

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.

1 July | Julho

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Cauliflower Soup Sopa de Couve-Flor	37	4	1	4	-
Main course	Chicken Stroganoff with Basmati Rice Frango Stroganoff com Arroz Basmati	329	23	13	30	Milk, Mustard
Vegetarian	Seitan Stroganoff with Basmati Rice Stroganoff de Seitan com Arroz Basmati	362	20	10	48	Gluten, Soya
Vegetables	Sautéed Courgette with Garlic and Mint Curgete Salteada com Alho e Hortelã	17	1	1	1	-

Morning Snack

Early Years	Cheddar Cheese Sticks and Seasonal Fruit Palitos de Queijo Cheddar e Fruta da Época	39	3	3	1	Milk
Primary		72	5	5	2	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.

2 July | Julho

Thursday | Quinta-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	Tuna Rice with Sweetcorn and Scrambled Egg Arroz de Atum com Milho e Ovo Mexido	246	22	6	26	Fish
Vegetarian	Bow Tie Pasta with Peas and Seitan Lacinhos com Ervilhas e Seitan	298	17	6	44	Gluten, Milk
Vegetables	Boiled Green Beans Feijão Verde Cozido	33	2	1	4	-

Morning snack

Early Years	Corn Pancakes 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 Lemongrass Tea Pão com Manteiga de Amendoim e Chá de Erva-Príncipe	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.

3 July | Julho

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Vegetable Soup Sopa de Legumes	51	1	3	5	-
Main course	Turkey Yakisoba with Peanut Butter Sauce Yakisoba de Peru com Molho de Manteiga de Amendoim	354	28	10	38	Gluten, Nuts, Soya
Vegetarian	Soy Yakisoba with Peanut Butter Sauce Yakisoba de Soja com Molho de Manteiga de Amendoim	351	18	15	36	Gluten, Nuts, Soya
Vegetables	Boiled Green Beans Feijão Verde Cozido	33	2	1	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	Fig and Peanut Muffin with Strawberry Yoghurt Smoothie Muffin de Figo e Amendoim 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 (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.

6 July | Julho

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 Drumsticks with Carrot Rice Pernas de Frango Assadas no Forno com Arroz de Cenoura	367	22	15	36	Mustard
Vegetarian	Stewed Eggs with Pulses and Carrot Rice Ovos Estufados com Leguminosas e Arroz de Cenoura	314	12	10	44	Soya, Mustard, 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	Cereal and Natural Yoghurt Cereais e Iogurte Natural	245	8	4	44	Gluten, Milk
Primary	Granola with Honey, Nuts and Natural Yoghurt Granola com Mel, Frutos Secos e Iogurte Natural	200	9	10	20	Gluten, Tree 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.

7 July | Julho

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Lentil Soup Sopa de Lentilhas	58	3	2	7	-
Main course	Homemade Baked Tilapia Fish Fingers with Pasta, Carrots and Broccoli Douradinhos Caseiros de Tilápia no Forno com Macarronete, Cenoura e Brócolos	302,5	32	5,5	32	Fish, Wheat, Egg, Gluten
Vegetarian	Homemade Baked Tofu Fish Fingers with Pasta, Carrots and Broccoli Douradinhos Caseiros de Tofu no Forno com Macarronete, Cenoura e Brócolos	282	30	6	27	Wheat, Egg, Gluten, Soya
Vegetables	Boiled Broccoli Brócolos Cozidos	20	2	0	3	-

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 with Edam Cheese and Milk Pão com 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.

8 July | Julho

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Cabbage Soup Sopa de Couve Coração	67	3	1	11	-
Main course	Beef Lasagne with Mushrooms Lasanha de Vitela com Cogumelos	265	36	9	10	Milk, Gluten
Vegetarian	Lentil Lasagne with Mushrooms Lasanha 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	Fresh Cheese Cubes and Seasonal Fruit Cubos de Queijo Fresco e Fruta da Época	36	6	6	1	Milk
Primary		72	5	5	2	Milk

Afternoon snack

Early Years	Banana Bread with Strawberries and Mango Yoghurt Smoothie Banana Bread com Morangos e Iogurte Batido de Manga	196	7	7	25	Gluten, Milk, Egg
Primary		283	10	10	37	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.

9 July | Julho

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	Salmon & Hake Mac & Cheese w/ Roasted Sweet Potato Mac & Cheese de Salmão e Pescada c/ Batata-Doce Assada	414	23	14	49	Fish, Milk, Gluten
Vegetarian	Chickpea Ratatouille with Roasted Sweet Potato Ratatouille de Grão com Batata-Doce Assada	316	1158	12	37	-
Vegetables	Collard Greens Couve Mineira	21	1	1	2	-

Morning snack

Early Years	Corn Pancakes 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	174	8	5	24	Gluten, Milk
Primary		282	13	8	39	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 July | Julho

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 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 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 with Lemon Verbena Tea and Apple & Pear Compote Bolo de Batata-Doce e Chá de Lúcia-Lima com Calda de Maçã e Pera	108	3	1	21	Milk, Gluten
Primary		162	5	2	32	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.

13 July | Julho

Monday | Segunda-feira



		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	Cabbage Soup Sopa de Couve Coração	65	3	1	11	-
 Main course	Beef Burger with Tomato Sauce and Fusilli Pasta Hambúrguer de Vaca com Molho de Tomate e Fusilli	362	23	18	27	-
 Vegetarian	Vegetarian Burger with Cheese and Fusilli Pasta Hambúrguer Vegetariano com Queijo e Fusilli	357	14	13	46	Milk, Gluten, Soya, Mustard
 Vegetables	Lettuce and Carrot Salad Salada de Alface e Cenoura	26	1	2	1	-

Morning snack

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

Early Years	Oat and Almond Crumble with Milk Crumble de Aveia e Amêndoa com 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.

14 July | Julho

Tuesday | Terça-feira



		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	White Bean Soup Sopa de Feijão Branco	54	5	1	6,25	-
 Main course	Baked Cod Fritters with Bean Rice Pataniscas de Bacalhau no Forno com Arroz de Feijão	59	26	9	43,5	Fish, Wheat, Egg, Gluten
 Vegetarian	Baked Lentil Fritters with Bean Rice Pataniscas de Lentilhas no Forno com Arroz de Feijão	389	18	9	59	Wheat, Egg, Gluten
 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 with Ricotta Cheese and Lemon Verbena Infusion Pão com Requeijão e Infusão de 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.

15 July | Julho

Wednesday | Quarta-feira



		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	Green Bean Soup Sopa de Feijão Verde	73	1	5	6	-
 Main course	Chicken Stew with Carrots, Tomato and Thai Rice Frango Estufado com Cenoura, Tomate e Arroz Thai	383	40	7	40	-
 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 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	Homemade Sugar-Free Doughnuts with Sultanas and Milk Donuts Caseiros sem Açúcar com Sultanas e Leite	212	8	6	32	Gluten, Milk, Egg
Primary		236	10	6	34	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.

16 July | Julho

Thursday | Quinta-feira



		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 Soup	Spinach and Chickpea Soup Sopa de Espinafres com Grão	119	5	3	18	-
 Main course	Tuna Pizza Pizza de Atum	279	16	11	29	Gluten, Milk, Fish
 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

Early Years	Corn Pancakes 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 Spread and Mango Yoghurt Smoothie Pão com Redução de Morango e Iogurte Batido de 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.

18 July | Julho

Friday | Sexta-feira



		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergénios
 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	Gluten
 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 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	Chestnut, Cocoa and Banana Cake with Banana Yoghurt Smoothie Bolo de Castanha, Cacau e Banana com Iogurte Batido de Banana	188	7	6	26	Milk, Gluten, Egg
Primary		247	9	8	35	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.

20 July | Julho

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Courgette Soup Sopa de Courgete	45	2	1	7	-
Main course	Beef Meatballs in Tomato Sauce with Thai Rice Almôndegas de Vaca com Molho de Tomate e Arroz Thai	348	18	16	33	-
Vegetarian	Vegetarian Soy Meatballs with Thai Rice Almôndegas Vegetarianas de Soja com Arroz Thai	281	16	5	43	Soya, Wheat, Egg, Gluten
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	Cereal and Natural Yoghurt Cereais e Iogurte Natural	245	8	4	44	Gluten, Milk
Primary	Granola with Honey, Nuts and Natural Yoghurt Granola com Mel, Frutos Secos e Iogurte Natural	200	9	10	20	Gluten, Tree 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.

21 July | Julho

Tuesday | Terça-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Butter Bean Soup Sopa de Feijão Manteiga	69	5	1	10	-
Main course	Stewed Squid w/ Pink Sauce & Rosemary Wedges Pota Guisada c/ Molho Cor-de-Rosa e Batatinhas Wedge c/ Alecrim	402	29	14	40	Molluscs, Milk
Vegetarian	Chickpea Ratatouille w/ Rosemary Wedges Ratatouille de Grão e Legumes Assados c/ Batatinhas Wedge e Alecrim	380	17	16	42	-
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 with Edam 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	Tree Nuts, 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.

22 July | Julho

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 Lasagne with Cabbage Lasanha de Frango com Couve Coração	353	35	17	4259	-
Vegetarian	Vegetable and Pulse Lasagne Lasanha de Legumes e Leguminosas	248	11	12	24	Gluten
Vegetables	Sautéed Courgette with Garlic and Mint Courgete Salteada com Alho e Hortelã	17	1	1	1	-

Morning snack

Early Years	Fresh Cheese Cubes and Seasonal Fruit Cubos de Queijo Fresco e Fruta da Época	36	3	3	1	Milk
Primary		36	3	3	1	Milk

Afternoon snack

Early Years	Pumpkin Marble Cake with Cocoa and Lemongrass Tea with Strawberry Bolo Mármore de Abóbora e Cacau com Chá de Erva-Príncipe e Morango	146	5	5	21	Gluten, Milk, Egg
Primary		243	8	8	35	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.

23 July | Julho

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Green Bean Soup Sopa de Feijão Verde	73	1	5	6	-
Main course	Tagliatelle with Mackerel and Sweetcorn Tagliatelle com Cavala e Milho	386	16	18	40	Gluten, Milk, Fish
Vegetarian	Tagliatelle with Chickpeas, Sweetcorn and Egg Tagliatelle com Grão, Milho e Ovo	346	11	14	44	Gluten, Milk, Egg
Vegetables	Roasted Broccoli Brócolos Assados	25	1,9	0,2	3,9	-

Morning snack

Early Years	Corn Pancakes 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 Coimbra Butter and Strawberry Infusion Pão de Massa Madre com Manteiga Coimbra 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 (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 July | Julho

Friday | Sexta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Cabbage Soup Sopa de Couve Coração	65	3	1	11	-
Main course	Portuguese Pork Pica-Pau with Basmati Rice Pica-Pau de Porco à Portuguesa com Arroz Basmati	414	21	22	33	-
Vegetarian	Portuguese Seitan Pica-Pau with Basmati Rice Pica-Pau de Seitan à Portuguesa com Arroz Basmati	402	16	18	44	Gluten, Mustard
Vegetables	Cucumber Yoghurt Salad with Sesame Seeds Salada de Pepino com Iogurte e Sementes de Sésamo	72	3	4	6	Milk, Sesame

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 with Lemon Verbena Tea and Apple & Pear Compote Pão de Queijo com Chá de Lúcia-Lima e 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.

27 July | Julho

Monday | Segunda-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Spinach Soup Sopa de Espinafres	119	5	3	18	-
Main course	BBQ Chicken Thighs with Noodles Coxas de Frango BBQ com Massa Meada	501	34	17	53	Sulphites, Soy, Gluten
Vegetarian	Stewed Eggs with Pulses and Noodles Ovos Estufados com Leguminosas e Massa Meada	370	17	10	53	Soya, Mustard, Egg, Gluten
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	Cereal and Natural Yoghurt Cereais e Iogurte Natural	245	8	4	44	Milk, Gluten
Primary	Granola with Honey, Nuts and Natural Yoghurt Granola com Mel, Frutos Secos e Iogurte Natural	200	9	10	20	Gluten, Tree Nuts, Peanut, 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.

28 July | Julho

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 Meatballs with Carrot Rice Almôndegas de Pescada com Arroz de Cenoura	312	18	8	42	Fish, Wheat, Egg, Gluten
Vegetarian	Vegetarian Soy Meatballs with Carrot Rice Almôndegas Vegetarianas de Soja com Arroz de Cenoura	315	16	7	47	Fish, Wheat, Egg, Gluten
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 with Ricotta Cheese and Milk Pão com Requeijão e Leite	179	8	5	25	Milk, Gluten
Primary	Bread with Edam Cheese and Milk Pão com Queijo Edam e Leite	342	16	8	49	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.

29 July | Julho

Wednesday | Quarta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Leek Soup Sopa de Alho-Francês	62	2	3	6,75	-
Main course	Beef Meatloaf w/ Veg. & Oven-Baked Potato Sticks Rolo de Carne de Vaca c/ Legumes e Palitos de Batata no Forno	365	21	13	41	Gluten
Vegetarian	Soy Meatloaf with Veg and Oven-Baked Potato Sticks Rolo de Soja com Legumes e Palitos de Batata no Forno	359	19	11	46	Gluten, Soya, Egg
Vegetables	Cucumber Yoghurt Salad with Sesame Seeds Salada de Pepino com Iogurte e Sementes de Sésamo	72	3	4	6	Milk, Semsame

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	Porridge with Oat Drink and Seasonal Fruit Papas de Aveia (com Bebida de Aveia) e Fruta da Época	128	3	2	24	Gluten, Milk, Egg
Primary	Homemade Sugar-Free Doughnuts 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 (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 July | Julho

Thursday | Quinta-feira

		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens Alergênicos
Soup	Vegetable Soup Sopa de Legumes	51	1	4	5	-
Main course	Tuna Poke Bowl (Rice, Tuna, Mango and Edamame) Poke de Atum (Arroz, Atum, Manga e Edamame)	358	22	14	36	Peixe, Sulfitos, Soja
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	-	-	-	-	-

Morning snack

Early Years	Crackers and Seasonal Fruit Marinheiras e Fruta da Época	50	1,2	1,2	8,4	-
Primary		75	1,8	1,8	12,6	-

Afternoon snack

Early Years	Raspberry Muffin and Milk Muffin de Framboesa e Leite	158	7	5	24	Gluten, Milk
Primary		237	10	7	35	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.