

1 June | Junho

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Watercress Soup Sopa de Agridão	55	2	2	7,25	-
Main course	Beef Burger in a Bun w/ Lettuce and Sweet Potato Crisps Hambúrguer no Pão c/ Alface e Chips de Batata-Doce	596	33	26	56	Gluten, Egg, Milk
Vegetarian	Vegetarian Burger in a Bun w/ Cheese & Sweet Potato Crisps Hambúrguer Vegetariano no Pão c/ Queijo e Chips de Batata-Doce	609	22,1	23	76,8	Egg
Vegetables	Lettuce and 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 w/ Milk Crumble de Aveia e Amêndoa c/ 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 (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

2 June | Junho

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Red Kidney Bean Soup Sopa de Feijão Vermelho	65	5	1	9	-
Main course	Creamed Codfish 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 Pancakes and Seasonal Fruit Tortitas de Aveia e Fruta da Época	46	2	0	8	-
Primary		69	3	0	12	-

Afternoon snack

Early Years	Bread w/ Ricotta and Strawberry Infusion w/ Lemongrass Pão c/ Requeijão e Morangada c/ Erva-Príncipe	170	6	3	28	Gluten, Milk
Primary		301	11	6	48	Gluten, Milk

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

3 June | Junho

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	Turkey Penne w/ Broccoli and Mozzarella Penne de Peru c/ Brócolos e Queijo Mozzarella	368	25	12	40	Gluten, Milk
Vegetarian	HEURA Penne w/ Broccoli and Mozzarella Penne de HEURA c/ Brócolos e Queijo Mozzarella	384	20	16	40	Gluten, Milk, Soya
Vegetables	Collard Greens Couve Mineira	21	1	1	0	-

Morning Snack

Early Years	Cheddar Cheese Sticks w/ Seasonal Fruit Palitos de Queijo Cheddar c/ Fruta da Época	65	4	5	1	Milk
Primary		65	4	5	1	Milk

Afternoon snack

Early Years	Pancake and Milk Panqueca e 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 (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

4 June | Junho

Thursday | Quinta-feira

Holiday | Feriado
(School Closed/ Escola Encerrada)

5 June | Junho

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Savoy Cabbage Soup Sopa de Couve-Coração	65	3	1	11	-
Main course	Portuguese-Style Pork Strips w/ Basmati Rice Pica-Pau de Porco à Portuguesa c/ Arroz Basmati	414	21	22	5	-
Vegetarian	Portuguese-Style Seitan Strips w/ Basmati Rice Pica-Pau de Seitan à Portuguesa c/ Arroz Basmati	402	16	18	44	Gluten, Mustard
Vegetables	Cucumber Salad w/ Yoghurt and Sesame Seeds Salada de Pepino c/ Iogurte e Sementes de Sésamo	72	3	4	6	Milk, Sesame

Morning snack

Early Years	Crackers w/ Seasonal Fruit Marinheiras c/ 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 Yoghurt Smoothie Banana Bread e Iogurte Batido c/ 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 (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

8 June | Junho

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Carrot Soup Sopa de Cenoura	38	2	2	3	-
Main course	Roast Chicken w/ Spaghetti Frango no Forno c/ Esparguete	444	38	12	46	Gluten
Vegetarian	Boiled Eggs and Peas w/ Spaghetti Ovos Cozidos c/ Ervilhas e Esparguete	422	24	10	59	Gluten, Egg
Vegetables	Lettuce Salad Salada de Alface	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	Cereals and Natural Yoghurt Cereais e Iogurte Natural	245	8	4	44	Gluten, Milk
Primary	Granola w/ Honey, Nuts and Natural Yoghurt Granola c/ Mel, Frutos Secos e Iogurte Natural	200	9	10	20	Gluten, Nuts, Peanuts

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

9 June | Junho

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Lentil Soup Sopa de Lentilhas	58	3	2	7	-
Main course	Baked Codfish Fritters w/ Bean Rice Pataniscas de Bacalhau no Forno c/ Arroz de Feijão	359	26	9	43.5	Fish, Wheat, Egg, Gluten
Vegetarian	Baked Lentil Fritters w/ Bean Rice Pataniscas de Lentilhas no Forno c/ Arroz de Feijão	389	18	9	59	Wheat, Egg, Gluten
Vegetables	Boiled Broccoli Brócolos Cozidos	20	2	0	3	-

Morning snack

Early Years	Oat Pancakes w/ Seasonal Fruit Tortitas de Aveia c/ Fruta da Época	46	2	0	8	-
Primary		69	3	0	12	-

Afternoon snack

Early Years	Bread w/ Edam Cheese and Milk Pão c/ Queijo Flamengo e Leite	187	9	4	26	Gluten, Milk
Primary		350	16	7	50	Gluten, Milk

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

10 June | Junho

Wednesday | Quarta-feira

**Holiday | Feriado
(School Closed/ Escola Encerrada)**

11 June | Junho

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Spinach and Chickpea Soup Sopa de Espinafres c/ Grão	139	13	5	18	-
Main course	Squid and Bean Stew Feijoada de Pota	189	18	5	18	Molluscs
Vegetarian	Tofu and Bean Stew Feijoada de Tofu	218	18	10	14	-
Vegetables	Roasted Carrot Sticks Palitos de Cenoura Assada	171	1	3	35	-

Morning snack

Early Years	Corn Fritters w/ Seasonal Fruit Tortitas de Milho c/ Fruta da Época	46	1	0	10	-
Primary		61	1	1	12	-

Afternoon snack

Early Years	Bread w/ Strawberry Spread and Mango Yoghurt Smoothie Pão c/ Redução de Morango e Iogurte Batido c/ Manga	184	7	3	31	Gluten, Milk
Primary		292	11	3	54	Gluten, Milk

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

12 June | Junho

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Caldo Verde Caldo Verde	129	7	5	14	-
Main course	Pork Bifana in a Bun Bifana de Porco no Pão	418	22	18	42	Gluten
Vegetarian	Vegetarian Burger in a Bun Hambúrguer Vegetariano no Pão	366	18	14	42	Gluten, Soya
Vegetables	Half Corn on the Cob Meia Maçaroca de Milho	105	3	1	21	-

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	Sweet Potato Cake and Milk Bolo de Batata-Doce e Leite	156	7	3	23	Milk, Egg, Gluten
Primary		234	10	4	39	Gluten, Peanuts

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

15 June | Junho

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Broccoli Soup Sopa de Brócolos	68	3	4	5	-
Main course	Beef Meatballs w/ Tomato Sauce and Spaghetti Almôndegas de Vaca c/ Molho de Tomate e Esparguete	438	23	18	46	Gluten
Vegetarian	Vegetarian Soy Meatballs w/ Spaghetti Almôndegas Vegetarianas de Soja c/ Esparguete	371	21	7	56	Soya, Wheat, Egg, Gluten
Vegetables	Lettuce Salad Salada de Alface	26	1	2	1	-

Morning snack

Early Years	Fresh Cheese Cubes w/ Seasonal Fruit Cubos de Queijo Fresco c/ Fruta da Época	36	3	3	1	Milk
Primary		72	5	5	2	Milk

Afternoon snack

Early Years	Oat and Almond Crumble w/ Milk Crumble de Aveia e Amêndoa c/ Leite	228	8	10	25	Gluten, Milk
Primary		252	10	11	28	Gluten, Tree Nuts, Peanuts, Milk

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

16 June | Junho

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	Pork Medallions w/ Cornbread Crust and Roasted Potatoes Medalhão c/ Broa e Batata Assada	212	18	4	26	Gluten, Fish
Vegetarian	Seitan w/ Cornbread Crust and Roasted Potatoes Seitan c/ Broa e Batata Assada	219	20	3	28	Gluten
Vegetables	Boiled Green Beans Feijão-Verde Cozido	33	2	1	4	-

Morning snack

Early Years	Oat Pancakes w/ Seasonal Fruit Tortitas de Aveia c/ Fruta da Época	46	2	0	8	-
Primary		69	3	0	12	-

Afternoon snack

Early Years	Bread w/ Flamengo Cheese & Lemon Verbena Tea w/ Strawberry Pão c/ Queijo Flamengo e Chá de Erva-Príncipe c/ Morango	139	6	3	22	Gluten, Milk
Primary		278	11	5	43	Gluten, Milk

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

17 June | Junho

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Swiss Chard Soup Sopa de Acelgas	38	1	2	4	-
Main course	Asian-Style Shredded Turkey w/ Thai Rice Peru Desfiado à Asiática c/ Arroz Thai	400	33	8	49	Soya
Vegetarian	Seitan Strips w/ Thai Rice Pica-Pau de Seitan c/ Arroz Thai	402	23	10	55	Soya, Gluten
Vegetables	Roasted Carrot Sticks Palitos de Cenoura Assada	171	1	3	35	-

Morning snack

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

Afternoon snack

Early Years	Pancake and Milk Panqueca e 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 (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

18 June | Junho

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Chickpea Soup Sopa de Grão	129	7	5	14	-
Main course	Tuna Poké Bowl (Rice, Tuna, Mango and Edamame) Poké de Atum (Arroz, Atum, Manga e Edamame)	358	22	14	36	Fish, Sulphites, Soya
Vegetarian	Tofu Poké Bowl (Rice, Tofu, Mango and Edamame) Poké de Tofu (Arroz, Tofu, Manga e Edamame)	300	14	12	34	Soya, Gluten
Vegetables	Included Incluído	21	1	1	2	-

Morning snack

Early Years	Corn Fritters and Seasonal Fruit Tortitas de Milho e Fruta da Época	46	1	0	10	-
Primary		61	1	1	12	-

Afternoon snack

Early Years	Bread w/ Peanut Butter and Lemon Balm Tea w/ Apple and Pear Syrup Pão c/ Manteiga de Amendoim e Chá de Lúcia-Lima c/ Calda de Maçã e Pera	216	5	2	23	Gluten, Milk
Primary		252	9	4	45	Gluten, Milk

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

19 June | Junho

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Pumpkin Soup Sopa de Abóbora	29	2	1	3	-
Main course	Lentil Bolognese Lasagne w/ Mushrooms Lasanha Bolonhesa de Lentilhas c/ Cogumelos	311	15	3	56	Gluten, Milk
Vegetarian	Spinach and Ricotta Lasagne Lasanha de Espinafres e Requeijão	285	13,5	15	24	Gluten, Milk, Egg
Vegetables	Lettuce and Sweetcorn Salad Salada de Alface e Milho	12	1	0	2	-

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	Blueberry Muffin and Strawberry Yoghurt Smoothie Muffin de Mirtilos e Iogurte Batido c/ Morango	177	7	5	26	Milk, Gluten, Egg
Primary		227	9	5	37	Milk, Gluten, Egg

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

22 June | Junho

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Carrot Soup Sopa de Cenoura	38	2	2	3	-
Main course	Roast Chicken Legs w/ Basmati Rice Pernas de Frango Assadas no Forno c/ Arroz Basmati	317	21	13	29	Mustard
Vegetarian	Stewed Eggs w/ Chickpeas, Lentils and Peas served w/ Basmati Rice Ovos Estufados c/ Leguminosas (Grão, Lentilhas e Ervilhas) c/ Arroz Basmati	264	11	8	37	Soya, Mustard, Egg
Vegetables	Lettuce and 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	Cereals and Natural Yoghurt Cereais e Iogurte Natural	245	8	4	44	Gluten, Milk
Primary	Granola w/ Honey, Cocoa and Nuts served w/ Natural Yoghurt Granola c/ Mel, Cacau, Frutos Secos e Iogurte Natural	257	11	9	34	Gluten, Seeds, Milk

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

23 June | Junho

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Green Bean Soup Sopa de Feijão Verde	73	7	5	6	-
Main course	Hake Mac & Cheese w/ Pumpkin Mac & Cheese de Pescada c/ Abóbora	308	22	12	28	Fish, Milk, Gluten
Vegetarian	Butter Bean Mac & Cheese w/ Pumpkin Mac & Cheese de Feijoca c/ Abóbora	262	11	10	32	Egg, Gluten
Vegetables	Boiled Broccoli Brócolos Cozidos	20	2	0	3v	-

Morning snack

Early Years	Oat Pancakes w/ Seasonal Fruit Tortitas de Aveia c/ Fruta da Época	46	2	0	8	-
Primary		69	3	0	12	-

Afternoon snack

Early Years	Bread w/ Edam Cheese and Lemongrass Tea w/ Forest Fruits Pão c/ Queijo Flamengo e Chá de Erva-Príncipe c/ Frutos do Bosque	144	6	3	23	Milk, Gluten
Primary	Bread w/ Cocoa and Hazelnut Spread and Lemongrass Tea w/ Forest Fruits Pão c/ Manteiga de Cacau e Avelãs e Chá de Erva-Príncipe c/ Frutos do Bosque	237	9	5	45	Milk, Gluten

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

24 June | Junho

Wednesday | Quarta-feira

**Holiday | Feriado
(School Closed/ Escola Encerrada)**

25 June | Junho

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Butter Bean Soup Sopa de Feijão-Manteiga	69	5	1	10	-
Main course	Hake Meatballs w/ Mashed Potatoes Almôndegas de Pescada c/ Puré de Batata	228	17,38	7	23,9	Fish, Egg, Gluten, Wheat
Vegetarian	Vegetarian Soy Meatballs w/ Mashed Potatoes Almôndegas Vegetarianas de Soja c/ Puré de Batata	230	15	6	29	Egg, Gluten, Wheat, Soya
Vegetables	Collard Greens Couve Mineira	21	1	1	2	-

Morning snack

Early Years	Corn Fritters w/ Seasonal Fruit Tortitas de Milho c/ Fruta da Época	46	1	0	10	-
Primary		61	1	1	12	-

Afternoon snack

Early Years	Bread w/ Mango Spread and Mango Yoghurt Smoothie Pão c/ Redução de Manga e Iogurte Batido c/ Manga	191	7	3	33	Gluten, Milk
Primary		300	11	4	56	Gluten, Milk

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

26 June | Junho

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 & Vegetable Meatloaf w/ Oven-Baked Potato Rolo de Carne de Vaca c/ Legumes e Palitos de Batata no Forno	311	15	3	56	Gluten, Milk
Vegetarian	Soy and Vegetable Loaf w/ Oven-Baked Potato Sticks Rolo de Soja c/ Legumes e Palitos de Batata no Forno	285	13,5	15	24	Gluten, Milk, Egg
Vegetables	Cucumber Salad w/ Yoghurt and Sesame Seeds Salada de Pepino c/ Iogurte e Sementes de Sésamo	12	1	0	2	-

Morning Snack

Early Years	Crackers w/ Seasonal Fruit Marinheiras c/ 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 w/ Lemon Balm Tea w/ Apple and Pear Compote Pão de Queijo e Chá de Lúcia-Lima c/ Calda de Maçã e Pera	180	4	9	20	Milk, Egg
Primary		270	6	24	30	Milk, Egg

In all the snacks we have available as alternatives if needed: bread (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

29 June | Junho

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Broccoli Soup Sopa de Brócolos	68	3	4	5	-
Main course	Boneless Chicken Thigh w/ Honey Mustard Rice and Carrots Coxa de Frango c/ Mostarda e Mel, Arroz e Cenoura	422	31	14	43	Mustard
Vegetarian	Tofu w/ Honey Mustard Rice and Carrots Tofu c/ Mostarda e Mel, Arroz e Cenoura	390	21	14	45	Soya, Mustard
Vegetables	Lettuce Salad Salada de Alface	26	1	2	1	-

Morning snack

Early Years	Fresh Cheese Cubes w/ Seasonal Fruit Cubos de Queijo Fresco c/ Fruta da Época	36	3	3	1	Egg
Primary		72	5	5	2	Egg

Afternoon snack

Early Years	Cereals w/ Milk Cereais c/ 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 (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.

30 June | Junho

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	Hake Bolognese w/ Spaghetti Bolonhesa de Pescada c/ Esparguete	468	25	8	74	Fish, Gluten
Vegetarian	Lentil Bolognese w/ Spaghetti Bolonhesa de Lentilhas c/ Esparguete	449	19	9	73	Gluten
Vegetables	Boiled Green Beans Feijão-Verde Cozido	33	2	1	4	-

Morning snack

Early Years	Oat Pancakes w/ Seasonal Fruit Tortitas de Aveia c/ Fruta da Época	46	2	0	8	-
Primary		69	3	0	12	-

Afternoon snack

Early Years	Bread w/ Ricotta and Lemon Verbena Orange Drink Pão c/ Requeijão e Laranjada c/ 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 (w/ 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 (c/ queijo, manteiga de frutos secos ou manteiga), leite, bebida vegetal e Fruta da época.