



26th to 30th January 2026

Monday | Segunda-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Courgette Soup Sopa de Curgete	-
Main Course Prato Principal	Chicken à Brás Frango à Brás	Egg
Alternative Opção Alternativa	Tuna Pizza Pizza de Atum	Gluten, Milk, Fish
Vegetarian Vegetariano	Pizza Margarita Pizza Margarita	Gluten, Milk
Vegetables Vegetais	Fresh Salad Salada	-
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	Chickpea Soup Sopa de Grão	-
Main Course Prato Principal	Creamy Portuguese Cod Bake Bacalhau Espiritual	Fish, Milk, Gluten
Alternative Opção Alternativa	Turkey Pica-Pau with Basmati Rice Pica Pau de Peru c/ Arroz Basmati	-
Vegetarian Vegetariano	Seitan Pica-Pau with Basmati Rice Pica Pau de Seitan c/ Arroz Basmati	Gluten, Soy
Vegetables Vegetais	Coleslaw Salada Coleslaw	Milk
Morning Snack Snack da Manhã		
Early Years	Fresh Cheese Cube & Seasonal Fruit Cubo de Queijo Fresco e Fruta da Época	Milk
Primary Years	Fresh Cheese Cube & Fruit Cubo de Queijo Fresco e Fruta da Época	Milk
Afternoon Snack Snack da Tarde		
Early Years	Flamengo Cheese Sandwich with Lemonade Pão c/ Queijo Flamengo e Limonada	Gluten, Milk
Primary Years	Flamengo Cheese Sandwich with Lemonade Pão c/ Queijo Flamengo e Limonada	Gluten, Milk

Wednesday | Quarta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Coriander Soup Sopa de Coentros	-
Main Course Prato Principal	Veal Stew with Vegetables Jardineira de Vitela	-
Alternative Opção Alternativa	Chicken with Olive Oil & Garlic and Spaghetti Bife de Frango c/ Azeite e Alho e Esparguete	Gluten
Vegetarian Vegetariano	Tofu Stew with Vegetables Jardineira de Tofu	Soy
Vegetables Vegetais	Roasted Broccoli Brócolos Assados	-
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	Yogurt Cake & Milk Bolo de iogurte e Leite	Gluten, Egg, Milk
Primary Years	Yogurt Cake & Milk Bolo de iogurte e Leite	Gluten, Egg, Milk

Thursday | Quinta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Lentil Soup Sopa de Lentilhas	-
Main Course Prato Principal	Braised Cuttlefish in Pink Sauce with Thai Rice Pota Guisada c/ Molho Cor de Rosa e Arroz Thai	Milk, Molluscs
Alternative Opção Alternativa	Beef Meatballs with Thai Rice Almondegas de Vaca c/ Arroz Thai	-
Vegetarian Vegetariano	Vegetarian Soy Meatballs with Thai Rice Almondegas Vegetarianas de Soja c/ Arroz Thai	Soy, Egg, Gluten, Wheat
Vegetables Vegetais	Fresh Salad Salada	-
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
Primary Years	Bread with Jam and Lemongrass & Strawberry Tea Pão c/ Doce e Chá de Lemongrass c/ Morango	Gluten

Friday | Sexta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Vegetable Soup Sopa Legumes	-
Main Course Prato Principal	Traditional Portuguese Duck Rice Arroz de Pato à antiga portuguesa	Soy
Alternative Opção Alternativa	Baked Cod Fritters with Bean Rice Pataniscas de Bacalhau no Forno c/ Arroz de Feijão	Fish, Wheat, Egg, Gluten
Vegetarian Vegetariano	Scrambled Eggs with Lentils Ovo Mexido c/ Lentilhas	Egg
Vegetables Vegetais	Lettuce Salad Salada de Alface	-
Morning Snack Snack da Manhã		
Early Years	Marinheiras Crackers with Seasonal Fruit Marinheiras c/ Frtuta da Época	Gluten
Primary Years	Marinheiras Crackers with Seasonal Fruit Marinheiras c/ Frtuta da Época	Gluten
Afternoon Snack Snack da Tarde		
Early Years	Yogurt with Granola and Honey iogurte c/Granola e Mel	Gluten, Milk
Primary Years	Yogurt with Granola and Honey iogurte c/Granola e Mel	Gluten, Milk

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.