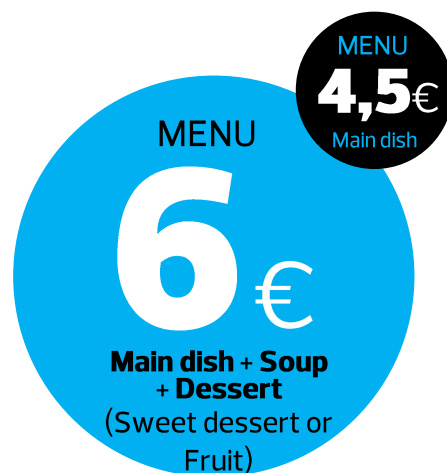


WEEKLY MENU

Bar lunches

 **12h to 14h pm**



DAY

SOUP

MAIN DISH 01

MAIN DISH 02

Mon 26 OCT	 Cauliflower and beans	 Turkey kebabs with spaghetti + salad	 Tofu steaks in beer sauce with spaghetti + salad
TUE 27 OCT	 Vegetables, beans and pasta	 Pork steaks in coffee sauce with garlic rice + salad	 Vegetables sautee with vegan chorizo and garlic rice + salad
WED 28 OCT	 Turnips and white beans	 Turkey strips with Chinese vegetables with mashed potatoes + salad	 One pot with beans and spaghetti + salad
THU 29 OCT	 Chinese cabbage and chayote	 Oven baked croaker with potatoes + salad	 Seitan steaks in beer and garlic sauce with carrot rice + salad
FRI 30 OCT	 Lentils and green beans	 Chicken stew with potatoes and vegetables	 Chickpeas dahl + salad

WHERE TO FIND US

Penha Campus:

- > ESGHT Bar
- > ESEC Bar

Gambelas Campus:

- > Complexo pedagógico Bar
- > Edifício 7 Bar

Food that tastes like home.