



2<sup>nd</sup> to 6<sup>th</sup> March 2026

Monday | Segunda-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Carrot Soup</b> Sopa de Cenoura	-
<b>Main Course</b> Prato Principal	<b>Turkey Chilli with Thai Rice</b> Chilli de Perú c/ Arroz Thai	-
<b>Alternative</b> Opção Alternativa	<b>Chicken Skewer with Thai Rice</b> Espetadas de Frango c/ Arroz Thai	-
<b>Vegetarian</b> Vegetariano	<b>Soy Chilli with Thai Rice</b> Chilli de Soja c/ Arroz Thai	<b>Soy</b>
<b>Vegetables</b> Vegetais	<b>Boiled Broccoli</b> Brócolos Cozidos	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Tasty Oat &amp; Fruit Treats</b> Tortitas de Aveia e Fruta da Época	-
<b>Primary Years</b>	<b>Tasty Oat &amp; Fruit Treats</b> Tortitas de Aveia e Fruta da Época	-
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Healthy Cereals with Milk</b> Leite e Cereais	<b>Gluten, Milk</b>
<b>Primary Years</b>	<b>Healthy Cereals with Milk</b> Leite e Cereais	<b>Gluten, Milk</b>

Tuesday | Terça-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Red Bean Soup</b> Sopa de Feijão Vermelho	-
<b>Main Course</b> Prato Principal	<b>Bow Tie Pasta with Hake and Tuna</b> Lacinhos c/ Pescada e Atum	<b>Gluten, Milk, Fish</b>
<b>Alternative</b> Opção Alternativa	<b>Beef Meatloaf with Vegetables</b> Rolo de Carne de Vaca c/ Legumes	<b>Gluten</b>
<b>Vegetarian</b> Vegetariano	<b>Bow Tie Pasta with Peas and Seitan</b> Lacinhos c/ Ervilhas e Seitan	<b>Gluten, Milk</b>
<b>Vegetables</b> Vegetais	<b>Roasted Carrot Sticks</b> Palitos de Cenoura Assados	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Hard-Boiled Egg with Seasonal Fruit</b> Ovo Cozido e Fruta da Época	<b>Egg</b>
<b>Primary Years</b>	<b>Hard-Boiled Egg with Seasonal Fruit</b> Ovo Cozido e Fruta da Época	<b>Egg</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Flamengo Cheese Sandwich with Lemonade</b> Pão c/ Queijo Flamengo e Limonada	<b>Gluten, Milk</b>
<b>Primary Years</b>	<b>Flamengo Cheese Sandwich with Lemonade</b> Pão c/ Queijo Flamengo e Limonada	<b>Gluten, Milk</b>

Wednesday | Quarta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Carrot Soup</b> Sopa de Cenoura	-
<b>Main Course</b> Prato Principal	<b>Chicken Stroganoff with Basmati Rice</b> Frango Strogonoff c/ Arroz Basmati	<b>Milk, Mustard</b>
<b>Alternative</b> Opção Alternativa	<b>Beef Meatballs with Tomato Sauce and Basmati Rice</b> Almôndegas de Vaca c/ Molho de Tomate e Arroz Basmati	-
<b>Vegetarian</b> Vegetariano	<b>Seitan Stroganoff with Basmati Rice</b> Strogonoff de Seitan c/ Arroz Basmati	<b>Gluten, Soy</b>
<b>Vegetables</b> Vegetais	<b>Coleslaw Salad</b> Salada Coleslaw	<b>Milk</b>
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Corn Toasts with Seasonal Fruit</b> Tostas de Milho e Fruta da Época	-
<b>Primary Years</b>	<b>Corn Toasts with Seasonal Fruit</b> Tostas de Milho e Fruta da Época	-
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Marbled Yogurt Cake with Milk</b> Bolo Mármore de Iogurte e Leite	<b>Gluten, Egg, Milk</b>
<b>Primary Years</b>	<b>Marbled Yogurt Cake with Milk</b> Bolo Mármore de Iogurte e Leite	<b>Gluten, Egg, Milk</b>

Thursday | Quinta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Creamy Chickpea Soup</b> Sopa de Grão	-
<b>Main Course</b> Prato Principal	<b>Homemade Baked Tilapia Fingers with Carrot Rice</b> Douradinho de Tilapia Caseiro no Forno c/Arroz de Cenoura	<b>Fish, Egg, Gluten, Wheat</b>
<b>Alternative</b> Opção Alternativa	<b>Fusilli with Chicken and Tomato</b> Fusilli com Frango e Tomate	<b>Gluten</b>
<b>Vegetarian</b> Vegetariano	<b>Homemade Baked Tofu Fingers with Carrot Rice</b> Douradinho de Tofu Caseiro no Forno c/Arroz de Cenoura	<b>Soy, Egg, Gluten, Wheat</b>
<b>Vegetables</b> Vegetais	<b>Fresh Lettuce Salad</b> Salada de Alface	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Flemish Cheese Stick and Seasonal Fruit</b> Palito de Queijo Flamengo e Fruta da Época	<b>Milk</b>
<b>Primary Years</b>	<b>Flemish Cheese Stick and Seasonal Fruit</b> Palito de Queijo Flamengo e Fruta da Época	<b>Milk</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Bread with Jam and Lemongrass &amp; Strawberry Tea</b> Pão c/ Doce e Chá de Lemongrass c/ Morango	<b>Gluten, Milk</b>
<b>Primary Years</b>	<b>Bread with Jam and Lemongrass &amp; Strawberry Tea</b> Pão c/ Doce e Chá de Lemongrass c/ Morango	<b>Gluten, Milk</b>

Friday | Sexta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Coriander Soup</b> Sopa de Coentros	-
<b>Main Course</b> Prato Principal	<b>Veal Bolognese Lasagna with Mushrooms</b> Lasanha Bolonhesa de Vitela c/Cogumelos	<b>Gluten, Milk</b>
<b>Alternative</b> Opção Alternativa	<b>Grilled Chicken Steak</b> Bife de Frango	-
<b>Vegetarian</b> Vegetariano	<b>Lentil Bolognese Lasagna with Mushrooms</b> Lasanha de Bolonhesa de Lentilhas c/ Cogumelos	<b>Gluten, Milk</b>
<b>Vegetables</b> Vegetais	<b>Sautéed Shredded Cabbage</b> Couve Coração em Juliana Salteada	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Marinheiras Crackers with Seasonal Fruit</b> Marinheiras c/ Fruta da Época	<b>Gluten</b>
<b>Primary Years</b>	<b>Marinheiras Crackers with Seasonal Fruit</b> Marinheiras c/ Fruta da Época	<b>Gluten</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Pancakes with Milk</b> Panquecas c/ Leite	<b>Gluten, Egg, Milk</b>
<b>Primary Years</b>	<b>Pancakes with Milk</b> Panquecas c/ Leite	<b>Gluten, Egg, Milk</b>

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.



9<sup>th</sup> to 13<sup>th</sup> March 2026

Monday | Segunda-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Cabbage Soup</b> Sopa de Couve Coração	-
<b>Main Course</b> Prato Principal	<b>Beef Burger with Tomato Sauce and Thai Rice</b> Hamburguer de Vaca c/ Molho de Tomate e Arroz Thai	-
<b>Alternative</b> Opção Alternativa	<b>Chicken à Brás</b> Frango à Brás	<b>Egg</b>
<b>Vegetarian</b> Vegetariano	<b>Vegetarian Burger with Thai Rice</b> Hamburguer Vegetariano c/ Arroz Thai	<b>Milk, Gluten, Soy</b>
<b>Vegetables</b> Vegetais	<b>Sautéed Zucchini with Garlic and Mint</b> Curgete Salteada com Alho e Hortelã	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Tasty Oat &amp; Fruit Treats</b> Tortitas de Aveia e Fruta da Época	-
<b>Primary Years</b>	<b>Tasty Oat &amp; Fruit Treats</b> Tortitas de Aveia e Fruta da Época	-
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Yogurt with Granola, Honey &amp; Nuts</b> Iogurte c/Granola, Mel e Frutos Secos	<b>Milk, Gluten, Peanuts, Nuts</b>
<b>Primary Years</b>	<b>Yogurt with Granola, Honey &amp; Nuts</b> Iogurte c/Granola, Mel e Frutos Secos	<b>Milk, Gluten, Peanuts, Nuts</b>

Tuesday | Terça-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>White Bean Soup</b> Sopa de Feijão Branco	-
<b>Main Course</b> Prato Principal	<b>Hake Bolognese with Spaghetti</b> Bolonhesa de Pescada c/Esparguete	<b>Fish, Gluten</b>
<b>Alternative</b> Opção Alternativa	<b>Creamy Baked Codfish</b> Bacalhau c/ Natas	<b>Fish, Milk, Gluten</b>
<b>Vegetarian</b> Vegetariano	<b>Lentil Bolognese with Spaghetti</b> Bolonhesa de Lentilhas c/ Esparguete	<b>Gluten</b>
<b>Vegetables</b> Vegetais	<b>Lettuce and Carrot Salad</b> Salada de Alface e Cenoura	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Fresh Cheese Cube &amp; Seasonal Fruit</b> Cubo de Queijo Fresco e Fruta da Época	<b>Milk</b>
<b>Primary Years</b>	<b>Fresh Cheese Cube &amp; Fruit</b> Cubo de Queijo Fresco e Fruta da Época	<b>Milk</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Bread with Jam &amp; Berry Lemonade</b> Pão c/ Doce e Limonada de Frutos do Bosque	<b>Gluten</b>
<b>Primary Years</b>	<b>Bread with Jam &amp; Berry Lemonade</b> Pão c/ Doce e Limonada de Frutos do Bosque	<b>Gluten</b>

Wednesday | Quarta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Cauliflower Soup</b> Sopa de Couve Flor	-
<b>Main Course</b> Prato Principal	<b>Oven-Roasted Chicken Legs with Elbow Pasta and Pumpkin</b> Pernas de Frango Assadas no Forno e Cotovelos c/ Abóbora	<b>Mustard, Gluten</b>
<b>Alternative</b> Opção Alternativa	<b>Carbonara</b> Carbonara	<b>Gluten, Milk, Egg</b>
<b>Vegetarian</b> Vegetariano	<b>Chickpea Ratatouille with Roasted Vegetables</b> Ratatouille de Grão e Legumes Assados	-
<b>Vegetables</b> Vegetais	<b>Fresh Lettuce and Corn</b> Salada de Alface e Milho	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Corn Toasts with Seasonal Fruit</b> Tostas de Milho e Fruta da Época	-
<b>Primary Years</b>	<b>Corn Toasts with Seasonal Fruit</b> Tostas de Milho e Fruta da Época	-
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Yogurt Cake with Chocolate &amp; Milk</b> Bolo de Iogurte c/ Chocolate e Leite	<b>Gluten, Egg, Milk</b>
<b>Primary Years</b>	<b>Yogurt Cake with Chocolate &amp; Milk</b> Bolo de Iogurte c/ Chocolate e Leite	<b>Gluten, Egg, Milk</b>

Thursday | Quinta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Lentil Soup</b> Sopa de Lentilhas	-
<b>Main Course</b> Prato Principal	<b>Tuna Pizza</b> Pizza de Atum	<b>Gluten, Milk, Fish</b>
<b>Alternative</b> Opção Alternativa	<b>Stewed Chicken with Carrots and Tomato, served with Basmati Rice</b> Frango Estufado c/ Cenoura e Tomate e Arroz Basmati	-
<b>Vegetarian</b> Vegetariano	<b>Margherita Pizza</b> Pizza Margarita	<b>Gluten, Milk</b>
<b>Vegetables</b> Vegetais	<b>Roasted Vegetables</b> Legumes Assados	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Flemish Cheese Stick and Seasonal Fruit</b> Palito de Queijo Flamengo e Fruta da Época	<b>Milk</b>
<b>Primary Years</b>	<b>Flemish Cheese Stick and Seasonal Fruit</b> Palito de Queijo Flamengo e Fruta da Época	<b>Milk</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Honey Bread &amp; Lemon Verbena Mango Tea</b> Pão c/ Mel e Chá de Lúcia-Lima c/ Manga	<b>Gluten</b>
<b>Primary Years</b>	<b>Honey Bread &amp; Lemon Verbena Mango Tea</b> Pão c/ Mel e Chá de Lúcia-Lima c/ Manga	<b>Gluten</b>

Friday | Sexta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Pumpkin Soup</b> Sopa de Abóbora	-
<b>Main Course</b> Prato Principal	<b>Chicken Lasagna with Cabbage</b> Lasanha de Frango c/ Couve Coração	<b>Gluten, Milk, Egg</b>
<b>Alternative</b> Opção Alternativa	<b>Roast Turkey Breast with Gravy and Cranberry Sauce</b> Peito de Peru Assado c/ Gravy e Molho de Arandos	<b>Gluten, Milk</b>
<b>Vegetarian</b> Vegetariano	<b>Vegetable and Legume Lasagna</b> Lasanha de Legumes e Leguminosas	<b>Gluten, Milk, Egg</b>
<b>Vegetables</b> Vegetais	<b>Steamed Green Beans</b> Feijão Verde Cozido	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Marinheiras Crackers with Seasonal Fruit</b> Marinheiras c/ Fruta da Época	<b>Gluten</b>
<b>Primary Years</b>	<b>Marinheiras Crackers with Seasonal Fruit</b> Marinheiras c/ Fruta da Época	<b>Gluten</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Cheesy Bread &amp; Milk</b> Pão de Queijo e Leite	<b>Milk, Egg</b>
<b>Primary Years</b>	<b>Cheesy Bread &amp; Milk</b> Pão de Queijo e Leite	<b>Milk, Egg</b>

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.



16<sup>th</sup> to 20<sup>th</sup> March 2026

Monday | Segunda-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Broccoli Soup</b> Sopa de Brócolos	-
<b>Main Course</b> Prato Principal	<b>Boneless Chicken Thigh with Mustard and Honey with Basmati Rice</b> Coxa de Frango Dessosada c/ Mostarda e Mel c/Arroz Basmati	<b>Mustard</b>
<b>Alternative</b> Opção Alternativa	<b>Turkey Fajita Mexican Bowl with Basmati Rice</b> Bowl Mexicana de Fajitas de Perú c/Arroz Basmati	-
<b>Vegetarian</b> Vegetariano	<b>Mexican Bowl with Beans Heyra and Avocado with Basmati Rice</b> Bowl Mexicana de Feijão Heura e Abacate c/ Arroz Basmati	-
<b>Vegetables</b> Vegetais	<b>Boiled Broccoli</b> Brócolos Cozidos	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Tasty Oat &amp; Fruit Treats</b> Tortitas de Aveia e Fruta da Época	-
<b>Primary Years</b>	<b>Tasty Oat &amp; Fruit Treats</b> Tortitas de Aveia e Fruta da Época	-
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Healthy Cereals with Milk</b> Leite e Cereais	<b>Gluten, Milk</b>
<b>Primary Years</b>	<b>Healthy Cereals with Milk</b> Leite e Cereais	<b>Gluten, Milk</b>

Tuesday | Terça-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Spinach and Chickpea Soup</b> Sopa de Espinafres c/ Grão	-
<b>Main Course</b> Prato Principal	<b>Codfish with Cornbread</b> Bacalhau c/ Broa	<b>Fish, Gluten</b>
<b>Alternative</b> Opção Alternativa	<b>Penne with Turkey, Broccoli and Mozzarella Cheese</b> Perú c/ Brócolos e Queijo Mozzarella	<b>Gluten, Milk</b>
<b>Vegetarian</b> Vegetariano	<b>Tofu wuth Cornbread and Roasted Potato</b> Tofu c/ Broa e Batata Assada	<b>Soy, Gluten</b>
<b>Vegetables</b> Vegetais	<b>Roasted Carrot Sticks</b> Palitos de Cenoura Assada	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Fresh Cheese Cube &amp; Seasonal Fruit</b> Cubo de Queijo Fresco e Fruta da Época	<b>Milk</b>
<b>Primary Years</b>	<b>Fresh Cheese Cube &amp; Fruit</b> Cubo de Queijo Fresco e Fruta da Época	<b>Milk</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Flamengo Cheese Sandwich with Lemonade</b> Pão c/ Queijo Flamengo e Limonada	<b>Gluten, Milk</b>
<b>Primary Years</b>	<b>Flamengo Cheese Sandwich with Lemonade</b> Pão c/ Queijo Flamengo e Limonada	<b>Gluten, Milk</b>

Wednesday | Quarta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Zucchini Soup</b> Sopa de Curgete	-
<b>Main Course</b> Prato Principal	<b>Chicken Pad Thai with Elbow Pasta with Pumpkin</b> Pad Thai de Frango c/ Cotovelos com Abóbora	<b>Soy, Gluten, Egg</b>
<b>Alternative</b> Opção Alternativa	<b>Homemade Tuna and Cauliflower Croquettes in Oven with Elbow Pasta with Pumpkin</b> Croquetes Caseiros no Forno de Atum e Couve Flor c/ Cotovelos com Abóbora	<b>Fish, Egg, Gluten,, Wheat</b>
<b>Vegetarian</b> Vegetariano	<b>Spinach and Cottage Cheese Lasagna</b> Lasanha de Espinafres e Requeijão	<b>Milk, Gluten, Egg</b>
<b>Vegetables</b> Vegetais	<b>Lettuce and Corn Salad</b> Salada de Alface e Milho	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Corn Toasts with Seasonal Fruit</b> Tostas de Milho e Fruta da Época	-
<b>Primary Years</b>	<b>Corn Toasts with Seasonal Fruit</b> Tostas de Milho e Fruta da Época	-
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Yogurt Cake with Milk</b> Bolo de Iogurte e Leite	<b>Gluten, Egg, Milk</b>
<b>Primary Years</b>	<b>Yogurt Cake with Milk</b> Bolo de Iogurte e Leite	<b>Gluten, Egg, Milk</b>

Thursday | Quinta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Watercress Soup</b> Sopa de Agrião	-
<b>Main Course</b> Prato Principal	<b>Hake Moqueca with Basmati Rice</b> Moqueca de Pescada c/ Arroz Basmati	<b>Fish, Milk</b>
<b>Alternative</b> Opção Alternativa	<b>Macaroni with Shredded Chicken, Tomato, Basil and Cheese</b> Macarronete c/ Frango Desfiado, Tomate, Manjerição e Queijo	<b>Gluten, Milk</b>
<b>Vegetarian</b> Vegetariano	<b>Legume Quiche with Basmati Rice</b> Quiche de Leguminosas c/ Arroz Basmati	<b>Egg, Gluten, Milk</b>
<b>Vegetables</b> Vegetais	<b>Roasted Vegetables</b> Legumes Assados	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Flemish Cheese Stick and Seasonal Fruit</b> Palito de Queijo Flamengo e Fruta da Época	<b>Milk</b>
<b>Primary Years</b>	<b>Flemish Cheese Stick and Seasonal Fruit</b> Palito de Queijo Flamengo e Fruta da Época	<b>Milk</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Bread with Jam and Lemongrass &amp; Strawberry Tea</b> Pão c/ Doce e Chá de Lemongrass c/ Morango	<b>Gluten</b>
<b>Primary Years</b>	<b>Bread with Jam and Lemongrass &amp; Strawberry Tea</b> Pão c/ Doce e Chá de Lemongrass c/ Morango	<b>Gluten</b>

Friday | Sexta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Vegetable Soup</b> Sopa de Legumes	-
<b>Main Course</b> Prato Principal	<b>Old- Style Portuguese Duck Rice</b> Arroz de Pato à Antiga Portuguesa	<b>Soy</b>
<b>Alternative</b> Opção Alternativa	<b>Tuna And Broccoli Quiche</b> Quiche de Atum c/ Brócolos	<b>Fish, Egg, Gluten</b>
<b>Vegetarian</b> Vegetariano	<b>Portuguese-Style Seitan Steaks with Spaghetti</b> Bifanas de Sitan à Portuguesa c/ Esparguete	<b>Gluten</b>
<b>Vegetables</b> Vegetais	<b>Lettuce and Carrots Salad</b> Salada de Alface e Cenoura	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Marinheiras Crackers with Seasonal Fruit</b> Marinheiras c/ Fruta da Época	<b>Gluten</b>
<b>Primary Years</b>	<b>Marinheiras Crackers with Seasonal Fruit</b> Marinheiras c/ Fruta da Época	<b>Gluten</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Pancakes with Milk</b> Panquecas c/ Leite	<b>Gluten, Egg, Milk</b>
<b>Primary Years</b>	<b>Pancakes with Milk</b> Panquecas c/ Leite	<b>Gluten, Egg, Milk</b>

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.



23<sup>th</sup> to 27<sup>th</sup> March 2026

Monday | Segunda-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Turnip Greens Soup</b> Sopa de Nabiças	-
<b>Main Course</b> Prato Principal	<b>Chicken Curry with Basmati Rice</b> Caril de Frango c/ Arroz Basmati	<b>Gluten</b>
<b>Alternative</b> Opção Alternativa	<b>Portuguese-Style Turkey Steak with Basmati Rice</b> Bifana de Perú c/ Arroz Basmati	<b>Gluten</b>
<b>Vegetarian</b> Vegetariano	<b>Chikepea Curry with Basmati Rice</b> Caril de Grão c/ Arroz Basmati	-
<b>Vegetables</b> Vegetais	<b>Fresh Lettuce Salad</b> Salada de Alface	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Tasty Oat &amp; Fruit Treats</b> Tortitas de Aveia e Fruta da Época	-
<b>Primary Years</b>	<b>Tasty Oat &amp; Fruit Treats</b> Tortitas de Aveia e Fruta da Época	-
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Yogurt with Granola, Honey &amp; Nuts</b> Iogurte c/ Granola, Mel e Frutos Secos	<b>Milk, Gluten, Peanuts, Nuts</b>
<b>Primary Years</b>	<b>Yogurt with Granola, Honey &amp; Nuts</b> Iogurte c/ Granola, Mel e Frutos Secos	<b>Milk, Gluten, Peanuts, Nuts</b>

Tuesday | Terça-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Butter Bean Soup</b> Sopa de Feijão Manteiga	-
<b>Main Course</b> Prato Principal	<b>Tuna Rice with Corn and Scrambles Egg</b> Arroz de Atum c/ Milho e Ovo Mexido	<b>Fish</b>
<b>Alternative</b> Opção Alternativa	<b>Turkey Pica Pau with Spaghetti</b> Pica pau de Perú c/ Esparguete	<b>Gluten</b>
<b>Vegetarian</b> Vegetariano	<b>Scrambled Egg with Lentils and Spaghetti</b> Ovos Mexidos c/ Lentilhas e Esparguete	<b>Egg, Gluten</b>
<b>Vegetables</b> Vegetais	<b>Oven Roasted Pumpkin with Thyme</b> Abóbora no Forno c/ Tomilho	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Fresh Cheese Cube &amp; Seasonal Fruit</b> Cubo de Queijo Fresco e Fruta da Época	<b>Milk</b>
<b>Primary Years</b>	<b>Fresh Cheese Cube &amp; Seasonal Fruit</b> Cubo de Queijo Fresco e Fruta da Época	<b>Milk</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Bread with Jam &amp; Berry Lemonade</b> Pão c/ Doce e Limonada de Frutos do Bosque	<b>Gluten</b>
<b>Primary Years</b>	<b>Bread with Jam &amp; Berry Lemonade</b> Pão c/ Doce e Limonada de Frutos do Bosque	<b>Gluten</b>

Wednesday | Quarta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Chard Soup</b> Sopa de Acelgas	-
<b>Main Course</b> Prato Principal	<b>Turkey Nasi Goreng</b> Nasi Goreng de Perú	<b>Soy, Gluten, Egg</b>
<b>Alternative</b> Opção Alternativa	<b>Mac&amp;Cheese with Hake and Pumpkin</b> Mac&Cheese de Pescada c/Abóbora	<b>Fish, Milk, Gluten</b>
<b>Vegetarian</b> Vegetariano	<b>Nasi Goreng with Egg</b> Nasi Goreng c/ Ovo	<b>Soy, Gluten, Egg</b>
<b>Vegetables</b> Vegetais	<b>Steamed Green Beans</b> Feijão Verde Cozido	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Corn Toasts with Seasonal Fruit</b> Tostas de Milho e Fruta da Época	-
<b>Primary Years</b>	<b>Corn Toasts with Seasonal Fruit</b> Tostas de Milho e Fruta da Época	-
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Yogurt Cake with Milk</b> Bolo de Iogurte e Leite	<b>Gluten, Egg, Milk</b>
<b>Primary Years</b>	<b>Yogurt Cake with Milk</b> Bolo de Iogurte e Leite	<b>Gluten, Egg, Milk</b>

Thursday | Quinta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Chicken Soup with Pasta</b> Canja de Galinha c/ Massa	<b>Gluten</b>
<b>Main Course</b> Prato Principal	<b>Oven-Baked Codfish Fritters</b> Pataniscas de Bacalhau no Forno	<b>Fish, Wheat, Egg, Gluten</b>
<b>Alternative</b> Opção Alternativa	<b>Grilled Chicken Skewer</b> Espetada de Frango	-
<b>Vegetarian</b> Vegetariano	<b>Oven-Baked Lentil Fritters</b> Pataniscas de Lentilhas no Forno	-
<b>Vegetables</b> Vegetais	<b>Fresh Lettuce and Corn Salad</b> Salada de Alface e Milho	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Flemish Cheese Stick and Seasonal Fruit</b> Palito de Queijo Flamengo e Fruta da Época	<b>Milk</b>
<b>Primary Years</b>	<b>Flemish Cheese Stick and Seasonal Fruit</b> Palito de Queijo Flamengo e Fruta da Época	<b>Milk</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Bread with Honey and Lemon Verbena Tea</b> Pão c/ Mel e Chá de Lucia-Lima	<b>Gluten</b>
<b>Primary Years</b>	<b>Bread with Honey and Lemon Verbena Tea</b> Pão c/ Mel e Chá de Lúcia Lima	<b>Gluten</b>

Friday | Sexta-feira

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Fresh Green Bean Soup</b> Sopa de Feijão Verde	-
<b>Main Course</b> Prato Principal	<b>Beef Bolognese with Lentils</b> Bolonesa de Novilho c/ Lentilhas	-
<b>Alternative</b> Opção Alternativa	<b>Chicken à Brás</b> Frango à Brás	<b>Egg</b>
<b>Vegetarian</b> Vegetariano	<b>Lentil Bolognese</b> Bolonesa de Lentilhas	-
<b>Vegetables</b> Vegetais	<b>Roastes Carrot Sticks</b> Palitos de Cenoura Assada	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Marinheiras Crackers with Seasonal Fruit</b> Marinheiras c/ Fruta da Época	<b>Gluten</b>
<b>Primary Years</b>	<b>Marinheiras Crackers with Seasonal Fruit</b> Marinheiras c/ Fruta da Época	<b>Gluten</b>
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Cheese Bread &amp; Milk</b> Pão de Queijo e Leite	<b>Egg, Milk</b>
<b>Primary Years</b>	<b>Cheese Bread &amp; Milk</b> Pão de Queijo e Leite	<b>Egg, Milk</b>

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.



30<sup>th</sup> to 31<sup>th</sup> March 2026

Monday | Segunda-feira

**Lunch Menu | Menu de Almoço**

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Leek Soup</b> Sopa de Alho Francês	-
<b>Main Course</b> Prato Principal	<b>Asian Shredded Turkey with Thai Rice</b> Perú Desfiado Asiático c/ Arroz Thai	Soja
<b>Alternative</b> Opção Alternativa	<b>Chicken Caesar Bowl with Thai Rice</b> Bowl de Frango César c/Arroz Thai	Gluten, Milk, Egg
<b>Vegetarian</b> Vegetariano	<b>Tofu with Mustard and Honey with Thai Rice</b> Tofu c/ Mostarda e Mel e Arroz Thai	Soy, Mustard
<b>Vegetables</b> Vegetais	<b>Boiled Broccoli</b> Brócolos Cozidos	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Tasty Oat &amp; Fruit Treats</b> Tortitas de Aveia e Fruta da Época	-
<b>Primary Years</b>	<b>Tasty Oat &amp; Fruit Treats</b> Tortitas de Aveia e Fruta da Época	-
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Healthy Cereals with Milk</b> Leite e Cereais	Gluten, Milk
<b>Primary Years</b>	<b>Healthy Cereals with Milk</b> Leite e Cereais	Gluten, Milk

Tuesday | Terça-feira

**Lunch Menu | Menu de Almoço**

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa	<b>Vegetable Soup with Small Pasta</b> Sopa de Legumes c/ Massinhas	Gluten
<b>Main Course</b> Prato Principal	<b>Spiritual Codfish</b> Bacalhau Espiritual	Fish, Milk, Gluten
<b>Alternative</b> Opção Alternativa	<b>Chicken Steak with Olive Oil and Garlic with Spaghetti</b> Bife de Frango c/ Azeite e Alho c/ Esparguete	Gluten
<b>Vegetarian</b> Vegetariano	<b>Vegetable and Chickpea Spiritual</b> Espiritual de Legumes e Grão	Gluten, Milk
<b>Vegetables</b> Vegetais	<b>Lettuce Salad</b> Salada de Alface	-
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>	<b>Fresh Cheese Cube &amp; Seasonal Fruit</b> Cubo de Queijo Fresco e Fruta da Época	Milk
<b>Primary Years</b>	<b>Fresh Cheese Cube &amp; Fruit</b> Cubo de Queijo Fresco e Fruta da Época	Milk
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>	<b>Flamengo Cheese Sandwich with Lemonade</b> Pão c/ Queijo Flamengo e Limonada	Gluten, Milk
<b>Primary Years</b>	<b>Flamengo Cheese Sandwich with Lemonade</b> Pão c/ Queijo Flamengo e Limonada	Gluten, Milk

Wednesday | Quarta-feira

**Lunch Menu | Menu de Almoço**

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa		
<b>Main Course</b> Prato Principal		
<b>Alternative</b> Opção Alternativa		
<b>Vegetarian</b> Vegetariano		
<b>Vegetables</b> Vegetais		
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>		
<b>Primary Years</b>		
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>		
<b>Primary Years</b>		

Thursday | Quinta-feira

**Lunch Menu | Menu de Almoço**

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa		
<b>Main Course</b> Prato Principal		
<b>Alternative</b> Opção Alternativa		
<b>Vegetarian</b> Vegetariano		
<b>Vegetables</b> Vegetais		
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>		
<b>Primary Years</b>		
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>		
<b>Primary Years</b>		

Friday | Sexta-feira

**Lunch Menu | Menu de Almoço**

Lunch Menu   Menu de Almoço		Allergens
<b>Soup</b> Sopa		
<b>Main Course</b> Prato Principal		
<b>Alternative</b> Opção Alternativa		
<b>Vegetarian</b> Vegetariano		
<b>Vegetables</b> Vegetais		
<b>Morning Snack   Snack da Manhã</b>		
<b>Early Years</b>		
<b>Primary Years</b>		
<b>Afternoon Snack   Snack da Tarde</b>		
<b>Early Years</b>		
<b>Primary Years</b>		

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.