

			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.

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			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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