

			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
MONDAY (3/11)	REINFORCEMENT	Raw carrot/seasonal fruit (average value)/white milk/rye bread with butter	37/81/94/209	6,6/17,5/9,8/27	0/0,9/3,2/8,9	0,9/1,1/6,6/4,5
	SOUP	Turnip cream	40	1,2	5,8	1
	MAIN DISH	Chicken stew with vegetables (potatoes, carrots and green beans)	81	2,2	6,6	7,7
	DIET DISH	Chicken fillets cooked with potatoes	180	1,5	21	18
	VEGETARIAN	Chickpea salad with boiled egg, potato, carrot, and green beans	78	2,5	9,7	3
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with ham or butter and white milk	320/302	11,6/12,1	36,9/ 36,8	16,5/11,1
			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
TUESDAY (4/11)	REINFORCEMENT	Seasonal fruit (average value)/white milk/mixed bread with cheese	81/ 94/104	0,9/ 3,2/3,9	17,5/ 9,8/13,5	1,1/ 6,6/6,2
	SOUP	Green bean cream	71	1,2	13,2	2,4
	MAIN DISH	Baked breaded hake fillets with carrot rice	211	11,7	21,3	4,8
	DIET DISH	Boiled hake with boiled vegetables	165	3,2	13	18
	VEGETARIAN	Baked tofu with carrot rice	78	4,9	2,9	5,3
	DESERT	Gelatin / Seasonal Fruit	47/81	0/0,9	10,3/17,5	1,2/1,1
	SNACK	Mixed bread with butter or marmalade and white milk	175/165	6,8/2,8	20,8/27,8	7,2/7,2
			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
WEDNESDAY (5/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / rye bread with butter	81/ 94/104	0,9/3,2/4,5	17,5/9,8/13,5	1,1/6,6/2,3
	SOUP	Zucchini cream	76	1,2	13,6	2,6
	MAIN DISH	Roasted turkey leg with penne and mixed vegetables	94	4,3	6,5	6,5
	DIET DISH	Boiled turkey cutlets with boiled vegetables	268	8,4	23,3	23,6
	VEGETARIAN	Beringela recheada com tofu, cenoura, milho e gratinada com queijo	102	5	7,8	5,5
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with ham or butter and white milk	206/ 195	7,4/7,7	23,4/ 23,3	12,1/9,1
			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
THURSDAY (6/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / Maria biscuits	81 /94/79	0,9/3,2/2,2	17,5/9,8/13	1,1/6,6/1,5
	SOUP	French garlic cream	68	1	12	2,0
	MAIN DISH	Tuna pie	189	10,0	17,5	10,9
	DIET DISH	Boiled perch with boiled potatoes and carrots	220	4,8	16,06	27,18
	VEGETARIAN	Stew of peas, carrots, leeks and zucchini	60	2,4	6,5	2,3
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Rye ball with low-fat cheese and unsweetened yogurt	204	5,9	26,1	11,3
			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
FRIDAY (7/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / mixed bread with cheese	81/ 94/104	0,9/ 3,2/3,9	17,5/ 9,8/13,5	1,1/ 6,6/6,2
	SOUP	Pumpkin cream	96	5,71	6,79	2,9
	MAIN DISH	Beef and salad lasagna	205	12,4	9,2	7,7
	DIET DISH	Boiled turkey steak with salad	268	8,4	23,3	23,6
	VEGETARIAN	Vegetable lasagna	265	10,5	32,4	8,1
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Rye bread roll with chorizo and unsweetened yogurt	206/ 195	7,4/7,7	23,4/ 23,3	12,1/9,1

Saladas (3 variedades): Tomate, alface, pepino, cenoura ralada, milho, couve roxa, beterraba, feijão frade com broa e couve-galega.

Legumes cozidos/salteados: Brócolos, couve-flor, feijão-verde, couve-de-bruxelas, macedónia com batata e cenoura.

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			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
MONDAY (10/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / mixed bread with butter	81 / 94/209	0,9/ 3,2/8,9	17,5 / 9,8/27	1,1/ 6,6/4,5
	SOUP	Cauliflower cream	50	1,1	8,3	1,2
	MAIN DISH	Pork loin stuffed with ham/cheese, served with fusilli and sautéed vegetables	282	16,1	0,2	34
	DIET DISH	Turkey cutlets cooked with fusilli	352	13	37	21
	VEGETARIAN	Soy and vegetable stew with fusilli	228	9,9	30,6	4,1
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with ham or butter and white milk	320/302	11,6/12,1	36,9/ 36,8	16,5/11,1

			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
TUESDAY (11/11)	REINFORCEMENT	Seasonal fruit (average value) / unsweetened yogurt / Maria biscuits	81/ 60/153	0,9/ 0,1/4,3	17,5/ 7,9/25,2	1,1/ 6,3/2,9
	SOUP	Carrot cream	37	0,6	5,8	1,1
	MAIN DISH	Baked salmon with lemon sauce and cilantro rice	282	16,8	20,8	11,3
	DIET DISH	Boiled hake with coriander rice	189	1,2	20,5	17
	VEGETARIAN	Quinoa salad with chickpeas and mixed vegetables (broccoli and carrots)	157	5,7	18,9	6
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with butter or cheese and unsweetened yogurt	298/318	10,9 /9,7	39,6 /39,6	9,6 /17,4

			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
WEDNESDAY (12/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / rye bread with butter	81/94/209	0,9/3,2/8,9	17,5/9,8/27	1,1/6,6/4,5
	SOUP	Watercress cream	61	1,3	9,7	1,2
	MAIN DISH	Beef pie with mashed potatoes and sautéed vegetables (carrot and zucchini)	245	12,4	15,2	7,7
	DIET DISH	Chicken fillets cooked with mixed vegetables	200	5	8	21
	VEGETARIAN	Soy and vegetable ratatouille with potato	138	4,5	19,5	4,8
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Rye ball with butter or marmalade and unsweetened yogurt	298/ 278	10,9/2,7	39,6/ 53,5	9,6 /9,6

			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
THURSDAY (13/11)	REINFORCEMENT	Seasonal fruit (average value) / unsweetened yogurt / mixed bread with butter	81/89/209	0,9/2 /8,9	17,5/12,6/27	1,1/5,1/4,5
	SOUP	Pea cream	48	1,1	7,8	1,2
	MAIN DISH	Cuttlefish stew	288	4	46	18
	DIET DISH	Baked perch fillets with rice and vegetables	206	6,5	22,5	20,2
	VEGETARIAN	Vegetable feijoada	344	9,8	49	15,1
	DESERT	Seasonal Fruit & Gelatin	81/ 47	0,9/0	17,5/ 10,3	1,1/ 1,2
	SNACK	Mixed bread with ham and white milk / 100% fruit juice	320 /314	11,6 /8,4	36,9 /49	16,5 /9,9

			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
FRIDAY (14/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / mixed bread with butter / cheese	81/94/209/230	0,9/ 3,2/8,9/7,7	17,5/ 9,8/27/27	1,1/6,6/4,5/12,3
	SOUP	Creamed spinach	94	3,5	7,5	2,1
	MAIN DISH	Chicken and pasta stew	423	30,3	33,8	11,6
	DIET DISH	Chicken breast cooked with cooked broccoli and spinach	160	1,5	5	18
	VEGETARIAN	Vegetable stew with chickpeas, carrots, sweet potatoes, and green beans	567	24,4	74,9	13,8
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Rye ball with low-fat cheese and unsweetened yogurt	290	7,8	34,9	18,6

Saladas (3 variedades): Tomate, alface, pepino, cenoura ralada, milho, couve roxa, beterraba, feijão frade com broa e couve-galega.

Legumes cozidos/salteados: Brócolos, couve-flor, feijão-verde, couve-de-bruxelas, macedónia com batata e cenoura.

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			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
MONDAY (17/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / Maria biscuits	81/ 94/ 153	0,9/ 3,2/4,3	17,5/ 9,8/25,2	1,1/ 6,6/2,9
	SOUP	Zucchini cream	76	1,2	13,6	2,6
	MAIN DISH	Beef burger with baked potato cubes	294	16,2	24,5	17,4
	DIET DISH	Grilled turkey cutlets with mixed vegetables	198	2,2	15,4	17,6
	VEGETARIAN	Spinach burger with baked potato	338	12,8	47,6	6,1
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with butter or cheese and unsweetened yogurt	298/318	10,9 /9,7	39,6 /39,6	9,6 /17,4
			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
TUESDAY (18/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / mixed bread with butter	81/94/209	0,9/3,2/8,9	17,5/9,8/27	1,1/6,6/4,5
	SOUP	Green bean cream	71	1,2	13,2	2,4
	MAIN DISH	Tuna salad (tuna, carrot, peas, penne, broccoli and grated egg)	348	12,5	26,1	32,4
	DIET DISH	Boiled hake with penne and vegetables	185	1	21,3	18
	VEGETARIAN	Salad of chickpeas, tofu, peas, broccoli and grated egg	344	7,8	51,4	138
	DESERT	Seasonal Fruit & Pudding	47/81	0/0,9	10,3/17,5	1,2/1,1
	SNACK	Mixed bread with ham and unsweetened yogurt	286	8,5	35	16,2
			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
WEDNESDAY (19/11)	REINFORCEMENT	Seasonal fruit (average value) / unsweetened yogurt / mixed bread with butter	81/89/209	0,9/2 /8,9	17,5/12,6/27	1,1/5,1/4,5
	SOUP	Broccoli cream	83	1,5	13,3	3,8
	MAIN DISH	Chicken and mushroom stroganoff with pea rice	166	6,2	15,3	11,7
	DIET DISH	Chicken breast cooked with mushrooms, peas, and cooked green beans	160	1,5	5	18
	VEGETARIAN	Seitan stroganoff with mushrooms	213	5,5	31,3	8,5
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with cheese and white milk/100% fruit juice	323/290	10,9/7,8	36,8/49	18,9/24,6
			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
THURSDAY (20/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / rye bread and butter	81/ 94/209	0,9/3,2/8,9	17,5/9,8/27	1,1/6,6/4,5
	SOUP	Cauliflower cream	50	1,1	8,3	1,2
	MAIN DISH	Cod with cream and salad	180	7,72	12,29	9,18
	DIET DISH	Grilled perch with potatoes and salad	206	6,5	22,5	20,2
	VEGETARIAN	Chickpea curry with pumpkin and zucchini	286	8	40	14
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with butter or cheese and unsweetened yogurt	298/318	10,9 /9,7	39,6 /39,6	9,6 /17,4
			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
FRIDAY (21/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / Maria biscuits	80/ 94/153	0,9/3,2/4,3	17,5/9,8/25,2	1,1/ 6,6/2,9
	SOUP	Pumpkin cream	96	5,71	6,79	2,9
	MAIN DISH	Poultry rice with carrots and salad	419	18,6	35	27
	DIET DISH	Boiled turkey breast with plain rice and cooked vegetables	180	1,5	21	18
	VEGETARIAN	Tofu stew with lentils and carrots	389	6,1	45	18,8
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with butter or chorizo and white milk	302/351	12,1/14,3	36,8/36,7	11,1/18,5

Saladas (3 variedades): Tomate, alface, pepino, cenoura ralada, milho, couve roxa, beterraba, feijão frade com broa e couve-galega.

Legumes cozidos/salteados: Brócolos, couve-flor, feijão-verde, couve-de-bruxelas, macedónia com batata e cenoura.

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			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
MONDAY (24/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / rye bread with butter	81/ 37,5 / 94/209	0,9/0,3,2/8,9	17,5/6,6/9,8/27	1,1/0,9/6,6/4,5
	SOUP	French garlic cream	68	1	12	2,0
	MAIN DISH	Turkey breast stuffed with spinach and tricolor pasta	417	15	44,9	25,4
	DIET DISH	Boiled turkey breast with pasta and cooked vegetables	180	1,5	21	18
	VEGETARIAN	Vegetable fritters with tricolor pasta	100	2,6	11,7	6,7
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with butter or jam and unsweetened yogurt	298/ 278	10,9/2,7	39,6/ 53,5	9,6 /9,6

			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
TUESDAY (25/11)	REINFORCEMENT	Seasonal fruit (average value) / unsweetened yogurt / mixed bread with butter	81/89/209	0,9/2 /8,9	17,5/12,6/27	1,1/5,1/4,5
	SOUP	Green bean cream	71	1,2	13,2	2,4
	MAIN DISH	Codfish à Brás and salad	264	10,1	8,3	9,5
	DIET DISH	Boiled hake with potatoes and vegetables	220	4,8	16,06	27,18
	VEGETARIAN	Baked vegetables with cornbread	255	8,6	35,3	7,9
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with cheese and white milk / 100% fruit juice	323/290	10,9/7,8	36,8/49	18,9/24,6

			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
WEDNESDAY (26/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / Maria biscuits	80/ 94/153	0,9/3,2/4,3	17,5/9,8/25,2	1,1/ 6,6/2,9
	SOUP	Watercress cream	61	1,3	9,7	1,2
	MAIN DISH	Roasted chicken leg with spaghetti	184	5,4	20	12,2
	DIET DISH	Chicken breast stewed with vegetables	260	3	10	45
	VEGETARIAN	Spaghetti with sautéed mushrooms, seitan, and zucchini	94	2,2	12,9	3,9
	DESERT	Seasonal fruit & Rice pudding	47/81	0/0,9	10,3/17,5	1,2/1,1
	SNACK	Mixed bread with butter or ham and unsweetened yogurt	286	8,5	35	16,2

			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
THURSDAY (27/11)	REINFORCEMENT	Seasonal fruit (average value) / unsweetened yogurt / mixed bread with butter	81/89/209	0,9/2 /8,9	17,5/12,6/27	0,9/1,1/5,1/4,5
	SOUP	Savoy cabbage soup	43	1,7	5,6	0,9
	MAIN DISH	Baked hake with tomato rice	215	6,2	29,1	10
	DIET DISH	Boiled perch with vegetable rice	220	4,8	16,06	27,18
	VEGETARIAN	Baked pumpkin, zucchini, and soybeans with tomato rice	256	6,3	28,3	16,5
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with cheese and white milk/100% fruit juice	323/290	10,9/7,8	36,8/49	18,9/24,6

			V.E (kcal)	Fats (g)	H.C (g)	Proteins (g)
FRIDAY (28/11)	REINFORCEMENT	Seasonal fruit (average value) / white milk / rye bread with butter	81/ 94/302	0,9/3,2/12,1	17,5/9,8/36,8	1,1/6,6/11,1
	SOUP	Carrot and chickpea cream	49	0,6	7,8	3,1
	MAIN DISH	Veal stew with peppers and potatoes	311	9,5	27,2	21,9
	DIET DISH	Boiled turkey steak with boiled potatoes	350	9	25	43
	VEGETARIAN	Soy stew with vegetables	421	6,8	49,7	39,9
	DESERT	Seasonal fruit	81	0,9	17,5	1,1
	SNACK	Mixed bread with butter or chorizo and white milk	302/351	12,1/14,3	36,8/36,7	11,1/18,5

Saladas (3 variedades): Tomate, alface, pepino, cenoura ralada, milho, couve roxa, beterraba, feijão frade com broa e couve-galega.

Legumes cozidos/salteados: Brócolos, couve-flor, feijão-verde, couve-de-bruxelas, macedónia com batata e cenoura.

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