

# PORTUGUESE WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Milk and cereals	Yoghurt and fruit	Orange juice and bread with ham	Milk and chocolate croissant	Omelette and peach juice	Black tea and pancakes	Soya milk and toasts with butter
<b>LUNCH</b>	Soup and chicken salad Fruit salad	French fries and burger Chocolate mousse	Codfish with cream Strawberries	Pizza Cake	Grilled salmon and rice Custard	Soup, spaghetti and meat Apple pie	Bean stew Pear
<b>SNACKS</b>	Cookies	Bread with ham and cheese	Waffles with chocolate	Yoghurt and fruit	Slice of cake	Jelly	Cereal bars
<b>DINNER</b>	Sea bass and roast potatoes Apple	Chicken soup and tuna salad Jelly	Pork chops and rice Cheese and marmalade	Hot dogs and chips Ice-cream	Duck rice Pudding	Octopus and puree Pineapple	Lasagna Cheesecake
<b>DRINKS</b>	Water, natural juices, sodas, tea, lemonade						