

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
MONDAY (4/5)	REINFORCEMENT	Seasonal fruit selection/Sugar-free biscuits/White milk (1,3,7)	62/232	0,4/10,96	13,7/20,2	0,9/7,56
	SOUP	French garlic cream	94	6,7	24,44	6,9
	MAIN COURSE	Baked turkey medallions with mashed potatoes (1,7)	278	5,4	30,4	26
	DIET	Braised chicken breast with fusilli and boiled baby carrots (1)	338	8,52	28,4	34,3
	VEGETARIAN	Oven-baked tofu and vegetable tortilla (1,6)	629	27,2	71,1	24,9
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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)
TUESDAY (5/5)	REINFORCEMENT	Selection of seasonal fruits/Mixed bread with butter or turkey/100% fruit juice (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
	SOUP	Cabbage cream	81,8	5,8	21,2	6,4
	MAIN COURSE	Hake à Gomes de Sá (3,4,7)	443,9	15	37,9	36,6
	DIET	Swordfish baked in the oven with mixed steamed vegetables and boiled sweet potato (4)	188	2,3	23	20,1
	VEGETARIAN	Crispy roasted vegetables with cornbread (1)	369	10,6	50,6	28,7
	DESSERT	Selection of seasonal fruits/Sugar-free gelatin	62/7	0,4/0	13,7/0,5	0,9/1,8
	SNACK	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)
WEDNESDAY (6/5)	REINFORCEMENT	Selection of seasonal fruits/Rice crackers/Corn with cheese/Unsweetened yogurt (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Caldo verde Soup (1,6,12)	86,2	3,3	11,8	6,2
	MAIN COURSE	Beef burger with spring rice (1,3,6,10,12)	378	18,5	26,0	25,5
	DIET	Steamed turkey steaks with plain rice and steamed broccoli	338	8,52	28,4	34,3
	VEGETARIAN	Mushroom feijoada (1,6,12)	238,1	5,81	22,48	9,9
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Sweet napkins/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)
THURSDAY (7/5)	REINFORCEMENT	Carrot sticks/Mixed bread with cheese or butter/100% fruit juice (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	SOUP	Pumpkin cream	51,5	6,4	23,6	8
	MAIN COURSE	Grilled cuttlefish with smashed roasted potatoes (14)	253	6,14	25,4	22,9
	DIET	Boiled cod with plain rice and boiled spinach (4)	229,7	7,6	21,2	27,8
	VEGETARIAN	Quinoa salad with spinach, feta, carrot and tofu (6,7)	259,8	6,3	15,1	4
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Maria type biscuits/White Milk (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)
FRIDAY (8/5)	REINFORCEMENT	Selection of seasonal fruits/Rice crackers/Corn with cheese/Milk (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Broccoli cream with parsley	81,8	5,8	21,2	6,4
	MAIN COURSE	Portuguese-style pork (12,14)	524,7	12,1	57,2	35,3
	DIET	Grilled beef steaks with elbow macaroni and boiled cauliflower (1)	274,9	2,1	36	26,1
	VEGETARIAN	Sausage with cabbage (1,6,7,10,12)	263	9,8	45	10,7
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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.

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)
MONDAY (11/5)	REINFORCEMENT	Selection of seasonal fruits/Cereal bread with turkey ham or cheese/100% juice (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
	SOUP	Spinach cream	57	6,4	23,6	8,0
	MAIN COURSE	Crispy chicken with carrot rice (1,3,7,10)	246	3,3	48,4	4,5
	DIET	Grilled turkey steak with penne and cooked spinach (1)	386	8,9	46,5	33,2
	VEGETARIAN	Stir-fried soy and vegetables with carrot rice (6,12)	463	8,9	52	28
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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)
TUESDAY (12/5)	REINFORCEMENT	Carrot sticks/Rice cracker/Corn with cheese/White milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Cauliflower cream	93,75	6	24,3	8,9
	MAIN COURSE	Tuna pudding with tomato and lettuce salad (1,3,4,12)	208,4	5,09	25,25	22,32
	DIET	Grilled perch with plain rice and green beans (4)	198,4	2,54	23,45	19,72
	VEGETARIAN	Vegetable ratatouille (eggplant, zucchini, carrot) (9)	288	5,7	43	16,78
	DESSERT	Selection of seasonal fruits/Egg pudding without added sugar (3,7)	62/22	0,4/0	13,7/5	0,9/0
	SNACK	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)
WEDNESDAY (13/5)	REINFORCEMENT	Selection of seasonal fruits/Cereal bread with butter or cheese/100% fruit juice (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	SOUP	Pea cream	91,25	6,55	23,22	7,44
	MAIN COURSE	Spaghetti Bolognese (1,7,9,12)	503	21,7	44,7	31,2
	DIET	Grilled chicken breast with spaghetti and cooked carrots (1)	225,3	4,5	28,4	16,8
	VEGETARIAN	Eggplant stuffed with soy, pumpkin and spinach (6,9)	207	12,35	15,5	11,5
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
THURSDAY (14/5)	REINFORCEMENT	Selection of seasonal fruits/Sugar-free biscuits/White milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Zucchini cream	61	6,5	24,2	8,9
	MAIN COURSE	Cod with cream and lettuce and carrot salad (1,4,7,10)	466,2	10,3	53,1	34,5
	DIET	Boiled hake with plain rice and boiled cauliflower (1,4)	101,6	0,11	10,62	14,64
	VEGETARIAN	Colorful seitan rice with assorted vegetables (1,3,6,9,12)	412	10,9	51,1	25,4
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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)
FRIDAY (15/5)	REINFORCEMENT	Rye bread with butter or fat-free cheese/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
	SOUP	Green bean cream	93,5	5,9	22,9	6,8
	MAIN COURSE	Chicken fricassee with pasta (1,3,7,12)	435	11,5	49,6	30,9
	DIET	Grilled turkey breast with pasta and boiled green beans (1)	338	8,52	28,4	34,3
	VEGETARIAN	Green beans "Peixinhos da horta" (1,3,7)	484	28	45,3	22
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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.

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			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
MONDAY (18/5)	REINFORCEMENT	Selection of seasonal fruits/Rice crackers/Corn with cheese/100% fruit juice (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Broccoli cream	86,9	3,5	18,2	4,0
	MAIN COURSE	Xau xau rice (chicken) and tomato salad (1,3,6)	451	29,1	28,7	17,7
	DIET	Grilled turkey steak with plain rice and boiled pumpkin	274	8,3	24,8	24
	VEGETARIAN	Xau xau rice (egg) and tomato salad (1,3,6)	300	12,3	32,7	13,5
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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)
TUESDAY (19/5)	REINFORCEMENT	Selection of seasonal fruits/Cereal bread with butter or cheese/White milk (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	SOUP	Bean and turnip cream	126	3,15	18,6	8,8
	MAIN COURSE	Tintureira salad with potato, turnip, pumpkin and cauliflower (4)	161	3	24	9
	DIET	Baked hake with sweet potato and boiled cauliflower (4)	101	5	6	8
	VEGETARIAN	Seitan with coriander, potato, pumpkin, turnip and cauliflower (1,6)	115	7	9	4
	DESSERT	Selection of seasonal fruits/Chocolate mousse (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	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)
WEDNESDAY (20/5)	REINFORCEMENT	Selection of seasonal fruits/Sugar-free biscuits/Sugar-free yogurt (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Carrot cream	56	6,4	24,9	8,4
	MAIN COURSE	Veal stew with pasta (1,12)	423	30,3	33,8	11,6
	DIET	Boiled turkey leg with pasta and boiled broccoli (1)	160	1,5	5	18
	VEGETARIAN	Vegetable stew with chickpeas, carrots, sweet potatoes, green beans (12)	567	24,4	74,9	13,8
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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)
THURSDAY (21/5)	REINFORCEMENT	Carrot sticks/Mixed bread with cheese or butter/White milk (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	SOUP	Lentil cream	167	3,6	21,05	9,7
	MAIN COURSE	Fish stew with peppers, lettuce, tomato and coriander salad (2,4,12,14)	177	6,0	26,0	5
	DIET	Boiled redfish with plain rice, carrots and boiled broccoli (4)	101	5	6	8
	VEGETARIAN	Stew of white beans, peppers, potatoes, carrots and a salad of lettuce, tomato and coriander	140	6	15	7
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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)
FRIDAY (22/5)	REINFORCEMENT	Selection of seasonal fruits/Rice crackers/Corn with cheese/100% fruit juice (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Chickpea cream	97,65	6,73	26,31	9,7
	MAIN COURSE	Roast turkey with honey and orange sauce baked in the oven with fusilli (1)	274	10,8	31,3	12,1
	DIET	Steamed chicken fillets with fusilli and boiled broccoli (1)	321	10,4	28,4	27,7
	VEGETARIAN	Baked tofu with honey and orange sauce with fusilli (1,6)	197	10,1	19,4	5,5
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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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			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
MONDAY (25/5)	REINFORCEMENT	Selection of seasonal fruits/Cereal bread with butter or cheese/Milk (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	SOUP	Onion cream	51,5	6,4	24,7	8,3
	MAIN COURSE	Chicken curry with vegetables and spinach rice (1,7)	397,1	9,4	48,5	28,8
	DIET	Turkey cutlets with plain rice and cooked spinach (1)	331	5,8	42,6	24,9
	VEGETARIAN	Vegetable curry with spinach rice (1,3,6,7,12)	178,6	7,4	6,8	20,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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)
TUESDAY (26/5)	REINFORCEMENT	Carrot sticks/Rice cracker/Corn with cheese/White milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Green bean cream	93,5	5,9	22,9	6,8
	MAIN COURSE	Grilled salmon with sweet potato, broccoli and cooked carrots (4)	372,3	11,9	58,5	13
	DIET	Boiled hake with rice and mixed cooked vegetables (4)	272,2	2,1	36	26,1
	VEGETARIAN	Grilled seitan with sesame, potato, broccoli and cooked carrot (1,3,9)	420,9	6,72	56,36	30,86
	DESSERT	Selection of seasonal fruits/Creamy milk (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	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)
WEDNESDAY (27/5)	REINFORCEMENT	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
	SOUP	French garlic cream	68	1	12	2,0
	MAIN COURSE	Oven-baked chicken with herbs provence served with fusilli (1)	274	10,8	31,3	12,1
	DIET	Steamed turkey cutlets with fusilli and green beans (1)	321	10,4	28,4	27,7
	VEGETARIAN	Vegetables baked with cornbread (1)	197	10,1	19,4	5,5
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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)
THURSDAY (28/5)	REINFORCEMENT	Selection of seasonal fruits/Biscuits with no added sugar/100% juice (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Savoy soup	200,9	3,9	30,2	15,2
	MAIN COURSE	Cod gratin with spinach (1,2,4,7,14)	355,3	18,3	12,9	34,4
	DIET	Boiled perch with boiled potatoes and broccoli (4)	117,2	0,81	11,7	14,5
	VEGETARIAN	Gratin of chickpeas with vegetables (leek, zucchini and bell pepper) (1,6,8,11)	212,1	7,63	12,06	23,38
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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)
FRIDAY (29/5)	REINFORCEMENT	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
	SOUP	Creamed spinach	57	6,4	23,6	8,0
	MAIN COURSE	Stewed peas with boiled eggs, veal cubes and white rice (3,12)	221	11,0	21,0	15
	DIET	Grilled turkey steak with rice, carrots, and cooked green beans	175	5,8	12,8	17,7
	VEGETARIAN	Stewed peas with carrots, broccoli and poached eggs (3,12)	176	8	21	5
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	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.

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