



# School Menu

School Menu - September 2nd to 6th - 2019

## KINDERGARTEN

			(Nutritional value per dose)				Allergenic
			Kcal.	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
	Soup	Vegetable soup	114,0	3,9	16,3	3,7	9
	Protein Soup	Vegetable cream with turkey	105,5	6,4	12,2	3,4	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	--
Terça-Feira  3  Tuesday	Aft. Snack	Skim milk + bread with margarine	160	6,2	19,4	6,3	1.6.7
	Morn. Snack	Seasonal fruit + maria biscuits or water and salt	128,1/128,4	2,1/2,4	26,7/26,8	1,6/1,5	1.6.7/1.6.7
	Soup	Carrot soup	91,5	2,5	13,0	3,2	--
	Protein Soup	Carrot soup with ling	94,2	4,9	11,3	3,2	4
	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
Quarta-Feira  4  Wednesday	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
	Morn. Snack	Fruit pulp 90g	55,0	0,3	12,0	0,2	--
	Soup	Butter bean soup with pasta and carrots	197,7	8,1	32,8	3,7	1
	Protein Soup	Butter bean Soup with carrots and lamb	187,5	9,2	28,4	4	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
Quinta-Feira  5  Thursday	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
	Morn. Snack	Fruit and rich tea biscuits	196,2	2,4	38,5	3,8	1.6.7.12
	Soup	Green bean soup	94,8	2,5	13,9	3,2	--
	Protein Soup	green bean soup with hake	99,3	4,9	12,3	3,4	4
	Main Course	Fish salad	442,0	39,9	52,1	7,7	4
	Option	Peas with poached eggs	519,4	20,0	11,1	43,9	3.6.12
Sexta-Feira  6  Friday	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
	Morn. Snack	Apple and banana smoothie + wholegrain rich tea biscuits	220,3	6,3	39,6	4,3	1.6.7
	Soup	Chicken Soup	133,6	14,9	15,3	1,2	1.3
	Protein Soup	Chicken soup with shredded chicken	85,12	11,0	8,1	0,9	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

## 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<sup>a</sup> Ana Abreu. Os alimentos fornecidos poderão, conter presença de alergénicos: 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

## KINDERGARTEN

			(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	92,6	2,6	13,2	3,2	9
	Protein Soup	Leek soup with turkey	100,6	5,9	11,5	3,4	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	Nestum with honey	168,9	6,4	29,9	2,3	1.7
Terça-Feira  10  Tuesday	Morn. Snack	Seasonal fruit + maria biscuits or water and salt	128,1/128,4	2,1/2,4	26,7/26,8	1,6/1,5	1.6.7/1.6.7
	Soup	"Juliana" soup	114,0	3,9	16,3	3,7	9
	Protein Soup	Julienne soup with fish	90,6	4	11,3	3,2	4.9
	Main Course	Fish fingers with fusilli 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 natural yogurt with oats.	202,4	8,4	33,1	3,6	1.7
Quarta-Feira  11  Wednesday	Morn. Snack	Fruit pulp 90g	55,0	0,3	12,0	0,2	--
	Soup	White bean soup with pumpkin	143,9	6,1	21,9	3,4	--
	Protein Soup	White bean soup with pumpkin and lamb	115,8	5,5	14,9	3,7	--
	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 yogurt + whole Maria crackers	140	4,0	24,3	2,9	1.6.7.12
	Soup	Vegetable soup	114,0	3,9	16,3	3,7	9
	Protein Soup	Vegetable soup with hake	102,1	6,7	10,9	3,5	4.9
	Main Course	Fish pasta with salad	383,8	25,0	46,2	10,4	1.4
	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 turkey ham	145,8	4,2	25,4	3	1.6.7
Sexta-Feira  13  Friday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Rice soup	134,6	14,0	17,0	0,9	3
	Protein Soup	Soup with shredded chicken and rice	59,3	8,3	5,1	0,5	3
	Main Course	Turkey steak with egg, french fries and salad	457,1	30,8	29,2	23,5	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	Solid yogurt with fruit and oats or honey nestum	202,4/168,9	8,4/6,4	33,1/29,9	3,6/2,3	1.7/1.7

## 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 16th to 20th - 2019

## KINDERGARTEN

			(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	Cress soup with pumpkin	84,5	2,2	11,5	3,2	--
	Protein Soup	Cress soup with pumpkin and peru	125,9	6,7	14,7	4,3	4
	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			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	Fruit smoothie (pear and banana) + whole maria biscuit	203,5	6,2	35,6	4,2	1.6.7
	Soup	Broccoli soup	96,4	3,1	13,3	3,3	--
	Protein Soup	Broccoli soup with ling	99,2	5,5	11,6	3,4	4
	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 patato and boiled vegetables	305,5	21,9	47,6	2,6	4
	Vegetarian	Breaded eggplants with rice anda salad	486,5	8,3	64,2	21,0	1
	Desert	Seasonal fruit	56,9	0,9	12,5	0,4	--
Aft. Snack			2140	8	30,1	6,6	1.6.7
Quarta-Feira  18  Wednesday	Morn. Snack	Fruit pulp 90g	55,0	0,3	12,0	0,2	--
	Soup	Kale soup with carrot	97,3	4,3	11,6	3,7	--
	Protein Soup	Kale soup with carrot and lamb	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			159,9	6,0	26,2	3,4	1.3.7
Quinta-Feira  19  Thursday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Pea soup	104,2	3,6	15,0	3,2	--
	Protein Soup	Cream of peas with hake	91,5	4,5	10,8	3,3	4
	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 patato 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			145,8	4,2	25,4	3	1.6.7
Sexta-Feira  20  Friday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Chicken Soup	133,6	14,9	15,3	1,2	1.3
	Protein Soup	Soup with shredded chicken	59,3	8,3	5,1	0,5	3
	Main Course	Fried Chicken with spaguetti 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			149,0/187,6	5,3/6,0	24,7/27,3	3,1/5,9	1.6.7/1.6.7

## 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 23th to 27th - 2019

## KINDERGARTEN

			(Nutritional value per dose)				Allergenic
			Kcal.	Prot.	C.H.O.	Lip.	
Segunda-Feira  23  Monday	Morn. Snack	Apple and banana smoothie + wholegrain rich tea biscuits	220,3	6,3	39,6	4,3	1.6.7
	Soup	Pumpkin soup with mint	89,3	2,5	12,6	3,2	--
	Protein Soup	Pumpkin soup with turkey	105,1	6,0	12,6	3,4	--
	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			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	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Chickpea soup with pumpkin	153,8	5,7	23,2	4,1	--
	Protein Soup	Grain soup with pumpkin and ling	157,3	8	21,7	4,1	4
	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			216,9	8,1	36,1	4,3	1.7
Quarta-Feira  25  Wednesday	Morn. Snack	Fruit pulp 90g	55,0	0,3	12,0	0,2	--
	Soup	Zucchini and carrot cream	86,8	2,4	11,9	3,2	---
	Protein Soup	Kale soup with carrot and lamb	97,3	4,3	11,6	3,7	--
	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			178,2	1,0	33,2	5,0	--
Quinta-Feira  26  Thursday	Morn. Snack	Skim yogurt + whole Maria crackers	140	4,0	24,3	2,9	1.6.7.12
	Soup	Cabbage with coriander cream	91	2,3	13,8	3,1	--
	Protein Soup	Velvet of cabbage and coriander with hake	97,8	5	12,2	3,3	4
	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			145,8	4,2	25,4	3	1.6.7
Sexta-Feira  27  Friday	Morn. Snack	Seasonal fruit + cookies	157,8	2,8	29,1	3,2	1.6.7
	Soup	Rice soup	134,6	14,0	17,0	0,9	3
	Protein Soup	Soup with shredded chicken	59,3	8,3	5,1	0,5	3
	Main Course	Turkey steak with egg, french fries and salad	457,1	30,8	29,2	23,5	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			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 30th to October 4th - 2019

## KINDERGARTEN

			(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	Carrot soup with spinach	89,0	2,9	11,5	3,4	--
	Protein Soup	Carrot cream with Duck	91	3,6	10,7	3,7	--
	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	Solid yogurt with fruit and oats or honey nestum	202,4/168,9	8,4/6,4	33,1/29,9	3,6/2,3	1.7/1.7

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



Ementas desenvolvidas e aprovadas por St. Peter's International School em parceria com a Nutricionista Eng<sup>a</sup> Ana Abreu. Os alimentos fornecidos poderão, conter presença de alergénicos: 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.