



1st to 2nd April 2026

Wednesday | Quarta-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Courgette Soup Sopa de Courgete	-
Main Course Prato Principal	Malandro Chicken Rice Arroz de Frango Malandro	-
Alternative Opção Alternativa	Turkey Pica Pau with Couscous with Apple and Mint Pica Pau de Peru c/ Couscous c/Maçã e Hortelã	Gluten
Vegetarian Vegetariano	Legume Quiche (Lentils and Beans) Quiche de Leguminosas (Lentilhas e Feijão)	Egg, Gluten, Milk
Vegetables Vegetais	Sautéed Shredded Heart Cabbage Couve Coração em Juliana	-

Morning Snack | Snacks da Manhã

Early Years

Corn Toasts & Seasonal Fruit

Tortitas de Milho e Fruta da Época

Primary Years

Afternoon Snack | Snacks da Tarde

Early Years

Sourdough Bread with Butter & Milk

Pão de Massa Mãe c/ Manteiga e Leite

Primary Years

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	Hake Bolognese Bolonhesa de Pescada	Fish, Gluten
Alternative Opção Alternativa	Green Chicken Fritters with Macaroni Pataniscas Verdes de Frango c/ Macarrão	Egg, Gluten, Milk
Vegetarian Vegetariano	Lentil Bolognese Bolonhesa de Lentilhas	-
Vegetables Vegetais	Roasted Broccoli Brócolos Assados	-

Morning Snack | Snacks da Manhã

Early Years

Flamengo Cheese Sticks & Seasonal Fruit

Palitos de Queijo Flamengo e Fruta da Época

Primary Years

Afternoon Snack | Snacks da Tarde

Early Years

Bread with Marmalade & Lemongrass Tea with Strawberry

Pão c/ Marmelada e Chá de Lemongrass c/ Morango

Primary Years

For all snacks, also offer alternative options if needed:
Bread (served with cheese, nut butter, or plain butter), milk, plant-based drinks, and fresh fruits.

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.



6th to 10th April 2026

Monday | Segunda-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Leek Soup Sopa de Alho Francês	-
Main Course Prato Principal	Oven-Roasted Chicken Legs with Carrot Rice Pernas de Frango Assadas no Forno c/ Arroz de Cenoura	Mustard
Alternative Opção Alternativa	Codfish à Brás Bacalhau à Brás	Egg
Vegetarian Vegetariano	Stewed Eggs with Legumes and Carrot Rice Ovos estufados c/Leguminosas e Arroz de Cenoura	Soy, Mustard, Egg
Vegetables Vegetais	Lettuce Salad Salada de Alface	-
Morning Snack Snacks da Manhã		
Early Years	Tasty Oat & Seasonal Fruit Torritas de Aveia e Fruta da Época	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Granola with Honey and Nuts & Natural Yogurt Granola c/ Mel e Frutos Secos e Iogurte Natural	Gluten, Tree Nuts, Peanuts, Milk
Primary Years		

Tuesday | Terça-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Lentil Soup Sopa de Lentilhas	-
Main Course Prato Principal	Homemade Baked Tilapia Fingers with Macaroni with Carrot and Broccoli Douradinhos de Tilapia Caseiros no Forno c/ Macarronete c/ Cenoura e Brócolos	Fish, Egg, Gluten, Wheat
Alternative Opção Alternativa	Stewed Chicken with Carrot and Tomato Frango Estufado c/ Cenoura e Tomate	-
Vegetarian Vegetariano	Homemade Baked Tofu Fingers with Macaroni with Carrot and Broccoli Douradinhos de Tofu Caseiros no Forno c/ Macarronete c/ Cenoura e Brócolos	Soy, Egg, Gluten, Wheat
Vegetables Vegetais	Boiled Broccoli Brócolos Cozidos	-
Morning Snack Snacks da Manhã		
Early Years	Fresh Cheese Cubs & Seasonal Fruit Cubos de Queijo Fresco e Fruta da Época	Milk
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Bread with Jam & Mixed Berry Lemonade Pão c/ Doce e Limonada de Frutos do Bosque	Gluten
Primary Years		

Wednesday | Quarta-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Pointed Cabbage Soup Sopa de Couve Coração	-
Main Course Prato Principal	Veal Bolognese Lasagna with Mushrooms Lasanha Bolonhesa de Vitela c/ Cogumelos	Gluten, Milk
Alternative Opção Alternativa	Seafood Rice Arroz do Mar	Crustaceans, Molluscs, Fish, Gluten
Vegetarian Vegetariano	Lentil Bolognese Lasagna with Mushrooms Lasanha Bolonhesa de Lentilhas c/ Cogumelos	Gluten, Milk
Vegetables Vegetais	Roasted Carrot Sticks Palitos de Cenoura Assada	-
Morning Snack Snacks da Manhã		
Early Years	Corn Toasts & Seasonal Fruit Torritas de Milho e Fruta da Época	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Blueberry Muffin & Milk Muffin de Mirtilo e Leite	Gluten, Milk
Primary Years		

Thursday | Quinta-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Butter Bean Soup Sopa de Feijão Manteiga	-
Main Course Prato Principal	Mac&Cheese with Hake, Salmon and Pumpkin Mac&Cheese de Pescada, Salmão e Abóbora	Gluten, Fish, Milk
Alternative Opção Alternativa	Teriyaki Chicken with Vegetables with Thai Rice Frango Teriyaki c/ Legumes e Arroz Thai	-
Vegetarian Vegetariano	Mac&Cheese with Beans and Pumpkin Mac&Cheese Feijoca c/ Abóbora	Gluten, Milk
Vegetables Vegetais	Braised Collard Greens Couve Mineira	-
Morning Snack Snacks da Manhã		
Early Years	Flamengo Cheese Sticks & Seasonal Fruit Palitos de Queijo Flamengo e Fruta da Época	Milk
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Bread with Honey & Lemon Verbena Tea with Mango Pão c/ Mel e Chá de Lucia-Lima c/ Manga	Gluten
Primary Years		

Friday | Sexta-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Broccoli Soup Sopa de Brócolos	-
Main Course Prato Principal	Old-Style Portuguese Duck Rice Arroz de Pato à Antiga Portuguesa	Soy
Alternative Opção Alternativa	Chicken Skewers with Rosemary Wedge Potatoes Espetadas de Frango c/ Batatinhas Wedge c/ Alecrim	-
Vegetarian Vegetariano	Spiced Rice with Falafel Arroz de Especiarias c/ Falafel	Gluten
Vegetables Vegetais	Lettuce and Corn Salad Salada de Alface e Milho	-
Morning Snack Snacks da Manhã		
Early Years	Marinheiras Crackers & Seasonal Fruit Marinheiras e Fruta da Época	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Cheese Bread & Milk Pão de Queijo e Leite	Gluten, Milk, Egg
Primary Years		

For all snacks, also offer alternative options if needed:
Bread (served with cheese, nut butter, or plain butter), milk, plant-based drinks, and fresh fruits.

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.



20th to 24th April 2026

Monday | Segunda-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Pumpkin Soup Sopa de Abóbora	-
Main Course Prato Principal	Boneless Chicken Thigh with Mustard and Honey with Thai Rice Coxa de Frango Desossada c/ Mostarda e Mel c/ Arroz Thai	Mustard
Alternative Opção Alternativa	Tuna Shepherd's Pie Empadão de Atum	Egg, Fish, Gluten
Vegetarian Vegetariano	Tofu with Mustard and Honey with Thai Rice Tofu c/ Mostarda e Mel e Arroz Thai	Soy, Mustard
Vegetables Vegetais	Lettuce Salad Salada de Alface	-
Morning Snack Snacks da Manhã		
Early Years	Tasty Oat & Seasonal Fruit Tortitas de Aveia e Fruta da Época	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Granola with Honey and Nuts & Natural Yogurt Granola c/ Mel e Frutos Secos e Iogurte Natural	Gluten, Tree Nuts, Peanuts, Milk
Primary Years		

Tuesday | Terça-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Green Bean Soup Sopa de Feijão Verde	-
Main Course Prato Principal	Codfish with Cream Bacalhau c/ Natas	Fish, Gluten, Milk
Alternative Opção Alternativa	Carbonara Carbonara	Egg, Milk, Gluten
Vegetarian Vegetariano	Vegetarian Soy Meatballs with Linguini Almondegas Vegetarianas de Soja c/ Linguini	Soy, Wheat, Egg, Gluten
Vegetables Vegetais	Boiled Broccoli Brócolos Cozidos	-
Morning Snack Snacks da Manhã		
Early Years	Fresh Cheese Cubs & Seasonal Fruit Cubos de Queijo Fresco e Fruta da Época	Milk
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Bread with Jam & Mixed Berry Lemonade Pão c/ Doce e Limonada de Frutos do Bosque	Gluten
Primary Years		

Wednesday | Quarta-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Cauliflower Soup Sopa de Couve Flor	-
Main Course Prato Principal	Mexican Turkey Fajita Bowl Bowl Mexicana de Fajitas de Perú	-
Alternative Opção Alternativa	Chicken Lasagna with Pointed Cabbage Lasanha de Frango c/ Couve Coração	-
Vegetarian Vegetariano	Mexican Bean and Avocado Bowl Bowl Mexicana de Feijão e Abacate	-
Vegetables Vegetais	Braised Collard Greens Couve Mineira	-
Morning Snack Snacks da Manhã		
Early Years	Corn Toasts & Seasonal Fruit Tortitas de Milho e Fruta da Época	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Yogurt Cake with Chocolate & Milk Bolo de Iogurte c/ Chocolate e Leite	Gluten, Milk Egg
Primary Years		

Thursday | Quinta-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Chickenpea Soup Sopa de Grão	-
Main Course Prato Principal	Homemade Baked Tuna and Cauliflower Croquettes with Bean Rice Croquetes Caseiros no Forno de Atum e Couve Flor c/ Arroz de Feijão	Fish, Egg, Gluten, Wheat
Alternative Opção Alternativa	Turkey Chilli with Bean Rice Chilli de Perú c/ Arroz de Feijão	-
Vegetarian Vegetariano	Homemade Baked Tofu Cauliflower Croquettes with Bean Rice Croquetes Caseiros no Forno de Tofu e Couve Flor c/ Arroz de Feijão	Fish, Egg, Gluten, Wheat
Vegetables Vegetais	Roasted Carrot Sticks Palitos de Cenoura Assada	-
Morning Snack Snacks da Manhã		
Early Years	Flamengo Cheese Sticks & Seasonal Fruit Palitos de Queijo Flamengo e Fruta da Época	Milk
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Bread with Honey & Lemon Verbena Tea with Mango Pão c/ Mel e Chá de Lucia-Lima c/ Manga	Gluten
Primary Years		

Friday | Sexta-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Red Bean Soup Sopa de Feijão Encarnado	-
Main Course Prato Principal	Beef Roll with Vegetable and Rosemary Wedge Potatoes Rolo de Carne de Vaca c/ Vegetais e Batatinhas Wedge c/ Alecrim	Gluten
Alternative Opção Alternativa	Hake Moqueca Moqueca de Pescada	Fish, Milk
Vegetarian Vegetariano	Scrambled Eggs with Lentils and Rosemary Wedge Potatoes Ovos Mexicos c/ Lentilhas e Batatinhas Wedge c/ Alecrim	Egg
Vegetables Vegetais	Lettuce and Corn Salad Salada de Alface e Milho	-
Morning Snack Snacks da Manhã		
Early Years	Marinheiras Crackers & Seasonal Fruit Marinheiras e Fruta da Época	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Cheese Bread & Milk Pão de Queijo e Leite	Gluten, Milk, Egg
Primary Years		

For all snacks, also offer alternative options if needed:
Bread (served with cheese, nut butter, or plain butter), milk, plant-based drinks, and fresh fruits.

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.



27th to 30th April 2026

Monday | Segunda-Feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Watercress Soup Sopa de Agrião	-
Main Course Prato Principal	Roast Chicken with Bowtie Pasta with Broccoli Frango no Forno c/ Lacinhos c/ Brócolos	Gluten
Alternative Opção Alternativa	Roasted Pumpkin Lasagna Lasanha de Abóbora Assada	-
Vegetarian Vegetariano	Boiled Eggs with Peas with Bowtie Pasta with Broccoli Ovos Cozidos c/ Ervilhas e Lacinhos c/ Brócolos	Egg, Gluten
Vegetables Vegetais	Lettuce and Carrots Salad Salada de Alface e Cenoura	-
Morning Snack Snacks da Manhã		
Early Years	Tasty Oat & Seasonal Fruit Tortitas de Aveia e Fruta da Época	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Cereal with Milk Cerais c/ Leite	Gluten, Milk
Primary Years		

Tuesday | Terça-Feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Vegetables Soup with Pasta Sopa de Legumes c/ Massinhas	Gluten
Main Course Prato Principal	Tuna Poke (rice, tuna, mango, edamame) Pokes de Atum (arroz, atum, manga, edamame)	Fish, Sulphites, Soy
Alternative Opção Alternativa	Chicken à Brás Frango à Brás	Egg
Vegetarian Vegetariano	Vegetables à Brás Legumes à Brás	Egg
Vegetables Vegetais	Boiled Green Beans Feijão Verde Cozido	-
Morning Snack Snacks da Manhã		
Early Years	Fresh Cheese Cubes & Seasonal Fruit Cubos de Queijo Fresco e Fruta da Época	Milk
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Bread with Flamengo Cheese & Lemonade Pão c/ Queijo Flamengo e Limonada	Gluten, Milk
Primary Years		

Wednesday | Quarta-Feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	White Cabbage Soup Sopa de Couve Branca	-
Main Course Prato Principal	Stuffed Turkey Roll with Ricotta and Spinach wiyh Thai Rice Rolo de Carne Recheado c/ Requeijão e Espinafres c/ Arroz Thai	Lactose, Gluten, Egg
Alternative Opção Alternativa	Tuna Shepherd's Pie Empadão de Atum	Fish, Egg, Gluten
Vegetarian Vegetariano	Soy Roll with Vegetables with Thai Rice Rolo de Soja c/ Legumes e Arroz Thai	Soy, Gluten, Egg
Vegetables Vegetais	Roasted Broccoli Brócolos Assados	-
Morning Snack Snacks da Manhã		
Early Years	Corn Toasts & Seasonal Fruit Tortitas de Milho e Fruta da Época	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Homemade Donuts & Milk Donuts Caseiros e Leite	Gluten, Milk Egg
Primary Years		

Thursday | Quinta-Feira

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Roasted Sweet Potato Soup Sopa de Batata Doce Assada	-
Main Course Prato Principal	Oven-Toasted Rice with Salmon and Roasted Tomato Arroz Tostado no Forno c/ Salmão e Tomate Assado	Fish, Egg
Alternative Opção Alternativa	Chicken Fricassée with Rosemary Wedge Potatoes Fricassé de Frango c/ Batatinhas Wedge c/ Alecrim	Egg
Vegetarian Vegetariano	Tofu Fricassée with Rosemary Wedge Potatoes Fricassé de Tofu c/ Batatinhas Wedge c/ Alecrim	Soy, Gluten, Peanut
Vegetables Vegetais	Roasted Carrot Sticks Palitos de Cenoura Assada	-
Morning Snack Snacks da Manhã		
Early Years	Flamengo Cheese Sticks & Seasonal Fruit Palitos de Queijo Flamengo e Fruta da Época	Milk
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Bread with Cocoa and Sweet Potato Spread & Lemongrass Tea with Strawberry Pão c/ Pasta de Cacau e Batat Doce e Chá de Lemongrass c/ Morango	Gluten, Nuts
Primary Years		

For all snacks, also offer alternative options if needed:
Bread (served with cheese, nut butter, or plain butter), milk, plant-based drinks, and fresh fruits.

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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.