



AGRUPAMENTO DE ESCOLAS DIOGO CÃO, VILA REAL
ESCOLA SEDE

From 09/02 to 13/02/2026

Menu no. 4

Authorized

Carlos Taveira
(Deputy Director)

Monday	Soup	Kale	
	Dish	White rice with black-eyed pea, tuna, and egg salad	1, 3, 4
	Vegetarian Dish	Bean rice with vegetable fritters	1
	Salad/Vegetables	Lettuce, shredded carrots, and beets	
	Dessert	Apple, pear, or kiwi	
Tuesday	Soup	Savoy cabbage	
	Dish	Cooked spaghetti, braised veal	1
	Vegetarian Dish	Couscous salad with sautéed vegetables (peas, zucchini, mushrooms, pumpkin, onion, etc.)	1
	Salad/Vegetables	Peas, carrots, or brussels sprouts	
	Dessert	Apple, orange, or kiwi	
Wednesday	Soup	Carrot and cauliflower cream	
	Dish	Mashed potatoes with oven-roasted apricots on a bed of vegetables	4, 7
	Vegetarian Dish	Vegetable pie (leeks, onions, mushrooms, red and green peppers, zucchini, etc.)	
	Salad/Vegetables	Lettuce, shredded carrots, and tomatoes	
	Dessert	Pear, apple, banana, or baked apple	
Thursday	Soup	Caldo Verde (spring greens soup)	
	Dish	Rice with sliced roasted turkey leg	1
	Vegetarian Dish	Potato salad with peas, carrots, and stuffed eggplant	
	Salad/Vegetables	Tomato, shredded carrots, and sweetcorn	
	Dessert	Apple, banana, melon, or orange	
Friday	Soup	Chickpeas with savoy cabbage	
	Dish	Cod stew (cooked potato, chickpeas, cod, and egg)	4, 3
	Vegetarian Dish	Vegetarian ranch (pasta, chickpeas, tomato, kale, carrot, onion, etc.)	1
	Salad/Vegetables	Sliced carrots, tomato, and red cabbage	
	Dessert	Apple, kiwi, pear, or grapes	

Notes: *Meals are accompanied by packaged mixed bread and drinking water.*

Menu subject to change without notice (Circular 3/DSEEAS/DGE/2013). Vegetarian menu: fresh cheese, egg and optional mozzarella cheese available.

Timetable: 12:30 / 14:00 h; Price: students escalão A: 00,00 €; escalão B: 0,73 €; without escalão: 1,46 €; teaching/non-teaching staff: 4,90 €; Additional fee: €0.30 (same-day booking)

Allergen table (the menu may contain foods that can cause allergies)

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Sulfites	Lupins	Molluscs