



2nd to 5th December 2025

Monday | Segunda-feira

Holiday : 1st December
Restoration of Independence of Portugal

This day marks the end of 60 years of union with the Spanish crown and the beginning of the fourth Portuguese dynasty, the House of Bragança, in 1640.

Feriado Nacional: 1 de Dezembro
Restauração da independência de Portugal

Este dia comemora o fim de 60 anos de união com a coroa espanhola e o início da quarta dinastia portuguesa, a Casa de Bragança, em 1640.

Tuesday | Terça-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Green Bean Soup Sopa de Feijão Verde	-
Main Course Prato Principal	Portuguese-Style Chicken “Pica-Pau” with Thai Rice Pica-Pau de Frango à Portuguesa com Arroz Thai	Mustard
Vegetarian Vegetariano	Portuguese-Style Seitan “Pica-Pau” with Thai Rice Pica-Pau de Seitan à Portuguesa com Arroz Thai	Gluten, Mustard
Vegetables Vegetais	Steamed Broccoli Brócolos Cozidos	-
Morning Snack Snack da Manhã		
Early Years	Boiled Egg Served with Fresh Seasonal Fruit Ovo Cozido Servido com Fruta Fresca da Época	Egg
Primary Years	Boiled Egg Served with Fresh Seasonal Fruit Ovo Cozido Servido com Fruta Fresca da Época	Egg
Afternoon Snack Snack da Tarde		
Early Years	Cheese Bread Served with a Glass of Lemonade Pão de Queijo Servido com Copo de Limonada	Gluten, Milk
Primary Years	Cheese Bread Served with a Glass of Lemonade Pão de Queijo Servido com Copo de Limonada	Gluten, Milk

Wednesday | Quarta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Cream of Carrot Soup Creme de Cenoura	-
Main Course Prato Principal	Stewed Chicken with Carrot and Tomato, served with Oven-Baked Potato Sticks Frango Estufado com Cenoura e Tomate, acompanhado de Palitos de Batata no Forno	-
Vegetarian Vegetariano	Chickpea Ratatouille with Roasted Vegetables and Oven-Baked Potato Sticks Ratatouille de Grão, Legumes Assados e Palitos de Batata no Forno	-
Vegetables Vegetais	Oven-Roasted Broccoli with Olive Oil and Herbs Brócolos ao Forno com Azeite e Ervas	-
Morning Snack Snack da Manhã		
Early Years	Corn Pancakes Served with Fresh Seasonal Fruit Tortitas de Milho Servidas com Fruta Fresca da Época	-
Primary Years	Corn Pancakes Served with Fresh Seasonal Fruit Tortitas de Milho Servidas com Fruta Fresca da Época	-
Afternoon Snack Snack da Tarde		
Early Years	Homemade Yogurt Cake Accompanied by a Glass of Fresh Milk Bolo de Iogurte Caseiro Acompanhado de Copo de Leite Fresco	Gluten, Milk, Egg
Primary Years	Homemade Yogurt Cake Accompanied by a Glass of Fresh Milk Bolo de Iogurte Caseiro Acompanhado de Copo de Leite Fresco	Gluten, Milk, Egg

Thursday | Quinta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	White Bean Soup Sopa de Feijão Branco	-
Main Course Prato Principal	Basmati Rice with Scrambled Egg and Tuna Arroz Basmati com Ovo Mexido e Atum	Fish, Egg
Vegetarian Vegetariano	Basmati Rice with Scrambled Egg and Lentils Arroz Basmati com Ovo Mexido e Lentilhas	Egg
Vegetables Vegetais	Freshly Grated Carrot Cenoura Ralada Fresca	-
Morning Snack Snack da Manhã		
Early Years	Flemish Cheese Stick and Seasonal Fruit Palito de Queijo Flamengo e Fruta da Época	Milk
Primary Years	Flemish Cheese Stick and Vegetable Strips Palitos de Queijo Flamengo e Tiras de Legumes	Milk
Afternoon Snack Snack da Tarde		
Early Years	Bread with Quince Jam served with Lemongrass and Strawberry Infusion Pão com Marmelada acompanhado de Infusão de Lemongrass e Morango	Gluten
Primary Years	Bread with Quince Jam served with Lemongrass and Strawberry Infusion Pão com Marmelada acompanhado de Infusão de Lemongrass e Morango	Gluten

Friday | Sexta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Cream of Zucchini Soup Creme de Curgete	-
Main Course Prato Principal	Turkey Nasi Goreng (Asian-Style Rice) Nasi Goreng de Peru (Arroz Asiático)	Gluten, Soy , Egg
Vegetarian Vegetariano	Nasi Goreng with Egg Nasi Goreng com Ovo	Gluten, Soy , Egg
Vegetables Vegetais	Lettuce Salad Salada de Alface	-
Morning Snack Snack da Manhã		
Early Years	Crackers and seasonal fruit Marinheiras e fruta da época	Gluten
Primary Years	Crackers and seasonal fruit Marinheiras e fruta da época	Gluten
Afternoon Snack Snack da Tarde		
Early Years	Panquecas Caseiras Acompanhadas de Leite Panquecas Caseiras Servidas com Leite	Gluten, Milk, Egg
Primary Years	Panquecas Caseiras Acompanhadas de Leite Panquecas Caseiras Servidas com Leite	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.



9th to 12th December 2025

Monday | Segunda-feira

Holiday : 8th December

Feriado Nacional: 8 de Dezembro

Tuesday | Terça-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Cream of Zucchini Soup Creme de Curgete	-
Main Course Prato Principal	Spaghetti Bolognese with Beef and Lentils Esparguete à Bolonhesa de Novilho com Lentilhas	Gluten
Vegetarian Vegetariano	Spaghetti Bolognese with Lentils Esparguete à Bolonhesa de Lentilhas	Gluten
Vegetables Vegetais	Sautéed Heart of Cabbage Julienne Couve Coração em Juliana Salteada	-
Morning Snack Snack da Manhã		
Early Years	Boiled Egg Served with Fresh Seasonal Fruit Ovo Cozido Servido com Fruta Fresca da Época	Egg
Primary Years	Boiled Egg Served with Fresh Seasonal Fruit Ovo Cozido Servido com Fruta Fresca da Época	Egg
Afternoon Snack Snack da Tarde		
Early Years	Bread with Jam and Red Berry Lemonade Pão com Doce e Limonada de Frutos Vermelhos	Gluten
Primary Years	Bread with Jam and Red Berry Lemonade Pão com Doce e Limonada de Frutos Vermelhos	Gluten

Wednesday | Quarta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Creamy Heart Cabbage Soup Sopa Cremosa de Couve Coração	-
Main Course Prato Principal	Homemade Oven-Baked Tilapia Fillets with Thai Rice Filetes de Tilápia Caseiro no Forno com Arroz Thai	Fish, Egg, Gluten, Wheat
Vegetarian Vegetariano	Homemade Oven-Baked Tofu Fillets with Thai Rice Filetes de Tofu Caseiro no Forno com Arroz Thai	Soy, Egg, Gluten, Wheat
Vegetables Vegetais	Oven-Roasted Pumpkin Abóbora Assada no Forno	-
Morning Snack Snack da Manhã		
Early Years	Corn Pancakes Served with Fresh Seasonal Fruit Tortitas de Milho Servidas com Fruta Fresca da Época	-
Primary Years	Corn Pancakes Served with Fresh Seasonal Fruit Tortitas de Milho Servidas com Fruta Fresca da Época	-
Afternoon Snack Snack da Tarde		
Early Years	Homemade Yogurt Cake Accompanied by a Glass of Fresh Milk Bolo de Iogurte Caseiro Acompanhado de Copo de Leite Fresco	Gluten, Milk, Egg
Primary Years	Homemade Yogurt Cake Accompanied by a Glass of Fresh Milk Bolo de Iogurte Caseiro Acompanhado de Copo de Leite Fresco	Gluten, Milk, Egg

Thursday | Quinta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Lentil Cream Soup Creme de Lentilhas	-
Main Course Prato Principal	Tagliatelle with Mackerel and Corn Tagliatelle de Cavala e Milho	Milk, Gluten, Fish
Vegetarian Vegetariano	Tagliatelle with Chickpeas, Corn, and Egg Tagliatelle de Grão, Milho e Ovo	Milk, Gluten, Egg
Vegetables Vegetais	Roasted Vegetables Legumes Assados	-
Morning Snack Snack da Manhã		
Early Years	Flemish Cheese Stick and Seasonal Fruit Palito de Queijo Flamengo e Fruta da Época	Milk
Primary Years	Flemish Cheese Stick and Vegetable Strips Palitos de Queijo Flamengo e Tiras de Legumes	Milk
Afternoon Snack Snack da Tarde		
Early Years	Bread with Honey and Lemon Verbena Tea with Mango Pão com Mel e Chá de Lúcia-Lima com Manga	Gluten
Primary Years	Bread with Honey and Lemon Verbena Tea with Mango Pão com Mel e Chá de Lúcia-Lima com Manga	Gluten

Friday | Sexta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Cream of Pumpkin Soup Creme de Abóbora	-
Main Course Prato Principal	Tender Roast Turkey Breast with Cranberry Sauce and Creamy Mashed Potatoes Peito de Peru Tenro Assado com Molho de Arandos e Puré de Batata Cremoso	Gluten, Milk
Vegetarian Vegetariano	Plant-Based Burger with Creamy Mashed Potatoes Hambúrguer à Base de Plantas com Puré de Batata Cremoso	Gluten, Milk, Soy, Mustard
Vegetables Vegetais	Stewed Peas Ervilhas Estufadas	-
Morning Snack Snack da Manhã		
Early Years	Crackers and seasonal fruit Marinheiras e fruta da época	Gluten
Primary Years	Crackers and seasonal fruit Marinheiras e fruta da época	Gluten
Afternoon Snack Snack da Tarde		
Early Years	Panquecas Caseiras Acompanhadas de Leite Panquecas Caseiras Servidas com Leite	Gluten, Milk, Egg
Primary Years	Panquecas Caseiras Acompanhadas de Leite Panquecas Caseiras Servidas com Leite	Gluten, Milk, Egg

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