



SAMPLE MENU

Monday | Segunda-feira

Lunch Menu Menu de Almoço		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens
Soup Sopa	Carrot Soup Sopa de Cenoura	38	2	2	3	-
Main Course Prato Principal	Chicken Lasagna with heart cabbage Lasanha de frango com couve coração	353	25	17	25	Gluten Milk, Egg
Vegetarian Vegetariano	Vegetable and legume lasagna Lasanha de legumes e leguminosas	248	11	12	24	Gluten Milk, Egg
Vegetables Vegetais	Boiled broccoli Bróculos cozidos	20	2	0	3	-
Morning Snack Snack da Manhã						
Early Years	Flemish cheese sticks and seasonal fruit Palitos de queijo flamengo e fruta da época	65	4	5	1	Milk
Primary Years	Flemish cheese sticks and vegetable strips Palitos de queijo flamengo e tiras de legumes	65	4	5	1	Milk
Afternoon Snack Snack da Tarde						
Early Years	Warm Oatmeal and Seasonal Fruit Palitos de queijo flamengo e tiras de legumes	111	5	4	13	Gluten Milk, Egg
Primary Years	Apple and Pear Milkshake with Mango Bolo de Maçã e Pêra Iogurte Batido c/ Manga	164	7	6	20	Gluten Milk, Egg

Tuesday | Terça-feira

Lunch Menu Menu de Almoço		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens
Soup Sopa	Red bean soup Sopa de Feijão vermelho	38	2	2	3	-
Main Course Prato Principal	Talipia Pasta Stew with Elbow Mararoni, served with Wholegrain Couscous Massada de Peixe com cotevolinhos (Tilápia) acompanhado com Couscous integral	353	25	17	25	Gluten Milk, Egg
Vegetarian Vegetariano	Braised Peas with Eggs and Vegetables, served with Wholegrain Couscous Ervilhas estufadas com Ovos e Legumes acompanhado com Couscous integral	248	11	12	24	Gluten Milk, Egg
Vegetables Vegetais	Roasted vegetables Legumes assados	20	2	0	3	-
Morning Snack Snack da Manhã						
Early Years	Crackers and seasonal fruit Marinheiras e fruta da época	65	4	5	1	Milk
Primary Years	Crackers and vegetable strips Marinheiras e tiras de legumes	65	4	5	1	Milk
Afternoon Snack Snack da Tarde						
Early Years	Bread with Flemish Cheese and milk Pão com queijo flamengo e leite	111	5	4	13	Gluten Milk, Egg
Primary Years	Bread with Flemish Cheese and Raspberry Ice Cream Pão com queijo flamengo e Gelado de Framboesa	164	7	6	20	Gluten Milk, Egg

Wednesday | Quarta-feira

Lunch Menu Menu de Almoço		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens
Soup Sopa	Broccoli Soup Sopa de Bróculos	38	2	2	3	-
Main Course Prato Principal	Braised Chicken with Strogonoff Sauce, served with Rosemary Potato Wedges Frango Estufado com Molho de Strofonoff, servido com Batatinhas Wedge c/ Alecrim	353	25	17	25	Gluten Milk, Egg
Vegetarian Vegetariano	Seitan in Strofonoff Sauce, served with Rosemary Potato Wedges Seitan com Molho de Strofonoff, servido com Batatinhas Wedge c/ Alecrim	248	11	12	24	Gluten Milk, Egg
Vegetables Vegetais	Boiled broccoli Bróculos cozidos	20	2	0	3	-
Morning Snack Snack da Manhã						
Early Years	Flemish cheese stick and seasonal fruit Palito de queijo flamengo e fruta da época	65	4	5	1	Milk
Primary Years	Flemish cheese stick and vegetable strips Palitos de queijo flamengo e tiras de legumes	65	4	5	1	Milk
Afternoon Snack Snack da Tarde						
Early Years	Pancake with Strawberry Ice Cream Panqueca com Gelado de Morango	111	5	4	13	Gluten Milk, Egg
Primary Years	Pancake with Strawberry Ice Cream Panqueca com Gelado de Morango	164	7	6	20	Gluten Milk, Egg

Thursday | Quinta-feira

Lunch Menu Menu de Almoço		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens
Soup Sopa	Grain Soup Sopa de Grão	38	2	2	3	-
Main Course Prato Principal	Hake Meatballs served with Thai Rice Almôndegas de Pescada com Arroz Thai	353	25	17	25	Gluten Milk, Egg
Vegetarian Vegetariano	Vegetarian Soya Meatballs with Thai Rice Almôndegas Vegetarianas de Soja com Arroz Thai	248	11	12	24	Gluten Milk, Egg
Vegetables Vegetais	Carrot puree Puré de Cenoura	20	2	0	3	-
Morning Snack Snack da Manhã						
Early Years	Crackers and seasonal fruit Marinheiras e fruta da época	65	4	5	1	Milk
Primary Years	Crackers and vegetable strips Marinheiras e tiras de legumes	65	4	5	1	Milk
Afternoon Snack Snack da Tarde						
Early Years	Bread with Flemish Cheese and milk Pão com queijo flamengo e leite	111	5	4	13	Gluten Milk, Egg
Primary Years	Bread with Flemish Cheese and Raspberry Ice Cream Pão com queijo flamengo e Gelado de Framboesa	164	7	6	20	Gluten Milk, Egg

Friday | Sexta-feira

Lunch Menu Menu de Almoço		VE	Prot (gr)	Lip (gr)	HC (gr)	Allergens
Soup Sopa	Chard Soup Sopa de Acelgas	38	2	2	3	-
Main Course Prato Principal	Traditional Portuguese Duck Rice Arroz de Pato à Antiga Portuguesa	353	25	17	25	Gluten Milk, Egg
Vegetarian Vegetariano	Spiced Rice with Falafel Arroz de Especiarias com Falafel	248	11	12	24	Gluten Milk, Egg
Vegetables Vegetais	Roasted Carrot Sticks Palitos de Cenoura Assados	20	2	0	3	-
Morning Snack Snack da Manhã						
Early Years	Crackers and seasonal fruit Marinheiras e fruta da época	65	4	5	1	Milk
Primary Years	Crackers and vegetable strips Marinheiras e tiras de legumes	65	4	5	1	Milk
Afternoon Snack Snack da Tarde						
Early Years	Golden Sultanas Donuts and Strawberry Lemongrass Tea Donuts de Sultanas Douradas e Chá de Morango Lemongrass	111	5	4	13	Gluten Milk, Egg
Primary Years	Golden Sultanas Donuts and Strawberry Lemongrass Tea Donuts de Sultanas Douradas e Chá de Morango Lemongrass	164	7	6	20	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
For more information please contact our team.