

1 April | Abril
Wednesday | Quarta-feira

School Closed | Escola Encerrada

2 April | Abril
Thursday | Quinta-feira

School Closed | Escola Encerrada

3 April | Abril
Friday | Sexta-feira

School Holiday | Feriado



Spring Break
Attendance subject to
registration (All school)

6 April | Abril

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Carrot Soup Sopa de Cenoura	38	2	2	3	-
Main course	Beef Meatballs with Tomato Sauce and Spaghetti Almôndegas de Vaca com Molho de Tomate e Esparguete	438	23	18	46	Soy, Wheat, Egg, Gluten
Vegetarian	Vegetarian Soy Meatballs with Spaghetti Almôndegas Vegetarianas de Soja com Esparguete	371	21	7	56	Gluten
Vegetables	Lettuce and Grated Carrot Salad Salada de Alface e Cenoura	26	1	2	1	-
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	Oat and Almond Crumble with Milk Crumble de Aveia e Amêndoa com Leite	228	8	10	25	Gluten, Tree Nuts, Milk
Primary		252	10	11	28	Gluten, Tree 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.

7 April | Abril

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Red Bean Soup Sopa de Feijão Vermelho	65	5	1	9	-
Main course	Creamy Salt Cod Bake Bacalhau Espiritual	269.2	20.8	10	24	Fish, Milk, Gluten
Vegetarian	Vegetable and Chickpea Bake Espiritual de Legumes e Grão	282	14	10	34	Gluten, Milk
Vegetables	Boiled Green Beans Feijão-verde Cozido	33	2	1	4	-
Morning snack						
Early Years	Oat and Fruit Pancakes Tortitas de Aveia e Fruta da Época	46	2	0	8	-
Primary		69	3	0	12	-
Afternoon snack						
Early Years	Bread with Ricotta and Strawberry Drink with Lemongrass Pão com Requeijão e Morangada com Erva-príncipe	170	6	3	28	Milk, Gluten
Primary		301	11	6	48	Milk, Gluten

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

8 April | Abril

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Courgette Soup Sopa de Courgete	45	2	1	7	-
Main course	Creamy Chicken Rice with Apple and Mint Couscous Arroz de Frango Malandro com Couscous de Maçã e Hortelã	457	22	9	72	Gluten
Vegetarian	Legume Quiche (Lentils and Beans) with Apple and Mint Couscous Quiche de Leguminosas (Lentilhas e Feijões) com Couscous de Maçã e Hortelã	470	19	18	58	Egg, Gluten, Milk
Vegetables	Boiled Baby Carrots Cenouras Baby Cozidas	32	1	0	7	-
Morning 2						
Early Years	Fresh Cheese Cubes with Seasonal Fruit Cubos de queijo fresco com Fruta da Época	65	4	5	1	Milk
Primary		65	4	5	1	Milk
Afternoon snack						
Early Years	Pancake with Milk Panqueca com Leite	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.

9 April | Abril

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Chicken and Pasta Soup Canja de Galinha com Massa	139	13	5	18	Gluten
Main course	Tagliatelle with Mackerel and Sweetcorn Tagliatelle com Cavala e Milho	386	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 Broccoli Brócolos Assados	25	1.9	0.2	3.9	-
Morning snack						
Early Years	Corn Pancakes with Seasonal Fruit Tortitas de Milho com Fruta da Época	46	1	0	10	-
Primary		61	1	1	12	-
Afternoon snack						
Early Years	Bread with Peanut Butter and Lemon Balm Tea with Apple and Pear Syrup Pão com Manteiga de Amendoim e Chá de Lúcia-lima com Calda de Maçã e Pera	126	5	2	23	Gluten, Peanuts
Primary		252	9	4	45	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.

10 April | Abril

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Vegetable Soup Sopa de Legumes	51	1	3	5	-
Main course	Asian-Style Pork Neck with Thai Rice Cachaço de Porco à Asiática com Arroz Thai	336	22	12	35	Soya
Vegetarian	Tofu with Honey and Mustard with Thai Rice Tofu com Mostarda e Mel com Arroz Thai	356	21	12	41	Soya, Mustard
Vegetables	Roasted Vegetables Legumes Assados	103	3	7	7	-
Morning snack						
Early Years	Crackers with Seasonal Fruit Marinheiras com 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 with Strawberry Yoghurt Banana Bread 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.

13 April | Abril

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Leek Soup Sopa de Alho-Francês	38	2	2	3	-
 Main course	Oven-Roasted Chicken Legs with Carrot Rice Pernas de Frango Assadas no Forno com Arroz de Cenoura	438	23	18	46	Mustard
 Vegetarian	Stewed Eggs with Legumes (Chickpeas, Lentils and Peas) with Carrot Rice Ovos Estufados com Leguminosas (Grão, Lentilhas e Ervilhas) com Arroz de Cenoura	371	21	7	56	Soya, Mustard, Egg
 Vegetables	Lettuce Salad Salada de Alface	26	1	2	1	-

Morning snack

Early Years	Cheddar Cheese Sticks and Seasonal Fruit Palitos de Queijo Cheddar e Fruta da Época	65	4	5	1	Milk
Primary		65	4	5	1	Milk





Afternoon snack

Early Years	Cereal with Natural Yoghurt Cereais com Iogurte Natural	245	8	4	44	Gluten, Milk
Primary	Cocoa, Honey and Nut Granola w/ Natural Yoghurt Granola de Cacau, Mel e Frutos Secos com Iogurte Natural	257	11	9	34	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.

14 April | Abril

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Lentil Soup Sopa de Lentilhas	69	5	1	9	-
 Main course	Oven-Baked Tilapia Fish Fingers with Macaroni Douradinhos de Tilápia no Forno com Macarronete	269.2	20.8	10	24	Fish, Milk, Gluten
 Vegetarian	Oven-Baked Tofu Fingers with Macaroni Douradinhos de Tofu no Forno com Macarronete	282	14	10	34	Gluten, Milk
 Vegetables	Boiled Broccoli Brócolos Cozidos	33	2	1	4	-

Morning snack

Early Years	Oat Pancakes with Seasonal Fruit Tortitas de Aveia com 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	187	9	4	26	Milk, Gluten
Primary	Bread with Cocoa and Hazelnut Spread and Milk Pão com Manteiga de Cacau e Avelãs e Leite	304	14	7	51	Frutos Secos, 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.

15 April | Abril

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Cabbage Soup Sopa de Couve Coração	65	3	1	11	-
 Main course	Veal Bolognese Lasagne with Mushrooms Lasanha Bolonhesa de Vitela com Cogumelos	265	36	9	10	Gluten, Milk
 Vegetarian	Lentil Bolognese Lasagne with Mushrooms Lasanha Bolonhesa de Lentilhas com Cogumelos	311	15	3	56	Gluten, Milk
 Vegetables	Roasted Carrot Sticks Palitos de Cenoura Assada	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	Oat Porridge with Oat Drink and Seasonal Fruit Papas de Aveia com Bebida de Aveia e Fruta da Época	128	3	2	24	Gluten, Milk
Primary	Homemade Sugar-Free Donuts with Sultanas and Milk Donuts Caseiros sem Açúcar com Sultanas e Leite	236	10	6	34	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.

16 April | Abril

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Butter Bean Soup Sopa de Feijão-Manteiga	65	5	1	10	-
 Main course	Stewed Squid with Pink Sauce and Roasted Sweet Potato Pota Guisada com Molho Cor-de-Rosa e Batata-Doce no Forno	338	27	10	35	Molluscs, Milk
 Vegetarian	Chickpea Ratatouille with Roasted Sweet Potato Ratatouille de Grão com Batata-Doce no Forno	316	15	12	37	-
 Vegetables	Collard Greens Couve Mineira	21	1	1	2	-

Morning snack

Early Years	Corn Pancakes with Seasonal Fruit Tortitas de Milho com Fruta da Época	46	1	0	10	-
Primary		61	1	1	12	-



Afternoon snack

Early Years	Sourdough Bread with Butter and Strawberry Drink with Lemongrass Pão de Massa Mãe com Manteiga e Morangada com Erva-príncipe	200	5	9	25	Gluten, Milk
Primary		249	8	14	40	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.

17 April | Abril

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Broccoli Soup Sopa de Brócolos	68	3	4	5	-
 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 com Falafel	230	15	2	38	Gluten
 Vegetables	Lettuce and Sweetcorn Salad Salada de Alface e Milho	12	1	0	2	-

Morning 2

Early Years	Crackers with Seasonal Fruit Marinheiras com 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 Spice Cake with Yoghurt and Banana Bolo de Maçã com Especiarias e Iogurte Batido com Banana	178	7	6	26	Milk, Gluten, Egg
Primary		256	10	8	39	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.

20 April | Abril

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Spinach Soup Sopa de Espinafres	119	5	3	18	-
Main course	Beef Burger with Tomato Sauce and Fusilli Hambúrguer de Vaca com Molho de Tomate e Fuzilli	362	23	18	27	-
Vegetarian	Vegetarian Burger with Cheese and Fusilli Hambúrguer Vegetariano com Queijo e Fuzilli	357	14	13	46	Milk, Gluten, Soya, Mustard
Vegetables	Lettuce and Carrot Salad Salada de Alface e Cenoura	26	1	2	1	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Fresh Cheese Cubes with Fruit Cubos de Queijo Fresco com Fruta	36	3	3	1	Egg
Primary		72	5	5	2	Egg

Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Cereal with Milk Cereais com Leite	217	6	2	43	Milk, Gluten
Primary		241	8	3	45	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.

21 April | Abril

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	White Bean Soup Sopa de Feijão Branco	54	5	1	6,25	-
Main course	Oven-Baked Cod Fritters with Bean Rice Pataniscas de Bacalhau no Forno com Arroz de Feijão	359	26	9	43,5	Fish, Wheat, Egg, Gluten
Vegetarian	Oven-Baked Lentil Fritters Pataniscas de Lentilhas no Forno	389	18	9	59	Wheat, Egg, Gluten
Vegetables	Boiled Green Beans Feijão-verde Cozido	33	2	1	4	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Oat Pancakes with Seasonal Fruit Tortitas de Aveia com 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 Ricotta and Strawberry Drink with Lemongrass Pão com Requeijão e Morangada com Erva-príncipe	170	6	3	28	Milk, Gluten
Primary		301	11	6	48	Milk, Gluten

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

22 April | Abril

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Turnip Greens Soup Sopa de Nabiças	78	1	6	5	-
Main course	Chicken Curry with Thai Rice Caril de Frango com Arroz Thai	294	24	6	36	-
Vegetarian	Chickpea Curry with Thai Rice Caril de Grão com Arroz Thai	253	8	5	44	Gluten
Vegetables	Roasted Broccoli Brócolos Assados	25	1,9	0,2	3,9	-

Morning 2

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Fresh Cheese Cubes and Seasonal Fruit Cubos de Queijo Fresco e Fruta da Época	36	3	3	1	Milk
Primary		72	5	5	2	Milk

Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Pancake with Milk Panqueca com Leite	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.

23 April | Abril

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Spinach and Chickpea Soup Sopa de Espinafres com Grão	119	5	3	18	-
Main course	Tuna Pizza Pizza de Atum	297	16	11	29	Gluten, Fish, Milk
Vegetarian	Margherita Pizza Pizza Margherita	250	11	10	29	Gluten, Milk
Vegetables	Roasted Carrot Sticks Palitos de Cenoura Assada	171	1	3	35	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Corn Pancakes with Seasonal Fruit Tortitas de Milho com Fruta da Época	46	1	0	10	-
Primary		61	1	1	12	-

Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Bread with Mango and Yoghurt with Red Berries Pão com Manga e Iogurte Batido com Frutos Vermelhos	183	7	3	31	Gluten, Milk
Primary		293	11	3	55	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 April | Abril

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Vegetable Soup Sopa de Legumes	51	1	3	5	-
Main course	Beef and Lentil Bolognese with Spaghetti Bolonhesa de Novilho e Lentilhas com Esparguete	388	23	12	47	-
Vegetarian	Lentil Bolognese with Spaghetti Bolonhesa de Lentilhas com Esparguete	449	19	9	73	Gluten
Vegetables	Roasted Vegetables Legumes Assados	103	3	7	7	-

Morning 2

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Crackers with Seasonal Fruit Marinheiras com 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	Raspberry Muffin with Milk Muffin de Framboesa com Leite	158	7	5	24	Milk, Gluten, Egg
Primary		237	10	7	35	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.

27 April | Abril

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Carrot Soup Sopa de Cenoura	38	2	2	3	-
 Main course	Boneless Chicken Thigh w/ Honey & Mustard & Thai Rice Coxa de Frango Desossada c/ Mostarda e Mel c/ Arroz Thai	388	31	2	39	Mustard
 Vegetarian	Tofu with Honey and Mustard and Thai Rice Tofu com Mostarda e Mel com Arroz Thai	356	21	12	41	Soya, Mustard
 Vegetables	Lettuce Salad Salada de Alface	26	1	2	1	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Boiled Egg with Seasonal Fruit Ovo Cozido com 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	Cereal with Natural Yoghurt Cereais com Iogurte Natural	245	8	4	44	Gluten, Milk
Primary	Granola w/ Honey, Cocoa and Dried Fruits w/ Natural Yoghurt Granola c/ Mel, Cacau e Frutos Secos c/ Iogurte Natural	257	11	9	34	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.

28 April | Abril

Tuesday | Terça-feira



		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Green Bean Soup Sopa de Feijão Verde	73	1	5	6	-
 Main course	Hake Meatballs with Linguine Almôndegas de Pescada com Linguine	369	23,38	6	6,9	Fish, Wheat, Egg, Gluten
 Vegetarian	Vegetarian Soy Meatballs with Linguine Almôndegas Vegetarianas de Soja com Linguine	371	21	7	50,9	Wheat, Egg, Gluten
 Vegetables	Boiled Broccoli Brócolos Cozidos	20	2	0	3	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Oat Pancakes with Seasonal Fruit Tortitas de Aveia com 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 Edam Cheese and Milk Pão com Queijo Edam e Leite	183	9	5	26	Gluten, Milk
Primary	Bread with Ricotta and Milk Pão com Requeijão 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.

29 April | Abril

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Cauliflower Soup Sopa de Couve-flor	37	3	1	4	-
 Main course	Mexican Turkey Fajita Bowl with Quinoa, Beans, Sweetcorn and Avocado Bowl Mexicana de Fajitas de Peru com Quinoa, Feijão, Milho, Peru e Abacate	358	28	14	30	-
 Vegetarian	Mexican Bean and Avocado Bowl Bowl Mexicana de Feijão e Abacate	326	12	14	38	-
 Vegetables	Collard Greens Couve Mineira	21	1	1	2	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Flamengo Cheese Sticks with Seasonal Fruit Palitos de Queijo Flamengo com Fruta da Época	65	4	5	1	Milk
Primary	Flamengo Cheese Sticks with Vegetable Strips Palitos de Queijo Flamengo com Tiras de Legumes	65	4	5	1	Milk





Afternoon snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Banana Bread with Strawberries and Lemon Balm Tea with Apple and Pear Syrup Banana Bread com Morango e Chá de Lúcia-lima com Calda de Maçã e Pera	131	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.

30 April | Abril

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Chickpea Soup Sopa de Grão	65	5	1	9	-
 Main course	Oven-Baked Tuna & Cauliflower Croquettes w/ Bean Rice Croquetes Caseiros de Atum e Couve-flor no Forno c/ Arroz de Feijão	358	22	14	36	Fish, Wheat, Egg, Gluten
 Vegetarian	Oven-Baked Tofu & Cauliflower Croquettes w/ Bean Rice Croquetes Caseiros de Tofu e Couve-flor no Forno c/ Arroz de Feijão	300	14	12	34	Egg, Gluten
 Vegetables	Roasted Carrot Sticks Palitos de Cenoura Assada	-	-	-	5	-

Morning snack

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Early Years	Corn Pancakes with Fruit Tortitas de Milho com Fruta	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 Peanut Butter and Milk Pão de Massa Mãe com Manteiga de Amendoim e Leite	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.