



MONTEMOR-O-VELHO 2024

FISU
WORLD
UNIVERSITY
CHAMPIONSHIP
CANOE SPORTS



		18/08/2024	19/08/2024	20/08/2024	21/08/2024	22/08/2024	23/08/2024	24/08/2024
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Soup	Leek cream	Brunese soup	Miraflor Cream	Carrot and pumpkin cream	Chicken soup	Vegetable cream	Vegetable cream
	Meat	Mixed grilled meat with spaghetti and broccoli	Duck rice	Grilled turkey breasts with tagliatelle and fresh mushrooms in coconut milk	Chicken in the oven with fusili	Pork chop with potatoes and sautéed vegetables	Roast chicken with spaghetti and vegetable macedonia	Roasted ribs with potatoes and sautéed carrots
	Fish	-	-	Fish gratin with spinach	Perch stewa	Fresh cheese and fish fusilli salad	Fish fillets	Fish gratin with spinach
	Vegetarian	Soy and vegetable casserole	Vegetarian goulash	Mushroom soy	Tofu stew	Vegetable stew	Soy curry	Vegetarian Stroganoff
Dinner	Meat	Grilled chicken breasts with honey and lemon sauce with rice	Pork shank braised in citrus reduction, garnished with tagliatelle	Country paella	Baked turkey thigh with carrot rice	Meatballs in tomato sauce with spaghetti	Meat pie	Spaghetti Bolognese
	Fish	cod loins	Stewed Abrótea	Cold salad (Macedonian) with tuna	cod with fried potatoes and egg	Roasted horse mackerel	Cod cooked with boiled potatoes and egg	Fish masada
	Vegetarian	Leek with fried potatoes and egg	Seitan steak with mushrooms	Vegan paella	Seitan with potato and egg	Rice with seitan and mushrooms	mushrooms with fried potato and egg	Tofu breading