

5 January | Janeiro

Tuesday | Terça-feira

Tuesday Terça-feira			VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	Turnip Greens Soup Sopa de Curgete		129	7	5	14	-
 Main course	Turkey Nasi Goreng (Asian Fried Rice) Nasi Goreng de Peru (Arroz Asiático)		386	16	18	46.7	Soya, Gluten, Egg
 Vegetarian	Nasi Goreng with Egg Nasi Goreng com Ovo		346	11	14	44	Soya, Gluten, Egg
 Vegetables	Lettuce Salad Salada de Alface		103	3	7	7	-

 Morning snack

	Early Years		46	2	0	8	Egg
	Primary	Boiled Egg and seasonal fruit Ovo cozido e fruta da época	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.

6 January | Janeiro

Tuesday | Terça-feira

Tuesday Terça-feira			VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	Red Bean Soup Sopa de Feijão Vermelho		129	7	5	14	-
 Main course	Tagliatelle with Mackerel and Sweetcorn Tagliatelle com Cavala e Milho		386	16	18	46,7	Milk, Gluten, Fish
 Vegetarian	Tagliatelle with Chickpeas, Sweetcorn and Egg Tagliatelle com Grão, Milho e Ovo		346	11	14	44	Milk, Gluten, Egg
 Vegetables	Roasted Vegetables Legumes Assados		103	3	7	7	-

 Morning snack

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

 Afternoon snack

	Early Years		170	6	3	28	Milk, Gluten
	Primary	Bread with Flamengo Cheese and Milk Pão com Queijo Flamengo e Leite	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.

7 January | Janeiro

Wednesday | Quarta-feira

Wednesday Quarta-feira			VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	Turnip Greens Soup Sopa de Nabiças		29	2	1	7	-
 Main course	Chicken Stroganoff with Mashed Potatoes Frango Stroganoff com Puré de Batata		445	41	13	41	-
 Vegetarian	Seitan Stroganoff with Mashed Potatoes Seitan Stroganoff com Puré de Batata		410	13	9	63	-
 Vegetables	Sautéed Courgette with Garlic and Minit Curgete Salteada com Alho e Hortelã		25	2	0	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	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.

8 January | Janeiro

Thursday | Quinta-feira

January Janeiro		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Thursday Quinta-feira						
 Soup	Chickpea Soup Sopa de Grão	58	3	2	7	-
 Main course	Gratinated Hake Medallions with Basmati Rice Medalhões de Pescada Gratinados com Arroz Basmati	270	12	12	29	Fish, Milk
 Vegetarian	Scrambled Eggs with Lentils and Basmati Rice Ovo Mexido com Lentilhas e Arroz Basmati	250	11	10	29	Egg
 Vegetables	Lettuce Salad Salada de Alface	24	0	0	1	-

 Morning snack

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

 Afternoon snack

	Early Years	Sourdough Bread with Coimbra Butter and Mango Smooth Yogurt Pão de Massa-Mãe com Manteiga de Coimbra e Iogurte Batido com Manga	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.

9 January | Janeiro

Friday | Sexta-feira

January Janeiro		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Friday Sexta-feira						
 Soup	Heart Cabbage Soup Sopa de Legumes	51	1	3	5	-
 Main course	Beef Meatballs in Tomato Sauce with Spaghetti Almôndegas de Vaca com Molho de Tomate e Esparguete	265	36	9	10	Soy, Wheat, Egg, Gluten
 Vegetarian	Vegetarian Soy Meatballs with Spaghetti Almôndegas Vegetarianas de Soja com Esparguete	311	15	3	56	Gluten
 Vegetables	Boiled Green Beans Feijão-Verde Cozido	18	1	1	2	Sesame

 Morning snack

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

 Afternoon snack

	Early Years		198	7	7	24	Milk, Egg, Gluten
	Primary	Savoury Vegetable and Cheese Muffin with Milk Muffin Salgado com Legumes e Queijo e Leite	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.

12 January | Janeiro

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	Carrot Soup Sopa de Cenoura	69	5	0,38	8,72	-
 Main course	Beef Burger in Tomato Sauce with Spaghetti Hambúrguer de Vaca com Molho de Tomate e Esparguete	267	24	7	27	Milk, Gluten, Soy, Mustard
 Vegetarian	Vegetarian Burger with Cheese and Spaghetti Hambúrguer Vegetariano com Queijo e Esparguete	310	18	14	28	Gluten
 Vegetables	Roasted Vegetables Legumes Assados	48	3	0	8	-

 Morning 0

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
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

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Early Years	Natural Yoghurt with Cereals Iogurte Natural com Cereais	139	6	3	22	Milk, Gluten
Primary		278	11	5	43	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.

13 January | Janeiro

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	Green Bean Soup Sopa de Feijão-Verde	69	5	0,38	8,72	-
 Main course	Homemade Oven-Baked Tilapia Fish Fingers with Carrot Rice Douradinhos Caseiros de Tilápia no Forno com Arroz de Cenoura	267	24	7	27	Fish, Egg, Gluten, Wheat
 Vegetarian	Homemade Oven-Baked Tofu Fingers w/ Carrot Rice Douradinhos Caseiros de Tofu no Forno com Arroz de Cenoura	310	18	14	28	Soya, Egg, Gluten, Wheat
 Vegetables	Roasted Carrot Sticks Palitos de Cenoura Assada	48	3	0	8	-

 Morning 0

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

 Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Early Years	Bread w/ Flamenco Cheese & Lemon Verbena Tea Pão c/ Queijo Flamengo e Chá de Erva-Príncipe	139	6	3	22	Milk, Gluten
Primary		278	11	5	43	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.

14 January | Janeiro

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	Broccoli Soup Sopa de Brócolos	38	1	2	4	-
 Main course	Turkey Chilli with Thai Rice Chilli de Peru com Arroz Thai	438	22,99	13,35	19,02	-
 Vegetarian	Soy Chilli with Thai Rice Chilli de Soja com Arroz Thai	338	19	6	52	Soya
 Vegetables	Roasted Carrot Sticks Palitos de Cenoura Assada	20	1	1	1	-

 Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Early Years	Cheese stick (Flamengo cheese) and seasonal fruit Palito de queijo flamengo e fruta da época	65	4	5	1	Milk
Primary	Flamengo Cheese Stick and Vegetable Strip Palito de queijo flamengo e tira de legumes	65	4	5	1	Milk

 Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Early Years	Pancake and Milk Panqueca e Leite	212	8	6	32	Gluten, Egg, Milk
Primary		236	10	6	34	Gluten, Egg, Milk

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

15 January | Janeiro

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	White Bean Soup Sopa de Feijão Branco	129	7	5	14	-
 Main course	Homemade Oven-Baked Tuna and Cauliflower Croquettes with Macaroni, Carrots and Broccoli Croquetes Caseiros de Atum e Couve-flor no Forno com Macarronete, Cenoura e Brócolos	355	26	9	43	Fish, Egg, Gluten, Wheat
 Vegetarian	Homemade Oven-Baked Tofu and Cauliflower Croquettes with Macaroni, Carrots and Broccoli Croquetes Caseiros de Tofu e Couve-flor no Forno com Macarronete, Cenoura e Brócolos	375	18	9	59	Soy, Egg, Gluten, Wheat
 Vegetables	Boiled Green Beans Feijão-Verde Cozido	103	3	7-	7	-

 Morning snack

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

 Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
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 Pera	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.

16 January | Janeiro

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	Vegetable Soup Sopa Legumes	51	1	3	4	-
 Main course	Mushroom and Cheddar Pizza Pizza de Cogumelos e Cheddar	304	20	4	13	Gluten, Milk
 Vegetarian	Margherita Pizza Pizza Margherita	405	23	9	58	Gluten, Milk
 Vegetables	Lettuce and Carrot Salad Salada de Alface e Cenoura	24	0	2	1	-

 Morning 2

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

 Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Early Years	Banana Bread and Strawberry Smooth Yogurt Banana Bread e Iogurte Batido com Morango	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.

19 January | Janeiro

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Swiss Chard Soup Sopa de Acelgas	45	2	1	7	-
 Main course	Beef and Lentil Bolognese with Spaghetti Bolonhesa de Novilho com Lentilhas e Esparguete	197	19	13	1	Mustard
 Vegetarian	Lentil Bolognese with Spaghetti Bolonhesa de Lentilhas com Esparguete	161	18,4	5,6	9,2	Gluten
 Vegetables	Sautéed Shredded Heart Cabbage Couve-Coração em Juliana Salteada	48	3	0	8	-

 Morning snack

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

 Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Natural Yoghurt with Cereals Iogurte Natural com Cereais	217	6	2	43	Gluten, Milk
Primary	Granola with Honey, Cocoa and Nuts with Natural Yoghurt Granola com Mel, Cacau e Frutos Secos e Iogurte Natural	241	8	3	45	Gluten, Seeds, 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 January | Janeiro

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Red Kidney Bean Soup Sopa de Feijão-Vermelho	46	2	2	5	-
 Main course	Hake Meatballs with Oven-Baked Sweet Potato Almôndegas de Pescada com Batata-Doce no Forno	285	14,3	15,7	21,4	Fish, Wheat, Egg, Gluten
 Vegetarian	Vegetarian Soy Meatballs w/ Oven-Baked Sweet Potato Almôndegas Veg. de Soja c/ Batata-Doce no forno	237	11,4	9,2	27	Soy, Wheat, Egg, Gluten
 Vegetables	Roasted Vegetables Legumes Assados	41	2	2	4	-

 Morning snack

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

 Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Bread with Cream Cheese and Milk Pão com Requeijão e Leite	170	6	3	28	Gluten, Milk
Primary		301	11	6	48	Gluten, Milk

21 January | Janeiro

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Pumpkin Soup Sopa de Abóbora	38	2	3	3	-
 Main course	Chicken Lasagne with Heart Cabbage Lasanha de Frango com Couve-Coração	286	17	6	41	Gluten, Egg, Milk
 Vegetarian	Vegetable and Legume Lasagne Lasanha de Legumes e Leguminosas	230	15	2	38	Gluten, Egg, Milk
 Vegetables	Roasted Broccoli Brócolos Assados	25	0	2	1	-

 Morning snack

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

 Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Homemade Sugar-Free Donuts with Raisins 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.

22 January | Janeiro

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Chicken Soup with Pasta Canja de Galinha com Massa	54	5	0,23	8	Gluten
 Main course	Oven-Baked Tilapia with Sweet Vegetables (Sweet Potato, Pumpkin and Carrot) Tilápia no Forno com Legumes Doces (Batata-Doce, Abóbora e Cenoura)	199	14,2	6,2	21,5	Fish
 Vegetarian	Chickpea Ratatouille with Roasted Vegetables Ratatouille de Grão com Legumes Assados	249	10,2	10,7	26,5	-
 Vegetables	Grated Carrot Cenoura Ralada	25	2	0	5	-

 Morning snack

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

 Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Sourdough Bread with Coimbra Butter and Orange Drink with Lemongrass Pão de Massa-Mãe com Manteiga de Coimbra e Laranjada com Erva-Príncipe	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.

23 January | Janeiro

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Cauliflower Soup Sopa de Couve-Flor	45	2	1	7	-
 Main course	Traditional Portuguese Duck Rice Arroz de Pato à Antiga Portuguesa	268	20	6,6	32	Soya
 Vegetarian	Spiced Rice with Falafel Arroz de Especiarias com Falafel	397	12	9	42	Gluten
 Vegetables	Lettuce Salad Salada de Alface	21	0	2	0	-

 Morning snack

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

 Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Apple Pie Cake and Strawberry Smooth Yogurt Bolo "Pie" de Maçã 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.

26 January | Janeiro

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Courgette Soup Sopa de Courgete	68	3	4	5	-
Main course	Grilled Chicken with Lemon Sauce and Spaghetti Frango Marcado na Grelha com Molho de Limão e Esparguete	438	29,09	15,25	46,02	Mustard, Gluten
Vegetarian	Stewed Eggs with Legumes (Chickpeas, Lentils and Peas) and Spaghetti Ovos Estufados com Leguminosas (Grão, Lentilhas e Ervilhas) e Esparguete	338	19	6	52	Gluten, Soya, Mustard
Vegetables	Lettuce Salad Salada de Alface	20	1	1	1	-

Morning snack

Early Years	Fresh Cheese Cube with Fruit Cubo de Queijo Fresco e Fruta	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		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.

27 January | Janeiro

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Chickpea Soup Sopa de Grão	68	3	4	5	-
Main course	Oven-Baked Codfish Fritters with Bean Rice Pataniscas de Bacalhau no Forno com Arroz de Feijão	438	29,09	15,25	46,02	Fish, Wheat, Egg, Gluten
Vegetarian	Oven-Baked Lentil Fritters with Bean Rice Pataniscas de Lentilhas no Forno com Arroz de Feijão	338	19	6	52	Wheat, Egg, Gluten
Vegetables	Roasted Carrot Sticks Palitos de Cenoura Assada	20	1	1	1	-

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 with Fresh Cheese and Orange Drink with Lemongras Pão com Requeijão e Laranjada com Erva-Príncipe	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.

28 January | Janeiro

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Coriander Soup Sopa de Coentros	38	2	3	3	-
Main course	Roast Turkey Breast with Gravy and Cranberry Sauce, with Oven-Baked Sweet Potato Peito de Peru Assado com Gravy e Molho de Aromas, com Batata-Doce no Forno	286	17	6	41	Gluten, Milk
Vegetarian	Vegetarian Burger with Oven-Baked Sweet Potato Hambúrguer Vegetariano com Batata-Doce no Forno	230	15	2	38	Milk, Gluten, Soya, Mustard
Vegetables	Lettuce and Carrot Salad Salada de Alface e Cenoura	25	0	2	1	-

Morning snack

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

Afternoon snack

Early Years	Pancake and Milk Panqueca 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.

29 January | Janeiro

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Lentil Soup Sopa de Lentilhas	54	5	0,23	8	-
Main course	Bow-Tie Pasta with Hake and Tuna Lacinhos com Pescada e Atum	199	14,2	6,2	21,5	Gluten, Milk, Fish
Vegetarian	Bow-Tie Pasta with Peas and Seitan Lacinhos com Ervilhas e Seitan	249	10,2	10,7	26,5	Gluten, Fish
Vegetables	Boiled Green Beans Feijão-Verde Cozido	25	2	0	5	-

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 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.

30 January | Janeiro

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Vegetable Soup Sopa de Legumes	45	2	1	7	-
Main course	Beef Meatloaf with Vegetables and Thai Rice Rolo de Carne de Vaca com Legumes e Arroz Thai	268	20	6,6	32	Gluten
Vegetarian	Soy Meatloaf with Vegetables and Thai Rice Rolo de Soja com Legumes e Arroz Thai	397	12	9	42	Gluten, Soya, Egg
Vegetables	Roasted Carrot Sticks Palitos de Cenoura Assada	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 and Pear Muffin with Milk Muffin de Maçã e Pera e 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.