<table>
<thead>
<tr>
<th>DIA</th>
<th>PRATO</th>
<th>ALMOÇO</th>
<th>Prt (g)</th>
<th>Lip (g)</th>
<th>HC (g)</th>
<th>Kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>2ª FEIRA</td>
<td><strong>Sopa</strong></td>
<td><strong>Creme de brocolos</strong></td>
<td>6.8</td>
<td>5.4</td>
<td>39.2</td>
<td>236</td>
</tr>
<tr>
<td></td>
<td><strong>Prato</strong></td>
<td><strong>Carbonara à americana</strong></td>
<td>47.0</td>
<td>60.2</td>
<td>101</td>
<td>1145</td>
</tr>
<tr>
<td></td>
<td><strong>Dieta</strong></td>
<td><strong>Carne de vaca cozida com lombardo e arroz</strong></td>
<td>52.9</td>
<td>3.9</td>
<td>52.7</td>
<td>464</td>
</tr>
<tr>
<td></td>
<td><strong>Sobremesa</strong></td>
<td><strong>Fruta, doce ou iogurte</strong></td>
<td>1.0/8.0/5.1</td>
<td>1.0/10.0/2.0</td>
<td>20.0/43.0/12.6</td>
<td>88.0/289/89</td>
</tr>
<tr>
<td>3ª FEIRA</td>
<td><strong>Sopa</strong></td>
<td><strong>Camponesa</strong></td>
<td>6.5</td>
<td>5.3</td>
<td>38.3</td>
<td>230</td>
</tr>
<tr>
<td></td>
<td><strong>Prato</strong></td>
<td><strong>Bifes panados com arroz de ervilhas</strong></td>
<td>46.2</td>
<td>33.1</td>
<td>58.1</td>
<td>721</td>
</tr>
<tr>
<td></td>
<td><strong>Dieta</strong></td>
<td><strong>Bife grelhado com legumes</strong></td>
<td>38.3</td>
<td>40.4</td>
<td>51.5</td>
<td>729</td>
</tr>
<tr>
<td></td>
<td><strong>Sobremesa</strong></td>
<td><strong>Fruta, doce ou iogurte</strong></td>
<td>1.0/8.0/5.1</td>
<td>1.0/10.0/2.0</td>
<td>20.0/43.0/12.6</td>
<td>88.0/289/89</td>
</tr>
<tr>
<td>4ª FEIRA</td>
<td><strong>Sopa</strong></td>
<td><strong>Abóbora com massinhas</strong></td>
<td>3.1</td>
<td>5.3</td>
<td>12.6</td>
<td>110</td>
</tr>
<tr>
<td></td>
<td><strong>Prato</strong></td>
<td><strong>Bolonhesa de atum</strong></td>
<td>23.1</td>
<td>25.5</td>
<td>0.9</td>
<td>326</td>
</tr>
<tr>
<td></td>
<td><strong>Dieta</strong></td>
<td><strong>Peixe assado no forno com batata e legumes</strong></td>
<td>45.5</td>
<td>13.3</td>
<td>52.7</td>
<td>519</td>
</tr>
<tr>
<td></td>
<td><strong>Sobremesa</strong></td>
<td><strong>Fruta, doce ou iogurte</strong></td>
<td>1.0/8.0/5.1</td>
<td>1.0/10.0/2.0</td>
<td>20.0/43.0/12.6</td>
<td>88.0/289/89</td>
</tr>
<tr>
<td>5ª FEIRA</td>
<td><strong>Sopa</strong></td>
<td><strong>Minestrone</strong></td>
<td>2.6</td>
<td>5.4</td>
<td>13.3</td>
<td>112</td>
</tr>
<tr>
<td></td>
<td><strong>Prato</strong></td>
<td><strong>Stroganoff com arroz</strong></td>
<td>43.6</td>
<td>45.6</td>
<td>66.7</td>
<td>857</td>
</tr>
<tr>
<td></td>
<td><strong>Dieta</strong></td>
<td><strong>Roti de peru com legumes</strong></td>
<td>48.1</td>
<td>41.9</td>
<td>6.6</td>
<td>595</td>
</tr>
<tr>
<td></td>
<td><strong>Sobremesa</strong></td>
<td><strong>Fruta, doce ou iogurte</strong></td>
<td>1.0/8.0/5.1</td>
<td>1.0/10.0/2.0</td>
<td>20.0/43.0/12.6</td>
<td>88.0/289/89</td>
</tr>
<tr>
<td>6ª FEIRA</td>
<td><strong>Sopa</strong></td>
<td><strong>Grão com hortaliça</strong></td>
<td>6.3</td>
<td>5.4</td>
<td>39.7</td>
<td>235</td>
</tr>
<tr>
<td></td>
<td><strong>Prato</strong></td>
<td><strong>Tesourinhos no forno com salada russa</strong></td>
<td>13.1</td>
<td>36.7</td>
<td>106.4</td>
<td>817</td>
</tr>
<tr>
<td></td>
<td><strong>Dieta</strong></td>
<td><strong>Cação au menier com batata e couve-flor</strong></td>
<td>64.1</td>
<td>29.2</td>
<td>55.4</td>
<td>747</td>
</tr>
<tr>
<td></td>
<td><strong>Sobremesa</strong></td>
<td><strong>Fruta, doce ou iogurte</strong></td>
<td>1.0/8.0/5.1</td>
<td>1.0/10.0/2.0</td>
<td>20.0/43.0/12.6</td>
<td>88.0/289/89</td>
</tr>
</tbody>
</table>

Nota: Esta ementa poderá ser alterada por motivos imprevistos.