



School Menu

School Menu - September 2nd to 6th - 2019

NURSERY

			Kcal.	(Nutritional value per dose)			Allergenic
				Prot.	C.H.O.	Lip.	
Segunda-Feira 2 Monday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Protein Soup	Vegetable cream with turkey	105,5	6,4	12,2	3,4	9
	Main Course	Stewed Chicken Steak with Spaghetti and Salad	22,9	24,3	21,6	4,4	1.12
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Milk + bread mix with vegetable cream or porridge with milk and pear	123,6/193,6	4,7/8,2	13,0/29,4	5,8/4,3	1.6.7/1.7
Terça-Feira 3 Tuesday	Morn. Snack	Skim yogurt + whole grain rich tea biscuits	201,5	5,7	34,5	4,4	--
	Soup	Cream of curgete and carrot w / loin	77,6	3,6	8,7	3,1	4
	Main Course	Boiled maruca with sweet potatoes and boiled kale	187,7	14,2	25	3,2	4
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Non-glazed flour potato w / glutén or s / glutén	196,1/171,0	8,3/7,0	31,3/28,2	4,1/3,3	1.7/7
Quarta-Feira 4 Wednesday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Turnip soup with lamb	94,6	4,0	11,4	3,6	--
	Main Course	Stewed turkey with colored vegetable puree (sweet potato and carrot)	223,1	18,1	26,6	4,8	1.6.7.12
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Milk + Bread Mix with Cream Cheese	145,0	3,7	26,6	2,6	1.7
Quinta-Feira 5 Thursday	Morn. Snack	Fruit Pulp + Vegetable Cream Mix Bread	125,5	1,7	24,1	2,0	1.6.7
	Soup	Green bean soup with yams and hake	82,9	3,4	10,0	3,3	4
	Main Course	Fish pasta with salad	193,7	16,9	21,3	4,2	1.4.12
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim yogurt + bread with turkey ham	187,6	6,0	27,3	5,9	1.6.7.12
Sexta-Feira 6 Friday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Chicken soup with pasta	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
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Milk + apple cake without sugar	154,4	4,9	20,5	5,9	1.3.6.7

Tabela de Alergénios

- 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



Ementas desenvolvidas e aprovadas por St. Peter's International School em parceria com a Nutricionista Eng^a Ana Abreu. Os alimentos fornecidos poderão, conter presença de alergénios: glúten, crustáceos, ovos, peixe, soja, frutos de casca rija, aipo, mostarda, sementes de sésamo, dióxio de enxofre, sulfitos e moluscos (Decreto-Lei nº 126/2005 de 5 de agosto e Decreto-Lei nº 365/2007 de 2 de novembro). O Colégio St. Peter's International School é o primeiro estabelecimento em Portugal a ser reconhecido com o certificado Safe Food Handling.



School Menu

School Menu - September 9th to 13th - 2019

NURSERY

			(Nutritional value per dose)				Allergenic
			Kcal.	Prot.	C.H.O.	Lip.	
Segunda-Feira 9 Monday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Leek soup with duck	79,6	3,2	8,4	3,6	9
	Main Course	Beef Meat Almondegas with Boiled Carrot and White Rice	497,7	33,2	37,8	23,6	6.1
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Non-glazed flour potato w / glutén or s / glutén	196,1/171,0	8,3/7,0	31,3/28,2	4,1/3,3	1.7/7
Terça-Feira 10 Tuesday	Morn. Snack	Skim yogurt + whole grain rich tea biscuits	201,5	5,7	34,5	4,4	--
	Soup	Hake Juliana soup	72,8	2,7	8,4	3,1	4.9
	Main Course	Roasted fish nuggets with roasted potatoes	368,5	31,7	46,9	5,1	--
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Liquid yogurt + bread with flamenco cheese or vegetable cream	173,1/177,6	7,8/5,2	26,7/26,7	3,8/5,5	1.7/1.6.7
Quarta-Feira 11 Wednesday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Pumpkin soup with lamb	84,4	3,2	9,8	3,5	--
	Main Course	Lamb Stew with Pasta Bowls and Salad	203,4	14,1	23,8	5,9	1.12
	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
Quinta-Feira 12 Thursday	Morn. Snack	Fruit Pulp + Vegetable Cream Mix Bread	125,5	1,7	24,1	2,0	1.6.7
	Soup	Vegetable soup with hake	102,1	6,7	10,9	3,5	4.9
	Main Course	Rice with duck and salad	187,6	6,0	31,1	4,1	--
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Non-glazed flour potato w / glutén or s / glutén	196,1/171,0	8,3/7,0	31,3/28,2	4,1/3,3	1.7/7
Sexta-Feira 13 Friday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Soup with shredded chicken and rice	59,3	8,3	5,1	0,5	3
	Main Course	Stuffed chicken with spaghetti and salad	222,9	24,3	21,6	4,4	1.12
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Fruit smoothie (pear and banana) + whole maria biscuit	203,5	6,2	35,6	4,2	1.6.7

Tabela de Alergénios

-  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

NURSERY

			(Nutritional value per dose)				Allergenic
			Kcal.	Prot.	C.H.O.	Lip.	
Segunda-Feira 16 Monday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Watercress soup with pumpkin and turkey	85,7	4,2	9,7	3,3	--
	Main Course	Turkey burger with pasta and salad	168,0	12,9	18,9	4,3	1.6
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim yogurt + bread with turkey ham	187,6	6,0	27,3	5,9	1.6.7.12
Terça-Feira 17 Tuesday	Morn. Snack	Skim yogurt + whole grain rich tea biscuits	201,5	5,7	34,5	4,4	--
	Soup	Cauliflower Soup w / Sweet Potato and Ravioli	88,4	4,0	11,5	3,3	4.0
	Main Course	Boiled hake with vegetables	305,5	21,9	47,6	2,6	4
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Non-glazed flour potato w / glutén or s / glutén	196,1/171,0	8,3/7,0	31,3/28,2	4,1/3,3	1.7/7
Quarta-Feira 18 Wednesday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Carrot and lettuce soup with lamb	80,8	3,3	8,9	3,5	--
	Main Course	Duck rice	275,9	18,0	31,8	8,0	--
	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
Quinta-Feira 19 Thursday	Morn. Snack	Fruit Pulp + Vegetable Cream Mix Bread	125,5	1,7	24,1	2,0	1.6.7
	Soup	Cream of peas with hake	91,5	4,5	10,8	3,3	4
	Main Course	Potato salad with hake and salad	215,9	19,1	25,7	3,8	4.6.7
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Porridge with milk and apple	209,0	8,2	33,1	4,4	1.7
Sexta-Feira 20 Friday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Chicken soup	134,6	14,0	17,0	0,9	3
	Main Course	Baked Chicken Thighs with herbs, carrot rice and salad	287,3	17,9	21,8	14,0	6.7
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Milk + Bread Mix with Cream Cheese	145,0	3,7	26,6	2,6	1.7

Tabela de Alergénios

-  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

NURSERY

			(Nutritional value per dose)				Allergenic
			Kcal.	Prot.	C.H.O.	Lip.	
Segunda-Feira 23 Monday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Pumpkin soup with manioc and peru	79,6	3,2	8,7	3,5	--
	Main Course	Veal Stew with Carrot, Spaghetti and Salad	246,5	21,0	17,0	10,3	1.12
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Flavored solid yogurt + Bread with marmalade	189,9	6,7	33,5	2,2	1.7

Terça-Feira 24 Tuesday	Morn. Snack	Skim yogurt + whole grain rich tea biscuits	201,5	5,7	34,5	4,4	--
	Soup	Vegetable soup with ling	94,2	4,9	11,3	3,2	4.9
	Main Course	Oven-baked maruca with white rice and au gratin cauliflower	228,0	19,2	24,1	5,9	4.7
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Porridge with milk and pear	193,6	8,2	29,4	4,3	1.7

Quarta-Feira 25 Wednesday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Zucchini and sweet potato cream with lamb	72,7	2,4	7,7	3,5	---
	Main Course	Turkey Stroganoff with Coriander Rice and Boiled Carrot	245,6	18,7	27,8	6,4	7
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Fruit Shake (apple) + Bread with vegetable cream	121,9	5,1	12,6	5,3	1.6.7

Quinta-Feira 26 Thursday	Morn. Snack	Fruit Pulp + Vegetable Cream Mix Bread	125,5	1,7	24,1	2,0	1.6.7
	Soup	Cauliflower velvet with hake	84,4	4,0	10,0	3,2	4
	Main Course	Baked hake tenderloin with leek, baked potato and boiled carrot	195	19,2	25,6	1,4	4
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Skim yogurt + bread with turkey ham	187,6	6,0	27,3	5,9	1.6.7.12

Sexta-Feira 27 Friday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Soup with shredded chicken and rice	59,3	8,3	5,1	0,5	3
	Main Course	Baked chicken with pasta and salad	173,6	20,1	19,8	1,7	1
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Milk MG + yogurt cake without sugar	206,0	6,3	34,2	4,9	1.3.6.7

Tabela de Alergênicos

-  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

NURSERY

			(Nutritional value per dose)				Allergenic
			Kcal.	Prot.	C.H.O.	Lip.	
Segunda-Feira 30 Monday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	"Juliana" soup with duck	79,6	3,2	8,4	3,6	9
	Main Course	Grouper cooked with sweet potato / mashed potatoes and cooked green beans	210,5	17,7	25,3	4,1	4.6.7.9
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
	Aft. Snack	Non-glazed flour potato w / glutén or s / glutén	196,1/171,0	8,3/7,0	31,3/28,2	4,1/3,3	1.7/7

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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Tabela de Alergénios

- 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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