



2nd to 6th February 2026

Monday | Segunda-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Carrot Soup Sopa de Cenoura	-
Main Course Prato Principal	Turkey Chilli with Thai Rice Chilli de Peru c/ Arroz Thai	-
Alternative Opção Alternativa	Chicken Skewer with Thai Rice Espetada de Frango c/Arroz Thai	-
Vegetarian Vegetariano	Soy Chilli with Thai Rice Chilli de Soja c/ Arroz Thai	Soy
Vegetables Vegetais	Steamed Broccoli Brócolos Cozidos	-
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	Bow Tie Pasta with Hake and Tuna Lacinhos c/ Pescada e Atum	Gluten, Milk, Fish
Alternative Opção Alternativa	Beef Meatloaf with Vegetables Rolo de Carne de Vaca c/ Legumes	Gluten
Vegetarian Vegetariano	Bow Tie Pasta with Peas and Seitan Lacinhos c/ Ervilhas e Seitan	Gluten, Milk
Vegetables Vegetais	Roasted Carrot Sticks Palitos de Cenoura Assados	-
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	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	Carrot Soup Sopa de Cenoura	-
Main Course Prato Principal	Chicken Stroganoff with Basmati Rice Frango strogonoff c/ Arroz Basmati	Milk, Mustard
Alternative Opção Alternativa	Beef Meatballs with Tomato Sauce and Basmati Rice" Almôndegas de Vaca c/ Molho de Tomate e Arroz Basmati	-
Vegetarian Vegetariano	Seitan Stroganoff with Basmati Rice Strogonoff de Seitan c/ Arroz Basmati	Gluten, Soy
Vegetables Vegetais	Coleslaw Salada Coleslaw	Milk
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	Creamy Chickpea Soup Sopa de Grão	-
Main Course Prato Principal	Homemade Baked Tilapia Fingers with Carrot Rice Douradinhos de Tilapia Caseiro no Forno c/ Arroz de Cenoura	Fish, Egg, Gluten, Wheat
Alternative Opção Alternativa	Fusilli with Chicken and Tomato Fusilli de Frango e Tomate	Gluten
Vegetarian Vegetariano	Homemade Baked Tofu Fingers with Carrot Rice Douradinhos de Tofu Caseiro no Forno C/ Arroz de Cenoura	Soy, Egg, Gluten, Wheat
Vegetables Vegetais	Fresh Lettuce Salad Salada de Alface	-
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	Coriander Soup Sopa de Coentros	-
Main Course Prato Principal	Veal Bolognese Lasagna with Mushrooms Lasanha Bolonhesa de Vítela c/ Cogumelos	Gluten, Milk
Alternative Opção Alternativa	Grilled Chicken Steak Bife de Frango	-
Vegetarian Vegetariano	Lentil Bolognese Lasagna with Mushrooms Lasanha Bolonhesa de Lentilhas c/ Cogumelos	Gluten, Milk
Vegetables Vegetais	Sautéed Shredded Cabbage Couve Coração em Juliana Salteada	-
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	Pancakes with Milk Panquecas c/ Leite	Gluten, Egg, Milk
Primary Years	Pancakes with Milk Panquecas c/ Leite	Gluten, Egg, 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.

Para todos os lanches, também oferecemos opções alternativas, se necessário:
pão (servido com queijo, pasta de frutos secos ou manteiga simples), leite, bebidas à base de plantas e fruta fresca.
Para mais informações, por favor contacte a nossa equipa.



9th to 13th February 2026

Monday | Segunda-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Cabbage Soup Sopa de Couve Coração	-
Main Course Prato Principal	Beef Burger with Tomato Sauce and Thai Rice Hamburguer de Vaca c/ Molho de Tomate e Arroz Thai	-
Alternative Opção Alternativa	Chicken à Brás Frango à Brás	Egg
Vegetarian Vegetariano	Vegetarian Burger with Thai Rice Hamburguer Vegetariano c/ Arroz Thai	Milk, Gluten, Soy
Vegetables Vegetais	Sautéed Zucchini with Garlic and Mint Curgete Salteada com Alho e Hortelã	-
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	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

Tuesday | Terça-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	White Bean Soup Sopa de Feijão Branco	-
Main Course Prato Principal	Hake Bolognese with Spaghetti Bolonhesa de Pescada c/ Esparguete	Fish, Gluten
Alternative Opção Alternativa	Creamy Baked Codfish Bacalhau c/ natas	Fish, Milk, Gluten
Vegetarian Vegetariano	Lentil Bolognese with Spaghetti Bolonhesa de Lentilhas c/ Esparguete	Gluten
Vegetables Vegetais	Lettuce and Carrot Salad Salada de Alface e Cenoura	-
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	Bread with Jam & Berry Lemonade Pão c/ Doce e Limonada de Frutos do Bosque	Gluten
Primary Years	Bread with Jam & Berry Lemonade Pão c/ Doce e Limonada de Frutos do Bosque	Gluten

Wednesday | Quarta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Cauliflower Soup Sopa de Couve Flor	-
Main Course Prato Principal	Oven-Roasted Chicken Legs with Elbow Pasta and Pumpkin Pernas de Frango Assadas no Forno e Cotovelos c/ Abóbora	Mustard, Gluten
Alternative Opção Alternativa	Carbonara Carbonara	Gluten, Milk, Egg
Vegetarian Vegetariano	Chickpea Ratatouille with Roasted Vegetables Ratatouille de Grão e Legumes Assados	-
Vegetables Vegetais	Fresh Lettuce and Corn Salad Salada de Alface e Milho	-
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 with Chocolate & Milk Bolo de iogurte c/ Chocolate e Leite	Gluten, Egg, Milk
Primary Years	Yogurt Cake with Chocolate & Milk Bolo de iogurte c/ Chocolate 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	Tuna Pizza Pizza de Atum	Gluten, Milk, Fish
Alternative Opção Alternativa	Stewed Chicken with Carrots and Tomato, served with Basmati Rice Frango estufado com cenoura e tomate e Arroz Basmati	-
Vegetarian Vegetariano	Margherita Pizza Pizza Margarita	Gluten, Milk
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 Seasonal Fruit Palito de Queijo Flamengo e Fruta da Época	Milk
Afternoon Snack Snack da Tarde		
Early Years	Honey Bread & Lemon Verbena Mango Tea Pão c/ Mel e Chá de Lúcia-Lima c/ Manga	Gluten
Primary Years	Honey Bread & Lemon Verbena Mango Tea Pão c/ Mel e Chá de Lúcia-Lima c/ Manga	Gluten

Friday | Sexta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Pumpkin Soup Sopa de Abóbora	-
Main Course Prato Principal	Chicken Lasagna with Cabbage Lasanha de Frango c/ Couve Coração	Gluten, Milk, Egg
Alternative Opção Alternativa	Roast Turkey Breast with Gravy and Cranberry Sauce Peito de Peru Assado c/ Gravy e Molho de Arandos	Gluten, Milk
Vegetarian Vegetariano	Vegetable and Legume Lasagna Lasanha de Legumes e Leguminosas	Gluten, Milk, Egg
Vegetables Vegetais	Steamed Green Beans Feijão Verde Cozido	-
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	Cheesy Bread & Milk Pão de Queijo e Leite	Milk, Egg
Primary Years	Cheesy Bread & Milk Pão de Queijo e Leite	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.

Para todos os lanches, também oferecemos opções alternativas, se necessário:
pão (servido com queijo, pasta de frutos secos ou manteiga simples), leite, bebidas à base de plantas e fruta fresca.
Para mais informações, por favor contacte a nossa equipa.



23th to 27th February 2026

Monday | Segunda-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Turnip Greens Soup Sopa de Nabijas	-
Main Course Prato Principal	Chicken Curry with Basmati Rice Caril de Frango c/ Arroz Basmati	Gluten
Alternative Opção Alternativa	Portuguese-Style Turkey Steak served with Basmati Rice Bifana de Peru à Portuguesa c/ Arroz Basmati	Gluten
Vegetarian Vegetariano	Chickpea Curry with Basmati Rice Caril de Grão c/ Arroz Basmati	-
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	Butter Bean Soup Sopa de Feijão Manteiga	-
Main Course Prato Principal	Tuna Rice with Corn and Scrambled Egg Arroz de Atum c/ Milho e Ovo Mexido	Fish
Alternative Opção Alternativa	Turkey Pica Pau with Spaghetti Pica Pau de Peru c/ Esparguete	Gluten
Vegetarian Vegetariano	Scrambled Egg with Lentils and Spaghetti Ovo Mexido c/ Lentilhas e Esparguete	Egg, Gluten
Vegetables Vegetais	Oven-Roasted Pumpkin with Thyme Abóbora no Forno c/ Tomilho	-
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	Chard Soup Sopa de Acelgas	-
Main Course Prato Principal	Turkey Nasi Goreng Nasi Goreng de Peru	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	Steamed Green Beans Feijão Verde Cozido	-
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 with Milk Bolo de Iogurte e Leite	Gluten, Egg, Milk
Primary Years	Yogurt Cake with Milk Bolo de Iogurte e Leite	Gluten, Egg, Milk

Thursday | Quinta-feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Chicken Soup with Pasta Canja de Galinha c/ Massa	Gluten
Main Course Prato Principal	Baked Codfish Fritters Pataniscas de Bacalhau no Forno	Fish, Wheat, Egg, Gluten
Alternative Opção Alternativa	Grilled Chicken Skewer Espetada de Frango	-
Vegetarian Vegetariano	Oven-Baked Lentil Fritters Pataniscas de Lentilhas no Forno	-
Vegetables Vegetais	Fresh Lettuce and Corn Salad Salada de Alface e Milho	-
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	Fresh Green Bean Soup Sopa de Feijão Verde	-
Main Course Prato Principal	Beef Bolognese with Lentils Bolonhesa de Novilho c/ Lentilhas	-
Alternative Opção Alternativa	Chicken à Brás Frango à Brás	Egg
Vegetarian Vegetariano	Lentil Bolognese Bolonhesa de Lentilhas	-
Vegetables Vegetais	Roasted Carrot Sticks Palitos Cenoura Assada	-
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	Pancakes with Milk Panquecas c/ Leite	Gluten, Egg, Milk
Primary Years	Pancakes with Milk Panquecas c/ Leite	Gluten, Egg, 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.

Para todos os lanches, também oferecemos opções alternativas, se necessário: pão (servido com queijo, pasta de frutos secos ou manteiga simples), leite, bebidas à base de plantas e fruta fresca. Para mais informações, por favor contacte a nossa equipa.