

| | | | V.E (kcal) | Fat (g) | H.C (g) | Protein (g) |
|---------------------|----------------------|---|----------------|-------------|---------------|-------------|
| MONDAY (5/1) | REINFORCEMENT | Seasonal Fruit Selection/Biscuits (1,3,7) | 62/232 | 0,4/10,96 | 13,7/20,2 | 0,9/7,56 |
| | SOUP | Chicken soup (1) | 70,5 | 6,2 | 14 | 11,7 |
| | 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 (1) | 321 | 10,4 | 28,4 | 27,7 |
| | VEGETARIAN | Vegetables in the oven with cornbread (1) | 197 | 10,1 | 19,4 | 5,5 |
| | DESSERT | Selection of seasonal fruits | 62 | 0,4 | 13,7 | 0,9 |
| | SNACK | Rye bread roll* 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 (6/1) | REINFORCEMENT | 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 |
| | SOUP | French garlic cream | 94 | 6,7 | 24,44 | 6,9 |
| | 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 coriander sauce, potato, carrot 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 | Fruit salad | 62 | 0,4 | 13,7 | 0,9 |
| | SNACK | Corn cereals with no added sugar/Milk (1,7) | 173 | 2,3 | 31 | 6,3 |

| | | | V.E (kcal) | Fat (g) | H.C (g) | Protein (g) |
|------------------------|----------------------|---|----------------|-------------|---------------|-------------|
| WEDNESDAY (7/1) | REINFORCEMENT | Selection of seasonal fruits/Rice cracker/Corn with cheese (7) | 62/232 | 0,4/10,9 | 13,7/20,2 | 0,9/7,6 |
| | SOUP | Cabbage cream | 81,8 | 5,8 | 21,2 | 6,4 |
| | MAIN COURSE | Turkey and carrot rice baked in the oven with lettuce and tomato salad (12) | 181,3 | 5,8 | 14,5 | 17,2 |
| | DIET | Steamed chicken fillets with plain rice | 331 | 5,8 | 42,6 | 24,9 |
| | VEGETARIAN | Soy rice, carrots and green beans (6) | 123 | 4 | 17 | 4 |
| | DESSERT | Selection of seasonal fruits | 62 | 0,4 | 13,7 | 0,9 |
| | SNACK | Rye bread with butter or fruit jam 100%/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) |
|-----------------------|----------------------|---|----------------|-------------|---------------|-------------|
| THURSDAY (8/1) | REINFORCEMENT | 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 |
| | SOUP | Lentil and pumpkin cream soup | 167 | 3,6 | 22,05 | 9,9 |
| | MAIN COURSE | Spiritual Cod (1,2,3,4,7) | 235 | 10 | 22 | 13 |
| | DIET | Grilled pollock with plain rice (4) | 218,3 | 0,8 | 36 | 14,6 |
| | VEGETARIAN | Courgette à brás (courgette, onion, potato, carrot, leek) (3,7) | 151 | 7 | 16 | 5 |
| | DESSERT | Selection of seasonal fruits | 62 | 0,4 | 13,7 | 0,9 |
| | SNACK | Biscuits/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 (9/1) | REINFORCEMENT | Selection of seasonal fruits/Rice cracker/Corn with cheese (7) | 62/232 | 0,4/10,9 | 13,7/20,2 | 0,9/7,6 |
| | SOUP | Pumpkin cream | 51,5 | 6,4 | 23,6 | 8 |
| | MAIN COURSE | Spaghetti Bolognese with lettuce, tomato and red cabbage salad (1,3,6,10) | 187,9 | 6,7 | 17,9 | 13,6 |
| | DIET | Turkey leg with spaghetti (1) | 225,3 | 4,5 | 28,4 | 16,8 |
| | VEGETARIAN | Lentil bolognese with lettuce, tomato and red cabbage salad (1,3,6,10) | 147 | 7 | 16 | 5 |
| | DESSERT | Selection of seasonal fruits | 62 | 0,4 | 13,7 | 0,9 |
| | SNACK | Corn cereals with no added sugar/Milk (1,7) | 173 | 2,3 | 31 | 6,3 |

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 (12/1) | REINFORCEMENT | 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 |
| | SOUP | Creamed spinach | 57 | 6,4 | 23,6 | 8,0 |
| | MAIN COURSE | Beef burger with baked potatoes and beetroot salad (1,3) | 151 | 11,0 | 5,0 | 13 |
| | DIET | Steamed chicken fillets with spirals (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 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) |
|-----------------------|----------------------|---|----------------|-------------|---------------|-------------|
| TUESDAY (13/1) | REINFORCEMENT | Carrot sticks/Rice crackers/Corn with cheese (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 lasagna (1,3,4,7) | 246,4 | 11,5 | 25,6 | 12,9 |
| | DIET | Boiled perch fillets with plain rice (4) | 110 | 5 | 7 | 9 |
| | VEGETARIAN | Lentil and soy pie with carrot, leek and sliced green beans (6,12) | 147 | 7 | 16 | 5 |
| | DESSERT | Selection of seasonal fruits/Sugar-free gelatin | 62/7 | 0,4/0 | 13,7/0,5 | 0,9/1,8 |
| | 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 (14/1) | 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 | Pea cream | 91,25 | 6,55 | 23,22 | 7,44 |
| | MAIN COURSE | Stewed peas with boiled eggs, diced chicken and white rice (3,12) | 221 | 11,0 | 21,0 | 15 |
| | DIET | Grilled turkey steak with rice and a salad of lettuce and grated carrot | 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 | Corn cereals with no added sugar/Milk (1,7) | 173 | 2,3 | 31 | 6,3 |

| | | | V.E (kcal) | Fat (g) | H.C (g) | Protein (g) |
|------------------------|----------------------|--|----------------|-------------|---------------|-------------|
| THURSDAY (15/1) | REINFORCEMENT | Selection of seasonal fruits/Sugar-free biscuits (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 | Fish stew with broccoli and carrots (1,4) | 449 | 8,6 | 35,3 | 38,8 |
| | DIET | Boiled cod with potato and cauliflower (4) | 333 | 9,7 | 32,1 | 28,6 |
| | VEGETARIAN | Colorful broccoli salad (carrot, onion, tomato, apple and cheese) (7) | 356 | 6,4 | 49,7 | 12,2 |
| | 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 (16/1) | 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 | Portuguese-style pork (12,14) | 524,7 | 12,1 | 57,2 | 35,3 |
| | DIET | Grilled beef steaks with pasta (1) | 274,9 | 2,1 | 36 | 26,1 |
| | VEGETARIAN | Stir-fried soybean sprouts with black-eyed peas and cabbage with coriander-flavored quinoa (6) | 263 | 9,8 | 45 | 10,7 |
| | DESSERT | Selection of seasonal fruits | 62 | 0,4 | 13,7 | 0,9 |
| | SNACK | Corn cereals with no added sugar/Milk (1,7) | 173 | 2,3 | 31 | 6,3 |

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 (19/1) | REINFORCEMENT | Selection of seasonal fruits/Rice cracker/Corn with cheese (7) | 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 | Beef pie (rice, minced veal, tomato, peppers, onion)(7,12) | 205 | 9,8 | 17,1 | 1,7 |
| | DIET | Simple steamed chicken with white rice | 211 | 4,7 | 26,9 | 14,9 |
| | VEGETARIAN | Soy pie with lentils and vegetables (carrot, mushrooms, spinach) (6,7,12) | 99 | 2,3 | 11,1 | 6,4 |
| | 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 (20/1) | 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 | Carrot cream | 56 | 6,4 | 24,9 | 8,4 |
| | MAIN COURSE | Shark salad with potato, turnip, pumpkin and cauliflower (4) | 161 | 3 | 24 | 9 |
| | DIET | Simple oven-baked hake with potatoes, turnips, pumpkin and cooked 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 | Corn cereals with no added sugar/Milk (1,7) | 173 | 2,3 | 31 | 6,3 |

| | | | V.E (kcal) | Fat (g) | H.C (g) | Protein (g) |
|-------------------------|----------------------|--|----------------|-------------|---------------|-------------|
| WEDNESDAY (21/1) | REINFORCEMENT | Seasonal fruit selection/Sugar-free biscuits (1,3,6) | 62/232 | 0,4/10,9 | 13,7/20,2 | 0,9/7,6 |
| | SOUP | Turnip and pumpkin cream | 84,9 | 3,3 | 13,3 | 5,8 |
| | MAIN COURSE | Xau xau rice (chicken) and tomato salad (1,3,6) | 451 | 29,1 | 28,7 | 17,7 |
| | DIET | Grilled turkey steak with rice and tomato salad | 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) |
|------------------------|----------------------|---|----------------|-------------|---------------|-------------|
| THURSDAY (22/1) | REINFORCEMENT | 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 |
| | SOUP | Broccoli cream | 86,9 | 3,5 | 18,2 | 4,0 |
| | MAIN COURSE | Oven-baked pollock loin with citrus sauce and boiled potatoes (4) | 102 | 2,9 | 9,8 | 8,8 |
| | DIET | Boiled cod with potato, broccoli and carrot (4) | 232 | 5,5 | 21,7 | 22,7 |
| | VEGETARIAN | Mushroom Empanadas (1,3,7,12) | 265 | 15 | 28 | 4 |
| | 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 (23/1) | REINFORCEMENT | Selection of seasonal fruits/Rice crackers/Corn with cheese (7) | 62/232 | 0,4/10,9 | 13,7/20,2 | 0,9/7,6 |
| | SOUP | Bean and turnip cream | 126 | 3,15 | 18,6 | 8,8 |
| | MAIN COURSE | Chicken fricassee with bow tie pasta (1,3,7,12) | 435 | 11,5 | 49,6 | 30,9 |
| | DIET | Grilled turkey breast with bow tie pasta (1) | 338 | 8,52 | 28,4 | 34,3 |
| | VEGETARIAN | Little fish from the garden (1,3,7) | 484 | 28 | 45,3 | 22 |
| | DESSERT | Selection of seasonal fruits | 62 | 0,4 | 13,7 | 0,9 |
| | SNACK | Corn cereals with no added sugar/Milk (1,7) | 173 | 2,3 | 31 | 6,3 |

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 (26/1) | 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 | Lentil cream | 167 | 3,6 | 21,05 | 9,7 |
| | MAIN COURSE | Ranch (1,3,12) | 416 | 19 | 54,5 | 13 |
| | DIET | Grilled veal cutlets with pasta (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 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 (27/1) | REINFORCEMENT | Carrot sticks/Rice cracker/Corn with cheese (7) | 36/232 | 0,3/10,9 | 6,1/20,2 | 0,8/7,6 |
| | SOUP | Savoy soup | 200,9 | 3,9 | 30,2 | 15,2 |
| | MAIN COURSE | Oven-baked salmon fillets with citrus sauce and roasted potatoes (4,10) | 175 | 11,5 | 9,3 | 8,1 |
| | DIET | Baked red fish with plain rice (4) | 218,3 | 0,8 | 36 | 14,6 |
| | VEGETARIAN | Vegetable stew (potatoes, peas, corn, tomatoes and peppers) (9,12) | 153 | 2,3 | 17,2 | 13,5 |
| | 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 (28/1) | 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 | Red bean cream | 126 | 6,48 | 26,9 | 10,1 |
| | MAIN COURSE | Chicken leg with tricolor fusilli (1,10) | 416 | 9,72 | 41,5 | 13 |
| | DIET | Grilled turkey cutlets with cooked fusilli (1) | 141 | 1,3 | 20,2 | 11,5 |
| | VEGETARIAN | Seitan quiche with mushrooms, carrots and spinach (1,3,6,7,9) | 109 | 1,7 | 5 | 14,2 |
| | DESSERT | Selection of seasonal fruits | 62 | 0,4 | 13,7 | 0,9 |
| | SNACK | Corn cereals with no added sugar/Milk (1,7) | 173 | 2,3 | 31 | 6,3 |

| | | | V.E (kcal) | Fat (g) | H.C (g) | Protein (g) |
|------------------------|----------------------|--|----------------|-------------|---------------|-------------|
| THURSDAY (29/1) | REINFORCEMENT | Seasonal fruit selection/Cookies with no added sugar (1,3,6) | 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 | Shredded cod (with chickpeas) and vegetables (4,12) | 306 | 10,7 | 16,9 | 35,2 |
| | DIET | Boiled hake with white rice (4) | 272,2 | 2,1 | 36 | 26,1 |
| | VEGETARIAN | Stewed broad beans with carrots, eggplant and peas (12) | 164,6 | 7,9 | 14,36 | 3,7 |
| | 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 (30/1) | 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 | Leek and white cabbage cream soup | 199 | 7,1 | 25,14 | 8,4 |
| | MAIN COURSE | Feijoada (pork, cabbage, carrots) and white rice | 184 | 3,9 | 25,8 | 11 |
| | DIET | Steamed chicken breast with penne (1) | 331 | 5,8 | 42,6 | 24,9 |
| | VEGETARIAN | Mushroom and carrot feijoada (12) | 514 | 15,9 | 73,1 | 24,5 |
| | DESSERT | Selection of seasonal fruits | 62 | 0,4 | 13,7 | 0,9 |
| | SNACK | Corn cereals with no added sugar/Milk (1,7) | 173 | 2,3 | 31 | 6,3 |

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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