



TASIS Lunch menu week 02/09/2020

Monday

Tuesday

Wednesday

Thursday

Friday

The SOUP Kettle

Portuguese Bean  
*served with  
freshly baked bread*

Butternut squash & Thyme  
*served with  
freshly baked bread*

Minestrone  
*served with  
freshly baked bread*

Red Lentil  
*served with  
freshly baked bread*

Carrot  
*served with  
freshly baked bread*

TASTY ENTREE

Chicken Korma

Meatballs w/ Tomato

Carne de Porco à  
Alentejana

Lemon & Oregano roasted  
Chicken

Brazilian Black Bean  
Feijoada

VEGGIE LOVERS

Mediterranean Stuffed  
Peppers  
*(vegan)*

Stir Fried Mixed Veggies w/  
Soya & Sweet Chilli Sauce

Lemon & Parsley Butter  
Beans  
*(vegan)*

Greek Style Vegetarian Pie

Aubergine & Chickpea  
Curry

Taste of the SEA

Baked Hake w/ Herbs

Salmon & Asparagus w/  
Creamy Sauce

Seafood Moqueca

Sea Bass w/ Tomato Salsa

Cod à "Brás"

on the SIDE

Quinoa & Sweetcorn Salad  
Glazed Sliced Carrots  
Rice & Garden Peas

Mixed beans Salad  
Spaghetti  
Orange & Olives Salad

Oven Chunky Potatoes  
Roasted Root Veggies  
Rice & Sweetcorn

Roasted Cauliflower  
Cheesy Roasted Potatoes  
Peppers & Onions Salad

Sweet Potato Wedges  
Steamed Broccoli  
Garlic & Coriander Rice  
Brazilian Vinaigrette

TASTY PUDS

Strawberry Pot w/ cream  
*(Low sugar)*

Fruity Flapjack

Banana Cake  
*(Low sugar)*

Coconut & Pineapple  
Smoothie

Raspberry & Coconut  
Chia pot

Chunks of fresh fruit, whole fruit, crudités available

