



19th to 23th January 2026

Monday | Segunda-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Chard Soup Sopa de Acelgas	-
Main Course Prato Principal	Turkey Nasi Goreng (Asian-Style Rice) Nasi Goreng de Peru (Arroz Asiatico)	Soy, Gluten, Egg
Alternative Opção Alternativa	Mac & Cheese with Hake and Pumpkin Mac&Cheese Pescada c/ Abóbora	Fish, Milk, Gluten
Vegetarian Vegetariano	Nasi Goreng with Egg Nasi Goreng c/ Ovo	Soy, Gluten, Egg
Vegetables Vegetais	Fresh Lettuce Salad Salada de Alface	-
Morning Snack Snack da Manhã		
Early Years	Tasty Oat & Fruit Treats Tortitas de Aveia e Fruta da Época	-
Primary Years	Tasty Oat & Fruit Treats Tortitas de Aveia e Fruta da Época	-
Afternoon Snack Snack da Tarde		
Early Years	Healthy Cereals with Milk Leite e Cereais	Gluten, Milk
Primary Years	Healthy Cereals with Milk Leite e Cereais	Gluten, Milk

Tuesday | Terça-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Red Bean Soup Sopa de Feijão Vermelho	-
Main Course Prato Principal	Cod with Turnip Greens and Cornbread Bacalhau com grelos e broa	Fish, Gluten
Alternative Opção Alternativa	Grilled Chicken with Spaghetti Bife de Frango c/ Esparguete	Gluten
Vegetarian Vegetariano	Seitan Stroganoff with Spaghetti Stroganoff de Seitan c/ Esparguete	Gluten, Soy
Vegetables Vegetais	Roasted Carrot Sticks Palitos Cenoura Assada	-
Morning Snack Snack da Manhã		
Early Years	Hard-Boiled Egg with Seasonal Fruit Ovo Cozido e Fruta da Época	Egg
Primary Years	Hard-Boiled Egg with Seasonal Fruit Ovo Cozido e Fruta da Época	Egg
Afternoon Snack Snack da Tarde		
Early Years	Fresh Bread with Butter and Mango Lemonade Pão c/ Manteiga e Limonada de Manga	Gluten, Milk
Primary Years	Fresh Bread with Butter and Mango Lemonade Pão c/ Manteiga e Limonada de Manga	Gluten, Milk

Wednesday | Quarta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Creamy Pumpkin Soup Sopa de Abóbora	-
Main Course Prato Principal	Chicken Curry and Basmati Rice Caril de Frango c/ Arroz Basmati	-
Alternative Opção Alternativa	Tuna Rice with Corn and Scrambled Egg Arroz de Atum c/ Milho e Ovo Mexido	Fish
Vegetarian Vegetariano	Chickpea Curry with Basmati Rice Caril de Grão c/ Arroz Basmati	Gluten
Vegetables Vegetais	Fresh Lettuce and Carrot Salad Salada de Alface e Cenoura	-
Morning Snack Snack da Manhã		
Early Years	Corn Toasts with Seasonal Fruit Tostas de Milho e Fruta da Época	-
Primary Years	Corn Toasts with Seasonal Fruit Tostas de Milho e Fruta da Época	-
Afternoon Snack Snack da Tarde		
Early Years	Marbled Yogurt Cake with Milk Bolo Mármore de Iogurte e Leite	Gluten, Egg, Milk
Primary Years	Marbled Yogurt Cake with Milk Bolo Mármore de Iogurte e Leite	Gluten, Egg, Milk

Thursday | Quinta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Chicken Noodle Soup Canja de Galinha c/ Massa	Gluten
Main Course Prato Principal	Portuguese-Style Hake Medallions with Roasted Potato Medalhões Pescada à Portuguesa c/ Batata Assada	Fish
Alternative Opção Alternativa	Carbonara Carbonara	Gluten, Egg, Milk
Vegetarian Vegetariano	Portuguese-Style Tofu with Roasted Potato Tofu à Portuguesa c/ Batata Assada	Soy
Vegetables Vegetais	Steamed Green Beans Feijão Verde Cozido	-
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 Seasonal Fruit Palito de Queijo Flamengo e Fruta da Época	Milk
Afternoon Snack Snack da Tarde		
Early Years	Bread with Jam and Lemongrass & Strawberry Tea Pão c/ Doce e Chá de Lemongrass c/ Morango	Gluten, Milk
Primary Years	Bread with Jam and Lemongrass & Strawberry Tea Pão c/ Doce e Chá de Lemongrass c/ Morango	Gluten, Milk

Friday | Sexta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Creamy Cauliflower Soup Sopa de Couve Flor	-
Main Course Prato Principal	Beef Burger with Tomato Sauce with Thai Rice Hamburguer de Vaca com Molho Tomate e Arroz Thai	-
Alternative Opção Alternativa	Mediterranean Swordfish with Olive Tapenade with Thai Rice Peixe Espada Mediterrânico c/ Tapenade de Azeitonas e Arroz Thai	Fish
Vegetarian Vegetariano	Vegetarian Burger with Cheese with Thai Rice Hamburguer Vegetariano c/ Queijo e Arroz Thai	Milk, Gluten, Soy, Mustard
Vegetables Vegetais	Fresh Lettuce Salad Salada de Alface	-
Morning Snack Snack da Manhã		
Early Years	Marinheiras Crackers with Seasonal Fruit Marinheiras c/ Fruta da Época	Gluten
Primary Years	Marinheiras Crackers with Seasonal Fruit Marinheiras c/ Fruta da Época	Gluten
Afternoon Snack Snack da Tarde		
Early Years	Yogurt with Granola, Honey & Nuts Iogurte c/Granola, Mel e Frutos Secos	Milk, Gluten, Peanuts, Nuts
Primary Years	Yogurt with Granola, Honey & Nuts Iogurte c/Granola, Mel e Frutos Secos	Milk, Gluten, Peanuts, Nuts

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.