



13<sup>th</sup> Sept to 17<sup>th</sup> October 2025

Monday | Segunda-feira

| Lunch Menu   Menu de Almoço      |                                                                                                                                                   | VE  | Prot (gr) | Lip (gr) | HC (gr) | Allergens                  |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----------|----------|---------|----------------------------|
| Soup<br>Sopa                     | Creamy Pumpkin Soup<br>Sopa de Abóbora Cremosa                                                                                                    | 29  | 2         | 1        | 3       | -                          |
| Main Course<br>Prato Principal   | Beef Burger with Spaghetti in Fresh Tomato Sauce<br>Hambúrguer de Novilho com Esparguete ao Molho de Tomate Fresco                                | 488 | 27        | 18       | 51      | Gluten                     |
| Vegetarian<br>Vegetariano        | Vegetarian Burger with Melted Cheese and Spaghetti in Tomato Sauce<br>Hambúrguer Vegetariano com Queijo Derretido e Esparguete ao Molho de Tomate | 469 | 18        | 13       | 70      | Gluten, Milk, Soy, Mustard |
| Vegetables<br>Vegetais           | Fresh Lettuce Salad<br>Salada de Alface Fresca                                                                                                    | 21  | 0         | 2        | 0       | -                          |
| Morning Snack   Snack da Manhã   |                                                                                                                                                   |     |           |          |         |                            |
| Early Years                      | Oat and Seasonal Fruit Pancakes<br>Tortitas de Aveia e Fruta da época                                                                             | 46  | 2         | 0        | 8       | -                          |
| Primary Years                    | Oat and Seasonal Fruit Pancakes<br>Tortitas de Aveia e Fruta da época                                                                             | 69  | 3         | 0        | 12      | -                          |
| Afternoon Snack   Snack da Tarde |                                                                                                                                                   |     |           |          |         |                            |
| Early Years                      | Cereals with a Glass of Milk<br>Mix de Cereais com Copo de Leite                                                                                  | 217 | 6         | 2        | 43      | Gluten Milk                |
| Primary Years                    | Cereals with a Glass of Milk<br>Mix de Cereais com Copo de Leite                                                                                  | 241 | 8         | 2        | 45      | Gluten Milk                |

Tuesday | Terça-feira

| Lunch Menu   Menu de Almoço      |                                                                                                         | VE  | Prot (gr) | Lip (gr) | HC (gr) | Allergens               |
|----------------------------------|---------------------------------------------------------------------------------------------------------|-----|-----------|----------|---------|-------------------------|
| Soup<br>Sopa                     | Green Bean Soup<br>Sopa de Feijão Verde                                                                 | 73  | 1         | 5        | 6       | -                       |
| Main Course<br>Prato Principal   | Homemade Baked Tilapia Fingers with Thai Rice<br>Douradinhos de Tilapia Caseiro no Forno com Arroz Thai | 353 | 32        | 4,48     | 46,24   | Gluten, Wheat Fish, Egg |
| Vegetarian<br>Vegetariano        | Homemade Baked Tofu Fingers with Thai Rice<br>Douradinhos de Tofu Caseiros no Forno com Arroz Thai      | 327 | 30        | 5        | 40,85   | Gluten, Wheat Soy, Egg  |
| Vegetables<br>Vegetais           | Cucumber with Sesame Seeds<br>Pepino com Sementes de Sésamo                                             | 18  | 1         | 1        | 2       | Sesame                  |
| Morning Snack   Snack da Manhã   |                                                                                                         |     |           |          |         |                         |
| Early Years                      | Boiled Egg Served with Fresh Seasonal Fruit<br>Ovo Cozido Servido com Fruta Fresca da Época             | 34  | 3         | 2        | 0       | Egg                     |
| Primary Years                    | Boiled Egg Served with Fresh Seasonal Fruit<br>Ovo Cozido Servido com Fruta Fresca da Época             | 68  | 6         | 5        | 0       | Egg                     |
| Afternoon Snack   Snack da Tarde |                                                                                                         |     |           |          |         |                         |
| Early Years                      | Bread with Flemish Cheese and Lemonade<br>Pão com Queijo Flamengo e Limonada                            | 159 | 6         | 3        | 28      | Gluten Milk             |
| Primary Years                    | Bread with Flemish Cheese and Lemonade<br>Pão com Queijo Flamengo e Limonada                            | 298 | 11        | 5        | 49      | Gluten Milk             |

Wednesday | Quarta-feira

| Lunch Menu   Menu de Almoço      |                                                                                                                                      | VE  | Prot (gr) | Lip (gr) | HC (gr) | Allergens        |
|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----|-----------|----------|---------|------------------|
| Soup<br>Sopa                     | Creamy Swiss Chard Soup<br>Sopa Cremosa de Acelgas                                                                                   | 38  | 1         | 2        | 4       | -                |
| Main Course<br>Prato Principal   | Stewed Chicken with Carrot and Tomato served with Fusilli Pasta<br>Frango Estufado com Cenoura e Tomate acompanhado de Massa Fusilli | 473 | 45        | 9        | 53      | Gluten           |
| Vegetarian<br>Vegetariano        | Roasted Vegetable and Chickpea Ratatouille with Fusilli Pasta<br>Ratatouille de Grão-de-Bico e Legumes Assados com Massa Fusilli     | 438 | 17        | 5        | 75      | Gluten           |
| Vegetables<br>Vegetais           | Roasted Broccoli with Extra Virgin Olive Oil<br>Brócolos Assados com Azeite Extra Virgem                                             | 25  | 2         | 0        | 4       | -                |
| Morning Snack   Snack da Manhã   |                                                                                                                                      |     |           |          |         |                  |
| Early Years                      | Corn Pancakes Served with Fresh Seasonal Fruit<br>Tortitas de Milho Servidas com Fruta Fresca da Época                               | 46  | 1         | 0        | 10      | -                |
| Primary Years                    | Corn Pancakes Served with Fresh Seasonal Fruit<br>Tortitas de Milho Servidas com Fruta Fresca da Época                               | 61  | 1         | 1        | 12      | -                |
| Afternoon Snack   Snack da Tarde |                                                                                                                                      |     |           |          |         |                  |
| Early Years                      | Homemade Yogurt Cake Accompanied by a Glass of Fresh Milk<br>Bolo de Iogurte Caseiro Acompanhado de Copo de Leite Fresco             | 308 | 9         | 6        | 55      | Gluten Milk, Egg |
| Primary Years                    | Homemade Yogurt Cake Accompanied by a Glass of Fresh Milk<br>Bolo de Iogurte Caseiro Acompanhado de Copo de Leite Fresco             | 332 | 11        | 6        | 57      | Gluten Milk, Egg |

Thursday | Quinta-feira

| Lunch Menu   Menu de Almoço      |                                                                                                                                                                       | VE  | Prot (gr) | Lip (gr) | HC (gr) | Allergens |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----------|----------|---------|-----------|
| Soup<br>Sopa                     | Red bean soup<br>Sopa de Feijão Vermelho                                                                                                                              | 65  | 5         | 1        | 9       | -         |
| Main Course<br>Prato Principal   | Fluffy Basmati Rice with Scrambled Egg and Tuna<br>Arroz Basmati Solto com Ovo Mexido e Atum                                                                          | 353 | 21        | 13       | 38      | Fish, Egg |
| Vegetarian<br>Vegetariano        | Fluffy Basmati Rice with Lentils and Scrambled Egg<br>Arroz Basmati Solto com Lentilhas e Ovo Mexido                                                                  | 336 | 15        | 12       | 42      | Egg       |
| Vegetables<br>Vegetais           | Fresh Grated Carrot<br>Cenoura Ralada Fresca                                                                                                                          | 38  | 2         | 2        | 3       | -         |
| Morning Snack   Snack da Manhã   |                                                                                                                                                                       |     |           |          |         |           |
| Early Years                      | Flemish Cheese Stick and Seasonal Fruit<br>Palito de Queijo Flamengo e Fruta da Época                                                                                 | 65  | 4         | 5        | 1       | Milk      |
| Primary Years                    | Flemish Cheese Stick and Vegetable Strips<br>Palitos de Queijo Flamengo e Tiras de Legumes                                                                            | 65  | 4         | 5        | 1       | Milk      |
| Afternoon Snack   Snack da Tarde |                                                                                                                                                                       |     |           |          |         |           |
| Early Years                      | Fresh Bread with Traditional Quince Jam and Lemongrass Tea with a Hint of Strawberry<br>Pão Fresco com Marmelada Tradicional e Chá de Lemongrass com Toque de Morango | 166 | 4         | 2        | 33      | Gluten    |
| Primary Years                    | Fresh Bread with Traditional Quince Jam and Lemongrass Tea with a Hint of Strawberry<br>Pão Fresco com Marmelada Tradicional e Chá de Lemongrass com Toque de Morango | 166 | 4         | 2        | 33      | Gluten    |

Friday | Sexta-feira

| Lunch Menu   Menu de Almoço      |                                                                                                                         | VE  | Prot (gr) | Lip (gr) | HC (gr) | Allergens        |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----|-----------|----------|---------|------------------|
| Soup<br>Sopa                     | Creamy Zucchini Soup with a Touch of Extra Virgin Olive Oil<br>Sopa de Curgete Cremosa com Toque de Azeite Extra Virgem | 45  | 2         | 1        | 7       | -                |
| Main Course<br>Prato Principal   | Turkey Nasi Goreng (Asian Rice)<br>Nasi Goreng de Peru (Arroz Asiático)                                                 | 268 | 20        | 6,6      | 32      | Gluten Soy, Egg  |
| Vegetarian<br>Vegetariano        | Nasi Goreng with Egg<br>Nasi Goreng com Ovo                                                                             | 297 | 12        | 9        | 42      | Gluten Soy, Egg  |
| Vegetables<br>Vegetais           | Fresh Lettuce Salad<br>Salada de Alface Fresca                                                                          | 21  | 0         | 2        | 0       | -                |
| Morning Snack   Snack da Manhã   |                                                                                                                         |     |           |          |         |                  |
| Early Years                      | Crackers and seasonal fruit<br>Marinheiras e fruta da época                                                             | 50  | 1,2       | 1,2      | 8,4     | Gluten           |
| Primary Years                    | Crackers and seasonal fruit<br>Marinheiras e fruta da época                                                             | 75  | 1,8       | 1,8      | 12,6    | Gluten           |
| Afternoon Snack   Snack da Tarde |                                                                                                                         |     |           |          |         |                  |
| Early Years                      | Homemade Pancakes with Milk<br>Panquecas Caseiras com Leite                                                             | 100 | 5         | 3        | 12      | Gluten Milk, Egg |
| Primary Years                    | Homemade Pancakes with Milk<br>Panquecas Caseiras com Leite                                                             | 177 | 9         | 5        | 22      | Gluten Milk, Egg |

For all snacks, we also offer alternative options if needed: bread (served with cheese, nut butter, or plain butter), milk, plant-based drinks, and fresh fruit.  
For more information please contact our team.