2g	GERAL	Frango estufado com esparguete e cenoura	     726,8kcal - Prot:50,5g - Lip:11,4g - HC:18,3g ADO:7,8g - Açúcares:0,0g - Sal:4,4g
Medalhões no forno com puré e brócolos cozidos	        352,5kcal - Prot:21,8g - Lip:16,7g - HC:27,0g ADO:2,8g - Açúcares:1,0g - Sal:2,2g	DIETA	Frango estufado com esparguete e cenoura	     726,8kcal - Prot:50,5g - Lip:11,4g - HC:18,3g ADO:7,8g - Açúcares:0,0g - Sal:4,4g
Douradinhos no forno com arroz de tomate	        179,5kcal - Prot:4,8g - Lip:9,3g - HC:18,3g ADO:5,7g - Açúcares:33,2g - Sal:0,0g	INFANTIL		
Gelatina	        99,3kcal - Prot:1,3g - Lip:0,5g - HC:21,3g ADO:0,3g - Açúcares:17,8g - Sal:0,0g	SOBREMESA	Fruta da época	     99,3kcal - Prot:1,3g - Lip:0,5g - HC:21,3g ADO:0,3g - Açúcares:17,8g - Sal:0,0g
SEXTA-FEIRA				
Nabiças	        155,4kcal - Prot:3,8g - Lip:5,4g - HC:20,4g ADO:0,8g - Açúcares:5,8g - Sal:2,2g	SOPA	Nabiças	     155,4kcal - Prot:3,8g - Lip:5,4g - HC:20,4g ADO:0,8g - Açúcares:5,8g - Sal:2,2g
Empadão de carne com salada de alface e milho	        401,8kcal - Prot:16,6g - Lip:14,4g - HC:39,3g ADO:2,8g - Açúcares:3,7g - Sal:2,2g	GERAL	Jardineira de pota	     507,3kcal - Prot:29,6g - Lip:11,4g - HC:29,2g ADO:0,8g - Açúcares:0,0g - Sal:4,4g
Peito de peru estufado com massa e salada de alface e milho	        451,8kcal - Prot:16,6			

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)



Ana Nunes - Nutricionista - CP : 2378 N



15.4g -
max 2.8g -

p 25.8g -
max 6.1g -

p 17.7g -
max 3.7g -

1.3g -

5.7g -
max 4.4g -

p 18.7g -
max 0.5g -

p 9.7g -
max 0.5g -

1.2g -

5.4g -
max 7.4g -

●
p 12.0g -
max 1.0g -

●
p 12.0g -
max 1.0g -

1.3g -

5.5g -
max 4.4g -

p 36.0g -
max 3.6g -

p 36.0g -
max 3.6g -

1.3g -

5.4g -
max 5.1g -

p 28.4g -
max 3.1g -

p 28.4g -
max 5.4g -

1.3g -

p 40.7g -

p 40.7g -

1.3g -

5.4g -
max 7.7g -

p 25.8g -
max 6.1g -

p 17.7g -
max 3.7g -

1.3g -