





Week 1 | Semana 1

5 May | 5 Maio

Monday | Segunda-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|--|-----|-----------|----------|---------|----------------------|
|  Soup | Broccoli soup Sopa de brócolos | 68 | 3 | 4 | 5 | - |
|  Main course | Beef and lentil Bolognese served with spaghetti Bolonhesa de novilho com lentilhas acompanhado por esparguete | 331 | 20 | 27 | 2 | Gluten |
|  Vegetarian | Lentil Bolognese served with spaghetti Bolonhesa de lentilhas acompanhado por esparguete | 76 | 9 | 4 | 1 | Gluten |
|  Vegetables | Beetroot with yoghurt Beterraba com iogurte | 16 | 1 | 0 | 3 | Milk |

 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 | Cereal and yogurt whipped with raspberry Cereais e iogurte batido com framboesa | 228 | 6 | 3 | 43 | Gluten, Milk |
|  Primary | Granola with honey and dried fruits with yogurt whipped with raspberry Granola com mel e frutos secos com iogurte batido com framboesa | 183 | 7 | 9 | 19 | Gluten, Nuts, 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 May | 6 Maio

Tuesday | Terça-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|---|--|-----|-----------|----------|---------|--------------------------|
|  Soup | Green Bean Soup Sopa de Feijão Verde | 73 | 1 | 5 | 6 | - |
|  Main course | Homemade Baked Hake Fish Fingers served with carrot rice Douradinhos de Pescada Caseiro no Forno com Arroz de Cenoura | 387 | 32 | 6.5 | 50 | Fish, Egg, Gluten, Wheat |
|  Vegetarian | Homemade Baked Tofu Fingers served with carrot rice Douradinhos de Tofu Caseiro no Forno com Arroz de Cenoura | 361 | 30 | 7 | 45 | Fish, Egg, Gluten, Wheat |
|  Vegetables | Roast vegetables Legumes assados | 103 | 30 | 7 | 45 | - |

 Morning snack

| | | | | | | |
|--|---|----|---|---|----|---|
|  Early Years | Oatcakes and seasonal fruit Tortitas de aveia e fruta da época | 46 | 2 | 0 | 8 | - |
|  Primary | Oatcakes 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, Peanut, Milk |
|  Primary | Bread with peanut butter and milk Pão com manteiga de amendoim e leite | 324 | 24 | 6 | 52 | 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.


7 May | 7 Maio



Wednesday | Quarta-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---|-----|-----------|----------|---------|----------------------|
|  Soup | Carrot soup Sopa de cenoura | 38 | 2 | 2 | 3 | - |
|  Main course | Portuguese-style pica-pau, served with potato sticks Pica-pau de porco à portuguesa, acompanhado de batatas em palitos | 492 | 23 | 28 | 37 | Mustard, Gluten |
|  Vegetarian | Portuguese-style seitan pica-pau, served with potato sticks Pica-pau de seitan à portuguesa, acompanhado de batatas em palitos | 480 | 18 | 24 | 48 | Gluten, Lactose |
|  Vegetables | Boiled broccoli Brócolos cozidos | 20 | 2 | 0 | 3 | - |

 Morning snack

| | | | | | | |
|--|---|----|---|---|---|------|
|  Early Years | Flemish cheese stick and seasonal fruit Palito de queijo flamengo e fruta da época | 65 | 4 | 5 | 1 | Milk |
|  Primary | Flemish cheese stick and seasonal fruit Palito de queijo flamengo e fruta da época | 65 | 4 | 5 | 1 | Milk |



 Afternoon snack

| | | | | | | |
|--|---|-----|---|---|----|-------------------|
|  Early Years | Hot porridge with seasonal fruit Papas de aveia quente com fruta da época | 155 | 7 | 4 | 22 | Gluten, Milk |
|  Primary | Apple and pear cake with whipped yoghurt and mango Bolo de maçã e pera com iogurte batido c/ manga | 210 | 7 | 4 | 36 | 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.


8 May | 8 Maio

Thursday | Quinta-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---|-----|-----------|----------|---------|--------------------------|
|  Soup | White bean soup Sopa de feijão branco | 227 | 13 | 39 | 28 | - |
|  Main course | Hake Fish Balls served with Thai Rice Almôndegas de Pescada acompanhadas por arroz basmati | 279 | 28.4 | 6 | 21 | Fish, Wheat, Egg, Gluten |
|  Vegetarian | Vegetarian Soy Meatballs served with Basmati Rice Almôndegas Vegetarianas de Soja acompanhadas por arroz basmati | 276 | 16 | 4.48 | 43 | Fish, Wheat, Egg, Gluten |
|  Vegetables | Lettuce salad Salada de alface | 12 | 1 | 0 | 2 | - |

 Morning snack

| | | | | | | |
|--|---|----|---|---|----|---|
|  Early Years | Corn tortillas and seasonal fruit Tortitas de milho e fruta da época | 46 | 5 | 3 | 20 | - |
|  Primary | Corn tortillas and seasonal fruit Tortitas de milho e fruta da época | 61 | 1 | 1 | 12 | - |





 Afternoon snack

| | | | | | | |
|--|--|-----|----|---|----|--------------|
|  Early Years | Bread with curd cheese and milk Pão com requeijão e leite | 179 | 8 | 5 | 26 | Gluten, Milk |
|  Primary | Bread with curd cheese and milk Palito de queijo flamengo e leite | 334 | 15 | 8 | 47 | 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.

9 May | 9 Maio

Friday | Sexta-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---|-----|-----------|----------|---------|----------------------|
|  Soup | Chard soup Sopa de Acelgas | 38 | 1 | 2 | 4 | - |
|  Main course | Traditional Portuguese Duck Rice Arroz de Pato à antiga portuguesa | 286 | 17 | 6 | 41 | Soya |
|  Vegetarian | Spiced Rice with Falafel Arroz de Especiarias c/ Falafel | 230 | 15 | 2 | 38 | Gluten |
|  Vegetables | Roasted Carrot Sticks Palitos Cenoura Assada | 171 | 1 | 3 | 35 | - |

 Morning snack

| | | | | | | |
|--|--|----|-----|-----|------|--------|
|  Early Years | Crackers with seasonal fruit Marinheiras com fruta da época | 50 | 1.2 | 1.2 | 8.4 | Gluten |
|  Primary | Cracker and vegetable strips Marinheiras e tiras de legumes | 75 | 1.8 | 1.8 | 12.6 | Gluten |

 Afternoon snack





| | | | | | | |
|--|---|-----|---|---|----|-------------------|
|  Early Years | Golden Sultanas Donuts and Strawberry Lemongrass Tea Donuts de Sultanas Douradas e Chá de Morango Lemongrass | 164 | 5 | 6 | 27 | Milk, Egg, Gluten |
|  Primary | Golden Sultanas Donuts and Strawberry Lemongrass Tea Donuts de Sultanas Douradas e Chá de Morango Lemongrass | 164 | 5 | 4 | 27 | 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.

Week 2 | Semana 2

12 May | 12 Maio

Monday | Segunda-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---|-----|-----------|----------|---------|-----------------------|
|  Soup | Cauliflower soup Sopa de Couve Flor | 37 | 3 | 1 | 4 | - |
|  Main course | Oven-Roasted Chicken Legs served with Elbow Pasta, Cauliflower and Butternut Squash Pernas de frango assadas no forno, acompanhadas de Cotovelos c/ Couve Flor e Abóbora | 373 | 25 | 14 | 35 | Mustard |
|  Vegetarian | Seitan with mustard sauce, served with Elbow Pasta, Cauliflower and Butternut Squash Seitan com molho de mostarda, de Cotovelos c/ Couve Flor e Abóbora | 452 | 10 | 10 | 38 | Mustard, Gluten, Milk |
|  Vegetables | Roasted Carrot Sticks Palitos Cenoura Assada | 171 | 1 | 3 | 35 | - |

 Morning snack

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





 Afternoon snack

| | | | | | | |
|--|---|-----|---|----|----|------------------------------|
|  Early Years | Cereals and yoghurt with raspberrie Cereais e iogurte batido com framboesa | 228 | 6 | 3 | 43 | Gluten, Milk |
|  Primary | Granola with honey and nuts and cocoa and yoghurt with raspberries Granola com mel e frutos secos e cacau e iogurte batido com framboesa | 198 | 7 | 10 | 20 | Gluten, Hard-She Ued Fruits, |

 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 May | 13 Maio

Tuesday | Terça-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|---|---|-----|-----------|----------|---------|--------------------------------|
|  Soup | Lentil soup Sopa de lentilhas | 58 | 3 | 2 | 7 | - |
|  Main course | Hake Pie with Pink Sauce Bôla de Pescada c/ Molho Rosa | 320 | 16 | 16 | 28 | Gluten, Wheat, Egg, Fish, Milk |
|  Vegetarian | Lentil Pie with Pink Sauce Bôla de Lentilhas c/ Molho Rosa | 326 | 11 | 14 | 39 | Gluten, Wheat, Egg, Fish, Milk |
|  Vegetables | Lettuce and corn Alface e milho | 12 | 1 | 0 | 2 | - |

 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 tiras de cenoura e fruta | 74 | 6 | 5 | 1 | Egg |





 Afternoon snack

| | | | | | | |
|--|---|-----|----|---|------|--------------|
|  Early Years | Bread with peanut butter and milk Pão c/ Manteiga Amendoim e Leite | 174 | 8 | 4 | 4327 | Gluten, Milk |
|  Primary | Bread with peanut butter and milk Pão c/ Manteiga Amendoim e Leite | 314 | 14 | 6 | 52 | 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.


14 May | 14 Maio

Wednesday | Quarta-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---|-----|-----------|----------|---------|----------------------|
|  Soup | Broccoli soup Sopa de brócolos | 68 | 3 | 4 | 5 | - |
|  Main course | Turkey Chilli with Thai Rice Chilli de Peru acompanhado por Arroz Thai | 304 | 23 | 4 | 44 | - |
|  Vegetarian | Soya Chilli with Thai Rice Chilli de Soja acompanhado por Arroz Thai | 405 | 23 | 9 | 58 | Soya |
|  Vegetables | Boiled broccoli Brócolos cozidos | 20 | 2 | 0 | 2 | - |

 Morning snack

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





 Afternoon snack

| | | | | | | |
|--|---|-----|---|---|----|-------------------|
|  Early Years | Pancake and Yoghurt Shake with Strawberry Panqueca e iogurte Batido c/ Morango | 111 | 5 | 4 | 12 | Gluten, Milk, Egg |
|  Primary | Pancake and Yoghurt Shake with Strawberry Panqueca e iogurte Batido c/ Morango | 164 | 7 | 6 | 30 | 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.


15 May | 15 Maio



Thursday | Quinta-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---|-----|-----------|----------|---------|----------------------|
|  Soup | Red bean soup Sopa de feijão vermelho | 62 | 4 | 2 | 7 | - |
|  Main course | Fish pasta with wholemeal couscous Massada de peixe com Couscous Integral | 484 | 27 | 13 | 62 | Gluten, Fish |
|  Vegetarian | Stewed peas with eggs and vegetables with wholemeal couscous Ervilhas estufadas com ovos e legumes com Couscous Integral | 345 | 20 | 6 | 50 | Gluten, Egg |
|  Vegetables | Roasted vegetables Legumes assados | 103 | 3 | 7 | 7 | - |

 Morning snack

| | | | | | | |
|--|--|----|---|---|----|--------|
|  Early Years | Cracker and seasonal fruit Marinheiras e fruta da época | 50 | 1 | 1 | 8 | Gluten |
|  Primary | Cracker and vegetable strips Marinheiras e tiras de legumes | 81 | 2 | 2 | 14 | Gluten |





 Afternoon snack

| | | | | | | |
|--|--|-----|----|----|----|--------------|
|  Early Years | Bread with Flemish cheese and milk Pao c/ Queijo Flamengo e leite | 187 | 9 | 4 | 26 | Milk, Gluten |
|  Primary | Bread with Flemish Cheese and Raspberry Ice Cream Pao c/ Queijo Flamengo Gelado Framboesa | 216 | 12 | 17 | 46 | 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.


16 May | 16 Maio

Friday | Sexta-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---|-----|-----------|----------|---------|----------------------|
|  Soup | Vegetable soup Sopa legumes | 51 | 1 | 3 | 5 | - |
|  Main course | Meatloaf with vegetables served with roast potatoes with rosemary Rolo de carne com legumes acompanhado por batatinha assada com alecrim | 337 | 20 | 13 | 35 | Gluten |
|  Vegetarian | Soya roll with vegetables served with roast potatoes with rosemary Rolo de soja com legumes acompanhado por batatinha assada com alecrim | 331 | 18 | 11 | 10 | Soya, Gluten, Egg |
|  Vegetables | Boiled green beans Feijão verde cozido | 16 | 1 | 0 | 3 | - |

 Morning snack

| | | | | | | |
|--|---|----|---|---|----|---|
|  Early Years | Corn cakes and seasonal fruit Tortitas de milho e fruta da época | 46 | 1 | 9 | 10 | - |
|  Primary | Corn cakes and seasonal fruit Tortitas de milho e fruta da época | 61 | 1 | 1 | 12 | - |

 Afternoon snack

| | | | | | | |
|--|---|-----|---|----|----|-----------|
|  Early Years | Cheese Bread Apple Tea with Lemon Balm Pão de Queijo Chá de Maçã c/ Cidreira | 280 | 4 | 9 | 20 | Egg, Milk |
|  Primary | Cheese Bread Apple Tea with Lemon Balm Pão de Queijo Chá de Maçã c/ Cidreira | 270 | 6 | 14 | 30 | 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.

Week 3 | Semana 3

19 Maio | 19 Maio

Monday | Segunda-feira


| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|---|--|-----|-----------|----------|---------|----------------------|
|  Soup | Turnip Soup Sopa de Nabiças | 78 | 1 | 6 | 5 | - |
|  Main course | Grilled chicken with lemon sauce served with Thai rice Frango marcado na grelha com molho de limão acompanhado por arroz Thai | 467 | 23 | 27 | 33 | Soya, Mustard |
|  Vegetarian | Grilled tofu with lemon sauce served with Thai rice Tofu na grelha com molho de limão acompanhado por arroz Thai | 212 | 12 | 4 | 32 | Soya, Mustard |
|  Vegetables | Carrot purée Puré de cenoura | 56 | 1 | 5 | 5 | - |

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 | 69 | 6 | 5 | 0 | Egg |





Afternoon snack

| | | | | | | |
|---|--|-----|---|----|----|-------------------------------|
|  Early Years | Cereal and yogurt whipped with raspberry Cereais e iogurte batido com framboesa | 228 | 6 | 3 | 43 | Gluten, Milk |
|  Primary | Granola with honey and nuts and cocoa with yoghurt with raspberries Granola com mel e frutos secos e cacau com iogurte batido com framboesa | 198 | 7 | 10 | 20 | Gluten, Hard-She lled Fruits, |

 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 May | 20 Maio



Tuesday | Terça-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---------------------------------------|-----|-----------|----------|---------|----------------------|
|  Soup | Grain soup Sopa de Grão | 58 | 3 | 2 | 7 | - |
|  Main course | Mackerel pie Empadão de Cavala | 320 | 16 | 16 | 28 | Fish, Egg, Milk |
|  Vegetarian | Grain pie Empadão de Grão | 279 | 11 | 15 | 25 | Egg, Milk |
|  Vegetables | Roasted vegetables Legumes Assados | 12 | 1 | 0 | 2 | - |

Morning snack

| | | | | | | |
|---|---|----|---|---|----|---|
|  Early Years | Oatcakes and seasonal fruit Tortitas de Aveia com Fruta da Época | 46 | 2 | 0 | 8 | - |
|  Primary | Oatcakes and seasonal fruit Tortitas de Aveia com Fruta da Época | 69 | 3 | 0 | 12 | - |





Afternoon snack

| | | | | | | |
|---|---|-----|----|---|----|----------------------|
|  Early Years | Bread with peanut butter served with milk Pão com manteiga de amendoim acompanhado por leite | 174 | 8 | 4 | 27 | Gluten, Peanut, Milk |
|  Primary | Bread with peanut butter served with milk Pão com manteiga de amendoim acompanhado por leite | 324 | 14 | 6 | 52 | 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.

21 May | 21 Maio

Wednesday | Quarta-feira


| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|---|---|-----|-----------|----------|---------|----------------------|
|  Soup | Carrot soup Sopa de cenoura | 38 | 2 | 2 | 3 | - |
|  Main course | Chicken lasagna with heart cabbage Lasanha de frango com 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 | Boiled broccoli Brócolos cozidos | 20 | 2 | 0 | 3 | - |

Morning snack

| | | | | | | |
|---|--|----|---|---|---|------|
|  Early Years | Flemish cheese stick and seasonal fruit Palito de queijo flamengo e fruta da época | 65 | 4 | 5 | 1 | Milk |
|  Primary | Flemish cheese stick and vegetable strips Palito queijo Flamengo e Tiras de Legumes | 65 | 4 | 5 | 1 | Milk |





Afternoon snack

| | | | | | | |
|---|--|-----|---|---|----|-------------------|
|  Early Years | Warm Oatmeal and Seasonal Fruit Papas Aveia Quente e Fruta da Época | 111 | 5 | 4 | 13 | Gluten, Milk, Egg |
|  Primary | Apple and Pear Milkshake with Mango Bolo de Maçã e Pera Iogurte Batido c/ Manga | 164 | 7 | 6 | 20 | 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.

22 May | 22 Maio

Thursday | Quinta-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|---|--|-----|-----------|----------|---------|----------------------|
|  Soup | White bean soup Sopa de feijão branco | 227 | 13 | 7 | 28 | - |
|  Main course | Hake Russian Salad with Boiled Egg and Greek Yogurt Mayo Salada Russa de Pescada c/ Mayo de Ovo Cozido e Iogurte Grego | 319 | 16 | 21 | 15 | Fish, Gluten, Egg |
|  Vegetarian | Azuki Bean Russian Salad with Boiled Egg and Greek Yogurt Mayo Salada Russa de Feijão Azuki c/ Mayo de Ovo Cozido e Iogurte Grego | 348 | 16 | 16 | 35 | Gluten, Egg |
|  Vegetables | Lettuce and corn Alface e milho | 12 | 1 | 0 | 2 | - |

Morning snack

| | | | | | | |
|---|--|----|---|---|----|------|
|  Early Years | Corn tortillas and seasonal fruit Tortitas Milho E Fruta da época | 65 | 4 | 1 | 20 | Milk |
|  Primary | Corn tortillas and seasonal fruit Tortitas Milho E Fruta da época | 65 | 4 | 1 | 20 | Milk |





Afternoon snack

| | | | | | | |
|---|---|-----|---|---|----|-------------------|
|  Early Years | Bread with curd cheese and milk Pão c/ requeijão e leite | 155 | 7 | 4 | 22 | Gluten, Milk |
|  Primary | Bread with curd cheese and milk Pão c/ requeijão e leite | 210 | 7 | 4 | 36 | 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.

23 May | 23 Maio


Friday | Sexta-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|---|---|-----|-----------|----------|---------|-----------------------------|
|  Soup | Cauliflower soup Sopa de Couve Flor | 37 | 3 | 1 | 4 | - |
|  Main course | Cheeseburger with Mild Cheese with Potato sticks in the oven Hambúguer com Queijo Flamengo com Palitos de Batata no Forno | 469 | 27 | 25 | 34 | Milk |
|  Vegetarian | Vegetarian burger with cheese and potato sticks in the oven Hambúguer Vegetariano c/ Queijo com Palitos de Batata no Forno | 441 | 14 | 17 | 58 | Milk, Gluten, Soya, Mustard |
|  Vegetables | Carrot puree Puré de Cenoura | 27 | 0 | 1 | 3 | - |

Morning snack

| | | | | | | |
|---|--|-----|----|---|----|--------|
|  Early Years | Cracker and seasonal fruit Marinheiras e fruta da época | 125 | 13 | 3 | 20 | Gluten |
|  Primary | Cracker and vegetable strips Marinheiras e tiras de legumes | 125 | 13 | 3 | 20 | Gluten |

Afternoon snack





| | | | | | | |
|---|---|-----|---|---|----|-------------------|
|  Early Years | Golden sultana donuts and yogurt whipped with strawberry Donuts de sultanas douradase e iogurte batido com morango | 223 | 8 | 7 | 32 | Gluten, Egg, Milk |
|  Primary | Golden sultana donuts and yogurt whipped with strawberry Donuts de sultanas douradase e iogurte batido com morango | 236 | 8 | 8 | 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.

Week 4 | Semana 4

26 May | 26 Maio



Monday | Segunda-feira


| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|--|-----|-----------|----------|---------|--------------------------|
|  Soup | Spinach soup Sopa de Espinafres | 78 | 1 | 6 | 5 | - |
|  Main course | Meatballs in tomato sauce served with spaghetti Almôndegas com molho de tomate acompanhado por esparguete | 331 | 20 | 27 | 2 | Gluten |
|  Vegetarian | Vegetarian Soya Meatballs Almôndegas Vegetarianas de Soja | 76 | 9 | 4 | 1 | Soya, Wheat, Egg, Gluten |
|  Vegetables | Sautéed Cabbage with Garlic Couve Salteada c/ Alho | 56 | 1 | 5 | 5 | - |

Morning snack

| | | | | | | |
|--|---|----|---|---|----|---|
|  Early Years | Oatcakes and seasonal fruit Tortitas de aveia e fruta da época | 46 | 1 | 0 | 8 | - |
|  Primary | Oatcakes and seasonal fruit Tortitas de aveia e fruta da época | 69 | 3 | 0 | 12 | - |





Afternoon snack

| | | | | | | |
|--|---|-----|---|---|----|-------------------------------|
|  Early Years | Cereal and yogurt whipped with raspberry Cereais e iogurte batido com framboesa | 228 | 6 | 3 | 43 | Gluten, Milk |
|  Primary | Granola with honey and dried fruits with yogurt whipped with raspberry Granola com mel e frutos secos com iogurte batido com framboesa | 183 | 7 | 9 | 19 | Gluten, Hard-She lled Fruits, |

 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 May | 27 Maio



Tuesday | Terça-feira


| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|---|--|-----|-----------|----------|---------|----------------------|
|  Soup | Chicken Soup with Pasta Canja de Galinha c/ Massa | 62 | 4 | 2 | 7 | Gluten |
|  Main course | Gratinised Hake Medallions with Thai Rice Medalhões Pescada Gratinados com Arroz Thai | 228 | 16 | 4 | 32 | Fish, Milk |
|  Vegetarian | Bean and pumpkin curry with Thai rice Caril de grão e abóbora com Arroz Thai | 297 | 12 | 5 | 21 | - |
|  Vegetables | Roasted vegetables Legumes Assados | 103 | 3 | 7 | 7 | - |

Morning snack

| | | | | | | |
|--|---|----|---|---|---|-----|
|  Early Years | Boiled egg and seasonal fruit Ovo cozido e fruta da época | 34 | 3 | 2 | 0 | Egg |
|  Primary | Boiled egg and carrot/fruit strips Ovo cozido e tiras de cenoura/fruta | 74 | 5 | 6 | 1 | Egg |





Afternoon snack

| | | | | | | |
|--|---|-----|----|---|----|-----------------------|
|  Early Years | Bread with peanut butter served with milk Pão com manteiga de amendoim acompanhado por leite | 174 | 8 | 4 | 27 | Gluten, Peanuts, Milk |
|  Primary | Bread with peanut butter served with milk Pão com manteiga de amendoim acompanhado por 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.

28 May | 28 Maio

Wednesday | Quarta-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---|-----|-----------|----------|---------|-----------------------------|
|  Soup | Pumpkin soup Sopa de Abóbora | 29 | 2 | 1 | 3 | - |
|  Main course | Stewed Chicken Stroganoff with Wedge Potatoes and Rosemary Frango Estufado com Stroganoff com Batatinha Wedge c/ Alecrim | 372 | 25 | 17 | 29 | Milk, Mustard |
|  Vegetarian | Seitan with Stroganoff Sauce and Wedge Potatoes with Rosemary Seitan com Molho Stroganoff com Batatinha Wedge c/ Alecrim | 271 | 15 | 8 | 35 | Milk, Gluten, Soya, Mustard |
|  Vegetables | Boiled broccoli Brócolos cozidos | 20 | 2 | 0 | 3 | - |

Morning snack

| | | | | | | |
|--|---|----|---|---|---|------|
|  Early Years | Flemish cheese stick and seasonal fruit Palito de queijo flamengo e fruta da época | 65 | 4 | 5 | 1 | Milk |
|  Primary | Flemish cheese stick and seasonal fruit Palito de queijo flamengo e fruta da época | 65 | 4 | 5 | 1 | Milk |





Afternoon snack

| | | | | | | |
|--|--|-----|---|---|----|-------------------|
|  Early Years | Pancakes with yogurt whipped with strawberry Panquecas com iogurte batido com morango | 111 | 5 | 4 | 12 | Gluten, Milk, Egg |
|  Primary | Pancakes with yogurt whipped with strawberry Panquecas com iogurte batido com morango | 164 | 7 | 6 | 20 | 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.

29 May | 29 Maio



Thursday | Quinta-feira

| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---------------------------------------|-----|-----------|----------|---------|-------------------------|
|  Soup | Grain soup Sopa de Grão | 129 | 7 | 5 | 14 | - |
|  Main course | Sea Lasagne Lasanha do Mar | 314 | 22 | 16 | 21 | Fish, Gluten, Egg, Milk |
|  Vegetarian | Soya Lasagne Lasanha de Soja | 288 | 17 | 12 | 28 | Gluten, Egg, Milk, Soya |
|  Vegetables | Roasted vegetables Legumes assados | 103 | 3 | 7 | 7 | - |

Morning snack

| | | | | | | |
|--|--|----|---|---|----|--------|
|  Early Years | Cracker and seasonal fruit Marinheiras e fruta da época | 50 | 1 | 1 | 8 | Gluten |
|  Primary | Cracker and vegetable strips Marinheiras e tiras de legumes | 81 | 2 | 2 | 14 | Gluten |





Afternoon snack

| | | | | | | |
|--|---|-----|----|---|----|--------------|
|  Early Years | Bread with Flemish cheese and milk Pao c/ Queijo Flamengo e leite | 187 | 9 | 5 | 26 | Milk, Gluten |
|  Primary | Bread with Flemish cheese and raspberry ice cream Pao c/ Queijo Flamengo com gelado de framboesa | 316 | 13 | 7 | 46 | 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.

30 May | 30 Maio


Friday | Sexta-feira


| | | VE | Prot (gr) | Lip (gr) | HC (gr) | Allergens Alergénios |
|--|---|-----|-----------|----------|---------|----------------------|
|  Soup | Vegetable soup Sopa de Legumes | 51 | 1 | 3 | 5 | - |
|  Main course | Chicken and Mushroom Pizza Pizza de Frango e Cogumelos | 248 | 17 | 8 | 52 | Gluten, Milk |
|  Vegetarian | Margarita Pizza Pizza Margarita | 240 | 11 | 10 | 29 | Gluten, Milk |
|  Vegetables | Lettuce and corn Alface e milho | 12 | 1 | 0 | 2 | - |

Morning snack

| | | | | | | |
|--|---|----|---|---|----|---|
|  Early Years | Corn cakes and seasonal fruit Tortitas de milho e fruta da época | 46 | 1 | 0 | 20 | - |
|  Primary | Corn cakes and seasonal fruit Tortitas de milho e fruta da época | 61 | 1 | 1 | 12 | - |

Afternoon snack

| | | | | | | |
|--|---|-----|---|----|----|-------------------|
|  Early Years | Cheese Bread Apple Tea with Lemon Balm Pão de Queijo Chá de Maçã c/ Cidreira | 180 | 4 | 9 | 20 | Milk, Egg |
|  Primary | Cheese Bread Apple Tea with Lemon Balm Pão de Queijo Chá de Maçã c/ Cidreira | 270 | 6 | 14 | 30 | 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.