

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>MONDAY (2/3)</b>	<b>REINFORCEMENT</b>	Seasonal fruit selection/No added sugar biscuits (1,3,7)	62/232	0,4/10,96	13,7/20,2	0,9/7,56
	<b>SOUP</b>	Chicken soup (1)	70,5	6,2	14	11,7
	<b>MAIN COURSE</b>	Chicken à Brás (1,3,6,7,9,10,12)	356	16,0	38,0	25,6
	<b>DIET</b>	Steamed turkey breast with spaghetti (1)	225,3	4,5	28,4	16,8
	<b>VEGETARIAN</b>	Leeks à Brás (1,3,6,7,9,10,12)	140,2	6,54	13,99	6,09
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or turkey ham/Unsweetened yogurt (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6
			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>TUESDAY (3/3)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Mixed bread with butter or turkey (1,6,7,8,12)	62/159/210,8	0,4/3,3/12	13,7/21,8/21,5	0,9/3,7/9
	<b>SOUP</b>	Cabbage cream	81,8	5,8	21,2	6,4
	<b>MAIN COURSE</b>	Oven-baked calamari with tomato rice and lettuce and carrot salad (1,3,7,12,14)	388,3	14,5	66	8,4
	<b>DIET</b>	Boiled perch with rice (4)	218,3	0,8	36	14,6
	<b>VEGETARIAN</b>	Seitan curry with chickpeas and rice (1,6,9,10,12)	337	17,7	26,36	25,96
	<b>DESSERT</b>	Selection of seasonal fruits/Sugar-free gelatin	62/7	0,4/0	13,7/0,5	0,9/1,8
	<b>SNACK</b>	White milk/Rice crackers/Corn with low-fat cheese (7)	47/232	1,6/10,9	4,9/20,2	3,3/7,6
			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>WEDNESDAY (4/3)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Rice cracker/Corn with cheese (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	French garlic cream	94	6,7	24,44	6,9
	<b>MAIN COURSE</b>	Beef pie (potato, minced veal, tomato, peppers, onion) (7,12)	205	9,8	17,1	1,7
	<b>DIET</b>	Steamed chicken with white rice	211	4,7	26,9	14,9
	<b>VEGETARIAN</b>	Baked Tofu with Onions (1,6,9,10,12)	99	2,3	11,1	6,4
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Berlin Ball/Yogurt without added sugar (1,7,8)	155//42	3,1//0,2	22,9//5,2	7,8/74,6
			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>THURSDAY (5/3)</b>	<b>REINFORCEMENT</b>	Carrot sticks/Mixed bread with cheese or butter (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	<b>SOUP</b>	Lentil and pumpkin cream soup	167	3,6	22,05	9,9
	<b>MAIN COURSE</b>	Shark salad with potato, turnip, pumpkin and cauliflower (4)	161	3	24	9
	<b>DIET</b>	Simple oven-baked hake with potatoes, turnip, pumpkin and cooked cauliflower (4)	101	5	6	8
	<b>VEGETARIAN</b>	Seitan with coriander, potato, pumpkin, turnip and cauliflower (1,6)	115	7	9	4
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Maria/White Milk type biscuits (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6
			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>FRIDAY (6/3)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Rice crackers/Corn with cheese (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Green bean cream	93,5	5,9	22,9	6,8
	<b>MAIN COURSE</b>	Mixed grilled meat with baked potatoes	439	17,4	36,0	40,5
	<b>DIET</b>	Grilled turkey breast with fusilli (1)	338	8,52	28,4	34,3
	<b>VEGETARIAN</b>	Vegetarian meatballs with fusilli (1,3,6,7,9,10)	450	12,1	49,7	18,0
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or butter/no added sugar yogurt (1,7)	154,2/209,2/42	3,1/11,4/0,2	22,9/22,6/5,2	7,8/2,5/4,6

\*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

**Salads (3 varieties):** Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.

Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

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Directorate-General for Education. The meal contains or may contain the following substances or products and their derivatives: (1) Gluten; (2)

Crustaceans; (3) Egg; (4) Fish; (5) Peanuts; (6) Soy; (7) Milk; (8) Nuts; (9) Celery; (10) Mustard; (11) Sesame; (12) Sulphur dioxide and sulfites; (13) Lupin;

(14) Mollusks

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>MONDAY</b> (9/3)	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Cereal bread with turkey ham or cheese (1,6,7,12)	62/143,2/154	0,4/1,7/3,02	13,7/23,14/22,9	0,9/7,32/7,76
	<b>SOUP</b>	Pumpkin cream	51,5	6,4	23,6	8
	<b>MAIN COURSE</b>	Chicken and pasta stew (1,12)	423	30,3	33,8	11,6
	<b>DIET</b>	Boiled turkey leg with pasta and boiled broccoli (1)	160	1,5	5	18
	<b>VEGETARIAN</b>	Vegetable stew with chickpeas, carrots, sweet potatoes, green beans (12)	567	24,4	74,9	13,8
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Maria/White Milk type biscuits (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>TUESDAY</b> (10/3)	<b>REINFORCEMENT</b>	Carrot sticks/Rice cracker/Corn with cheese (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	<b>SOUP</b>	Spinach cream	57	6,4	23,6	8,0
	<b>MAIN COURSE</b>	Tuna lasagna (1,3,4,7)	246,4	11,5	25,6	12,9
	<b>DIET</b>	Boiled perch fillets with plain rice (4)	110	5	7	9
	<b>VEGETARIAN</b>	Lentil and soy pie with carrot, leek and sliced green beans (6,12)	147	7	16	5
	<b>DESSERT</b>	Selection of seasonal fruits/Chocolate mousse (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	<b>SNACK</b>	Rye ball with butter or fruit jam 100%/Yogurt without added sugar (1,7,8)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>WEDNESDAY</b> (11/3)	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Cereal bread with butter or cheese (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	<b>SOUP</b>	Cauliflower cream	93,75	6	24,3	8,9
	<b>MAIN COURSE</b>	Pork chops with sausage (1,10,12)	550	28,3	11,0	35
	<b>DIET</b>	Grilled veal cutlets with plain rice	333	9,1	20,6	7,6
	<b>VEGETARIAN</b>	Baked green beans "little fish from the garden" (1,3,7)	484	28	45,3	22
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rice/corn cracker with fat-free cheese/White milk (7)	232/47	10,9/1,6	20,2/4,9	7,6/3,3

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>THURSDAY</b> (12/3)	<b>REINFORCEMENT</b>	Seasonal fruit selection/Sugar-free biscuits (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Pea cream	91,25	6,55	23,22	7,44
	<b>MAIN COURSE</b>	"Gomes de Sá" style hake (3,4,7)	443,9	15	37,9	36,6
	<b>DIET</b>	Baked pollock fillets with rice and boiled cauliflower (4)	206	6,5	22,5	20,2
	<b>VEGETARIAN</b>	Mushroom, broccoli and spinach quiche (1,3,7,12)	554	13,4	79,1	21,2
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Mixed meatball with cheese or turkey ham/Unsweetened yogurt (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>FRIDAY</b> (13/3)	<b>REINFORCEMENT</b>	Rye bread with butter or fat-free cheese/Unsweetened yogurt (1,7)	154,2/209,2/42	3,1/11,4/0,2	22,9/22,6/5,2	7,8/2,5/4,6
	<b>SOUP</b>	Zucchini cream	61	6,5	24,2	8,9
	<b>MAIN COURSE</b>	Meat rice and carrots baked in the oven with lettuce and tomato salad (12)	181,3	5,8	14,5	17,2
	<b>DIET</b>	Steamed chicken fillets with plain rice	331	5,8	42,6	24,9
	<b>VEGETARIAN</b>	Vegetable fritters (1,3)	123	4	17	4
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Milk bread with turkey ham or butter/100% fruit juice (1,3,7)	132/47	3,5/0,5	20,8/11,2	4/0,5

\*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

**Salads (3 varieties):** Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.  
 Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

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			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>MONDAY</b> (16/3)	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Rice cracker/Corn with cheese (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Carrot cream	56	6,4	24,9	8,4
	<b>MAIN COURSE</b>	Pork "Alentejo Style" (1,9,10,12,14)	443	17,0	38,0	19
	<b>DIET</b>	Grilled turkey breast with fusilli (1)	225,3	4,5	28,4	16,8
	<b>VEGETARIAN</b>	Soy sausages with Savoy cabbage and fusilli (6,12)	626,9	10,8	94,8	29,4
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or turkey ham/Unsweetened yogurt (1,6,7,8,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Lípidos (g)	H.C (g)	Proteínas (g)
<b>TUESDAY</b> (17/3)	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Cereal bread with butter or cheese (1,7,8)	62/209/154	0,4/1,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	<b>SOUP</b>	Broccoli cream	86,9	3,5	18,2	4,0
	<b>MAIN COURSE</b>	Cod with cream and lettuce and carrot salad (1,4,7,10)	466,2	10,3	53,1	34,5
	<b>DIET</b>	Boiled hake with boiled fusilli (1,4)	101,6	0,11	10,62	14,64
	<b>VEGETARIAN</b>	Colorful seitan rice with assorted vegetables (1,3,6,9,12)	412	10,9	51,1	25,4
	<b>DESSERT</b>	Selection of seasonal fruits/Creamy milk (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	<b>SNACK</b>	Maria/White Milk type biscuits (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

			V.E (kcal)	Lípidos (g)	H.C (g)	Proteínas (g)
<b>WEDNESDAY</b> (18/3)	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Sugar-free biscuits (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Spinach and pumpkin cream soup	70,8	5,6	18,6	3,9
	<b>MAIN COURSE</b>	Xau xau rice (chicken) and tomato salad (1,3,6)	451	29,1	28,7	17,7
	<b>DIET</b>	Grilled turkey steak with rice and tomato salad	274	8,3	24,8	24
	<b>VEGETARIAN</b>	Xau xau rice (egg) and tomato salad (1,3,6)	300	12,3	32,7	13,5
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or turkey ham/Unsweetened yogurt (1,6,7,8,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Lípidos (g)	H.C (g)	Proteínas (g)
<b>THURSDAY</b> (19/3)	<b>REINFORCEMENT</b>	Carrot sticks/Mixed bread with cheese or butter (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	<b>SOUP</b>	Bean and turnip cream	126	3,15	18,6	8,8
	<b>MAIN COURSE</b>	Gratinéed pasta with fish, broccoli and carrots (1,4,7)	449	8,6	35,3	38,8
	<b>DIET</b>	Boiled cod with potato and cauliflower (4)	333	9,7	32,1	28,6
	<b>VEGETARIAN</b>	Colorful broccoli salad (carrot, onion, tomato, apple and cheese) (7)	356	6,4	49,7	12,2
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	White milk/Rice biscuits/Corn with low-fat cheese (7)	47/232	1,6/10,9	4,9/20,2	3,3/7,6

			V.E (kcal)	Lípidos (g)	H.C (g)	Proteínas (g)
<b>FRIDAY</b> (20/3)	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Rice cracker/Corn with cheese (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Turnip and pumpkin cream	84,9	3,3	13,3	5,8
	<b>MAIN COURSE</b>	Beef lasagna and salad (1,3,7,9)	205	12,4	9,2	7,7
	<b>DIET</b>	Boiled turkey steak, penne and salad (1)	268	8,4	23,3	23,6
	<b>VEGETARIAN</b>	Tofu crepes (1,3,6,7)	265	10,5	32,4	8,1
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or butter/no added sugar yogurt (1,7)	154,2/209,2/42	3,1/11,4/0,2	22,9/22,6/5,2	7,8/2,5/4,6

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**Salads (3 varieties):** Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.  
 Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

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			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>MONDAY (23/3)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Cereal bread roll with butter or cheese (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	<b>SOUP</b>	Savoy cabbage soup	200,9	3,9	30,2	15,2
	<b>MAIN COURSE</b>	Stewed peas with boiled eggs, diced chicken and white rice (3,12)	221	11,0	21,0	15
	<b>DIET</b>	Grilled turkey steak with rice and a salad of lettuce and grated carrot	175	5,8	12,8	17,7
	<b>VEGETARIAN</b>	Sautéed peas with carrots, broccoli and poached eggs (3,12)	176	8	21	5
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	White milk/Biscuits with no added sugar (1,3,7)	47/171	1,6/6,6	4,9/26,1	7,6/2,7

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>TUESDAY (24/3)</b>	<b>REINFORCEMENT</b>	Carrot sticks/Rice cracker/Corn with cheese (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	<b>SOUP</b>	Lentil cream	167	3,6	21,05	9,7
	<b>MAIN COURSE</b>	Fried cuttlefish with smashed roasted potatoes (14)	253	6,14	25,4	22,9
	<b>DIET</b>	Boiled hake with penne and broccoli (4)	229,7	7,6	21,2	27,8
	<b>VEGETARIAN</b>	Quinoa salad with spinach, feta, carrot and tofu (6,7)	259,8	6,3	15,1	4
	<b>DESSERT</b>	Selection of seasonal fruits/Egg pudding without added sugar (3,7)	62/22	0,4/0	13,7/5	0,9/0
	<b>SNACK</b>	Mixed bread with turkey ham or butter/100% fruit juice (1,3,7)	132/47	3,5/0,5	20,8/11,2	4/0,5

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>WEDNESDAY (25/3)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Cereal bread roll with butter or cheese (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	<b>SOUP</b>	Chickpea cream	97,65	6,73	26,31	9,7
	<b>MAIN COURSE</b>	Beef burger with rice and beans (1,3,6,12)	431,7	16,1	47,12	20,8
	<b>DIET</b>	Turkey thigh with plain rice	273,9	5,2	36	19,6
	<b>VEGETARIAN</b>	Plant-based protein burger with rice and beans (6,9)	450,7	14,51	49,6	26,8
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	White milk/Rice biscuits/Corn with low-fat cheese (7)	47/232	1,6/10,9	4,9/20,2	3,3/7,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>THURSDAY (26/3)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Biscuits with no added sugar (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Red bean cream	126	6,48	26,9	10,1
	<b>MAIN COURSE</b>	Baked salmon fillets with citrus sauce and roasted potatoes (4,10)	175	11,5	9,3	8,1
	<b>DIET</b>	Baked red fish with plain rice (4)	218,3	0,8	36	14,6
	<b>VEGETARIAN</b>	Mushroom and carrot feijoada (12)	514	15,9	73,1	24,5
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or turkey ham/Unsweetened yogurt (1,6,7,8,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>FRIDAY (27/3)</b>	<b>REINFORCEMENT</b>	Carrot sticks/Mixed bread with 100% fruit jam or butter (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	<b>SOUP</b>	Leek and white cabbage cream soup	199	7,1	25,14	8,4
	<b>MAIN COURSE</b>	Chicken fricassee with pasta (1,3,7,12)	435	11,5	49,6	30,9
	<b>DIET</b>	Grilled turkey breast with pasta (1)	338	8,52	28,4	34,3
	<b>VEGETARIAN</b>	Baked green beans with pasta (1,3,7)	484	28	45,3	22
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rice/corn cracker with fat-free cheese/White milk (7)	232/47	10,9/1,6	20,2/4,9	7,6/3,3

\*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

**Salads (3 varieties):** Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.

**Cooked/sautéed vegetables:** Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

**Notes:** Menus may be subject to change depending on any needs. Prepared in accordance with the guidelines of circular no. 3097/DGE/2018 of the Directorate-General for Education. The meal contains or may contain the following substances or products and their derivatives: (1) Gluten; (2) Crustaceans; (3) Egg; (4) Fish; (5) Peanuts; (6) Soy; (7) Milk; (8) Nuts; (9) Celery; (10) Mustard; (11) Sesame; (12) Sulphur dioxide and sulfites; (13) Lupin; (14) Mollusks

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>MONDAY (30/3)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Maria-type biscuits (1,3,7)	62/232	0,4/10,96	13,7/20,2	0,9/7,56
	<b>SOUP</b>	Spinach cream	57	6,4	23,6	8,0
	<b>MAIN COURSE</b>	Chicken carbonara with zucchini and peas and spaghetti (1,3,7,12)	397,1	9,4	48,5	28,8
	<b>DIET</b>	Chicken fillets with spaghetti (1)	331	5,8	42,6	24,9
	<b>VEGETARIAN</b>	Zucchini, pea, carrot and egg pie (1,3,6,7,12)	178,6	7,4	6,8	20,1
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or turkey ham/Unsweetened yogurt (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

			V.E (kcal)	Lípidos (g)	H.C (g)	Proteínas (g)
<b>TUESDAY (31/3)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Mixed bread with butter or turkey (1,6,7,8,12)	62/159/210,8	0,4/3,3/12	13,7/21,8/21,5	0,9/3,7/9
	<b>SOUP</b>	Zucchini cream	61	6,5	24,2	8,9
	<b>MAIN COURSE</b>	Tuna pudding (1,3,4,12)	208,4	5,09	25,25	22,32
	<b>DIET</b>	Grilled perch with plain rice and green beans (4)	198,4	2,54	23,45	19,72
	<b>VEGETARIAN</b>	Vegetable ratatouille (eggplant, zucchini, carrot) (9)	288	5,7	43	16,78
	<b>DESSERT</b>	Baked seasonal fruit	62	0,4	13,7	0,9
	<b>SNACK</b>	White milk/Rice biscuits/Corn with low-fat cheese (7)	47/232	1,6/10,9	4,9/20,2	3,3/7,6

			V.E (kcal)	Lípidos (g)	H.C (g)	Proteínas (g)

			V.E (kcal)	Lípidos (g)	H.C (g)	Proteínas (g)

			V.E (kcal)	Lípidos (g)	H.C (g)	Proteínas (g)

\*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

**Salads (3 varieties):** Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.  
 Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

**Notes:** Menus may be subject to change depending on any needs. Prepared in accordance with the guidelines of circular no. 3097/DGE/2018 of the Directorate-General for Education. The meal contains or may contain the following substances or products and their derivatives: (1) Gluten; (2) Crustaceans; (3) Egg; (4) Fish; (5) Peanuts; (6) Soy; (7) Milk; (8) Nuts; (9) Celery; (10) Mustard; (11) Sesame; (12) Sulphur dioxide and sulfites; (13) Lupin; (14) Mollusks