SCHOOL MENU
EMENTA

FEBRUARY WEEK 1

2 February | Fevereiro
Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Carrot Soup** | Sopa de Cenoura	38	2	2	3	-
Main course	**Chicken Curry with Basmati Rice** | Caril de Frango com Arroz Basmati	236	14	6,7	30,2	-
Vegetarian	**Oven-Baked Falafel with Basmati Rice** | Falafel Assado no Forno com Arroz Basmati	301	9	7	50,6	-
Vegetables	**Roasted Vegetables** | Legumes Assados	103	3	7	7	-
Morning snack						
Early Years	**Boiled Egg and seasonal fruit** | Ovo cozido e fruta da época	46	2	0	8	Egg
Primary		69	3	0	12	Egg
Afternoon snack						
Early Years	**Natural Yoghurt with Cereals** | Iogurte Natural com Cereais	170	6	3	28	Milk, Gluten
Primary	**Natural Yoghurt with Granola with Honey and Nuts** | Iogurte Natural com Granola com Mel e Frutos Secos	301	11	6	48	Gluten, Tree Nuts, Peanuts

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 February | Fevereiro
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 and Vegetable Stew** | Jardineira de Pota	267	24	7	27	Molluscs, Sulphites, Celery, Soya, Gluten
Vegetarian	**Tofu and Vegetable Stew** | Jardineira de Tofu	310	18	14	28	Soya, Gluten, Egg
Vegetables	**Oven-Roasted Pumpkin with Thyme** | Abóbora Assada no Forno com 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 com Queijo Flamengo e Leite	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.

4 February | Fevereiro
Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Pumpkin Soup** | Sopa de Abóbora	29	2	1	3	-
Main course	**Portuguese-Style Pork Stir-Fry with Basmati Rice** | Pica-Pau de Porco à Portuguesa com Arroz Basmati	416	21	22	33,6	-
Vegetarian	**Portuguese-Style Seitan Stir-Fry with Basmati Rice** | Pica-Pau de Seitan à Portuguesa com Arroz Basmati	404	16	18	44,6	Gluten, Mustard
Vegetables	**Roasted Broccoli** | Brócolos Assados	25	2	9	4	-
Morning 2						
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	**Banana Bread with Strawberries Lemon Verbena Tea with Apple and Pear Compote** | Banana Bread Morangos Chá de Lúcia-Lima com Calda de Maçã e Pêra	100	6	3	12	Gluten, Milk, Egg
Primary		177	9	5	22	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.

5 February | Fevereiro
Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Chickpea Soup** | Sopa de Grão	129	7	5	14	-
Main course	**Tagliatelle with Mackerel and Sweetcorn** | Tagliatelle com Cavala e Milho	286	16	18	40	Milk, Gluten, Fish
Vegetarian	**Tagliatelle with Chickpeas, Sweetcorn and Egg** | Tagliatelle com Grão, Milho e Ovo	346	11	14	14	Milk, Gluten, Egg
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	**Sourdough Bread with Peanut Butter and Milk** | Pão de Massa Madre com Manteiga de Amendoim e Leite	126	5	2	23	Gluten, Milk
Primary		252	9	4	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.

6 February | Fevereiro
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	**Vegetable & Legume Lasagne (Chickpeas, Lentils & Peas)** Lasanha de Legumes e Leguminosas (Grão, Lentilhas e Ervilhas)	248	11	12	24	Gluten, Milk, Egg
Vegetarian	**Spinach and Ricotta Lasagne** | Lasanha de Espinafres e Requeijão	285	13,5	15	24	Gluten, Milk, Egg
Vegetables	**Oven-Roasted Carrot Sticks** | Palitos de Cenoura Assados no Forno	171	1	3	35	-
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	**Cheese Bread and Strawberry Yogurt Smoothie** | Pão de Queijo e Iogurte Batido com Morango	198	7	7	24	Milk, Egg, Gluten
Primary		290	10	10	37	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.

SCHOOL MENU
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FEBRUARY WEEK 2

9 February | Fevereiro
Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Swiss Chard Soup** | Sopa de Acelgas	38	1	2	4	-
Main course	**Oven-Roasted Chicken Drumsticks with Spaghetti** | Pernas de Frango Assadas no Forno com Esparguete	274	20,9	13,1	18	Mustrard
Vegetarian	**Vegetarian Soy Meatballs with Spaghetti** | Almôndegas Vegetarianas de Soja com Esparguete	217	14,9	5,58	29	Soya, Gluten, Egg, Wheat
Vegetables	**Oven-Roasted Carrot Sticks** | Palitos de Cenoura Assados no Forno	103	3	7	7	-
Morning snack						
Early Years	**Fresh Cheese Cubes with Fruit** | Cubos de Queijo Fresco e Fruta	46	2	0	8	Egg
Primary		69	3	0	12	Egg
Afternoon snack						
Early Years	**Cereal with Milk** | Cereais com Leite	170	6	3	28	Milk, Gluten
Primary		301	11	6	48	Gluten, Tree Nuts, Peanuts

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 February | Fevereiro
Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Red Bean Soup** | Sopa de Feijão Vermelho	65	5	1	9	-
Main course	**Plaice with Herb Crumb and Roasted Potatoes** | Solha com Broa e Batata Assada	195	16	3	26	Gluten, Fish
Vegetarian	**Tofu with Herb Crumb and Roasted Potatoes** | Tofu com Broa e Batata Assada	218	14	6	27	Soya, Gluten
Vegetables	**Steamed Broccoli** | Brócolos Cozidos	20	2	0	3	-
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 Peanut Butter and Lemongrass Lemonade** | Pão com Manteiga de Amendoim e Limonada de Erva-Príncipe	170	6	3	28	Milk, Gluten
Primary	**Bread w/ Cocoa & Hazelnut Spread Orange Drink w/ Lemongrass** | Pão c/ Manteiga Cacau e Avelãs Laranjada c/ Erva Principe	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.

11 February | Fevereiro
Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Carrot Soup** | Sopa de Cenoura	38	2	2	3	-
Main course	**Turkey Chilli with Thai Rice** | Chilli de Peru com Arroz Tailandês	304	23	4	44	-
Vegetarian	**Soy Chilli with Thai Rice** | Chilli de Soja com Arroz Tailandês	405	23	9	58	Soya
Vegetables	**Lettuce and Carrot Salad** | Salada de Alface e Cenoura	24	0	2	1	-
Morning 2						
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 Lemongrass Tea with Strawberry** | Bolo Mármore de Abóbora com Cacau e Chá de Erva-Príncipe com Morango	100	6	3	12	Gluten, Milk, Egg
Primary		177	9	5	22	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.

12 February | Fevereiro
Thursday | Quinta-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 Oven-Baked Tuna and Cauliflower Croquettes with Bow-Tie Pasta and Broccoli** Croquetes Caseiros de Atum e Couve-Flor, Assados no Forno, com Massa Lacinhos e Brócolos	297	21	10,8	28,88	Fish, Egg, Gluten, Wheat
Vegetarian	**Homemade Oven-Baked Tofu and Cauliflower Croquettes with Bow-Tie Pasta and Broccoli** Croquetes Caseiros de Tofu e Couve-Flor, Assados no Forno, com Massa Lacinhos e Brócolos	276	13	11,6	28,48	Soy, 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 Chia Spread (soaked chia with roasted strawberries) and Mango Yogurt Smoothie** | Pão com Creme de Chia (chia hidratada com morango assado) e logurte Batido com Manga	196	7	4	32	Gluten, Peanuts
Primary		326	11	4	58	Gluten, Peanuts

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 February | Fevereiro
Friday | Sexta-feira

Brazilian Carnival celebrates joy, music and cultural identity, rooted in centuries of tradition and marked by parades, dance and vibrant street celebrations across the country.

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Coriander Soup** | Sopa de Coentros	64	2	4	5	-
Main course	**Oven-Roasted Picanha with Rice, Farofa & Black Beans** | Picanha Assada no Forno com Arroz, Farofa e Feijão-Preto	581	27,5	28,4	54	Egg
Vegetarian	**Oven-Baked Falafel with Rice, Farofa and Black Beans** | Falafel Assado no Forno com Arroz, Farofa e Feijão-Preto	491	14,5	14,3	76	Egg
Vegetables	**Brazilian-Style Sautéed Greens** | Couve Mineira Salteada	19	1	1	2	-
Morning 2						
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	**Savoury Vegetable and Cheese Muffin with Milk** | Muffin Salgado de Legumes e Queijo com Leite	212	7	10	24	Milk, Gluten, Egg
Primary		346	11	16	40	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.

SCHOOL MENU
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FEBRUARY WEEK 3

School Closed
Escola Fechada

School Closed
Escola Fechada

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

18 February | Fevereiro
Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Turnip Green Soup** | Sopa de Nabiças	78	1	6	5	-
Main course	**Beef Meatballs in Tomato Sauce with Mashed Potatoes** | Almôndegas de Vaca em Molho de Tomate com Puré de Batata	293	16,9	16,1	19	Soya, Wheat, Egg, Gluten
Vegetarian	**Vegetarian Soy Meatballs with Mashed Potatoes** | Almôndegas Vegetarianas de Soja com Puré de Batata	217	14,9	4,58	29	-
Vegetables	**Roasted Vegetables** | Legumes 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	**Pancakes with Milk** | Panquecas com Leite	138	4	4	19	Gluten, Egg, Milk
Primary		218	7	7	31	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 February | Fevereiro
Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Chicken and Noodle Soup** | Canja de Galinha com Massa	169	13	1	9	Gluten
Main course	**Oven-Roasted Medallion with Herb Crumb and Roasted Potatoes** | Medalhão com Broa e Batata Assada	212	18	4	26	Gluten, Fish
Vegetarian	**Seitan with Herb Crumb and Roasted Potatoes** | Seitan com Broa e Batata Assada	219	20	3	28	Gluten
Vegetables	**Steamed Green Beans** | Feijão Verde Cozido	25	2	0	4	-
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 Verbena Tea with Apple and Pear Compote** | Pão com Manteiga de Amendoim e Chá de Lúcia-Lima com Calda de Maçã e Pêra	174	8	5	24	Milk, Gluten
Primary		282	13	8	29	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.

20 February | Fevereiro
Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Vegetable Soup** | Sopa de Legumes	51	1	3	5	-
Main course	**Portuguese-Style Chicken Rice** | Arroz de Frango Malandrinho	270	17	7	38	-
Vegetarian	**Portuguese-Style Vegetable Rice with Boiled Egg** | Arroz Malandrinho com Legumes e Ovo Cozido	285	9,8	10,6	37,5	Egg
Vegetables	**Steamed Green Beans** | Feijão Verde Cozido	25	2	0	4	-
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 Strawberry Yogurt Smoothie** | Banana Bread e Iogurte Batido com Morango	242	7	12	25	Milk, Egg, Gluten, Egg
Primary		332	9	17	35	Milk, Egg, 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.

SCHOOL MENU
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FEBRUARY WEEK 4

23 February | Fevereiro
Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Courgette Soup** | Sopa de Curgete	45	2	1	7	-
Main course	**Beef Burger in Tomato Sauce with Spaghetti** | Hambúrguer de Vaca em Molho de Tomate com Esparguete	488	27	18	51	Milk, Gluten
Vegetarian	**Vegetarian Burger with Cheese and Spaghetti** | Hambúrguer Vegetariano com Queijo e Esparguete	469	18	13	70	Milk, Gluten, Soya, Mustard
Vegetables	**Oven-Roasted Carrot Sticks** | Palitos de Cenoura Assados no Forno	171	1	3	35	-

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 with Milk** | Cereais com Leite	245	8	4	44	Gluten, Milk
Primary	**Granola com Mel e Frutos Secos e Iogurte Natural** | Granola with Honey and Dried Fruits and Natural Yogurt	200	9	10	20	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 February | Fevereiro
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	**Hake Fishballs with Carrot Rice** | Almôndegas de Pescada com Arroz de Cenoura	313	18,38	8	41,9	Fish, Wheat, Egg, Gluten
Vegetarian	**Vegetarian Soy Meatballs with Carrot Rice** | Almôndegas Vegetarianas de Soja com Arroz de Cenoura	310	16	6,48	47	Wheat, Egg, Gluten
Vegetables	**Coleslaw Salad (White Cabbage, Carrot and Yoghurt)** | Salada Coleslaw (Couve Branca, Cenoura e Iogurte)	55	3	1	7	-

Morning snack

Early Years	**Oat Pancakes with Fruit** | Tortitas de Aveia e Fruta	34	3	2	0	-
Primary		68	6	5	0	-

Afternoon snack

Early Years	**Bread w/ Edam Cheese and Lemongrass Tea with Strawberry** | Pão c/Queijo Flamengo e Chá de Erva-Príncipe com Morango	245	8	4	44	Gluten, Milk
Primary		200	9	10	20	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 February | Fevereiro
Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Pumpkin Soup** | Sopa de Abóbora	29	2	1	3	-
Main course	**Slow-Cooked Chicken with Carrots and Tomato with Oven-Baked Potato Sticks** Frango Estufado com Cenoura e Tomate com Palitos de Batata Assados no Forno	445	41	13	41	-
Vegetarian	**Chickpea Ratatouille with Roasted Vegetables with Oven-Baked Potato Sticks** Ratatouille de Grão e Legumes Assados com Palitos de Batata Assados no Forno	410	13	9	63	-
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	**Homemade Sugar-Free Donuts with Sultanas and Milk** | Donuts Caseiros sem Açúcar com Sultanas e Leite	138	4	4	19	Gluten, Egg, Milk
Primary		218	7	7	31	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 February | Fevereiro
Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	**Red Bean Soup** | Sopa de Feijão Vermelho	65	5	1	9	-
Main course	**Tuna Poke Bowl (Rice, Tuna, Mango and Edamame)** | Poke de Atum (Arroz, Atum, Manga e Edamame)	358	22	14	36	Fish, Sulphites, Soya
Vegetarian	**Tofu Poke Bowl (Rice, Tofu, Mango and Edamame)** | Poke de Tofu (Arroz, Tofu, Manga e Edamame)	300	14	12	34	Soya, Gluten
Vegetables	**Included** | Incluído	-	-	-	5	-

Morning snack

Early Years	**Bread with Raspberry and Chia Spread and Mango Yogurt Smoothie** | Pão c/ Spread de Framboesa e Chia Iogurte Batido c/ Manga	46	1	0	10	-
Primary		61	1	1	12	-

Afternoon snack

Early Years	**Bread with Strawberry Reduction and Mango Smooth Yogurt** | Pão com Redução de Morango e Iogurte Batido com Manga	174	8	5	24	Milk, Gluten
Primary		282	13	8	29	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.

27 February | Fevereiro
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	**Turkey Nasi Goreng (Asian-Style Rice)** | Nasi Goreng de Peru (Arroz Asiático)	268	20	6,6	32	Soya, Gluten, Egg
Vegetarian	**Egg Nasi Goreng** | Nasi Goreng com 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	**Apple Pie with Milk** | Tarte de Maçã com Leite	242	7	12	25	Milk
Primary		332	9	17	35	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.