

Monthly Menu - September 2025



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			02/09/2025	03/09/2025	04/09/2025	05/09/2025	06/09/2025	07/09/2025
Week 1	Soup		Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
			Spinach Soup	Bean Soup	Chickpea Soup	Vegetable Soup		
	Main Dish		Oven Roasted Chicken	Minchi	Oven Roasted Fish	Lasagna		
	Vegetarian Dish		Veggies Curry	Mushroom Bean Stew	Green Peas Stew w/ Poached Egg	Vegetable Quiche		
	Side Dish		Plain Rice	Plain Rice	Plain Rice	Plain Rice		
			Green Salad	Steamed Vegetables	Sautéed Vegetables	Green Salad		
	Fruit		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		08/09/2025	09/09/2025	10/09/2025	11/09/2025	12/09/2025	13/09/2025	14/09/2025
Week 2	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Leek Soup	Green Pea Soup	Lavrador Soup	Broccoli Soup	Caldo Verde		
	Main Dish	Chicken Stroganoff	Pasta w/Tuna	Chinese Fried Rice	Home Style Codfish	Meat Balls w/ Tomato Sauce		
	Vegetarian Dish	Vegetable Skewer	Curry Vegetables	Couscous w/ Chickpeas and Spinach	Cauliflower and Chickpea Curry	Vegetable 'à Brás'		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Steamed Vegetables	Sautéed Vegetables	Roasted Vegetables	Green Salad	Steamed Vegetables		
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		15/09/2025	16/09/2025	17/09/2025	18/09/2025	19/09/2025	20/09/2025	21/09/2025
Week 3	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Carrot Soup	Spinach and Chickpea Soup	Cauliflower Soup	Canja	Vegetable Soup		
	Main Dish	Chicken Stew with Spaghetti	Fish Rice	Chicken Curry	Oven Roasted Fish	Oven Roasted Ribs		
	Vegetarian Dish	Pasta with Vegetables	Mushroom Stroganoff	Vegetable Quiche	Garden Vegetables Salad	Vegetable Lasagna		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Steamed Vegetables	Green Salad	Sautéed Vegetables	Roasted Vegetables	Green Salad		
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		22/09/2025	23/09/2025	24/09/2025	25/09/2025	26/09/2025	27/09/2025	28/09/2025
Week 4	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Caldo Verde	Pumpkin Soup	Coriander Soup	Bean Soup	Fish Cream Soup		
	Main Dish	Meat w/ Pasta and Chickpea Stew	Garden Vegetables Salad w/ Tuna	Noodles w/ Chicken and Veggies	Breaded Fish Fillet	Meat Bolognese		
	Vegetarian Dish	Mushroom Bean Stew	Pasta with Vegetables	Green Peas Stew w/ Poached Egg	Couscous w/ Chickpeas and Spinach	Vegetable Bolognese		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Sautéed Vegetables	Green Salad	Roasted Vegetables	Steamed Vegetables	Green Salad		
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		29/09/2025	30/09/2025					
Week 5	Soup	Chinese Broth	Chinese Broth					
		Green Pea Soup	Canja					
	Main Dish	Oven Roasted Pork Loin	Fish Lasagna					
	Vegetarian Dish	Vegetable Pancake	Vegetable 'à Brás'					
	Side Dish	Plain Rice	Plain Rice					
		Green Salad	Sautéed Vegetables					
	Fruit	Seasonal Fruit	Seasonal Fruit					