

SCHOOL MENU | EMENTA ESCOLAR  
**SEPTEMBER | SETEMBRO 2024**

**WEEK 1 | SEMANA 1**

2 September | 2 Setembro

**Monday | Segunda-feira**


		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Watercress soup</b> Sopa de agrião	69	1	5	5	-
 <b>Main course</b>	<b>Braised turkey with stroganoff served with white rice</b> Peru estufado com stroganoff servido arroz branco	284	29	4	33	Lactose
 <b>Vegetables</b>	<b>Spread</b> Espargado	42	2	2	4	-
 <b>Vegetarian</b>	<b>Grilled seitan with stroganoff sauce served with white rice</b> Seitan grelhado com molho stroganoff servido arroz branco	412	22	12	43	Gluten, Lactose, Soy

Early Years morning snack   Early Years merenda	Allergens Alergénios
<b>Boiled egg and seasonal fruit</b>   Ovo cozido e fruta da época	Egg

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
<b>Pancakes and milk</b>   Panquecas e leite	Egg, Milk, Gluten

Primary morning snack   Primary merenda	Allergens Alergénios
<b>Boiled egg and seasonal fruit</b>   Ovo cozido e fruta da época	Egg

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
<b>Pancakes and milk</b>   Panquecas e leite	Egg, 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 September | 3 Setembro

**Tuesday | Terça-feira**


		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Red bean soup</b> Sopa de feijão vermelho	65	5	1	9	-
 <b>Main course</b>	<b>Fish Pasta Stew</b> Massada de peixe com cotovelinhos	312	21	12	30	Gluten, Fish
 <b>Vegetables</b>	<b>Tomato seasoned with oregano</b> Tomate temperado com orégãos	4	0	0	1	-
 <b>Vegetarian</b>	<b>Couscous with roast vegetables and scrambled eggs</b> Couscous com legumes assados e ovos mexidos	330	14	10	46	Gluten

Early Years morning snack   Early Years merenda	Allergens Alergénios
<b>Flamengo cheese stick and seasonal fruit (cooked fruit option)</b> Palito de queijo flamengo e fruta da época (opção de fruta cozida)	Milk

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	Gluten, Peanut, Milk





Primary morning snack   Primary merenda	Allergens Alergénios
<b>Hummus and carrot strips</b>   Humus e tiras de cenoura	-

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	Gluten, Peanut, 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.

4 September | 4 Setembro

**Wednesday | Quarta-feira**


		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Carrot soup</b> Sopa de cenoura	69	1	5	5	-
 <b>Main course</b>	<b>Oven-roasted chicken breasts served with rosemary wedges</b> Peitos de frango assados no forno servidos com batatinhas wedge c/ alecrim	279	26	7	28	Lactose, Mustard
 <b>Vegetables</b>	<b>Boiled broccoli</b> Brócolos cozidos	20	2	0	3	-
 <b>Vegetarian</b>	<b>Falafel paella served with rosemary wedges</b> Paella de falafel servido com batatinhas wedge com alecrim	400	16	8	66	Gluten

Early Years morning snack   Early Years merenda	Allergens Alergénios
<b>Corn tortillas and seasonal fruit</b>   Tortilhas de milho e fruta da época	-

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
<b>Oat and plum muffin with milk</b>   Muffin aveia e ameixa e leite	Gluten, Egg, Milk





Primary morning snack   Primary merenda	Allergens Alergénios
<b>Corn tortillas and seasonal fruit</b>   Tortilhas de milho e fruta da época	-

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
<b>Oat and plum muffin with milk</b>   Muffin aveia e ameixa e leite	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.

5 September | 5 Setembro

**Thursday | Quinta-feira**


		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Chickpea soup</b> Sopa de grão	129	7	5	14	-
 <b>Main course</b>	<b>Tuna rice in the oven</b> Arroz de atum no forno	284	14	16	21	Fish
 <b>Vegetables</b>	<b>Roast vegetables</b> Legumes assados	103	3	7	7	-
 <b>Vegetarian</b>	<b>Tofu steaks with mushroom sauce served with carrot rice</b> Bifes de tofu com molho de cogumelos servidos com arroz de cenoura	461	17	17	60	Soy, Lactose

Early Years morning snack   Early Years merenda	Allergens Alergénios
<b>Banana and seasonal fruit cake</b>   Bolo de banana e fruta da época	Dried fruit, Egg

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim com batido de fruta	Peanut, Gluten, Milk





Primary morning snack   Primary merenda	Allergens Alergénios
<b>Cottage cheese with crackers and banana</b> Requeijão com cracker e banana	Milk, Gluten, Soy, Sulfitos

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
<b>Bread with cocoa and hazelnut butter with fruit smoothie</b> Pão com manteiga de cacau e avelã com batido de fruta	Dried fruit, Glute, Lieite

 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 September | 6 Setembro

**Friday | Sexta-feira**


		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Vegetable soup</b> Sopa de legumes	51	1	3	5	-
 <b>Main course</b>	<b>Rustic pizza</b> Pizza rústica	248	14	8	30	Gluten, Lactose
 <b>Vegetables</b>	<b>Tomato seasoned with oregano</b> Tomate temperado com orégãos	4	0	0	1	-
 <b>Vegetarian</b>	<b>Margarita pizza with vegetables</b> Pizza margarita com legumes	250	11	10	29	Gluten, Lactose

Early Years morning snack   Early Years merenda	Allergens Alergénios
<b>Spelt puffs and fruit puree</b>   Puffs de espelta e puré de fruta	Gluten

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
<b>Banana and oatmeal</b>   Banana e papas de aveia	Gluten

Primary morning snack   Primary merenda	Allergens Alergénios
<b>Spelt puffs and fruit puree</b>   Puffs de espelta e puré de fruta	Gluten

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
<b>Granola with ice cream</b>   Granola com gelado	Dried fruit, 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.

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**WEEK 2 | SEMANA 2**

9 September | 9 Setembro  
**Monday | Segunda-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Soup</b>	<b>Broccoli soup</b> Sopa de brócolos	68	3	4	5	-
<b>Main course</b>	<b>Roast turkey breast served with smashed potatoes</b> Peito de peru assado servido com batata à murro	283	26	7	30	Mustard
<b>Vegetables</b>	<b>Tomato seasoned with oregano</b> Tomate temperado com orégãos	4	0	0	1	-
<b>Vegetarian</b>	<b>Tofu and chickpea burger</b> Hambúrguer de tofu e grão	205	15	9	16	Soy

<b>Early Years morning snack</b>   Early Years merenda	Allergens Alergénios
Boiled egg and seasonal fruit   Ovo cozido e fruta da época	Egg

<b>Early Years afternoon snack</b>   Early Years snack da tarde	Allergens Alergénios
Spelt and banana puffs ('Oatmeal' for 1 year olds) Puffs de espelta e banana (Papas de aveia para as salas de 1 ano)	Gluten, Milk

<b>Primary morning snack</b>   Primary merenda	Allergens Alergénios
Boiled egg and seasonal fruit   Ovo cozido e fruta da época	Egg

<b>Primary afternoon snack</b>   Primary snack da tarde	Allergens Alergénios
Cereals and milk   Cereais e leite	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.

10 September | 10 Setembro  
**Tuesday | Terça-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Soup</b>	<b>Cauliflower soup</b> Sopa de couve-flor	37	3	1	4	-
<b>Main course</b>	<b>Fusilli with tuna and vegetables</b> Fuzilli com atum e legumes	368	16	16	40	Gluten, Fish
<b>Vegetables</b>	<b>Lettuce and corn salad</b> Salada de alface e milho	12	1	0	2	-
<b>Vegetarian</b>	<b>Fusilli with seitan and vegetables</b> Fuzilli com seitan e legumes	382	14	14	50	Gluten, Soy

<b>Early Years morning snack</b>   Early Years merenda	Allergens Alergénios
Flamengo cheese stick and seasonal fruit (cooked fruit option) Palito de queijo flamengo e fruta da época (opção de fruta cozida)	Milk

<b>Early Years afternoon snack</b>   Early Years snack da tarde	Allergens Alergénios
Bread with peanut butter and fruit smoothie Pão com manteiga de amendoim e batido de fruta	Peanut, Gluten, Milk

<b>Primary morning snack</b>   Primary merenda	Allergens Alergénios
Hummus with cocoa and vegetable strips Hummus com cacau e tiras de legumes	Dried fruit

<b>Primary afternoon snack</b>   Primary snack da tarde	Allergens Alergénios
Bread with peanut butter and fruit smoothie Pão com manteiga de amendoim e batido de fruta	Peanut, 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.

11 September | 11 Setembro  
**Wednesday | Quarta-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Soup</b>	<b>Pumpkin soup</b> Sopa de abóbora	29	2	1	3	-
<b>Main course</b>	<b>Chicken lasagna with heart of cabbage</b> Lasanha de frango com couve coração	353	25	17	25	Gluten, Lactose, Egg
<b>Vegetables</b>	<b>Spiced cucumber with yoghurt sauce</b> Pepino temperado com molho de iogurte	12	1	0	2	Lactose
<b>Vegetarian</b>	<b>Vegetable and legume lasagna</b> Lasanha de legumes e leguminosas	248	11	12	24	Gluten, Lactose, Egg

<b>Early Years morning snack</b>   Early Years merenda	Allergens Alergénios
Peanut butter and seasonal fruit Manteiga de amendoim e fruta da época	Peanut

<b>Early Years afternoon snack</b>   Early Years snack da tarde	Allergens Alergénios
Apple and pear muffin with natural yoghurt Muffin maçã e pêra e iogurte natural	Gluten, Egg, Milk

<b>Primary morning snack</b>   Primary merenda	Allergens Alergénios
Peanut butter and seasonal fruit Manteiga de amendoim e fruta da época	Peanut

<b>Primary afternoon snack</b>   Primary snack da tarde	Allergens Alergénios
Apple and pear muffin with natural yoghurt Muffin maçã e pêra e iogurte natural	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.

12 September | 12 Setembro  
**Thursday | Quinta-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Soup</b>	<b>Lentil soup</b> Sopa de lentilhas	58	3	2	7	-
<b>Main course</b>	<b>Gomes de Sá cod</b> Bacalhau à Gomes de Sá	256	23	8	23	Fish, Egg
<b>Vegetables</b>	<b>Lettuce and tomato salad</b> Salada de alface e tomate	4	0	0	1	-
<b>Vegetarian</b>	<b>Pumpkin, pea and chickpea Mac &amp; Cheese</b> Mac & Cheese de abóbora, ervilhas e grão	318	13	14	35	Gluten, Lactose, Egg

<b>Early Years morning snack</b>   Early Years merenda	Allergens Alergénios
Corn tortilla and seasonal fruit   Tortilha de milho e fruta da época	-

<b>Early Years afternoon snack</b>   Early Years snack da tarde	Allergens Alergénios
Yoghurt and milk cake   Bolo de iogurte e leite	Peanut, Egg, Milk

<b>Primary morning snack</b>   Primary merenda	Allergens Alergénios
Cottage cheese with crackers and seasonal fruit Requeijão com crackers e fruta da época	Milk, Gluten, Soy, Sulfites

<b>Primary afternoon snack</b>   Primary snack da tarde	Allergens Alergénios
Yoghurt and milk cake   Bolo de iogurte e leite	Peanut, 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.

13 September | 13 Setembro  
**Friday | Sexta-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Soup</b>	<b>White bean soup</b> Sopa de feijão branco	227	13	7	28	-
<b>Main course</b>	<b>Meatloaf with vegetables served with Thai rice</b> Rolo de carne com legumes acompanhado arroz Thai	303	20	7	40	Gluten
<b>Vegetables</b>	<b>Roast vegetables</b> Legumes assados	103	3	7	7	-
<b>Vegetarian</b>	<b>Ratatouille of tofu and roasted vegetables served with Thai rice</b> Ratatouille de tofu e legumes assados acompanhado arroz Thai	260	19	4	37	Soy

<b>Early Years morning snack</b>   Early Years merenda	Allergens Alergénios
Spelt puffs with fruit puree   Puffs de espelta e puré de fruta	Gluten

<b>Early Years afternoon snack</b>   Early Years snack da tarde	Allergens Alergénios
Seasonal fruit and hot oatmeal Fruta da época e papa de aveia quente	Gluten

<b>Primary morning snack</b>   Primary merenda	Allergens Alergénios
Spelt puffs with cocoa and fruit puree Puffs de espelta com cacau e puré de fruta	Gluten

<b>Primary afternoon snack</b>   Primary snack da tarde	Allergens Alergénios
Cereal bread with cottage cheese and natural yoghurt Pão de cereais com requeijão e iogurte natural	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.

	Mo	Tu	We	Th	Fr	Sa	Su
							1
W 1	2	3	4	5	6	7	8
W 2	9	10	11	12	13	14	15
W 3	16	17	18	19	20	21	22
W 4	23	24	25	26	27	28	29
W 6	30						

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**WEEK 3 | SEMANA 3**

16 September | 16 Setembro  
**Monday | Segunda-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Soup</b>	<b>Spinach soup</b> Sopa de espinafres	42	3	2	3	-
<b>Main course</b>	<b>Grilled burger served with spaghetti</b> Hambúrguer marcado na grelha acompanhado com esparguete	448	26	16	46	Gluten
<b>Vegetables</b>	<b>Pea puree</b> Puré de ervilhas	47	2	3	3	-
<b>Vegetarian</b>	<b>Grilled veggie burger served with spaghetti</b> Hambúrguer vegetariano marcado na grelha acompanhado com esparguete	338	19	6	52	Soy, Gluten

Early Years morning snack   Early Years merenda	Allergens Alergénios
Boiled egg and seasonal fruit   Ovo cozido e fruta da época	Egg

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
Pancakes and milk   Panquecas e leite	Egg, Milk, Gluten

Primary morning snack   Primary merenda	Allergens Alergénios
Boiled egg and seasonal fruit   Ovo cozido e fruta da época	Egg

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
Pancakes and milk   Panquecas e leite	Egg, Milk, Gluten

**i** 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 September | 17 Setembro  
**Tuesday | Terça-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Soup</b>	<b>Chicken soup</b> Canja de galinha	62	4	2	7	Gluten
<b>Main course</b>	<b>Cod with cream</b> Bacalhau com natas	248	15	12	20	Gluten, Lactose, Fish
<b>Vegetables</b>	<b>Roast carrot sticks</b> Palitos de cenoura assada	171	1	3	35	-
<b>Vegetarian</b>	<b>Tofu tortilla with mushrooms</b> Tortilha de tofu com cogumelos	181	17	9	9	Soy, Egg

Early Years morning snack   Early Years merenda	Allergens Alergénios
Flamengo cheese stick and seasonal fruit (cooked fruit option) Palito de queijo flamengo e fruta da época (opção de fruta cozida)	Milk

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
Bread with peanut butter and fruit smoothie Pão com manteiga de amendoim e batido de fruta	Gluten, Peanut, Milk

Primary morning snack   Primary merenda	Allergens Alergénios
Hummus and carrot sticks   Humus e tiras de cenoura	-

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
Bread with peanut butter and fruit smoothie Pão com manteiga de amendoim e batido de fruta	Gluten, Peanut, Milk

**i** 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.

18 September | 18 Setembro  
**Wednesday | Quarta-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Soup</b>	<b>Coriander soup</b> Sopa de coetros	64	2	4	5	-
<b>Main course</b>	<b>Turkey chilli served with Thai rice</b> Chili de peru com acompanhado com arroz Thai	304	23	4	44	-
<b>Vegetables</b>	<b>Tomatoes and cucumbers</b> Tomate e pepino	4	0	0	1	-
<b>Vegetarian</b>	<b>Soya chilli served with Thai rice</b> Chili de soja acompanhado com arroz Thai	405	23	9	58	Soy

Early Years morning snack   Early Years merenda	Allergens Alergénios
Corn tortillas and seasonal fruit   Tortilhas de milho e fruta da época	-

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
Oat and plum muffin with milk   Muffin aveia e ameixa com leite	Gluten, Egg, Milk

Primary morning snack   Primary merenda	Allergens Alergénios
Corn tortillas and seasonal fruit   Tortilhas de milho e fruta da época	-

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
Oat and plum muffin with milk   Muffin aveia e ameixa com leite	Gluten, Egg, Milk

**i** 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.

19 September | 19 Setembro  
**Thursday | Quinta-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Soup</b>	<b>Broccoli soup</b> Sopa de brócolos	68	3	4	5	-
<b>Main course</b>	<b>Fish gratin</b> Gratinado de peixe	181	19	9	6	Lactose, Fish
<b>Vegetables</b>	<b>Cucumber with yoghurt sauce</b> Pepino com molho de iogurte	12	1	0	2	Lactose
<b>Vegetarian</b>	<b>Spring rice with seitan</b> Arroz primavera com seitan	360	16	12	47	Gluten, Egg

Early Years morning snack   Early Years merenda	Allergens Alergénios
Seasonal fruit and banana cake   Bolo de banana e fruta da época	Dried fruit, Egg

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
Bread with peanut butter and fruit smoothie Pão com manteiga de amendoim e batido de fruta	Peanut, Gluten, Milk

Primary morning snack   Primary merenda	Allergens Alergénios
Cottage cheese with crackers and banana Requeijão com crackers e banana	Milk, Gluten, Soy, Sulfites

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
Bread with cocoa and hazelnut butter and fruit smoothie Pão com manteiga de cacau e avelã e batido de fruta	Dried fruit, Gluten, Milk

**i** 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 September | 20 Setembro  
**Friday | Sexta-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Soup</b>	<b>Vegetable soup</b> Sopa de legumes	51	1	3	5	-
<b>Main course</b>	<b>Stewed chicken with carrots and tomatoes served with mashed potatoes</b> Frango estufado com cenoura e tomate acompanhado com puré de batata	350	39	10	26	-
<b>Vegetables</b>	<b>Boiled broccoli</b> Brócolos cozidos	20	2	0	3	-
<b>Vegetarian</b>	<b>Tempeh with chickpeas and carrots served with mashed potatoes</b> Tempeh estufado com grão e cenoura acompanhado com puré de batata	152	19	4	10	Soy, Mustard, Gluten

Early Years morning snack   Early Years merenda	Allergens Alergénios
Spelt puffs with fruit puree   Puffs de espelta com puré de fruta	Gluten

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
Oatmeal and banana   Papas de aveia e banana	Gluten

Primary morning snack   Primary merenda	Allergens Alergénios
Spelt puffs with fruit puree   Puffs de espelta com puré de fruta	Gluten

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
Granola and ice-cream   Granola e gelado	Dried fruit, Gluten, Milk

**i** 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.





SCHOOL MENU | EMENTA ESCOLAR  
**SEPTEMBER | SETEMBRO 2024**

September 2024						
Mo	Tu	We	Th	Fr	Sa	Su
						1
W 1	2	3	4	5	6	7
W 2	9	10	11	12	13	14
W 3	16	17	18	19	20	21
W 4	23	24	25	26	27	28
W 6	30					

**WEEK 4 | SEMANA 4**

23 September | 23 Setembro

**Monday | Segunda-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Carrot soup</b> Sopa de cenoura	38	2	2	3	-
 <b>Main course</b>	<b>Meatball with tomato sauce served with Thai rice</b> Almôndega com molho de tomate servidas com Arroz Thai	442	23	18	46	Gluten
 <b>Vegetables</b>	<b>Boiled broccoli</b> Brócolos cozidos	20	2	0	3	-
 <b>Vegetarian</b>	<b>Vegetarian meatballs served with Thai rice</b> Almôndega vegetarianas servidas com Arroz Thai	359	17	11	48	Gluten, Lactose, Soy, Mustard

Early Years morning snack   Early Years merenda	Allergens Alergénios
<b>Boiled egg and seasonal fruit</b>   Ovo cozido e fruta da época	Egg

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
<b>Spelt and banana puffs ('Oatmeal' for 1 year olds)</b> Puffs de espelta e banana (Papas de aveia para as salas de 1 ano)	Gluten, Milk

Primary morning snack   Primary merenda	Allergens Alergénios
<b>Boiled egg and seasonal fruit</b>   Ovo cozido e fruta da época	Egg

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
<b>Cereals and milk</b>   Cereais e leite	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 September | 24 Setembro

**Tuesday | Terça-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Chicken soup</b> Sopa de grão	129	7	5	14	-
 <b>Main course</b>	<b>Plaice filets with herb crumble served with carrot rice</b> Filetes de solha com crumble de ervas acompanhado com arroz de cenoura	337	18	5	55	Gluten, Fish
 <b>Vegetables</b>	<b>Portuguese-style spinach purée</b> Espargado	42	2	2	4	-
 <b>Vegetarian</b>	<b>Grilled seitan with herb crumble served with carrot rice</b> Seitan grelhado com crumble de ervas acompanhado com arroz de cenoura	463	32	15	50	Gluten

Early Years morning snack   Early Years merenda	Allergens Alergénios
<b>Flamengo cheese stick and seasonal fruit (cooked fruit option)</b> Palito de queijo flamengo e fruta da época (opção de fruta cozida)	Milk

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	Peanut, Gluten, Milk





Primary morning snack   Primary merenda	Allergens Alergénios
<b>Hummus with cocoa and vegetable strips</b> Hummus com cacau e tiras de legumes	Dried fruit

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	Peanut, 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.

25 September | 25 Setembro

**Wednesday | Quarta-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Spinach soup</b> Sopa de espinafre	42	3	2	3	-
 <b>Main course</b>	<b>Grilled chicken with lemon sauce served with potato sticks</b> Frango marcado na grelha com molho de limão acompanhado com batatas aos palitos	529	24	33	34	-
 <b>Vegetables</b>	<b>Lettuce and tomatoes</b> Alface e tomate	4	0	0	1	-
 <b>Vegetarian</b>	<b>Chickpea and pumpkin curry served with potato sticks</b> Caril de grão e abobora acompanhado com batatas aos palitos	374	13	14	49	-

Early Years morning snack   Early Years merenda	Allergens Alergénios
<b>Peanut butter and seasonal fruit</b> Manteiga de amendoim e fruta da época	Peanut

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
<b>Apple and pear muffin with natural yoghurt</b> Muffin de maçã e pêra com iogurte natural	Gluten, Egg, Milk

Primary morning snack   Primary merenda	Allergens Alergénios
<b>Peanut butter and seasonal fruit</b> Manteiga de amendoim e fruta da época	Peanut

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
<b>Apple and pear muffin with natural yoghurt</b> Muffin de maçã e pêra com iogurte natural	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.

26 September | 26 Setembro

**Thursday | Quinta-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Red bean soup</b> Sopa de feijão vermelho	65	5	1	9	-
 <b>Main course</b>	<b>Seabass filets roasted with herbs and lemon served with tomato rice</b> Filetes de robalo assados com ervas e limão acompanhado com arroz de tomate	272	23	4	36	Fish
 <b>Vegetables</b>	<b>Boiled carrots</b> Cenoura cozida	4	0	0	1	-
 <b>Vegetarian</b>	<b>Grilled seitan with lemon sauce served with tomato rice</b> Seitan marcado na grelha com molho de limão acompanhado com arroz de tomate	428	33	12	47	Gluten, Lactose

Early Years morning snack   Early Years merenda	Allergens Alergénios
<b>Corn tortillas and seasonal fruit</b>   Tortilhas de milho e fruta da época	-

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
<b>Yoghurt cake with milk</b>   Bolo de iogurte com leite	Peanut, Egg, Milk





Primary morning snack   Primary merenda	Allergens Alergénios
<b>Cottage cheese and crackers with seasonal fruit</b> Requeijão e crackers com fruta da época	Milk, Gluten, Soy, Sulfites

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
<b>Yoghurt cake with milk</b>   Bolo de iogurte com leite	Peanut, 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.

27 September | 27 Setembro

**Friday | Sexta-feira**

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Pumpkin soup</b> Sopa de abóbora	29	2	1	3	-
 <b>Main course</b>	<b>Traditional Portuguese duck rice</b> Arroz de pato à antiga portuguesa	286	17	6	41	Soy
 <b>Vegetables</b>	<b>Tomato seasoned with oregano</b> Tomate temperado com orégãos	4	0	0	1	-
 <b>Vegetarian</b>	<b>Spiced rice with falafel</b> Arroz de especiarias com falafel	230	15	2	38	Gluten

Early Years morning snack   Early Years merenda	Allergens Alergénios
<b>Spelt puffs with fruit puree</b>   Puffs de espelta com puré de fruta	Gluten

Early Years afternoon snack   Early Years snack da tarde	Allergens Alergénios
<b>Seasonal fruit and hot oatmeal</b> Fruta da época e papas de aveia quente	Gluten

Primary morning snack   Primary merenda	Allergens Alergénios
<b>Spelt puffs with cocoa and fruit puree</b> Puffs de espelta com cacau e puré de fruta	Gluten

Primary afternoon snack   Primary snack da tarde	Allergens Alergénios
<b>Cereal bread with cottage cheese and natural yoghurt</b> Pão de cereais com requeijão e iogurte natural	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.




See the full nutritional table for the snacks [here](#)  
Veja a tabela nutricional completa dos snacks, [aqui](#)


**WEEK 5 | SEMANA 5**


30 September | 30 Setembro  
**Monday | Segunda-feira**



		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 <b>Soup</b>	<b>Green bean soup</b> Sopa de feijão verde	69	1	5	5	-
 <b>Main course</b>	<b>Beef bolognese with lentils served with spaghetti</b> Bolonhesa de novilho com lentilhas servido com esparguete	388	19	9	47	Gluten
 <b>Vegetables</b>	<b>Roasted vegetables</b> Legumes assados	103	8	2	44	-
 <b>Vegetarian</b>	<b>Lentil bolognese served with spaghetti</b> Bolonhesa de lentilhas servido com esparguete	449	19	9	73	Gluten

 <b>Early Years morning snack</b>   Early Years merenda	Allergens Alergénios
<b>Boiled egg and seasonal fruit</b>   Ovo cozido e fruta da época	Egg

 <b>Early Years afternoon snack</b>   Early Years snack da tarde	Allergens Alergénios
<b>Pancakes and milk</b>   Panquecas e leite	Egg, Milk, Gluten

 <b>Primary morning snack</b>   Primary merenda	Allergens Alergénios
<b>Boiled egg and seasonal fruit</b>   Ovo cozido e fruta da época	Egg

 <b>Primary afternoon snack</b>   Primary snack da tarde	Allergens Alergénios
<b>Pancakes and milk</b>   Panquecas e leite	Egg, 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.



NUTRITIONAL TABLE OF SNACKS | TABELA NUTRICIONAL DOS SNACKS  
**SEPTEMBER | SETEMBRO 2024**

**WEEK 1 | SEMANA 1**

2 September | 2 Setembro

**Monday | Segunda-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Boiled egg and seasonal fruit</b> Ovo cozido e fruta da época	37	1	3	3	Egg
<b>Primary morning snack   Primary merenda</b>					
<b>Boiled egg and seasonal fruit</b> Ovo cozido e fruta da época	37	1	3	3	Egg
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Pancakes and milk</b> Panquecas e leite	247	9	12	13	Egg, Milk, Gluten
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Pancakes and milk</b> Panquecas e leite	247	9	12	13	Egg, 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 September | 3 Setembro

**Tuesday | Terça-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Flamengo cheese stick and seasonal fruit (cooked fruit option)</b> Palito de queijo flamengo e fruta da época (opção de fruta cozida)	65	4	5	1	Milk
<b>Primary morning snack   Primary merenda</b>					
<b>Hummus and carrot strips</b> Hummus e tiras de cenoura	60	2	2	7	-
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	265	9	4	45	Gluten, Peanut, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	265	9	4	45	Gluten, Peanut, 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.

4 September | 4 Setembro

**Wednesday | Quarta-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Corn tortillas and seasonal fruit</b> Tortilhas de milho e fruta da época	61	1	1	12	-
<b>Primary morning snack   Primary merenda</b>					
<b>Corn tortillas and seasonal fruit</b> Tortilhas de milho e fruta da época	61	1	1	12	-
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Oat and plum muffin with milk</b> Muffin aveia e ameixa e leite	263	8	6	38	Gluten, Egg, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Oat and plum muffin with milk</b> Muffin aveia e ameixa e leite	263	8	6	38	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.

5 September | 5 Setembro

**Thursday | Quinta-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Banana and seasonal fruit cake</b> Bolo de banana e fruta da época	172	3	4	31	Dried fruit, Egg
<b>Primary morning snack   Primary merenda</b>					
<b>Cottage cheese with crackers and banana</b> Requeijão com cracker e banana	324	5	32	30	Milk, Gluten, Soy, Sulfites
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim com batido de fruta	265	9	4	45	Peanut, Gluten, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Bread with cocoa and hazelnut butter with fruit smoothie</b> Pão com manteiga de cacau e avelã com batido de fruta	232	9	5	44	Peanut, 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.

6 September | 6 Setembro

**Friday | Sexta-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Spelt puffs and fruit puree</b> Puffs de espelta e puré de fruta	38,2	1	0	7	Gluten
<b>Primary morning snack   Primary merenda</b>					
<b>Spelt puffs and fruit puree</b> Puffs de espelta e puré de fruta	38,2	1	0	7	Gluten
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Banana and oatmeal</b> Banana e papas de aveia	252	8	30	16	Gluten
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Granola with ice cream</b> Granola com gelado	268	10	8	29	Dried fruit, Gluten, Lei

**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.



NUTRITIONAL TABLE OF SNACKS | TABELA NUTRICIONAL DOS SNACKS  
**SEPTEMBER | SETEMBRO 2024**

**WEEK 2 | SEMANA 2**

9 September | 9 Setembro  
**Monday | Segunda-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Boiled egg and seasonal fruit</b> Ovo cozido e fruta da época	37	1	3	3	Egg
<b>Primary morning snack   Primary merenda</b>					
<b>Boiled egg and seasonal fruit</b> Ovo cozido e fruta da época	37	1	3	3	Egg
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Spelt and banana puffs ('Oatmeal' for 1 year olds)</b> Puffs de espelta e banana (Papas de aveia para as salas de 1 ano)	162	5	14	12	Gluten, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Cereals and milk</b> Cereais e leite	208	3	31	8	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.

10 September | 10 Setembro  
**Tuesday | Terça-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Flamengo cheese stick and seasonal fruit (cooked fruit option)</b> Palito de queijo flamengo e fruta da época (opção de fruta cozida)	65	4	5	1	Milk
<b>Primary morning snack   Primary merenda</b>					
<b>Hummus with cocoa and vegetable strips</b> Humus com cacau e tiras de legumes	67	3	3	7	Dried fruit
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	265	9	4	45	Peanut, Gluten, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	265	9	4	45	Peanut, 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.

11 September | 11 Setembro  
**Wednesday | Quarta-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Peanut butter and seasonal fruit</b> Manteiga de amendoim e fruta da época	52	2	4	3	Peanut
<b>Primary morning snack   Primary merenda</b>					
<b>Peanut butter and seasonal fruit</b> Manteiga de amendoim e fruta da época	52	2	4	3	Peanut
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Apple and pear muffin with natural yoghurt</b> Muffin maçã e pêra e iogurte natural	242	8	6	39	Gluten, Egg, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Apple and pear muffin with natural yoghurt</b> Muffin maçã e pêra e iogurte natural	242	8	6	39	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.

12 September | 12 Setembro  
**Thursday | Quinta-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Corn tortilla and seasonal fruit</b> Tortilha de milho e fruta da época	61	1	1	12	-
<b>Primary morning snack   Primary merenda</b>					
<b>Cottage cheese with crackers and seasonal fruit</b> Requeijão com crackers e fruta da época	227	5	9	30	Milk, Gluten, Soy, Sulfites
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Yoghurt and milk cake   Bolo de iogurte e leite</b>	238	6	7	34	Peanut, Egg, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Yoghurt and milk cake   Bolo de iogurte e leite</b>	238	6	7	34	Peanut, 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.

13 September | 13 Setembro  
**Friday | Sexta-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Spelt puffs with fruit puree   Puffs de espelta e puré de fruta</b>	38,2	1	0	7	Gluten
<b>Primary morning snack   Primary merenda</b>					
<b>Spelt puffs with cocoa and fruit puree</b> Puffs de espelta com cacau e puré de fruta	36	12	0	24	Gluten
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Seasonal fruit and hot oatmeal</b> Fruta da época e papa de aveia quente	155	7	7	16	Gluten
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Cereal bread with cottage cheese and natural yoghurt</b> Pão de cereais com requeijão e iogurte natural	325	14	9	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.

	Mo	Tu	We	Th	Fr	Sa	Su
							1
W 1	2	3	4	5	6	7	8
W 2	9	10	11	12	13	14	15
W 3	16	17	18	19	20	21	22
W 4	23	24	25	26	27	28	29
W 6	30						



NUTRITIONAL TABLE OF SNACKS | TABELA NUTRICIONAL DOS SNACKS  
**SEPTEMBER | SETEMBRO 2024**

**WEEK 3 | SEMANA 3**

16 September | 16 Setembro  
**Monday | Segunda-feira**

	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Early Years morning snack   Early Years merenda</b>					
<b>Boiled egg and seasonal fruit</b> Ovo cozido e fruta da época	37	1	3	3	Egg
<b>Primary morning snack   Primary merenda</b>					
<b>Boiled egg and seasonal fruit</b> Ovo cozido e fruta da época	37	1	3	3	Egg
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Pancakes and milk</b> Panquecas e leite	247	9	12	13	Egg, Milk, Gluten
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Pancakes and milk</b> Panquecas e leite	247	9	12	13	Egg, 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 September | 17 Setembro  
**Tuesday | Terça-feira**

	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Early Years morning snack   Early Years merenda</b>					
<b>Flamengo cheese stick and seasonal fruit (cooked fruit option)</b> Palito de queijo flamengo e fruta da época (opção de fruta cozida)	65	4	5	1	Milk
<b>Primary morning snack   Primary merenda</b>					
<b>Hummus and carrot sticks</b> Hummus e tiras de cenoura	60	2	2	7	-
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	265	9	4	45	Gluten, Peanut, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	265	9	4	45	Gluten, Peanut, 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.

18 September | 18 Setembro  
**Wednesday | Quarta-feira**

	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Early Years morning snack   Early Years merenda</b>					
<b>Corn tortillas and seasonal fruit</b> Tortilhas de milho e fruta da época	61	1	1	12	-
<b>Primary morning snack   Primary merenda</b>					
<b>Corn tortillas and seasonal fruit</b> Tortilhas de milho e fruta da época	61	1	1	12	-
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Oat and plum muffin with milk</b> Muffin aveia e ameixa com leite	263	8	6	38	Gluten, Egg, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Oat and plum muffin with milk</b> Muffin aveia e ameixa com leite	263	8	6	38	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.

19 September | 19 Setembro  
**Thursday | Quinta-feira**

	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Early Years morning snack   Early Years merenda</b>					
<b>Banana and banana cake</b> Bolo de banana e banana	221	3.5	15.5	31	Dried fruit, Egg
<b>Primary morning snack   Primary merenda</b>					
<b>Cottage cheese with crackers and banana</b> Requeijão com crackers e banana	324	6	32	30	Dried fruit, Egg
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	265	9	4	45	Peanut, Gluten, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Bread with cocoa and hazelnut butter and fruit smoothie</b> Pão com manteiga de cacau e avelã e batido de fruta	232	9	5	44	Peanut, 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.

20 September | 20 Setembro  
**Friday | Sexta-feira**

	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Early Years morning snack   Early Years merenda</b>					
<b>Spelt puffs with fruit puree</b> Puffs de espelta com puré de fruta	38,2	1	0	7	Gluten
<b>Primary morning snack   Primary merenda</b>					
<b>Spelt puffs with fruit puree  </b> Puffs de espelta com puré de fruta	38,2	1	0	7	Gluten
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Oatmeal and banana</b> Papas de aveia e banana	252	8	30	16	Gluten
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Granola and ice-cream</b> Granola e gelado	228	10	8	29	Dried fruit, 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.





NUTRITIONAL TABLE OF SNACKS | TABELA NUTRICIONAL DOS SNACKS  
**SEPTEMBER | SETEMBRO 2024**

**WEEK 4 | SEMANA 4**

23 September | 23 Setembro  
**Monday | Segunda-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Boiled egg and seasonal fruit</b> Ovo cozido e fruta da época	37	1	3	3	Egg
<b>Primary morning snack   Primary merenda</b>					
<b>Boiled egg and seasonal fruit</b> Ovo cozido e fruta da época	37	1	3	3	Egg
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Spelt and banana puffs ('Oatmeal' for 1 year olds)</b> Puffs de espelta e banana (Papas de aveia para as salas de 1 ano)	162	5	14	12	Gluten, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Cereals and milk</b> Cereais e leite	208	3	31	8	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 September | 24 Setembro  
**Tuesday | Terça-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Flamengo cheese stick and seasonal fruit (cooked fruit option)</b> Palito de queijo flamengo e fruta da época (opção de fruta cozida)	65	4	5	1	Milk
<b>Primary morning snack   Primary merenda</b>					
<b>Hummus with cocoa and vegetable strips</b> Humus com cacau e tiras de legumes	67	3	3	7	Dried fruit
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	265	9	4	45	Peanut, Gluten, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Bread with peanut butter and fruit smoothie</b> Pão com manteiga de amendoim e batido de fruta	265	9	4	45	Peanut, 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.

25 September | 25 Setembro  
**Wednesday | Quarta-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Peanut butter and seasonal fruit</b> Manteiga de amendoim e fruta da época	52	2	4	3	Peanut
<b>Primary morning snack   Primary merenda</b>					
<b>Peanut butter and seasonal fruit</b> Manteiga de amendoim e fruta da época	52	2	4	3	Peanut
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Apple and pear muffin with natural yoghurt</b> Muffin de maçã e pêra com iogurte natural	242	8	6	39	Gluten, Egg, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Apple and pear muffin with natural yoghurt</b> Muffin de maçã e pêra com iogurte natural	242	8	6	39	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.

26 September | 26 Setembro  
**Thursday | Quinta-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Corn tortillas and seasonal fruit</b> Tortilhas de milho e fruta da época	61	1	1	12	-
<b>Primary morning snack   Primary merenda</b>					
<b>Cottage cheese and crackers with seasonal fruit</b> Requeijão e crackers com fruta da época	227	5	9	30	Milk, Gluten, Soy, Sulfites
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Yoghurt cake with milk</b>   Bolo de iogurte com leite	238	6	7	34	Peanut, Egg, Milk
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Yoghurt cake with milk</b>   Bolo de iogurte com leite	238	6	7	34	Peanut, 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.

27 September | 27 Setembro  
**Friday | Sexta-feira**

Early Years morning snack   Early Years merenda	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Spelt puffs with fruit puree</b>   Puffs de espelta com puré de fruta	38,2	1	0	7	Gluten
<b>Primary morning snack   Primary merenda</b>					
<b>Spelt puffs with cocoa and fruit puree</b> Puffs de espelta com cacau e puré de fruta	36	12	0	24	Gluten
<b>Early Years afternoon snack   Early Years snack da tarde</b>					
<b>Seasonal fruit and hot oatmeal</b> Fruta da época e papas de aveia quente	155	7	7	16	Gluten
<b>Primary afternoon snack   Primary snack da tarde</b>					
<b>Cereal bread with cottage cheese and natural yoghurt</b> Pão de cereais com requeijão e iogurte natural	325	14	9	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.



	Mo	Tu	We	Th	Fr	Sa	Su
							1
W 1	2	3	4	5	6	7	8
W 2	9	10	11	12	13	14	15
W 3	16	17	18	19	20	21	22
W 4	23	24	25	26	27	28	29
W 6	30						



WEEK 5 | SEMANA 5

30 September | 30 Setembro  
Monday | Segunda-feira

🍏 Early Years morning snack | Early Years merenda

	VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
<b>Boiled egg and seasonal fruit</b> Ovo cozido e fruta da época	37	1	3	3	Egg

🍏 Primary morning snack | Primary merenda

<b>Boiled egg and seasonal fruit</b> Ovo cozido e fruta da época	37	1	3	3	Egg
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🍷 Early Years afternoon snack | Early Years snack da tarde

<b>Pancakes and milk</b>   Panquecas e leite	247	9	12	13	Egg, Milk, Gluten
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🍷 Primary afternoon snack | Primary snack da tarde

<b>Pancakes and milk</b>   Panquecas e leite	247	9	12	13	Egg, Milk, Gluten
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📌 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.