



School Menu

School Menu - September 2nd to 6th - 2019

PRIMARY SCHOOL, JUNIOR, MIDDLE
SCHOOL AND SECONDARY LEVEL

			(Nutritional value per dose)				Allergenic
			Kcal.	Prot.	C.H.O.	Lip.	
Segunda-Feira 2 Monday	Morn. Snack	Skim milk and bread with turkey ham	199,1	10,9	30,2	3,6	1.6.7.12
	Soup	Vegetable soup	114,0	3,9	16,3	3,7	9
	Main Course	Stewed pork chops with bacon / mashed potato and salad	654,5	40,1	52,2	30,6	6.7.12
	Option	Codfish rice and salad	468,8	34	66,7	6,4	4
	Diet	Chicken with vegetable rice and salad	390,6	43,0	47,8	2,2	--
	Vegetarian	Sautéed vegetables and salad	296,2	7,2	41,4	10,9	--
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim milk + bread with margarine	160	6,2	19,4	6,3	1.6.7
Terça-Feira 3 Tuesday	Morn. Snack	Skim milk+ whole-grain bread with 100% fruit jam	168,9	7,4	27,0	3,3	1.7.8
	Soup	Carrot soup	91,5	2,5	13,0	3,2	--
	Main Course	Fried plaice with bean rice and salad	592,4	30,5	70,3	20,3	4.1
	Option	"Garotada" pasta with salad	462,0	21,9	59,5	14,5	1.3.6.12
	Diet	Boiled fish with vegetables	318,3	29,6	47,6	0,5	4
	Vegetarian	Vegetable Curry	481,7	13,9	62,1	19,7	8.9.10
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim yoghurt + bread with margarine	177,6	4,4	23,9	7,1	1.6.7
Quarta-Feira 4 Wednesday	Morn. Snack	Skim milk + with bread and cheese	277,7	14,2	39,1	7,0	7.1.11
	Soup	Butter bean soup with pasta and carrots	197,7	8,1	32,8	3,7	1
	Main Course	Stewed turkey with carrots, tricolor penne pasta and salad	392,8	44,2	37,8	6,2	1.12
	Option	Squid with tomato sauce, rice and salad	487,3	39,4	55,4	11,4	14
	Diet	Grilled pork with spaghetti and salad	388,6	41,6	35,6	8,5	1
	Vegetarian	Souffle of vegetables	260,9	12,8	9,4	19,0	1.3.6.7
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Milk + Yoghurt cake or bread with butter	261,1	9,9	36,3	8,6	7.1.3/1.6.7.11
Quinta-Feira 5 Thursday	Morn. Snack	Skim milk + bread with cheese spread	187,7	9,8	23,9	5,8	7.1.11
	Soup	Green bean soup	94,8	2,5	13,9	3,2	--
	Main Course	Cod fish à Brás style with salad	595,0	32,9	40,0	32,9	4.7.3.5
	Option	Peas with poached eggs	519,4	20,0	11,1	43,9	3.6.12
	Diet	Salad with crab sticks, corn and boiled egg	304,5	12,9	50,9	5,2	2.3.4
	Vegetarian	Rice with vegetables with salad	56,9	0,9	12,5	0,4	--
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim milk + low sugar cereals or bread with margarine	168,6/214,0	6,3/8	30,2/30,1	2,3/6,6	1.7/1.6.7.12
Sexta-Feira 6 Friday	Morn. Snack	Milk MG (120 ml) or chamomile tea + with turkey ham	234,8/178,4	10,8/6,8	30,3/24,5	7,5/5,6	1.6.7.12/1.6.7.12
	Soup	Chicken Soup	133,6	14,9	15,3	1,2	1.3
	Main Course	Roast chicken with orange and rosemary, white rice and salad	613,0	38,1	48,7	28,1	6.7
	Option	Pasta fusilli with salmon and cream sauce	664,8	31,8	37,9	42,5	1.4.7
	Diet	Chicken salad with boiled egg, corn and cherry tomato	244,1	39	5,2	7,9	3
	Vegetarian	Lentil stew	377,1	20,0	63,2	4,4	9.12
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	100% fruit juice + bread with flamenco cheese	216,9	8,1	36,1	4,3	1.7

Allergenic Table

- 1 Gluten
- 2 Shellfish
- 3 Egg
- 4 Fish
- 5 Peanuts
- 6 Soy
- 7 Milk
- 8 Nuts
- 9 Celery
- 10 Mustard
- 11 Sesame Seeds
- 12 Sulfur Dioxide
- 13 Lupins
- 14 Seafood



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School Menu

School Menu - September 9th to 13th - 2019

PRIMARY SCHOOL, JUNIOR, MIDDLE
SCHOOL AND SECONDARY LEVEL

			(Nutritional value per dose)				Allergenic
			Kcal.	Prot.	C.H.O.	Lip.	
Segunda-Feira 9 Monday	Morn. Snack	Skim milk + bread with cheese spread	187,7	9,8	23,9	5,8	7.1.11
	Soup	Leek soup	92,6	2,6	13,2	3,2	9
	Main Course	Beef Meat Almondegas with Boiled Carrot and White Rice	497,7	33,2	37,8	23,6	6.1
	Option	Fish stew and salad	436,2	32,3	48	12,2	4
	Diet	Portuguese stew (without sausages)	324,8	38,5	35,1	3,0	--
	Vegetarian	Vegetables tortillas	572,0	18,6	52,2	31,6	3.9
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim milk + bread with peanut butter or vegetable cream	237,6/214,0	11,0/8,0	30,8/30,1	7,6/6,6	1.5.7.8/1.6.7
Terça-Feira 10 Tuesday	Morn. Snack	Skim milk - bread with marmelade	242,6	10,7	41,0	3,8	1.7
	Soup	"Juliana" soup	114,0	3,9	16,3	3,7	9
	Main Course	Fish fingers with fusili pasta and mushrooms and salad	502,4	20,8	67,3	17,0	1.8.4.6
	Option	Meat croquettes with Primavera Rice and salad	534,5	16,3	83,3	13,9	1.3.6.12
	Diet	Boiled hake with potatoes and vegetables (cabbage and carrot)	348,6	32,1	49	2,2	4
	Vegetarian	Stuffed zucchini with rice and vegetables	261,4	14,8	25,2	11,1	7
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Solid yogurt of aroma (125Gr) + whole grain biscuit or bread with margarine	149,0/187,6	5,3/6,0	24,7/27,3	3,1/5,9	1.6.7/1.6.7
Quarta-Feira 11 Wednesday	Morn. Snack	Skim milk (120 ml) + bread with turkey ham	239,7	12,5	39,5	3,2	1.6.12.7
	Soup	White bean soup with pumpkin	143,9	6,1	21,9	3,4	--
	Main Course	Pizzaiolo chicken with coriander rice and salad	666,5	42,4	50	31,5	6.7
	Option	Mackerel with escabeche sauce, baked potato and salad	476,0	18,4	36,7	26,5	1.4
	Diet	grilled pork beef with white rice and salad	427,4	40,0	47,8	7,8	--
	Vegetarian	Vegetable Pasta	344,5	16,3	47,4	10,1	1.7
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	MG milk + carrot cake with linseed	282	7	38	11,4	1.3.6.7.8
Quinta-Feira 12 Thursday	Morn. Snack	Skim milk + with bread and cheese	277,7	14,2	39,1	7,0	7.1.11
	Soup	Vegetable soup	114,0	3,9	16,3	3,7	9
	Main Course	Filetes of fish with vegetables	382,6	23,4	67,3	4,0	--
	Option	Chicken stroganoff with rice and salad	344,1	31,9	41,1	5,0	7
	Diet	Tuna salad with black bean and boiled egg	488,9	35,4	52,1	14,9	3.4
	Vegetarian	Stewed vegetables	357,2	15,4	51,9	9,3	9
	Desert	Strawberry jelly or seasonal fruit	85,0/56,9	2,4/0,9	18,8/12,5	0,0/0,4	12/--
	Aft. Snack	100% fruit juice + bread with salami	283,9	8,4	44,4	8,2	1.6.12
Sexta-Feira 13 Friday	Morn. Snack	Skim milk (120 ml) + bread with cream cheese	219,0	9,1	36,8	3,7	1.7.12
	Soup	Rice soup	134,6	14,0	17,0	0,9	3
	Main Course	Pork steak with egg on top, french fries and salad	627,2	41,7	43,4	30,8	7
	Option	Squid curry with white rice and salad	416	31,1	49,1	10,4	10.14
	Diet	Boiled chicken with rice and salad	372,7	36,7	47,8	3,1	--
	Vegetarian	Green eggs with pea rice	501,6	18,3	62,7	18,9	3.1
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Milk + Stars cereals or bread with butter	226,3	8,7	33,3	6,3	7.1/1.6.11

Allergenic Table

- 1 Gluten
- 2 Shellfish
- 3 Egg
- 4 Fish
- 5 Peanuts
- 6 Soy
- 7 Milk
- 8 Nuts
- 9 Celery
- 10 Mustard
- 11 Sesame Seeds
- 12 Sulfur Dioxide
- 13 Lupins
- 14 Seafood



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School Menu

School Menu - September 16th to 20th - 2019

PRIMARY SCHOOL, JUNIOR, MIDDLE
SCHOOL AND SECONDARY LEVEL

			(Nutritional value per dose)				Allergenic
			Kcal.	Prot.	C.H.O.	Lip.	
Segunda-Feira 16 Monday	Morn. Snack	Skim milk and bread with ham	275,8	12,5	44,1	5,4	1.11.7.6.12
	Soup	Cress soup with pumpkin	84,5	2,2	11,5	3,2	--
	Main Course	Pork loin with black beans, rice and salad	537,6	45,7	55,7	13,5	--
	Option	Fish salad	442,0	39,9	52,1	7,7	4
	Diet	Turkey burger with rice and salad	414	29,0	50,6	9,9	6.12
	Vegetarian	Vegetable chilli	226,9	7,5	38,5	4,1	--
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim milk + low sugar cereals or bread with margarine	168,6/214,0	6,3/8	30,2/30,1	2,3/6,6	1.7/1.6.7.12
Terça-Feira 17 Tuesday	Morn. Snack	Skim milk (120 ml) + bread with strawberry compote	167,3	7,4	26,4	3,3	1.7
	Soup	Broccoli soup	96,4	3,1	13,3	3,3	--
	Main Course	Potato salad with tuna and vegetables	516,3	35,1	53,5	17,6	4.6.7.9
	Option	Grilled sausages with rice and salad	517,3	23,2	48,2	25	6.12
	Diet	Boiled hake with potato and boiled vegetables	305,5	21,9	47,6	2,6	4
	Vegetarian	Breaded eggplants with rice and salad	486,5	8,3	64,2	21,0	1
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Milk + bread with vegetable butter	2140	8	30,1	6,6	1.6.7
Quarta-Feira 18 Wednesday	Morn. Snack	Skim milk (120 ml) + bread with flamengo cheese	225,3	11,9	30,1	6,1	1.7
	Soup	Kale soup with carrot	97,3	4,3	11,6	3,7	--
	Main Course	Duck rice with salad	433,1	27,8	47,8	13,8	--
	Option	Codfish and bread stew	347,6	32,5	38,3	6,6	3.4
	Diet	Grilled chicken with pasta and salad	308,6	35	35,6	2,4	1
	Vegetarian	Fried pork chops with puree and salad	377,1	20,0	63,2	4,4	--
	Desert	Skim yogurt or seasonal fruit	105/56,9	4,8/0,9	16/12,5	1,9/0,4	7/--
	Aft. Snack	Milk MG + bread with margarine or pancakes with honey	159,9	6,0	26,2	3,4	1.3.7
Quinta-Feira 19 Thursday	Morn. Snack	Milk MG + bread with peanut butter or bread with vegetable cream	237,6/214,0	11,0/8	30,8/30,1	7,6/6,6	1.5.7.8/1.6.7
	Soup	Pea soup	104,2	3,6	15,0	3,2	--
	Main Course	Fish pasta with salad	193,7	16,9	21,3	4,2	1.4.12
	Option	Braised veal with mushrooms, puree and salad	481,6	31,8	55,5	13,5	--
	Diet	Boiled hake with potato and boiled vegetables	305,5	21,9	47,6	2,6	4
	Vegetarian	Shepherd's Pie with vegetables and salad	421,3	9,4	69,0	11,0	9
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	100% fruit juice + bread with turkey ham	145,8	4,2	25,4	3	1.6.7
Sexta-Feira 20 Friday	Morn. Snack	Skim milk + with bread and cheese	277,7	14,2	39,1	7,0	7.1.11
	Soup	Chicken Soup	133,6	14,9	15,3	1,2	1.3
	Main Course	Fried Chicken with spaghetti and salad	673,0	41,5	52,5	31,4	1
	Option	Tope fish soup	355,4	38,3	35,6	6,1	4.3
	Diet	Boiled chicken with rice and salad	372,7	36,7	47,8	3,1	--
	Vegetarian	Chickpea stew with noodles and vegetables	447,8	18,6	67,7	10,8	1
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	MG milk or chamomile tea + tulicream bread	231,8/175,4	8,6/4,6	35,6/29,7	5,9/4,0	1.7.8/1.7.8

Allergenic Table

-  1 Gluten
-  2 Shellfish
-  3 Egg
-  4 Fish
-  5 Peanuts
-  6 Soy
-  7 Milk
-  8 Nuts
-  9 Celery
-  10 Mustard
-  11 Sesame Seeds
-  12 Sulfur Dioxide
-  13 Lupins
-  14 Seafood



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School Menu

School Menu - September 23th to 27th - 2019

PRIMARY SCHOOL, JUNIOR, MIDDLE
SCHOOL AND SECONDARY LEVEL

			(Nutritional value per dose)				Allergenic
			Kcal.	Prot.	C.H.O.	Lip.	
Segunda-Feira 23 Monday	Morn. Snack	Skim milk (120 ml) + bread with turkey ham	239,7	12,5	39,5	3,2	1.6.12.7
	Soup	Pumpkin soup with mint	89,3	2,5	12,6	3,2	--
	Main Course	Vegetable stew with veal and salad	649,7	41,3	40,6	35,6	--
	Option	Rice with octopus and salad	399,4	36,1	50,6	5,3	14
	Diet	Chicken salad	298,1	37,1	28,4	3,6	1
	Vegetarian	Spring onion à Brás style	516,8	12,4	36,1	35,2	3.9
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim milk + low sugar cereals or bread with margarine	168,6/214,0	6,3/8	30,2/30,1	2,3/6,6	1.7/1.6.7.12
Terça-Feira 24 Tuesday	Morn. Snack	Skim milk - bread with marmelade	242,6	10,7	41,0	3,8	1.7
	Soup	Chickpea soup with pumpkin	153,8	5,7	23,2	4,1	--
	Main Course	Perche fish with spaghetti , tomato sauce and salad	437,1	29,9	50,3	12,2	1.4.9.12
	Option	Fried Chicken with white rice and salad	711,8	39,9	64,7	30,7	1.6.7
	Diet	Boiled fish with vegetables	318,3	29,6	47,6	0,5	4
	Vegetarian	Cuscus with vegetables	378,1	13,8	66,5	7,3	1.9
	Desert	Rice pudding or seasonal fruit	248/56,9	6,9/0,9	41,4/12,5	6,0/0,4	7.12/--
	Aft. Snack	100% fruit juice + bread with flamenco cheese	216,9	8,1	36,1	4,3	1.7
Quarta-Feira 25 Wednesday	Morn. Snack	Skim milk + bread with cheese spread	187,7	9,8	23,9	5,8	7.1.11
	Soup	Zucchini and carrot cream	86,8	2,4	11,9	3,2	---
	Main Course	Chicken stroganoff with coriander rice and salad	504,3	43,8	51,1	12,4	6.7
	Option	Hake "Minhota" style with white rice and salad	595,9	34	59,6	23,5	4.12
	Diet	Roast turkey with orange, spaghetti and salad	448,7	43,8	36,5	13,1	1.6
	Vegetarian	Vegetables quiche and salad	600,7	12,1	43,7	41,4	1.3.7
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Milk + Lemon cake or bread with butter	178,2	1,0	33,2	5,0	--
Quinta-Feira 26 Thursday	Morn. Snack	Skim milk + with bread and cheese	277,7	14,2	39,1	7,0	7.1.11
	Soup	Cabbage with coriander cream	91	2,3	13,8	3,1	--
	Main Course	Cod salad with grain, potato, boiled egg and salad	556,3	44,9	65,2	12,1	4.3
	Option	Roast pork with mashed potatoes and sautéed vegetables	633,5	37,9	39,9	34,8	6.7
	Diet	Mackerel Portuguese Style	595,1	28,8	26,8	41,0	1.4
	Vegetarian	Mexican Salad (Red Beans, Potatoes, Carrots, Corn and Egg)	516,8	12,4	36,1	35,2	3.9
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim milk (120ml) or lemon balm tea + bread with grinding	257,7/183,3	11,1/7,1	36,3/24,5	7,5/6,1	1.6.7.12/1.6.7.12
Sexta-Feira 27 Friday	Morn. Snack	Skim milk + bread with vegetable butter	251,6	10,7	34,0	7,8	7.1.11.6.12
	Soup	Rice soup	134,6	14,0	17,0	0,9	3
	Main Course	Pork steak with egg on top, french fries and salad	627,2	41,7	43,4	30,8	7
	Option	Grilled salmon with potatoes and boiled vegetables	485,0	25,2	35,4	26,6	4
	Diet	Boiled chicken with rice and salad	372,7	36,7	47,8	3,1	--
	Vegetarian	Green bean stew with poached egg	312,9	14,9	43,9	8,4	3
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim milk + with bread and cream cheese	277,7	14,2	39,1	7,0	7.1.11

Allergenic Table

- 1 Gluten
- 2 Shellfish
- 3 Egg
- 4 Fish
- 5 Peanuts
- 6 Soy
- 7 Milk
- 8 Nuts
- 9 Celery
- 10 Mustard
- 11 Sesame Seeds
- 12 Sulfur Dioxide
- 13 Lupins
- 14 Seafood



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School Menu

School Menu - September 30th to October 4th - 2019

PRIMARY SCHOOL, JUNIOR, MIDDLE
SCHOOL AND SECONDARY LEVEL

			(Nutritional value per dose)				Allergenic
			Kcal.	Prot.	C.H.O.	Lip.	
Segunda-Feira 30 Monday	Morn. Snack	Skim milk - bread with turkey mortadella	234,8	10,8	30,3	7,5	1.6.7.12
	Soup	Carrot soup with spinach	89,0	2,9	11,5	3,4	--
	Main Course	Rice with duck and salad	382,2	22,0	41,2	4,7	--
	Option	Fried Fish with tomato rice and salad	468,3	27,2	50,7	16,6	1.4
	Diet	Turkey burger with rice and salad	414	29,0	50,6	9,9	6.12
	Vegetarian	Vegetables ratatouille with white rice and salad	387,9	8,5	55,1	14,2	---
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Milk + Stars cereals or bread with butter	226,3	8,7	33,3	6,3	7.1/1.6.11





Terça-Feira 1 Tuesday	- N.A. -						
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Quarta-Feira 2 Wednesday	- N.A. -						
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Quinta-Feira 3 Thursday	- N.A. -						
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Sexta-Feira 4 Friday	- N.A. -						
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Allergenic Table

-  1 Gluten
-  2 Shellfish
-  3 Egg
-  4 Fish
-  5 Peanuts
-  6 Soy
-  7 Milk
-  8 Nuts
-  9 Celery
-  10 Mustard
-  11 Sesame Seeds
-  12 Sulfur Dioxide
-  13 Lupins
-  14 Seafood



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