



4th to 8th May 2026

Monday | Segunda-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Carrot Soup Sopa de Cenoura	-
Main Course Prato Principal	Roast BBQ Chicken Thighs with Basmati Rice Coxas de Frango BBQ c/ Arroz Basmati	Sulphites, Soy
Alternative Opção Alternativa	Hake Moqueca Moqueca de Pescada	Fish, Milk
Vegetarian Vegetariano	Seitan with BBQ Sauce and Basmati Rice Seitan c/ Molho BBQ e Arroz Basmati	Gluten
Vegetables Vegetais	Lettuce and Corn Salad Salada de Alface e Milho	-
Morning Snack Snacks da Manhã		
Early Years	Oat Cakes & Seasonal Fruit Tortitas de Aveia e Fruta da Época	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Granola with Honey & Natural Yogurt Granola c/ Mel e Frutos Secos e Iogurte Natural	Gluten, Milk
Primary Years		

Tuesday | Terça-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Broccoli Soup Sopa de Brócolos	-
Main Course Prato Principal	Portuguese-style Shredded Codfish with Béchamel Bacalhau Espiritual	Fish, Egg, Gluten
Alternative Opção Alternativa	Chicken Fusilli with Tomato Fuzili de Frago c/ Tomate	Gluten, Milk
Vegetarian Vegetariano	Vegetable and Chickpea Bakes Gratin (Portuguese-Style) Espiritual de Legumes e Grão	Gluten Milk
Vegetables Vegetais	Steamed Green Beans Feijão Verde 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	Turnip Greens Soup Sopa de Nabikaças	-
Main Course Prato Principal	Veal Stew Jardineira de Vitela	-
Alternative Opção Alternativa	Tuna Pizza Pizza de Atum	Gluten, Milk, Fish
Vegetarian Vegetariano	Mushrooms and Cheddar Pizza Pizza de Cogumelos e Cheddar	Gluten, Milk
Vegetables Vegetais	Roasted Carrot Sticks Palitos de Cenoura Assada	-
Morning Snack Snacks da Manhã		
Early Years	Corn Cakes & Seasonal Fruit Tortitas 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	Spinach and Chickpea Soup Sopa de Espinafres c/ Grão	-
Main Course Prato Principal	Homemade Baked Tilapia Fish Fingers with Thai Rice Douradinhos de Tilapia Caseiros no Forno c/ Arroz Thai	-
Alternative Opção Alternativa	Veal Stroganoff with Thai Rice Stroganoff de Vitela c/ Arroz Thai	-
Vegetarian Vegetariano	Seitan Stroganoff with Thai Rice Stroganoff de Seitan c/ Arroz Thai	-
Vegetables Vegetais	Braised Collard Greens Couve Mineira	-
Morning Snack Snacks da Manhã		
Early Years	Edam 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 & Mango Lemon Verbena Tea Pão c/ Mel e Chá de Lucia-Lima c/ Manga	Gluten
Primary Years		

Friday | Sexta-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Cauliflower Soup Sopa de Couve Flor	-
Main Course Prato Principal	Veal Bolognese Lasagne with Mushrooms Lasanha Bolonhesa de Vitela c/ Cogumelos	Gluten, Milk
Alternative Opção Alternativa	Homemade Baked Tuna and Cauliflower Croquettes with Spaghetti Croquetes de Atum e Couve Flor Caseiros no Forno c/ Esparguete	Fish, Egg, Gluten, Wheat
Vegetarian Vegetariano	Lentil Lasagne with Mushrooms Lasanha de Lentilhas c/ Cogumelos	Gluten, Milk
Vegetables Vegetais	Steamed Baby Carrots Cenoura Baby Cozida	-
Morning Snack Snacks da Manhã		
Early Years	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.



11th to 15th May 2026

Monday | Segunda-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Spinach Soup Sopa de Espinafres	-
Main Course Prato Principal	Beef Meatballs in Tomato Sauce with Spaghetti Almôndegas de Vaca c/ Molho de Toamte e Massa	Gluten
Alternative Opção Alternativa	Hake Fillets with Spaghetti Filetes de Pescada c/ Massa	Fish, Gluten
Vegetarian Vegetariano	Soy Meatloaf with Vegetables and Carrot Rice Rolo de Soja c/ Legumes e Arroz de Cenoura	Soy, Mustard, Egg, Gluten
Vegetables Vegetais	Lettuce and Corn Salad Salada de Alface e Milho	-
Morning Snack Snacks da Manhã		
Early Years	Oat Cakes & Seasonal Fruit Tortitas de Aveia e Fruta da	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Granola with Honey & Natural Yogurt Granola c/ Mel e Frutos Secos e Iogurte Natural	Gluten, Milk
Primary Years		

Tuesday | Terça-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Courgette Soup Sopa de Curgete	-
Main Course Prato Principal	Codfish "Zé do Pipo" (baked codfish with mashed potato and mayonnaise) Bacalhau à Zé do Pipo	Fish, Egg, Milk
Alternative Opção Alternativa	Chicken Skewers with Thai Rice Espetadas de Frango c/ Arroz Thai	-
Vegetarian Vegetariano	Oven-Baked Falafel with Beetroot Hummus with Thai Rice Falafel no Forno c/ Hummus de Beterraba e Arroz Thai	-
Vegetables Vegetais	Oven Roasted Pumpkin with Thyme Abóbora no Forno c/ Tomilho	-
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	Pumpkin Soup Sopa de Abóbora	-
Main Course Prato Principal	Beef Bolognese with Lentils and Spaghetti Bolonesa de Novilho c/ Lentilhas e Esparguete	Gluten
Alternative Opção Alternativa	Black Linguine with Prawns and Avocado Linguini Preto c/ Camarão e Abacate	Crustaceans, Molluscs, Gluten
Vegetarian Vegetariano	Lentil Bolognese with Spaghetti Bolonesa de Lentilhas c/ Esparguete	Gluten
Vegetables Vegetais	Coleslaw Salada Coleslaw	Milk
Morning Snack Snacks da Manhã		
Early Years	Corn Cakes & Seasonal Fruit Tortitas 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	Chicken Soup Canja de Galinha	Gluten
Main Course Prato Principal	Grilled Squid Skewers with Roasted Potato Espetadas de Lulas c/ Batata Assada	-
Alternative Opção Alternativa	Chicken Pad Thai with Roasted Potatoes Pad Thai de Frango c/ Batata Assada	-
Vegetarian Vegetariano	Chickpea Pad Thai with Roasted Potatoes Pad Thai c/ Grão e Batata Assada	-
Vegetables Vegetais	Steamed Broccoli Brócolos Cozidos	-
Morning Snack Snacks da Manhã		
Early Years	Edam 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 & Mango Lemon Verbena Tea Pão c/ Mel e Chá de Lucia-Lima c/ Manga	Gluten
Primary Years		

Friday | Sexta-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Coriander Soup Sopa de Coentros	-
Main Course Prato Principal	Portuguese-Style Duck Rice Arroz de Pato à Antiga Portuguesa	Soy
Alternative Opção Alternativa	Plaice with Cornbread Crust and Roasted Potatoes Solha c/ Broa de Milho e Batata Assada	Gluten, Fish
Vegetarian Vegetariano	Vegetarian Meatballs with Farfalle with Pumpkin Almôndegas Vegetarianas de Soja c/ Cotovelos c/ Abóbora	Soy, Wheat, Egg, Gluten
Vegetables Vegetais	Grated Carrot Salad Cenoura Ralada	-
Morning Snack Snacks da Manhã		
Early Years	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.



18th to 22th May 2026

Monday | Segunda-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Watercress Soup Sopa de Agrião	-
Main Course Prato Principal	Oven-Roasted Chicken Legs with Spaghetti Pernas de Frango Assadas no Forno c/ Esparguete	Mustard, Gluten
Alternative Opção Alternativa	Black Linguine with Prawns and Avocado Linguini Preto c/ Camarão e Abacate	Crustaceans, Molluscs, Gluten
Vegetarian Vegetariano	Chickpea Curry Caril de Grão	Gluten
Vegetables Vegetais	Steamed Baby Carrots Cenoura Baby Cozida	-
Morning Snack Snacks da Manhã		
Early Years	Oat Cakes & Seasonal Fruit Tortitas de Aveia e Fruta da Época	-
Primary Years		
Afternoon Snack Snacks da Tarde		
Early Years	Granola with Honey & Natural Yogurt Granola c/ Mel e Frutos Secos e Iogurte Natural	Gluten, Milk
Primary Years		

Tuesday | Terça-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	Red Bean Soup Sopa de Feijão Vermelho	-
Main Course Prato Principal	Salmon Mac&Cheese with Pumpkin Mac&Cheese de Salmão c/ Abóbora	Fish, Egg, Gluten
Alternative Opção Alternativa	Veal Shepherd's Pie Empadão de Vitela	-
Vegetarian Vegetariano	Poached Eggs with Peas and Basmati Rice Ovos Escalfados c/ Ervilhas e Arroz Basmati	Egg
Vegetables Vegetais	Sautéed Shredded Pointed Cabbage Couve Coração em Juliana Salteada	-
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	Leek Soup Sopa de Alho Francês	-
Main Course Prato Principal	Turkey "Pica Pau" with Spaghetti Pica Pau de Peru c/ Massa Meada	Gluten
Alternative Opção Alternativa	Hake Bolognese with Spaghetti Bolonhesa de Pescada c/ Massa	Fish, Gluten
Vegetarian Vegetariano	Lentil Bolognese with Spaghetti Bolonhesa de Lentilhas c/ Massa	Gluten
Vegetables Vegetais	Grated Carrot Cenoura Ralada	-
Morning Snack Snacks da Manhã		
Early Years	Corn Cakes & Seasonal Fruit Tortitas 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	Vegetable Soup with Pasta Sopa de Legumes c/ Massinhas	Gluten
Main Course Prato Principal	Creamy Codfish Bacalhau c/ Natas	Gluten, Fish, Milk
Alternative Opção Alternativa	Shredded Duck in Peking-Style sauce with Mashed Potatoes Pato Desfiado à Pequim c/ Puré de Batata	Sulphites, Soy
Vegetarian Vegetariano	Tofu with Mustard and Honey with Mashed Potatoes Tofu c/ Mostarda e Mel c/ Puré de Batata	Soy, Mustard
Vegetables Vegetais	Asian Vegetables Legumes Asiáticos	-
Morning Snack Snacks da Manhã		
Early Years	Edam 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 & Mango Lemon Verbena Tea Pão c/ Mel e Chá de Lucia-Lima c/ Manga	Gluten
Primary Years		

Friday | Sexta-Feira

Lunch Menu | Menu de Almoço

		Allergens
Soup Sopa	White Cabbage Soup Sopa de Couve Branca	-
Main Course Prato Principal	Chicken Lasagne with Pointed Cabbage Lasanha de Frango c/ Couve Coração	Gluten, Milk, Egg
Alternative Opção Alternativa	Tuna and Broccoli Quiche Quiche de Atum c/ Brócolos	Fish, Egg, Gluten, Milk
Vegetarian Vegetariano	Legume Quiche Quiche de Leguminosas	Egg, Gluten, Milk
Vegetables Vegetais	Lettuce and Carrot Salad Salada de Alface e Cenoura	-
Morning Snack Snacks da Manhã		
Early Years	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.



25th to 29th May 2026

Monday | Segunda-Feira

Lunch Menu | Menu de Almoço

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Swiss Chard Soup Sopa de Acelgas	-
Main Course Prato Principal	Chicken Stroganoff with Macaroni with Pumpkin Stroganoff de Frango c/ Cotovelos c/ Abóbora	Mustard, Milk, Gluten
Alternative Opção Alternativa	Oven Rice with Salmon and Roasted Tomato Arroz Tostado no Forno c/ Salmão e Tomate Assado	Fish
Vegetarian Vegetariano	Seitan Stroganoff with Macaroni with Pumpkin Stroganoff de Seitan c/ Cotovelos c/ Abóbora	Soy, Gluten
Vegetables Vegetais	Steamed Broccoli Brócolos Cozidos	-
Morning Snack Snacks da Manhã		
Early Years	Oat Cakes & 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, Milk
Primary Years		

Tuesday | Terça-Feira

Lunch Menu | Menu de Almoço

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Butter Bean Soup Sopa de Feijão Manteiga	-
Main Course Prato Principal	Oven-Baked Shrimp Crêpes with Thai Rice Crepes de Camarão no Forno c/ Arroz Thai	Fish, Egg, Gluten, Milk
Alternative Opção Alternativa	Macaroni with Shredded Chicken, Tomato, Basil and Cheese Macarronete c/ Frango Desfiado, Tomate, Manjeriçao e Queijo	Gluten, Milk
Vegetarian Vegetariano	Creamy Tofu with Thai Rice Fricassé de Tofu c/ Arroz Thai	Soy
Vegetables Vegetais	Lettuce Salad Salada de Alface	-
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

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Vegetable Soup Sopa de Legumes	-
Main Course Prato Principal	Turkey Wellington with Rosemary Potato Wedges Lombinho de Peru Wellington c/ Batatinhas Wedge c/ Alecrim	-
Alternative Opção Alternativa	Tuna Rice with Corn and Scrambled Egg Arroz de Atum c/ Milho e Ovos Mexidos	Fish
Vegetarian Vegetariano	Spiced Rice with Falafel Arroz de Especiaria c/ Falafel	Gluten
Vegetables Vegetais	Grated Carrot Salad Cenoura Ralada	-
Morning Snack Snacks da Manhã		
Early Years	Corn Cakes & Seasonal Fruit Tortitas 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

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Chickpea Soup Sopa de Grão	-
Main Course Prato Principal	Codfish à Brás Bacalhau à Brás	Egg, Fish
Alternative Opção Alternativa	Teriyaki Chicken with Vegetables, Farfalle and Broccoli Frango Teriyaki c/ Legumes e Lacinhos c/ Brócolos	Soy, Gluten, Sulphites, Sesame
Vegetarian Vegetariano	Vegetables à Brás Legumes à Brás	Egg
Vegetables Vegetais	Asian Vegetables Legumes Asiáticos	-
Morning Snack Snacks da Manhã		
Early Years	Edam 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 & Mango Lemon Verbena Tea Pão c/ Mel e Chá de Lucia-Lima c/ Manga	Gluten
Primary Years		

Friday | Sexta-Feira

Lunch Menu | Menu de Almoço

Lunch Menu Menu de Almoço		Allergens
Soup Sopa	Pointed Cabbage Soup Sopa de Couve Coração	-
Main Course Prato Principal	Beef Meatloaf with Vegetables with Carrot Rice Rolo de Carne de Vaca c/ Legumes e Arroz de Cenoura	Gluten
Alternative Opção Alternativa	Farfalle with Hake and Tuna Lacinhos c/ Pescada e Atum	Gluten, Milk, Fish
Vegetarian Vegetariano	Soy Meatloaf with Vegetables with Carrot Rice Rolo de Vegetais c/ Arroz de Cenoura	Soy, Gluten, Egg
Vegetables Vegetais	Roasted Vegetables Legumes Assados	-
Morning Snack Snacks da Manhã		
Early Years	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.