

2 March | Março

### Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	Carrot Soup   Sopa de Cenoura	38	2	2	3	-
Main course	Beef and Lentil Bolognese with Spaghetti   Bolonhesa de Novilho e Lentilhas com Esparguete	388	23	12	47	Gluten
Vegetarian	Lentil Bolognese with Spaghetti   Bolonhesa de Lentilhas com Esparguete	449	19	9	73	Gluten
Vegetables	Sautéed Shredded Pointed Cabbage   Couve-Coração Salteada em Juliana	31	1	2	2	-

#### Morning snack

Early Years	Fresh Cheese Cubes with Seasonal Fruit   Cubos de Queijo Fresco com Fruta da Época	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.

3 March | Março

### Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	Lentil Soup   Sopa de Lentilhas	58	2	3	7	-
Main course	Baked Cod Fritters with Bean Rice   Pataniscas de Bacalhau no Forno com Arroz de Feijão	355	26	9	43	Fish, Wheat, Egg, Gluten
Vegetarian	Baked Lentil Fritters with Bean Rice   Pataniscas de Lentilhas no Forno com Arroz de Feijão	375	18	9	59	Wheat, Egg, Gluten
Vegetables	Roasted Vegetables   Legumes Assados	103	3	7	7	-

#### Morning snack

Early Years	Oat and Seasonal 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 Lemon Verbena Infusion   Pão com Requeijão e Infusão de 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.

4 March | Março

### Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
Soup	Broccoli Soup   Sopa de Brócolos	68	3	4	5	-
Main course	Portuguese-Style Pork Pica-Pau w/ Rosemary Wedge Potatoes   Pica-Pau de Porco à Portuguesa c/ Batatas Wedge e Alecrim	464	22	28	31	-
Vegetarian	Portuguese-Style Seitan Pica-Pau w/ Rosemary Wedge Potatoes   Pica-Pau de Seitan à Portuguesa c/ Batatas Wedge e Alecrim	452	17	24	42	Gluten, Mustard
Vegetables	Boiled Broccoli   Brócolos Cozidos	20	2	0	3	-

#### Morning 2

Early Years	Flamengo Cheese Sticks with Seasonal Fruit   Palitos de Queijo Flamengo com Fruta da Época	65	4	5	1	Milk
Primary		65	4	5	1	Milk

#### Afternoon snack

Early Years	Banana Bread with Strawberry and Lemon Balm Tea with Apple and Pear Compote   Banana Bread com Morango e Chá de Lúcia-Lima com Calda de Maçã e Pera	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 March | Março

### 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	Gratinated Hake Medallions w/ Roasted Sweet Potato   Medalhões de Pescada Gratinados c/ Batata-Doce no Forno	286	16	18	40	Milk, Gluten, Fish
Vegetarian	Scrambled Eggs w/ Lentils and Roasted Sweet Potato   Ovos Mexidos c/ Lentilhas e Batata-Doce no Forno	346	11	14	14	Milk, Gluten, Egg
Vegetables	Roasted Carrot Sticks   Palitos de Cenoura Assados	103	3	7	7	-

#### 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 Peanut Butter and Milk   Pão de Massa-Mãe 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 March | Março

### 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	Traditional Portuguese Duck Rice   Arroz de Pato à Antiga Portuguesa	248	11	12	24	Gluten, Milk, Egg
Vegetarian	Spiced Rice with Falafel   Arroz de Especiarias com Falafel	285	13.5	15	24	Gluten, Milk, Egg
Vegetables	Lettuce Salad   Salada de Alface	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		75	1.8	1.8	12.6	Gluten

#### Afternoon snack

Early Years	Cheese Bread with Strawberry Yoghurt Smoothie   Pão de Queijo com Iogurte Batido de 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.

9 March | Março

#### Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Turnip Greens Soup   Sopa de Nabijas	38	2	2	3	-
 Main course	Asian-Style Pork Neck with Thai Rice   Cachaço de Porco à Moda Asiática com Arroz Thai	236	14	6,7	30,2	-
 Vegetarian	Chickpea Curry with Thai Rice   Caril de Grão com Arroz Thai	301	9	7	50,6	-
 Vegetables	Asian Vegetables   Legumes Asiáticos	103	3	7	7	-

#### Morning snack

Early Years	Boiled Egg with Seasonal Fruit   Ovo Cozido com Fruta da Época	46	2	0	8	Egg
Primary		69	3	0	12	Egg

#### Afternoon snack

Early Years	Cereal with Natural Yoghurt   Cereais com Iogurte Natural	170	6	3	28	Milk, Gluten
Primary	Cocoa, Honey and Nut Granola w/ Natural Yoghurt   Granola de Cacau, Mel e Frutos Secos com Iogurte Natural	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 March | Março

#### Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Chickpea Soup   Sopa de Grão	69	5	0,38	8,72	-
 Main course	Homemade Baked Tilapia Fish Fingers with Carrot Rice   Douradinhos de Tilápia Caseiros no Forno com Arroz de Cenoura	267	24	7	27	Molluscs, Sulphites, Celery, Soya, Gluten
 Vegetarian	Homemade Baked Tofu Fingers with Carrot Rice   Douradinhos de Tofu Caseiros no Forno com Arroz de Cenoura	310	18	14	28	Soya, Gluten, Egg
 Vegetables	Roasted Carrot Sticks   Palitos de Cenoura Assados	20	1	0	5	-

#### 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	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.

11 March | Março

#### Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Pumpkin Soup   Sopa de Abóbora	29	2	1	3	-
 Main course	Stewed Chicken with Carrot and Tomato served with Baked Potato Sticks   Frango Estufado com Cenoura e Tomate acompanhado de Palitos de Batata no Forno	416	21	22	33,6	-
 Vegetarian	Chickpea and Roasted Vegetable Ratatouille served with Baked Potato Sticks   Ratatouille de Grão e Legumes Assados acompanhado de Palitos de Batata no Forno	404	16	18	44,6	Gluten, Mustard
 Vegetables	Roasted Broccoli   Brócolos Assados	25	2	9	4	-

#### Morning 2

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

Early Years	Marble Yoghurt Cake with Red Berries and Lemon Verbena Tea with Strawberry   Bolo Mármore de Iogurte com Frutos Vermelhos 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 March | Março

#### Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Butter Bean Soup   Sopa de Feijão-Manteiga	73	1	5	6	-
 Main course	Mushroom and Cheddar Pizza   Pizza de Cogumelos e Cheddar	297	21	10,8	28,88	Fish, Egg, Gluten, Wheat
 Vegetarian	Margherita Pizza   Pizza Margherita	276	13	11,6	28,48	Soy, Egg, Gluten, Wheat
 Vegetables	Lettuce and Carrot Salad   Salada de Alface e Cenoura	103	3	7-	7	-

#### 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 Strawberry Reduction and Mango Yoghurt Smoothie   Pão com Redução de Morango e Iogurte Batido de Mango	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 March | Março

#### Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
 Soup	Cauliflower Soup   Sopa de Couve-Flor	64	2	4	5	-
 Main course	Veal Bolognese Lasagne with Mushrooms   Lasanha Bolonhesa de Vitela com Cogumelos	581	27,5	28,4	54	Egg
 Vegetarian	Lentil Bolognese Lasagne with Mushrooms   Lasanha Bolonhesa de Lentilhas com Cogumelos	491	14,5	14,3	76	Egg
 Vegetables	Coleslaw Salad (White Cabbage, Carrot and Yoghurt)   Salada Coleslaw (Couve Branca, Cenoura e Iogurte)	19	1	1	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	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.

16 March | Março

### Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
<b>Soup</b>	Carrot Soup   Sopa de Cenoura	38	2	2	3	-
<b>Main course</b>	Grilled Chicken with Lemon Sauce and Thai Rice   Frango Grelhado com Molho de Limão e Arroz Thai	236	14	6,7	30,2	-
<b>Vegetarian</b>	Chickpea Curry with Thai Rice   Caril de Grão com Arroz Thai	301	9	7	50,6	-
<b>Vegetables</b>	Roasted Broccoli   Brócolos Assados	103	3	7	7	-

#### Morning snack

<b>Early Years</b>	Fresh Cheese Cubes with Fruit   Cubos de Queijo Fresco com Fruta	46	2	0	8	Egg
<b>Primary</b>		69	3	0	12	Egg

#### Afternoon snack

<b>Early Years</b>	Cereal with Milk   Cereais com Leite	170	6	3	28	Milk, Gluten
<b>Primary</b>		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.



17 March | Março

### Tuesday | Terça-feira

St Patrick's Day celebrates Irish heritage, music and community spirit, rooted in centuries of tradition and marked by parades, dance and vibrant green festivities across the country.



		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
<b>Soup</b>	Spinach and Chickpea Soup   Sopa de Espinafres com Grão	69	5	0,38	8,72	-
<b>Main course</b>	Green Chicken Fritters with Fusilli and Watercress   Pataniscas Verdes de Frango com Fusilli e Agrião	267	24	7	27	Molluscs, Sulphites, Celery, Soya, Gluten
<b>Vegetarian</b>	Green Lentil Fritters with Fusilli and Watercress   Pataniscas Verdes com Lentilhas com Fusilli e Agrião	310	18	14	28	Soya, Gluten, Egg
<b>Vegetables</b>	Boiled Baby Carrots   Cenoura Baby Cozida	20	1	0	5	-

#### Morning snack

<b>Early Years</b>	Oat Pancakes with Seasonal Fruit   Tortitas de Aveia com Fruta da Época	46	2	0	8	-
<b>Primary</b>		69	3	0	12	-

#### Afternoon snack

<b>Early Years</b>	Bread with Ricotta and Lemon Verbena Infusion   Pão com Requeijão e Infusão de Erva-Príncipe	170	6	3	28	Milk, Gluten
<b>Primary</b>		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.



18 March | Março

### Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
<b>Soup</b>	Coriander Soup   Sopa de Coentros	29	2	1	3	-
<b>Main course</b>	Portuguese-Style Turkey Bifanas with Basmati Rice   Bifanas de Peru à Portuguesa com Arroz Basmati	416	21	22	33,6	-
<b>Vegetarian</b>	Portuguese-Style Seitan Bifanas with Basmati Rice   Bifanas de Seitan à Portuguesa com Arroz Basmati	404	16	18	44,6	Gluten, Mustard
<b>Vegetables</b>	Boiled Green Beans   Feijão-Verde Cozido	25	2	9	4	-

#### Morning 2

<b>Early Years</b>	Flamengo Cheese Sticks with Seasonal Fruit   Palitos de Queijo Flamengo com Fruta da Época	65	4	5	1	Milk
<b>Primary</b>		65	4	5	1	Milk

#### Afternoon snack

<b>Early Years</b>	Pancakes with Milk   Panquecas com Leite	100	6	3	12	Gluten, Milk, Egg
<b>Primary</b>		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.

19 March | Março

### Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
<b>Soup</b>	Green Bean Soup   Sopa de Feijão-Verde	73	1	5	6	-
<b>Main course</b>	Hake Mac and Cheese with Pumpkin   Mac and Cheese de Pescada com Abóbora	297	21	10,8	28,88	Fish, Egg, Gluten, Wheat
<b>Vegetarian</b>	Black-Eyed Bean Mac and Cheese with Pumpkin   Mac and Cheese de Feijoca com Abóbora	276	13	11,6	28,48	Soy, Egg, Gluten, Wheat
<b>Vegetables</b>	Roasted Carrot Sticks   Palitos de Cenoura Assados	103	3	7-	7	-

#### Morning snack

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

#### Afternoon snack

<b>Early Years</b>	Bread with Peanut Butter and Lemon Balm Tea with Apple and Pear Compote   Pão com Manteiga de Amendoim e Chá de Lúcia-Lima com Calda de Maçã e Pere	196	7	4	32	Gluten, Peanuts
<b>Primary</b>		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.

20 March | Março

### Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
<b>Soup</b>	Vegetable Soup   Sopa de Legumes	64	2	4	5	-
<b>Main course</b>	Turkey Chilli with Thai Rice   Chilli de Peru com Arroz Thai	581	27,5	28,4	54	Egg
<b>Vegetarian</b>	Soya Chilli with Thai Rice   Chilli de Soja com Arroz Thai	491	14,5	14,3	76	Egg
<b>Vegetables</b>	Lettuce and Carrot Salad   Salada de Alface e Cenoura	19	1	1	2	-

#### Morning 2

<b>Early Years</b>	Crackers with Seasonal Fruit   Marinheiras com Fruta da Época	50	1,2	1,2	8,4	Gluten
<b>Primary</b>		75	1,8	1,8	12,6	Gluten

#### Afternoon snack

<b>Early Years</b>	Apple and Pear Muffin with Strawberry Yoghurt Smoothie   Muffin de Maçã e Pera com Iogurte Batido de Morango	212	7	10	24	Milk, Gluten, Egg
<b>Primary</b>		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.

23 March | Março

### Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Courgette Soup   Sopa de Courgete	45	2	1	7	-
Main course	Oven-Roasted Chicken Legs with Spaghetti   Pernas de Frango Assadas no Forno com Esparguete	488	27	18	51	Milk, Gluten
Vegetarian	Seitan with Mustard Sauce and Spaghetti   Seitan com Molho de Mostarda com Esparguete	469	18	13	70	Milk, Gluten, Soya, Mustard
Vegetables	Boiled Green Beans   Feijão-Verde Cozido	171	1	3	35	-

#### Morning snack

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

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	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 March | Março

### Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Lentil Soup   Sopa de Lentilhas	73	1	5	6	-
Main course	Cuttlefish Feijoada with Thai Rice   Feijoada de Pota com Arroz Thai	313	18,38	8	41,9	Fish, Wheat, Egg, Gluten
Vegetarian	Tofu Feijoada with Thai Rice   Feijoada de Tofu com Arroz Thai	310	16	6,48	47	Wheat, Egg, Gluten
Vegetables	Roasted Broccoli   Brócolos Assados	55	3	1	7	-

#### Morning snack

Early Years	Oat Pancakes with Seasonal Fruit   Tortitas de Aveia com Fruta da Época	34	3	2	0	-
Primary		68	6	5	0	-

#### Afternoon snack

Early Years	Bread with Flamengo Cheese and Lemon Verbena Tea with Strawberry   Pão com 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 March | Março

### Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Carrot Soup   Sopa de Cenoura	29	2	1	3	-
Main course	Beef Meatballs w/ Tomato Sauce and Mashed Potatoes   Almôndegas de Vaca c/ Molho de Tomate e Puré de Batata	445	41	13	41	-
Vegetarian	Vegetarian Soya Meatballs with Mashed Potatoes   Almôndegas Vegetarianas de Soja com Puré de Batata	410	13	9	63	-
Vegetables	Roasted Vegetables   Legumes Assados	25	2	0	4	-

#### Morning snack

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

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 March | Março

### Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Chicken Noodle Soup   Canja de Galinha com Massa	65	5	1	9	-
Main course	Mackerel and Roasted Vegetable Ratatouille with Thai Rice   Ratatouille de Cavala e Legumes Assados com Arroz Thai	358	22	14	36	Fish, Sulphites, Soya
Vegetarian	Chickpea and Roasted Vegetable Ratatouille w/ Thai Rice   Ratatouille de Grão e Legumes Assados c/ Arroz Thai	300	14	12	34	Soya, Gluten
Vegetables	Grated Carrot   Cenoura Ralada	-	-	-	5	-

#### Morning snack

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

#### Afternoon snack

Early Years	Bread with Mango Reduction and Mango Yoghurt Smoothie   Pão com Redução de Manga e Iogurte Batido de 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 March | Março

### Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Vegetable Soup   Sopa de Legumes	37	3	1	4	-
Main course	Traditional Creamy Chicken Rice   Arroz de Frango Malandro	268	20	6,6	32	Soya, Gluten, Egg
Vegetarian	Creamy Vegetable Rice with Boiled Egg   Arroz Malandro com Legumes e Ovo Cozido	297	12	9	42	Soya, Gluten, Egg
Vegetables	Boiled Green Beans   Feijão-Verde Cozido	21	0	2	0	-

#### 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	Marble Yoghurt Cake with Red Berries and Milk   Bolo Mármore de Iogurte com Frutos Vermelhos 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.

30 March | Março  
**Monday | Segunda-feira**

**School Closed | Escola Encerrada**

31 March | Março  
**Tuesday | Terça-feira**

**School Closed | Escola Encerrada**