



Colina Verde

Sports Resort



DAY 1

Breakfast
Carbohydrates
Pan Pan
Baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Hake Fillets
Grilled Veal
Fittings
Spaghetti pasta
Baked Potato
4 * (Cooked vegetables steam)
carrots
Brocules
Green beans
cauliflower
peas
Brussels sprouts
5 * Simple Salads
lettuce
tomato
carrot
corn
pimento
cucumber
canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Subscriptions
Butter with salt
Unsalted butter
Strawberry Jam
Peach Jelly
marmalade
honey
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Lunch
Couvert
baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Hake Fillets
Grilled Veal
Fittings
Spaghetti pasta
Baked Potato
4 * (Cooked vegetables steam)
carrots
Brocules
Green beans
cauliflower
peas
Brussels sprouts
5 * Simple Salads
lettuce
tomato
carrot
corn
pimento
cucumber
canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Dinner
Couvert
Baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Monkfish and prawns rice
Roasted Turkey Breasts
Fittings
Rice
4 * (Cooked vegetables steam)
Carrots
Brocules
Green beans
Cauliflower
Peas
Brussels sprouts
5 * Simple Salads
Lettuce
Tomato
Carrot
Corn
Pimento
Cucumber
Canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
Pineapple
Melon
Watermelon
Orange
Banana
White grape
Red grape
Apple
Pear
Fruit salad
Cold Drinks
Fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
Milk



Colina Verde

Sports Resort



DAY 2

Breakfast
Carbohydrates
Pan Pan
Baguette
Ciabatta
Bread cereals
Croissant
Mini Rusks
Muesli cereals
Cereals flok corn
Cereals line
Hot delicacies
scrambled eggs
poached eggs
pancakes
cold Iguaris
Ham
Ham Peru
Sliced cheese
yogurt
yogurt Net
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Subscriptions
Butter with salt
Unsalted butter
Strawberry Jam
Peach Jelly
marmalade
honey
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Lunch
Couvert
baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Carrot Soup
Main dishes
Grilled Salmon
Grilled Veal Steak
Fittings
Fusilli Pasta
Rice pilaf vegetables
4 * (Cooked vegetables steam)
carrots
Brocules
Green beans
cauliflower
peas
Brussels sprouts
5 * Simple Salads
lettuce
tomato
carrot
corn
pimento
cucumber
canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Dinner
Couvert
Baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Fish Stew
Chicken Lasagna
Fittings
Mashed potatoes
Spaghetti pasta
4 * (Cooked vegetables steam)
Carrots
Brocules
Green beans
Cauliflower
Peas
Brussels sprouts
5 * Simple Salads
Lettuce
Tomato
Carrot
Corn
Pimento
Cucumber
Canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
Pineapple
Melon
Watermelon
Orange
Banana
White grape
Red grape
Apple
Pear
Fruit salad
Cold Drinks
Fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
Milk



DAY 3

Breakfast
Carbohydrates
Pan Pan
Baguette
Ciabatta
Bread cereals
Croissant
Mini Rusks
Muesli cereals
Cereals flok corn
Cereals line
Hot delicacies
scrambled eggs
poached eggs
pancakes
2 * (super caloric delicacies)
cold Iguaris
Ham
Ham Peru
Sliced cheese
yogurt
yogurt Net
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Subscriptions
Butter with salt
Unsalted butter
Strawberry Jam
Peach Jelly
marmalade
honey
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Lunch
Couvert
baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Spaguetti Bolognese
Turkey Kebabs
Fittings
Potatoes will baker
Rice with corn
4 * (Cooked vegetables steam)
carrots
Brocules
Green beans
cauliflower
peas
Brussels sprouts
5 * Simple Salads
lettuce
tomato
carrot
corn
pimento
cucumber
canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Dinner
Couvert
Baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Tuna Steaks
Chicken breasts
Fittings
Mashed potatoes
4 * (Cooked vegetables steam)
Carrots
Brocules
Green beans
Cauliflower
Peas
Brussels sprouts
5 * Simple Salads
Lettuce
Tomato
Carrot
Corn
Pimento
Cucumber
Canned tuna
desserts
Daily Dessert
Ice Cream
3 * (fresh fruit)
Pineapple
Melon
Watermelon
Orange
Banana
White grape
Red grape
Apple
Pear
Fruit salad
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
Milk



DAY 4

Breakfast
Carbohydrates
Pan Pan
Baguette
Ciabatta
Bread cereals
Croissant
Mini Rusks
Muesli cereals
Cereals flok corn
Cereals line
Hot delicacies
scrambled eggs
poached eggs
pancakes
2 * (super caloric delicacies)
cold Iguaris
Ham
Ham Peru
Sliced cheese
yogurt
yogurt Net
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Subscriptions
Butter with salt
Unsalted butter
Strawberry Jam
Peach Jelly
marmalade
honey
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Lunch
Couvert
baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Hake Fillets
Grilled veal
Fittings
Spaghetti pasta
Baked Potato
4 * (Cooked vegetables steam)
carrots
Brocules
Green beans
cauliflower
peas
Brussels sprouts
5 * Simple Salads
lettuce
tomato
carrot
corn
pimento
cucumber
canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Dinner
Couvert
Baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Sword fish steak
Chicken W/Mushroom
Fittings
boiled potato
Spaghetti pasta
4 * (Cooked vegetables steam)
Carrots
Brocules
Green beans
Cauliflower
Peas
Brussels sprouts
5 * Simple Salads
Lettuce
Tomato
Carrot
Corn
Pimento
Cucumber
Canned tuna
desserts
Daily Dessert
Ice Cream
3 * (fresh fruit)
Pineapple
Melon
Watermelon
Orange
Banana
White grape
Red grape
Apple
Pear
Fruit salad
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
Milk



Colina Verde

Sports Resort



DAY 5

Breakfast
Carbohydrates
Pan Pan
Baguette
Ciabatta
Bread cereals
Croissant
Mini Rusks
Muesli cereals
Cereals flok corn
Cereals line
Hot delicacies
scrambled eggs
poached eggs
pancakes
2 * (super caloric delicacies)
cold Iguaris
Ham
Ham Peru
Sliced cheese
yogurt
yogurt Net
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Subscriptions
Butter with salt
Unsalted butter
Strawberry Jam
Peach Jelly
marmalade
honey
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Lunch
Couvert
baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Portuguese style fish stew
Grilled Hungus Burgers
Fittings
Potatoes will baker
rice pilaf
4 * (Cooked vegetables steam)
carrots
Brocules
Green beans
cauliflower
peas
Brussels sprouts
5 * Simple Salads
lettuce
tomato
carrot
corn
pimento
cucumber
canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Dinner
Couvert
Baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Poach Perch fish
Beef Stew
Fittings
boiled potato
Mashed potatoes
4 * (Cooked vegetables steam)
Carrots
Brocules
Green beans
Cauliflower
Peas
Brussels sprouts
5 * Simple Salads
Lettuce
Tomato
Carrot
Corn
Pimento
Cucumber
Canned tuna
desserts
Daily Dessert
Ice Cream
3 * (fresh fruit)
Pineapple
Melon
Watermelon
Orange
Banana
White grape
Red grape
Apple
Pear
Fruit salad
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
Milk



DAY 6

Breakfast
Carbohydrates
Pan Pan
Baguette
Ciabatta
Bread cereals
Croissant
Mini Rusks
Muesli cereals
Cereals flok corn
Cereals line
Hot delicacies
scrambled eggs
poached eggs
pancakes
2 * (super caloric delicacies)
cold lguaris
Ham
Ham Peru
Sliced cheese
yogurt
yogurt Net
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Subscriptions
Butter with salt
Unsalted butter
Strawberry Jam
Peach Jelly
marmalade
honey
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Lunch
Couvert
baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Hake Fillets
Grilled Veal
Fittings
Spaghetti pasta
Baked Potato
4 * (Cooked vegetables steam)
carrots
Brocules
Green beans
cauliflower
peas
Brussels sprouts
5 * Simple Salads
lettuce
tomato
carrot
corn
pimento
cucumber
canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Dinner
Couvert
Baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Monkfish and prawns rice
Roasted Turkey Breasts
Fittings
Rice
4 * (Cooked vegetables steam)
Carrots
Brocules
Green beans
Cauliflower
Peas
Brussels sprouts
5 * Simple Salads
Lettuce
Tomato
Carrot
Corn
Pimento
Cucumber
Canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
Pineapple
Melon
Watermelon
Orange
Banana
White grape
Red grape
Apple
Pear
Fruit salad
Cold Drinks
Fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
Milk



Colina Verde

Sports Resort



DAY 7

Breakfast
Carbohydrates
Pan Pan
Baguette
Ciabatta
Bread cereals
Croissant
Mini Rusks
Muesli cereals
Cereals flok corn
Cereals line
Hot delicacies
scrambled eggs
poached eggs
pancakes
2 * (super caloric delicacies)
cold lguaris
Ham
Ham Peru
Sliced cheese
yogurt
yogurt Net
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Subscriptions
Butter with salt
Unsalted butter
Strawberry Jam
Peach Jelly
marmalade
honey
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Lunch
Couvert
baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
French Garlic cream
Main dishes
Grilled Salmon
Grilled Veal steaks
Fittings
Fusilli Pasta
Rice pilaf vegetables
4 * (Cooked vegetables steam)
carrots
Brocules
Green beans
cauliflower
peas
Brussels sprouts
5 * Simple Salads
lettuce
tomato
carrot
corn
pimento
cucumber
canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
pineapple
melon
watermelon
orange
banana
white grape
red grape
apple
pear
Fruit salad
Cold Drinks
fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
milk

Dinner
Couvert
Baguette
Ciabatta
Bread cereals
Butter with salt
Unsalted butter
soup
Vegetable Soup
Main dishes
Fish Stew
Chicken Lasagna
Fittings
Mashed potatoes
Spaghetti pasta
4 * (Cooked vegetables steam)
Carrots
Brocules
Green beans
Cauliflower
Peas
Brussels sprouts
5 * Simple Salads
Lettuce
Tomato
Carrot
Corn
Pimento
Cucumber
Canned tuna
desserts
Daily Dessert
Selection of cheese
3 * (fresh fruit)
Pineapple
Melon
Watermelon
Orange
Banana
White grape
Red grape
Apple
Pear
Fruit salad
Cold Drinks
Fruit juices
Water
Hot beverages
Tea (without sugar)
Coffee (no sugar)
Milk

