

HOLIDAY (29/6)

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
TUESDAY (30/6)	REINFORCEMENT	Assortment of seasonal fruit/Sugar-free biscuits/White milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Vegetable soup	28	0,5	4,3	1,0
	MAIN COURSE	Baked sea bass with roast potatoes and cooked vegetables (cauliflower, broccoli and baby carrots) (4)	670	24,44	54,9	43
	DIET	Grilled sea bream with fusilli and cooked spinach (1,4)	303	6,9	31,9	26,9
	VEGETARIAN	Oven-baked seitan with jacket potatoes and boiled vegetables (1,6)	369	10,6	50,6	28,7
	DESSERT	Assortment of seasonal fruit/Vanilla pudding (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	Bread with cheese or turkey ham/Yoghurt with no added sugar (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)
WEDNESDAY (1/7)	REINFORCEMENT	Selection of seasonal fruits/Mixed-grain 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	Cream of spinach	57	6,4	23,6	8,0
	MAIN COURSE	Meat patties with spinach rice (1,6,7,12)	548	20,1	70	14,8
	DIET	Grilled chicken strips with rice and sautéed broccoli	378	8,8	40,6	32,8
	VEGETARIAN	Zucchini, pea, carrot, and egg tart (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/Low-fat cheese rice/corn cakes (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 (2/7)	REINFORCEMENT	Selection of seasonal fruits/Rice or corn cake with cheese / Sugar-free yogurt (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Cauliflower cream soup	93,75	6	24,3	8,9
	MAIN COURSE	Tuna "à Brás" Style (3,4,7,12)	472	34,8	30	15
	DIET	Oven-baked perch fillets with potatoes, carrots, and boiled cauliflower (1,4)	110,3	0,86	11,22	13,64
	VEGETARIAN	Leeks "à Brás" Style (3,7,12)	140,2	6,54	13,99	6,09
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Small cheese or turkey sandwich /Yogurt with no added sugar (1,7)	154,2/209,2/42	3,1/1,4/0,2	22,9/22,6/5,2	7,8/2,5/4,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
FRIDAY (3/7)	REINFORCEMENT	Carrot sticks / Seeded 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	Pea cream soup	91,25	6,55	23,22	7,44
	MAIN COURSE	Chicken fricassee with pasta (1,3,7,12)	435	11,5	49,6	30,9
	DIET	Grilled turkey breast with elbow pasta and roasted zucchini (1)	338	8,52	28,4	34,3
	VEGETARIAN	Battered green beans (1,3,7)	484	28	45,3	22
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Maria biscuits/White milk (1, 3, 7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

*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 (6/7)	REINFORCEMENT	Selection of seasonal fruit / Cereal bread with turkey ham or cheese / 100% fruit 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	Zucchini cream soup	61	6,5	24,2	8,9
	MAIN COURSE	Meatloaf with spinach rice (1,3,7,10,12)	309	11,5	22,1	25,6
	DIET	Grilled beef strips, spinach rice, and boiled carrots (1,12)	284	7,6	23,9	28,1
	VEGETARIAN	Pea, carrot, leek, and zucchini stew (12)	60	2,4	6,5	2,3
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Maria 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)
TUESDAY (7/7)	REINFORCEMENT	Carrot sticks / Rice or corn cakes with cheese / Plain milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Green bean cream soup	93,5	5,9	22,9	6,8
	MAIN COURSE	Algarve-style cuttlefish with roasted potatoes (14)	253	6,14	25,4	22,9
	DIET	Steamed redfish with boiled sweet potato and broccoli (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/Egg pudding with no added sugar (3,7)	62/22	0,4/0	13,7/5	0,9/0
	SNACK	Rye bread with butter or 100% fruit spread/Yogurt with no 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 (8/7)	REINFORCEMENT	Selection of seasonal fruits / Cereal roll 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	Carrot cream soup	56	6,4	24,9	8,4
	MAIN COURSE	Crispy chicken with carrot rice (1, 3, 7, 10)	246	3,3	48,4	4,5
	DIET	Grilled chicken steak with pasta and boiled carrots (1,3,7,10,14)	190	1,8	23,2	19
	VEGETARIAN	Tofu crepes (1,3,6,7)	265	10,5	32,4	8,1
	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 (9/7)	REINFORCEMENT	Selection of seasonal fruits / Sugar-free cookies / Plain milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Spinach and pumpkin cream soup	70,8	5,6	18,6	3,9
	MAIN COURSE	Oven-baked salmon fillet with honey-mustard glaze and roasted sweet potato (4,10)	508,1	23,4	78,2	14,3
	DIET	Steamed fish with rice and green beans (1,4)	101,6	0,11	10,62	14,64
	VEGETARIAN	Tofu gratin with vegetables and oven-baked potatoes (6,7,10)	480	18	52	24
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Small bread with cheese or turkey ham / Yogurt with no added sugar (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 (10/7)	REINFORCEMENT	Small rye bread with butter or fat-free cheese / Yogurt with no added sugar (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	Turnip and pumpkin cream soup	84,9	3,3	13,3	5,8
	MAIN COURSE	Spaghetti Bolognese (1,7,9,12)	503	21,7	44,7	31,2
	DIET	Steamed turkey cutlets with spaghetti and boiled broccoli (1)	225,3	4,5	28,4	16,8
	VEGETARIAN	Pea, carrot, leek, and zucchini stew (12)	60	2,4	6,5	2,3
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Rice/corn cake with fat-free cheese / Plain 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 (13/7)	REINFORCEMENT	Selection of seasonal fruit / Rice or corn cake with cheese / 100% fruit juice (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Bean and turnip greens cream soup	126	3,15	18,6	8,8
	MAIN COURSE	Roast chicken with citrus and Herbes de Provence sauce, served with carrot rice (1,10)	380	11,6	33,4	34,4
	DIET	Grilled turkey cutlets with plain rice and boiled carrots	425	16,2	38,2	30,8
	VEGETARIAN	Mushroom, broccoli, and spinach quiche (1,3,7,12)	554	13,4	79,1	21,2
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Small rye bread with cheese or turkey ham / Yogurt with no added sugar (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 (14/7)	REINFORCEMENT	Selection of seasonal fruit / Cereal roll with butter or cheese / Plain 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	Cream of broccoli soup	86,9	3,5	18,2	4,0
	MAIN COURSE	Shredded salt cod salad (chickpeas, egg, onion, olives) (3,4)	214	5,5	19,2	21,2
	DIET	Steamed perch fillets with plain rice and boiled broccoli (4)	110,3	0,86	11,22	13,64
	VEGETARIAN	Chickpea, carrot, Savoy cabbage, and potato stew	403	9,7	58	20
	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 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)
WEDNESDAY (15/7)	REINFORCEMENT	Selection of seasonal fruits / Sugar-free cookies / Sugar-free yogurt (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Lentil cream soup	167	3,6	21,05	9,7
	MAIN COURSE	Oven-roasted turkey leg with lemon sauce, pasta, and tomato salad (1,3,10,12)	528,2	26,9	37,5	32,2
	DIET	Steamed chicken strips with elbow pasta and cooked vegetables (1)	268	8,4	23,3	23,6
	VEGETARIAN	Seitan stroganoff with mushrooms and pasta (1,7,12)	281,4	5,32	33,7	24,46
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Bolinha de centeio c/ queijo ou fiambre de peru/yogurte sem açúcar adicionado (1,5,7,8,12)	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 (16/7)	REINFORCEMENT	Carrot sticks / Mixed-grain bread with cheese or butter / Plain 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	Savoy cabbage soup	200,9	3,9	30,2	15,2
	MAIN COURSE	Calamari with tomato rice (1,3,4,7,9)	355,3	18,3	12,9	34,4
	DIET	Grilled swordfish with boiled potatoes and broccoli (4)	117,2	0,81	11,7	14,5
	VEGETARIAN	Seitan, penne, broccoli, egg, and parsley salad (1,3,5,9)	212,1	7,63	12,06	23,38
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	White milk/Low-fat cheese rice/corn cakes (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 (17/7)	REINFORCEMENT	Selection of seasonal fruit / Rice or corn cake with cheese / 100% fruit juice (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Red bean cream	126	6,48	26,9	10,1
	MAIN COURSE	Beef lasagna and salad (1,3,7,9)	205	12,4	9,2	7,7
	DIET	Grilled chicken steaks with penne and cooked spinach (1,12)	287	6	33,7	24,1
	VEGETARIAN	Eggplant stuffed with tofu, carrot, and corn, and gratinated with cheese (6,7,10,12)	102	5	7,8	5,5
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Small rye bread with cheese or butter / Yogurt with no added sugar (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 (20/7)	REINFORCEMENT	Selection of seasonal fruits / Cereal roll 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	Chickpea cream	97,65	6,73	26,31	9,7
	MAIN COURSE	Poultry rice and lettuce salad with red cabbage (2,4,6,10,12,14)	205	12,4	9,2	7,7
	DIET	Steamed turkey steak with cooked fusilli and cooked zucchini (1)	268	8,4	23,3	23,6
	VEGETARIAN	Tofu curry with vegetables and plain rice (6,7,8,10,12)	60	2,4	6,5	2,3
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Plain milk/No-added-sugar biscuits (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 (21/7)	REINFORCEMENT	Carrot sticks / Rice or corn cakes with cheese / Plain milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Leek and white cabbage cream soup	199	7,1	25,14	8,4
	MAIN COURSE	Gomes de Sá-style Hake (3,4,7)	443,9	15	37,9	36,6
	DIET	Baked pollock fillets with rice and boiled cauliflower (4)	206	6,5	22,5	20,2
	VEGETARIAN	Mushroom, broccoli, and spinach quiche (1,3,7,12)	554	13,4	79,1	21,2
	DESSERT	Selection of seasonal fruits/Crème brûlée (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	Mixed-grain 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 (22/7)	REINFORCEMENT	Selection of seasonal fruit / Cereal 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
	SOUP	Creamed cabbage	81,8	5,8	21,2	0,4
	MAIN COURSE	Pork tenderloin stuffed with spinach and turnip greens rice (7)	432	11,0	23,5	44
	DIET	Grilled chicken breast with rice and steamed broccoli	338	8,52	28,4	34,3
	VEGETARIAN	Tofu gratin with vegetables and oven-baked potatoes (6,7,10)	480	18	52	24
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	White milk/Low-fat cheese rice/corn cakes (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 (23/7)	REINFORCEMENT	Selection of seasonal fruits / No-added-sugar cookies / 100% fruit juice (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Lentil and pumpkin cream soup	167	3,6	22,05	9,9
	MAIN COURSE	Oven-baked fish fingers with vegetable rice (cauliflower, broccoli, and baby carrots) (4)	670	24,44	54,9	43
	DIET	Grilled sea bream with fusilli and a mix of steamed vegetables (1,4)	303	6,9	31,9	26,9
	VEGETARIAN	Oven-baked seitan with smashed potatoes and boiled vegetables (1,6)	369	10,6	50,6	28,7
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Small rye roll with cheese or turkey ham / Yogurt with no added sugar (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 (24/7)	REINFORCEMENT	Carrot sticks/Mixed-grain bread with 100% fruit spread 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	Creamy vegetable soup	28	0,5	4,3	1,0
	MAIN COURSE	Turkey cutlets with mushroom sauce and cilantro rice (7,10)	258	4,0	25,0	17
	DIET	Grilled turkey steaks with white rice and cooked spinach	351	10,8	27,2	34,4
	VEGETARIAN	Lentil and mushroom stew and cilantro rice with lettuce and cucumber salad (12)	460	9,2	62,4	24,2
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Rice/corn cake with fat-free cheese / Plain 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 (27/7)	REINFORCEMENT	Selection of seasonal fruits / No-added-sugar cookies / Plain milk(1,3,7)	62/232	0,4/10,96	13,7/20,2	0,9/7,56
	SOUP	Leek cream soup	94	6,7	24,44	6,9
	MAIN COURSE	Portuguese-style pork (12,14)	524,7	12,1	57,2	35,3
	DIET	Grilled veal cutlets with pasta, carrots, and boiled Brussels sprouts (1)	333	9,1	20,6	7,6
	VEGETARIAN	Vegetable fritters (1,3,7)	411	14,5	38,3	18,5
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Small rye roll with cheese or turkey ham / Yogurt with no added sugar (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 (28/7)	REINFORCEMENT	Selection of seasonal fruits / Mixed-grain 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	Pumpkin cream soup	51,5	6,4	23,6	8
	MAIN COURSE	Tuna flan with tomato and lettuce salad (1,3,4,12)	208,4	5,09	25,25	22,32
	DIET	Steamed redfish with cilantro sauce, potatoes, carrots, and steamed broccoli (4)	101	5	6	8
	VEGETARIAN	White bean, bell pepper, potato, and carrot stew; lettuce, tomato, and cilantro salad	140	6	15	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/Low-fat cheese rice/corn cakes (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 (29/7)	REINFORCEMENT	Selection of seasonal fruits / Rice or corn cake with cheese / Sugar-free yogurt (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Pea cream soup	91,25	6,55	23,22	7,44
	MAIN COURSE	Beef burger with mashed potatoes and beetroot salad (1,2,3,4,7)	151	11,0	5,0	13
	DIET	Steamed chicken strips with spirals and a steamed vegetable mix (1)	287	6	33,7	24,1
	VEGETARIAN	Spinach and bean burger with spirals (1,3,9)	284	3,4	48	13,9
	DESSERT	Selection of seasonal fruit	62	0,4	13,7	0,9
	SNACK	Mixed-grain bread with cheese or butter / 100% fruit juice / Yogurt with no added sugar (1,7,8)	155//42	3,1//0,2	22,9//5,2	7,8/74,6

SCHOOL CLOSED (30/7)

SCHOOL CLOSED (31/7)

*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