

29 September | Setembro

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
	Soup Spinach Soup Sopa de Espinafres	42	3	2	3	-
	Main course Beef Meatballs w/ Tomato Sauce & Spaghetti Almôndegas de Vaca c/ Molho de Tomate e Esparguete	442	23	18	46	-
	Vegetarian Vegetarian Soy Meatballs w/ Spaghetti Almôndegas Vegetarianas de Soja c/ Esparguete	388	21	6,48	56	Soy, Wheat, Egg, Gluten
	Vegetables Sautéed Courgette w/ Garlic & Mint Curgete Salteada c/ Alho e Hortelã	20	1	1	1	Gluten

Morning snack

Early Years	Boiled egg and seasonal fruit Ovo cozido e fruta da época	34	3	2	0	Egg
Primary	Boiled egg and seasonal fruit Ovo cozido e fruta da época	68	6	5	0	Egg

Afternoon snack

Early Years	Cereals and strawberry yoghurt drink Cereais e iogurte batido de morango	231	6	3	43	Gluten, Milk
Primary	Granola w/ honey, nuts & strawberry yoghurt drink Granola c/ mel, frutos secos e iogurte batido de morango	186	7	9	19	Gluten, Nuts, Peanuts, Milk

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

30 September | Setembro

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
	Soup Red Bean Soup Sopa de Feijão Vermelho	65	5	1	9	-
	Main course Oven-Baked Cuttlefish Calamari w/ Carrot Rice Calamares Caseiros de Pota no Forno c/ Arroz de Cenoura	359	25	7,9	46,7	Molluscs, Egg, Gluten, Wheat
	Vegetarian Crispy Oven-Baked Tofu w/ Carrot Rice Tofu Crocante no Forno c/ Arroz de Cenoura	375	17	11	50	Soy, Gluten, Egg
	Vegetables Coleslaw Salad (white cabbage, carrot & yoghurt) Salada Coleslaw (couve branca, cenoura e iogurte)	55	3	1	7	Milk

Morning snack

Early Years	Oat cakes and seasonal fruit Tortitas de aveia e fruta da época	46	2	0	8	-
Primary	Oat cakes and seasonal fruit Tortitas de aveia e fruta da época	69	3	0	12	-

Afternoon snack

Early Years	Bread with peanut butter and milk Pão com manteiga de amendoim e leite	174	8	4	27	Gluten, Peanuts, Milk
Primary	Bread with peanut butter and milk Pão com manteiga de amendoim e leite	324	14	6	52	Gluten, Peanuts, Milk

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

1 October | Outubro

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
	Soup Carrot Soup Sopa de Cenoura	38	2	2	3	-
	Main course Chicken Lasagna with Heart of Cabbage Lasanha de Frango c/ Couve Coração	353	25	17	25	Gluten, Milk, Egg
	Vegetarian Vegetable and Legume Lasagna Lasanha de Legumes e Leguminosas	248	11	12	24	Gluten, Milk, Egg
	Vegetables Cucumber w/ Sesame Seeds Pepino c/ Sementes de Sésamo	18	1	1	2	Sesamo

Morning snack

Early Years	Flamengo Cheese Stick and Fruit Palito Queijo Flamengo e Fruta	65	4	5	1	Milk
Primary	Cheese stick (Flamengo cheese) and vegetable sticks Palito de queijo flamengo e tiras de legumes	65	4	5	1	Milk

Afternoon snack

Early Years	Pumpkin Marble Cake with Cocoa and Prince Herb Tea with Strawberry Bolo Mármore de Abóbora c/ Cacau e Chá	146	5	5	21	Gluten, Milk, Egg
Primary	Erva Prince c/ Morango	243	8	8	35	Gluten, Milk, Egg

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

2 October | Outubro

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
	Soup White Bean Soup Sopa de Feijão Branco	54	5	0,23	8	-
	Main course Mackerel Shepherd's Pie Empadão de Cavala	308	14	20	19	Fish, Egg, Milk
	Vegetarian Chickpea Shepherd's Pie Empadão de Grão	279	11	15	25	Egg, Milk
	Vegetables Stewed Peas Ervilhas Estufadas	48	3	0	6	-

Morning snack

Early Years	Corn cakes and seasonal fruit Tortitas de milho e fruta da época	46	1	0	10	-
Primary		61	1	1	12	-

Afternoon snack

Early Years	Bread with Chia Spread (chia soaked with roasted strawberry) and Stirred Yogurt with Mango Pão c/ Spread de Chia (chia hidratada com morango assado) e Iogurte Batido c/ Manga	196	7	4	32	Milk, Gluten
Primary		326	11	4	58	Milk, Gluten

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

3 October | Outubro

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
	Soup Heart of Cabbage Soup Sopa de Couve Coração	65	3	0,37	12,31	-
	Main course Beef and Vegetable Roulade, served w/ Thai Rice Rolo de Carne de Vaca c/ Legumes e Arroz Thai	303	20	7	40	Gluten
	Vegetarian Soya and Vegetable Roulade, served w/ Thai Rice Rolo de Soja c/ Legumes e Arroz Thai	297	18	5	45	Soya, Gluten, Egg
	Vegetables Tomato Salad w/ Oregano Salada de Tomate c/ Orégãos	11	1	0	3	-

Morning snack

Early Years	Crackers and seasonal fruit Marinheiras e fruta da época	50	1,2	1,2	8,4	Gluten
Primary		75	1,8	1,8	12,6	Gluten

Afternoon snack

Early Years	Savory Muffin with Vegetables and Cheese, and Milk Muffin Salgado c/ Legumes e Queijo e Leite	275	9	13	31	Milk, Egg, Gluten
Primary		299	11	13	33	Milk, Egg, Gluten

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

6 October | Outubro

Monday | Segunda-feira

Monday Segunda-feira		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Pumpkin Soup Sopa de Abóbora	29	2	1	3	-
 Main course	Beef Burger w/ Tomato Sauce & Spaghetti Hambúrguer de Vaca c/ Molho de Tomate e Esparguete	488	27	18	51	Gluten
 Vegetarian	Veggie Burger w/ Cheese & Spaghetti Hambúrguer Vegetariano c/ Queijo e Esparguete	469	18	13	70	Milk, Gluten, Soy, Mustard
 Vegetables	Stewed Peas Ervilhas Estufadas	48	3	0	8	-

Morning snack

Early Years	Boiled egg and seasonal fruit Ovo cozido e fruta da época	34	3	2	0	Egg
Primary		68	6	5	0	Egg

Afternoon snack

Early Years	Cereals and milk Cereais e leite	217	6	2	43	Gluten, Milk
Primary		241	8	3	45	Gluten, Milk

In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.

Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

7 October | Outubro

Tuesday | Terça-feira

October Outubro Tuesday Terça-feira			VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Green Bean Soup Sopa de Feijão Verde		73	1	5	6	-
 Main course	Homemade Baked Tilapia Nuggets with Carrot Rice Douradinhos de Tilapia Caseiro no Forno e Arroz de Cenoura		387	32	6.48	50.24	Fish, Egg, Gluten, Wheat
 Vegetarian	Homemade Baked Tofu Nuggets with Carrot Rice Douradinhos de Tofu Caseiro no Forno e Arroz de Cenoura		361	11	14	44	Soya, Egg, Gluten, Wheat
 Vegetables	Cucumber w/ Sesame Seeds Pepino c/ Sementes de Sésamo		18	1	1	2	Sesame

Morning snack

Early Years	Oat cakes and seasonal fruit Tortitas de aveia e fruta da época	46	2	0	8	-
Primary		69	3	0	12	-

Afternoon snack

Early Years	Bread with Ricotta and Orange Juice with Prince Herb Pão c/ Requeijão e Laranja c/ Erva Príncipe	170	6	3	28	Milk, Gluten
Primary		301	11	6	48	Milk, Gluten

In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.

Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

8 October | Outubro

Wednesday | Quarta-feira

Wednesday Quarta-feira			VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Chard Soup Sopa de Acelgas		38	1	2	4	-
 Main course	Chicken Stew w/ Carrot & Tomato, served w/ French Fries Frango estufado c/ cenoura e tomate e Batatas em Palitos		445	41	13	41	-
 Vegetarian	Chickpea & Roasted Vegetable Ratatouille w/ French Fries Ratatouille de Grão e Legumes Assados e Batatas em Palitos		410	13	9	63	-
 Vegetables	Roasted Broccoli Brócolos Assados		23	2	0	4	-

Morning snack

Early Years	Cheese stick (Flamengo cheese) and seasonal fruit Palito de queijo flamengo e fruta da época	65	4	5	1	Milk
Primary		65	4	5	1	Milk

Afternoon snack

Early Years	Pancake and milk Panquecas e leite	100	6	3	12	Gluten, Egg, Milk
Primary		177	9	5	22	Gluten, Egg, Milk

In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.

Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

9 October | Outubro

Thursday | Quinta-feira

October Outubro		Thursday Quinta-feira				
		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
	Soup	Red Bean Soup Sopa de Feijão Vermelho				
	Main course	Tuna Poke Poke de Atum				
	Vegetarian	Tofu Poke Poke Tofu				
	Vegetables	Included Incluído				
		-	-	-	-	-

Morning snack

Early Years	Corn cakes and seasonal fruit Tortitas de milho e fruta da época	46	1	0	10	-
Primary		61	1	1	12	-

Afternoon snack

Early Years	Bread with Peanut Butter and Lemon Balm Tea with Apple-Pear Syrup Pão com Manteiga de Amendoim e Chá de Lúcia-Lima com Calda de Maçã e Pêra	126	5	2	33	Gluten, Peanut
Primary		252	9	4	45	Gluten, Peanut

In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.

Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

10 October | Outubro

Friday | Sexta-feira

1st October Outubro							
Friday Sexta-feira			VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Zucchini Soup Sopa de Curgete		45	2	1	7	-
 Main course	Turkey Nasi Goreng (Asian Rice) Nasi Goreng de Peru (Arroz Asiático)		268	20	6.6	32	Soya, Gluten, Egg
 Vegetarian	Nasi Goreng with Egg Nasi Goreng c/ Ovo		297	12	9	42	Soya, Gluten, Egg
 Vegetables	Lettuce Salad Salada de Alface		21	0	2	0	-

Morning snack

Early Years	Crackers and seasonal fruit Marinheiras e fruta da época	50	1,2	1,2	8,4	Gluten
Primary		75	1,8	1,8	12,6	Gluten

Afternoon snack

Early Years	Banana Bread and Stirred Yogurt with Strawberry Banana Bread e Iogurte Batido c/ Morango	198	7	7	24	Milk, Gluten, Egg
Primary		290	10	10	37	Milk, Gluten, Egg

In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.

Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

13 October | Outubro

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Broccoli Soup Sopa de Brócolos	68	3	4	5	-
 Main course	Beef Bolognese with Lentils and Spaghetti Bolonhesa de Novilho c/ Lentilhas com Esparguete	388	23	12	47	Gluten
 Vegetarian	Lentil Bolognese with Spaghetti Bolonhesa de Lentilhas com Esparguete	449	19	9	73	Gluten
 Vegetables	Juliened Heart of Cabbage, Sautéed Couve Coração em Juliana Salteada	31	1	2	2	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Boiled egg and seasonal fruit Ovo cozido e fruta da época	34	3	2	0	Egg
Primary		68	6	5	0	Egg

Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Cereals and natural yoghurt Cereais e iogurte natural	245	8	4	44	Gluten, Milk
Primary	Granola w/ honey, nuts & natural yoghurt Granola / mel, frutos secos e iogurte natural	200	9	10	20	Gluten, Nuts, Peanuts, Milk

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
 Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

14 October | Outubro

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Red Bean Soup Sopa de Feijão Vermelho	65	5	1	9	-
 Main course	Tagliatelle with Mackerel and Corn Tagliatelle Cavala e Milho	386	16	18	40	Milk, Gluten, Fish
 Vegetarian	Tagliatelle with Chickpeas, Corn and Egg Tagliatelle Grão, Milho e Ovo	346	11	14	44	Milk, Gluten, Egg
 Vegetables	Roasted Vegetables Legumes Assados	103	3	7	7	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Oat cakes and seasonal fruit Tortitas de aveia e fruta da época	46	2	0	8	-
Primary		69	3	0	12	-

Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Bread with Flamengo Cheese and Prince Herb Tea with Strawberry Pão c/ Queijo Flamengo e Chá Erva Príncipe c/ Morango	186	7	9	19	Gluten, Milk
Primary		186	7	9	16	Gluten, Milk

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
 Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

15 October | Outubro

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Turnip Greens Soup Sopa de Curgete	45	2	1	7	-
 Main course	Traditional Portuguese Duck Rice Arroz de Pato à Portuguesa	286	17	6	41	Soya
 Vegetarian	Spiced Rice w/ Falafel Arroz de Especiarias c/ Falafel	230	15	2	38	Gluten
 Vegetables	Lettuce and Tomato Salad Salada de Alface e Tomate	24	0	2	1	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Cheese stick (Flamengo cheese) and seasonal fruit Palito de queijo flamengo e fruta da época	65	4	5	1	Milk
Primary	Cheese stick (Flamengo cheese) and vegetable sticks Palito de queijo flamengo e tiras de legumes	65	4	5	1	Milk

Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Homemade Donuts without Sugar with Sultanas and Milk Donuts Homemade s/ Açúcar c/ Sultanas e Leite	212	8	6	32	Gluten, Egg, Milk
Primary		236	10	6	34	Gluten, Egg, Milk

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
 Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

16 October | Outubro

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Chicken Soup with Pasta Canja de Galinha c/ Massa	62	4	2	7	Gluten
 Main course	Hake Meatballs with Elbow Pasta and Pumpkin Almôndegas de Pescada com Cotovelos c/ Abóbora	257	19,18	8,59	25,75	Fish, Wheat, Egg, Gluten
 Vegetarian	Vegetarian Meatballs with Elbow Pasta and Pumpkin Almôndegas Vegetarianas com Cotovelos c/ Abóbora	254	16,8	7,07	30,85	Soy, Wheat, Egg, Gluten
 Vegetables	Grated Carrot Cenoura Ralada	18	1	1	2	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Corn cakes and seasonal fruit Tortitas de milho e fruta da época	46	1	0	10	-
Primary		61	1	1	12	-

Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Bread with Raspberry and Chia Spread, and Stirred Yogurt with Mango Pão c/ Spread de Framboesa e Chia e iogurte Batido c/ Manga	196	7	4	32	Milk, Gluten
Primary		326	11	4	58	Milk, Gluten

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
 Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

17 October | Outubro

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Vegetable Soup Sopa de Legumes	51	1	3	5	-
 Main course	Malandro-Style Chicken Rice Arroz de Frango Malandro	270	17	7	38	-
 Vegetarian	Malandro-Style Rice with Vegetables and Boiled Egg Arroz Malandro c/ Legumes e Ovo Cozido	285	9,5	10,6	37,5	Egg
 Vegetables	Boiled Green Beans Feijão Verde Cozido	25	5	0	4	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Crackers and seasonal fruit Marinheiras e fruta da época	50	1,2	1,2	8,4	Gluten
Primary		75	1,8	1,8	12,6	Gluten

Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Coconut and Corn Cake with Milk Bolo de Coco e Milho e Leite	212	7	10	24	Gluten, Egg, Milk
Primary		346	11	16	40	Gluten, Egg, Milk

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
 Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.



20 October | Outubro

Thematic Monday | Segunda-feira Temática

	Soup	Carrot Soup with Ginger Sopa de Cenoura c/ Gengibre	40	2.1	2.1	3.2	-
	Main course	Chicken Curry with Golden Rice Caril de Frango com Arroz Dourado	256	14.5	9	29.6	-
	Vegetarian	Falafel with Beetroot Hummus and Golden Rice Falafel c/ Hummus Beterraba com Arroz Dourado	320	8.98	12.3	43.5	Gluten
	Vegetables	Festival Vegetables Legumes do Festival	28	1	1	5	-

Morning snack

Early Years	Boiled egg and seasonal fruit Ovo cozido e fruta da época	34	3	2	0	Egg
Primary		68	6	5	0	Egg

Afternoon snack

Early Years	Cereals and milk Cereais e leite	217	6	2	43	Gluten, Milk
Primary		241	8	3	45	Gluten, Milk

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

21 October | Outubro

Tuesday | Terça-feira

	Soup	Chickpea Soup Sopa de Grão	129	7	5	14	-
	Main course	Baked Cod Fritters with Bean Rice Pataniscas de Bacalhau no Forno e Arroz de Feijão	355	26	9	43	Fish, Wheat, Egg, Gluten
	Vegetarian	Baked Lentil Fritters with Bean Rice Pataniscas de Lentilhas no Forno e Arroz de Feijão	375	18	9	59	Wheat, Egg, Gluten
	Vegetables	Roasted Vegetables Legumes Assados	103	3	7	7	-

Morning snack

Early Years	Oat cakes and seasonal fruit Tortitas de aveia e fruta da época	46	2	0	8	-
Primary		69	3	0	12	-

Afternoon snack

Early Years	Bread with Ricotta and Orange Juice with Prince Herb Pão c/ Requeijão e Laranja c/ Erva Príncipe	170	6	3	28	Milk, Gluten
Primary		301	11	6	48	Milk, Gluten

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

22 October | Outubro

Wednesday | Quarta-feira

	Soup	Savoy Cabbage Soup Sopa de Couve Coração	65	3	0.37	12.31	-
	Main course	Beef Meatballs w/ Tomato Sauce, Elbow Pasta with Cauliflower and Pumpkin Almôndegas de Vaca c/ Molho de Tomate c/ Cotovelos c/ Couve Flor e Abóbora	347	18.51	20.54	18.48	Gluten
	Vegetarian	Vegetarian Soy Meatballs w/ Elbow Pasta, Cauliflower and Pumpkin Almôndegas Vegetarianas de Soja c/ Cotovelos c/ Couve Flor e Abóbora	271	16.51	9.02	28.48	Soy, Wheat, Egg, Gluten
	Vegetables	Roasted Broccoli Brócolos Assados	25	5	0	4	-

Morning snack

Early Years	Cheese stick (Flamengo cheese) and seasonal fruit Palito de queijo flamengo e fruta da época	65	4	5	1	Milk
Primary	Flamengo Cheese Stick and Vegetable Strips Palito de queijo flamengo e tiras de legumes	65	4	5	1	Milk

Afternoon snack

Early Years	Bread with Peanut Butter and Lemon Balm Tea with Apple-Pear Syrup Pão com Manteiga de Amendoim e Chá de Lúcia-Lima com Calda de Maça e Pêra	131	4	4	19	Gluten, Milk, Egg
Primary		218	7	7	31	Gluten, Milk, Egg

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

23 October | Outubro

Thursday | Quinta-feira

	Soup	Lentil Soup Sopa de Lentilhas	58	3	2	7	-
	Main course	Mushroom and Cheddar Pizza Pizza Cogumelos e Cheddar	270	12	12	29	Gluten, Milk
	Vegetarian	Margherita Pizza Pizza Margarita	250	11	10	29	Gluten, Milk
	Vegetables	Lettuce and Carrot Salad Salada de Alface e Cenoura	24	0	2	1	-

Morning snack

Early Years	Corn cakes and seasonal fruit Tortitas de milho e fruta da época	46	1	0	10	-
Primary		61	1	1	12	-

Afternoon snack

Early Years	Sourdough Bread with Peanut Butter and Milk Pão de Massa Madre com Manteiga de Amendoim e Leite	174	8	5	24	Gluten, Milk
Primary		282	13	8	39	Gluten, Milk

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

24 October | Outubro

Friday | Sexta-feira

	Soup	Spider Web Soup (Pumpkin Soup with Vermicelli) Sopa de Teia de Aranha (Sopa de Abóbora c/ Aletria)	75	2.5	0.5	15	-
	Main course	Monster Nests (Black Pasta with Turkey) Ninhos de Monstro (Massa Preta d' Peru)	263	23.4	6.6	25	-
	Vegetarian	Vegetarian Monster Nests (Black Pasta with Boiled Eggs) Ninhos de Monstro Veg (Massa Preta c/ Ovos Cozidos)	289	15.08	14.28	25.88	-
	Vegetables	Enchanted Forest Trees (Roasted Broccoli) Árvores do Bosque Encantado (Brócolos assados)	25	2	0	4	-

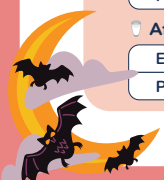
Morning snack

Early Years	Crackers and seasonal fruit Marinheiras e fruta da época	46	1	0	10	-
Primary		61	1	4	12	-

Afternoon 1

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos	
	Early Years	Cheese Bread and Stirred Yogurt with Strawberry Pão de Queijo e Iogurte Batido c/ Morango	242	7	12	25	Milk, Egg
	Primary		332	9	17	35	Milk, Egg

 In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.





Half-Term Halloween -
Attendance subject to
registration (All school)

OCTOBER WEEK 5

27 October | Outubro

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	Zucchini Soup Sopa de Curgete	45	2	1	7	-
Main course	Grilled Chicken with Lemon Sauce and Thai Rice Frango Marcado na Grelha c/ Molho de Limão e Arroz Thai	467	23	27	33	Mustard
Vegetarian	Stewed Eggs w/ Legumes (Chickpeas, Lentils & Peas) & Thai Rice Ovos Estufados c/ Leguminosas (Grão, Lentilhas e Ervilhas) e Arroz Thai	271	11.9	7.7	39.5	Goya, Mustard, Egg
Vegetables	Lettuce Salad Salada de Alface	21	0	2	0	-

Morning snack

Early Years	Boiled egg and seasonal fruit Ovo cozido e fruta da época	34	3	2	0	Egg
Primary		68	6	5	0	Egg

Afternoon snack

Early Years	Cereals and Natural Yoghurt Cereais e iogurte natural	245	8	4	44	Gluten, Milk
Primary	Granola w/ honey, nuts & Natural yoghurt Granola c/ mel, frutos secos e iogurte	200	9	10	20	Gluten, Nuts, Peanuts, Milk

In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

28 October | Outubro

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	Butter Bean Soup Sopa de Feijão Manteiga	69	5	0.38	8.72	-
Main course	Cuttlefish Stew with Roasted Potatoes Jardineira de Pota e Batatinha Assada	267	25	7	4727	Molluscs, Sulphites, Celery, Soy, Gluten
Vegetarian	Tofu Stew with Roasted Potatoes Jardineira de Tofu e Batatinha Assada	310	18	14	28	Soya, Gluten, Egg
Vegetables	Oven-Roasted Pumpkin with Thyme Abóbora no Forno c/ Tomilho	20	1	0	5	-

Morning snack

Early Years	Oat cakes and seasonal fruit Tortitas de aveia e fruta da época	46	2	0	8	-
Primary		69	3	0	12	-

Afternoon snack

Early Years	Bread with Flamengo Cheese and Milk Pão c/ Queijo Flamengo e Leite	187	9	4	26	Gluten, Milk
Primary		350	16	7	50	Gluten, Milk

In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

29 October | Outubro

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	Chard Soup Sopa de Acelgas	38	1	2	4	-
Main course	Portuguese-Style Pork Pica Pau with Basmati Rice Pica Pau de Porco À Portuguesa e Arroz Basmati	416	21	22	33.6	-
Vegetarian	Portuguese-Style Seitan Pica Pau with Basmati Rice Pica Pau Seitan à Portuguesa e Arroz Basmati	404	16	18	44.6	Gluten, Mustard
Vegetables	Roasted Broccoli Brócolos Assados	25	2	0	4	-

Morning snack

Early Years	Cheese stick (Flamengo cheese) and seasonal fruit Palito de queijo flamengo e fruta da época	65	4	5	1	Milk
Primary	Cheese stick (Flamengo cheese) and vegetable sticks Palito de queijo flamengo e tiras de legumes	65	4	5	1	Milk

Afternoon snack

Early Years	Pumpkin Marble Cake with Cocoa and Prince Herb Tea with Strawberry Bolo Mármore de Abóbora c/ Cacau e Chá Erva Príncipe c/ Morango	146	5	5	21	Gluten, Milk, Egg
Primary		243	8	8	35	Gluten, Milk, Egg

In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

30 October | Outubro

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	Chickpea Soup Sopa de Grão	129	7	5	14	-
Main course	Homemade Baked Tuna Croquettes w/ Cauliflower & Bow-Tie Pasta w/ Broccoli Croquetes Caseiros no Forno de Atum e Couve Flor e Lacinhos c/ Brócolos	297	21	10.81	28.88	Fish, Egg, Gluten, Wheat
Vegetarian	Homemade Baked Tofu Croquettes w/ Cauliflower & Bow-Tie Pasta w/ Broccoli Croquetes Caseiros no Forno de Tofu e Couve Flor e Lacinhos c/ Brócolos	276	13	11.61	28.48	Soya, Egg, Gluten, Wheat
Vegetables	Roasted Vegetables Legumes Assados	103	3	7	7	-

Morning snack

Early Years	Corn cakes and seasonal fruit Tortitas de milho e fruta da época	46	1	0	10	-
Primary		61	1	1	12	-

Afternoon snack

Early Years	Bread with Raspberry and Chia Spread, and Stirred Yogurt with Mango Pão c/ Spread de Framboesa e Chia e iogurte Batido c/ Manga	196	7	4	32	Milk, Gluten
Primary		326	11	4	58	Milk, Gluten

In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.

31 October | Outubro

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	Vegetable Soup Sopa de Legumes	51	1	3	5	-
Main course	Vegetable and Legume Lasagna (Chickpeas, Lentils and Peas) Lasanha de Legumes e Leguminosas (grão, lentilhas e ervilhas)	248	11	12	24	Gluten, Milk, Egg
Vegetarian	Spinach and Ricotta Lasagna Lasanha de Espinafres e Requeijão	285	13.5	15	25	Gluten, Milk, Egg
Vegetables	Tomato Salad with Oregano Salada de Tomate c/ Oregãos	11	1	0	3	-

Morning snack

Early Years	Crackers and seasonal fruit Marinheiras e fruta da época	50	1.2	1.2	8.4	Gluten
Primary		75	1.8	1.8	12.6	Gluten

Afternoon snack

Early Years	Savory Muffin with Vegetables and Cheese, and Milk Muffin Salgado c/ Legumes e Queijo e Leite	275	9	13	31	Gluten, Egg, Milk
Primary		299	11	13	33	Gluten, Egg, Milk

In all the snacks we have available as alternatives if needed: bread (with cheese, nut butter, or plain butter), milk, plant-based drink, and fruit.
Em todos os snacks temos disponível como alternativa em caso de necessidade: pão (com queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e fruta.