

		V.E (kcal)	F (g)	C.H (g)	P (g)	
MONDAY (28/9)	REINFORCEMENT	Selection of seasonal fruits / Rice or corn cake with cheese / Plain milk (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Savoy cabbage soup	200,9	3,9	30,2	15,2
	MAIN COURSE	Meat pasta with peas and carrots (1,3,7,14)	206	8,5	18,7	13
	DIET	Steamed turkey cutlets with plain boiled rice (12)	293	5,5	25,9	24,9
	VEGETARIAN	Spinach and Carrot Pot Pie	84	1,3	11,9	7,3
	VEGETABLES	Grilled bell pepper and zucchini	45	0,7	8,3	2,3
	DESSERT	Selection of seasonal fruits	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)	F (g)	C.H (g)	P (g)	
TUESDAY (29/9)	REINFORCEMENT	Carrot sticks / Mixed-grain bread with cheese or butter / Yogurt (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	Cabbage cream soup	81,8	5,8	21,2	6,4
	MAIN COURSE	Bacalhau à Brás (salt cod, egg, leek, onion, potato, olives, and parsley) (3,4)	209	12,9	12,1	9,6
	DIET	Grilled sea bream with plain rice (4)	303	6,9	31,9	26,9
	VEGETARIAN	Vegetables à Brás (chickpeas, leek, onion, potato, olives, and parsley)	320	18,5	28,1	7,8
	VEGETABLES	Cooked spinach and carrots	48	0,6	9,5	3,8
	DESSERT	Selection of seasonal fruits/Vanilla pudding (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	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)	F (g)	C.H (g)	P (g)	
WEDNESDAY (30/9)	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	Creamy vegetable soup	28	0,5	4,3	1,0
	MAIN COURSE	Oven-baked chicken thighs with rice and a lettuce, carrot, and corn salad	195	4,8	20,8	14
	DIET	Steamed turkey cutlets with cooked fusilli pasta (12)	293	5,5	25,9	24,9
	VEGETARIAN	White bean curry (beans, tomato, carrot, leek, spinach) with rice (1,8,9,10,11)	212	4,8	30,1	6,5
	VEGETABLES	Steamed cauliflower and broccoli	54	0,7	10,4	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	No-added-sugar corn cereal/Milk (1,7)	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)	F (g)	C.H (g)	P (g)	
THURSDAY (1/10)	REINFORCEMENT	Selection of seasonal fruits/Cereal bread with butter or cheese (1,7,8)	62/209/154	1,4/11,84/3,02	3,7/22,6/22,5	0,9/2,48/7,76
	SOUP	Carrot cream soup	56	6,4	24,9	8,4
	MAIN COURSE	Tuna and black-eyed pea salad (tuna, potato, black-eyed peas, egg, and carrot) (3,4)	660,2	29,7	49	48
	DIET	Grilled sea bream with plain rice (4)	101	5	6	8
	VEGETARIAN	Chickpea salad (potato, feta, chickpeas, carrot, broccoli, garlic, parsley, and olive oil) (7)	522	11,5	73	22,3
	VEGETABLES	Steamed peas and carrots	89	0,6	16,6	5,5
	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

		V.E (kcal)	F (g)	C.H (g)	P (g)	
FRIDAY (2/10)	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	Onion cream	51,5	6,4	24,7	8,3
	MAIN COURSE	Meat pie (beef and pork) (1,3,6,12)	473,9	16,7	48,4	31,3
	DIET	Steamed chicken strips with cooked spiral pasta (12)	293	5,5	25,9	24,9
	VEGETARIAN	Seitan and kidney bean shepherd's pie (potato) (1,6)	146	3	13,7	12,8
	VEGETABLES	Steamed cauliflower and broccoli	54	0,7	10,4	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	No-added-sugar corn cereal/Milk (1,7)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.
Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

Menus are subject to change. Prepared in accordance with Circular No. 3097/DGE/2018 from the Directorate-General for Education. The meal contains or may contain:
(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

MONDAY (5/10)

SCHOOL CLOSED

		V.E (kcal)	F (g)	C.H (g)	P (g)	
TUESDAY (6/10)	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	Zucchini and carrot cream soup	86,8	3,2	12,3	5,9
	MAIN COURSE	Oven-baked crispy hake with carrot rice (4)	244	3,3	48,2	4,4
	DIET	Grilled forkbeard with plain rice (4)	218,3	0,8	36	14,6
	VEGETARIAN	Spinach croquettes with carrot rice (1,3,6,7,8,11,12,13)	433	28,7	29,7	12,1
	VEGETABLES	Sautéed Savoy cabbage and carrots	57	0,5	11,8	3
	DESSERT	Seleção de frutas da época/Mousse de chocolate (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	No-added-sugar corn cereal/Milk (1,7)	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)	F (g)	C.H (g)	P (g)	
WEDNESDAY (7/10)	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	Caldo verde soup	86,2	3,3	11,8	6,2
	MAIN COURSE	Braised turkey leg with carrots and leeks, served with penne pasta (1, 6, 10)	448	14,5	40,7	37,9
	DIET	Grilled chicken steak with penne pasta (1)	190	1,8	23,2	19
	VEGETARIAN	Soy stew with mushrooms, carrots, and leeks, served with penne pasta (1,6,8,10)	622	10,6	64,4	37,7
	VEGETABLES	Grilled bell pepper and zucchini	45	0,7	8,3	2,3
	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)	F (g)	C.H (g)	P (g)	
THURSDAY (8/10)	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	Tuna pudding (1,3,4,7)	176	3	26,7	11,7
	DIET	Oven-baked swordfish with boiled sweet potato (4)	188	2,3	23	20,1
	VEGETARIAN	Quinoa salad with broccoli, feta, carrot, and parsley (1,6,7)	277	20	16	7
	VEGETABLES	Sautéed cabbage and carrot	55	0,4	11,5	2,8
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Small cheese or turkey sandwich roll / 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

		V.E (kcal)	F (g)	C.H (g)	P (g)	
FRIDAY (9/10)	REINFORCEMENT	Carrot sticks/Seed bread with cheese or butter/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 and pumpkin cream soup	167	3,6	22,05	9,9
	MAIN COURSE	Chicken "À Brás" Style (3)	299	12,1	25	22,3
	DIET	Cooked turkey cutlets with white rice	351	10,8	27,2	34,4
	VEGETARIAN	Vegetarian feijoada (beans, mushrooms, Savoy cabbage, carrot, tomato, and bay leaf) with garlic	129	2	18,4	6,2
	VEGETABLES	Steamed cauliflower and broccoli	54	0,7	10,4	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	No-added-sugar corn cereal/Milk (1,7)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.
 Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.
 Menus are subject to change. Prepared in accordance with Circular No. 3097/DGE/2018 from the Directorate-General for Education. The meal contains or may contain:
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		V.E (kcal)	F (g)	C.H (g)	P (g)	
MONDAY (19/10)	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 cabbage soup	219	3,8	36,1	10,1
	MAIN COURSE	Oven-baked crispy chicken with pea rice (1,3,4,6,7,10,14)	527	17,9	69,9	19,7
	DIET	Braised turkey cutlets with fusilli pasta (1)	338	8,52	28,4	34,3
	VEGETARIAN	Oven-baked vegetable crêpes with pea rice (1,2,3,4,6,7,9,10,12)	386	5,1	72,4	9,6
	VEGETABLES	Steamed leek and carrot	65	0,6	14	2,5
	DESSERT	Selection of seasonal fruits	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)	F (g)	C.H (g)	P (g)	
TUESDAY (20/10)	REINFORCEMENT	Selection of seasonal fruit / Cereal roll with butter or cheese / Plain milk (1,7,8)	62/209/154	3,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	SOUP	Chickpea and spinach cream soup	229	5,5	33,8	10,5
	MAIN COURSE	Fish pasta stew with tomato and bell pepper (1,4)	371	4,6	46	35,3
	DIET	Grilled sea bream with plain rice (4)	303	6,9	31,9	26,9
	VEGETARIAN	Chickpea ratatouille (eggplant, leek, tomato, bell pepper, chickpeas) with small pasta (1, 6, 10)	364	5,7	43,8	15,1
	VEGETABLES	Steamed cauliflower and broccoli	54	0,7	10,4	4,1
	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	No-added-sugar corn cereal/Milk (1,7)	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)	F (g)	C.H (g)	P (g)	
WEDNESDAY (21/10)	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	Creamy vegetable soup (Portuguese kale, carrot, and pumpkin)	104	3,4	15,4	2,9
	MAIN COURSE	Oven-roasted turkey leg with herb-infused mashed potatoes (7,12)	120	4,5	11,4	7,6
	DIET	Steamed chicken strips with plain boiled rice (12)	293	5,5	25,9	24,9
	VEGETARIAN	Quinoa salad (quinoa, feta, peas, green beans, broccoli, carrot, onion, bay leaf, and olive oil) (7)	229	4,6	36,6	7,7
	VEGETABLES	Grilled bell pepper and zucchini	45	0,7	8,3	2,3
	DESSERT	Selection of seasonal fruits	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)	F (g)	C.H (g)	P (g)	
THURSDAY (15/10)	REINFORCEMENT	Small rye roll 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	Carrot cream soup	56	6,4	24,9	8,4
	MAIN COURSE	Cod with cream (1,4,7)	111	6		
	DIET	Steamed salmon with plain rice (4)	198,4	2,54	23,45	19,72
	VEGETARIAN	Soy and spinach pie (granulated soy, spinach, tomato, onion, garlic, and olive oil) (1,6,8)	326	6,2	31,3	30,4
	VEGETABLES	Sautéed bell pepper and zucchini	45	0,7	8	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

		V.E (kcal)	F (g)	C.H (g)	P (g)	
FRIDAY (16/10)	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	Chicken soup with small pasta shapes	70,5	6,2	14	11,7
	MAIN COURSE	Chicken fricassee with spaghetti (1,3,7,12)	535	20,9	48,9	36,1
	DIET	Grilled beef steaks with white rice	351	10,8	27,2	34,4
	VEGETARIAN	Three-bean salad (with beans, carrot, parsley, feta, broccoli, spinach) (7)	383	5,9	65,9	14,9
	VEGETABLES	Cooked broccoli and cauliflower	54	0,7	10,4	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	No-added-sugar corn cereal/Milk (1,7)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.

Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

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(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

RD - Lidia Morcocean - 6191N

			V.E (kcal)	F (g)	C.H (g)	P (g)
MONDAY (19/10)	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 cabbage soup	219	3,8	36,1	10,1
	MAIN COURSE	Oven-baked crispy chicken with pea rice (1,3,4,6,7,10,14)	527	17,9	69,9	19,7
	DIET	Braised turkey cutlets with fusilli pasta (1)	338	8,52	28,4	34,3
	VEGETARIAN	Oven-baked vegetable crêpes with pea rice (1,2,3,4,6,7,9,10,12)	386	5,1	72,4	9,6
	VEGETABLES	Steamed leek and carrot	65	0,6	14	2,5
	DESSERT	Selection of seasonal fruits	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)	F (g)	C.H (g)	P (g)
TUESDAY (20/10)	REINFORCEMENT	Selection of seasonal fruit / Cereal roll with butter or cheese / Plain milk (1,7,8)	62/209/154	3,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	SOUP	Chickpea and spinach cream soup	229	5,5	33,8	10,5
	MAIN COURSE	Fish pasta stew with tomato and bell pepper (1,4)	371	4,6	46	35,3
	DIET	Grilled sea bream with plain rice (4)	303	6,9	31,9	26,9
	VEGETARIAN	Chickpea ratatouille (eggplant, leek, tomato, bell pepper, chickpeas) with small pasta (1, 6, 10)	364	5,7	43,8	15,1
	VEGETABLES	Steamed cauliflower and broccoli	54	0,7	10,4	4,1
	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	No-added-sugar corn cereal/Milk (1,7)	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)	F (g)	C.H (g)	P (g)
WEDNESDAY (21/10)	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	Creamy vegetable soup (Portuguese kale, carrot, and pumpkin)	104	3,4	15,4	2,9
	MAIN COURSE	Oven-roasted turkey leg with herb-infused mashed potatoes (7,12)	120	4,5	11,4	7,6
	DIET	Steamed chicken strips with plain boiled rice (12)	293	5,5	25,9	24,9
	VEGETARIAN	Quinoa salad (quinoa, feta, peas, green beans, broccoli, carrot, onion, bay leaf, and olive oil) (7)	229	4,6	36,6	7,7
	VEGETABLES	Grilled bell pepper and zucchini	45	0,7	8,3	2,3
	DESSERT	Selection of seasonal fruits	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)	F (g)	C.H (g)	P (g)
THURSDAY (22/10)	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 and carrot soup (julienne)	96	3,2	13,8	2,8
	MAIN COURSE	Forkbeard salad with potato, chickpeas, egg, carrot, and green beans (3,4)	332	5,2	41,7	28,4
	DIET	Steamed redfish with plain rice (4)	101	5	6	8
	VEGETARIAN	Vegetarian vegetable stew (potato, carrot, peas, green beans, and cilantro)	69	1,7	8	3,3
	VEGETABLES	Sautéed spinach and carrots	48	0,6	9,5	3,8
	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)	F (g)	C.H (g)	P (g)
FRIDAY (23/10)	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	Zucchini and carrot cream soup	86,8	3,2	12,3	5,9
	MAIN COURSE	Beef burger with mushroom sauce and farfalle pasta (1,6,12)	397,2	16,5	30,7	30,9
	DIET	Steamed turkey breast with plain rice (1)	225,3	4,5	28,4	16,8
	VEGETARIAN	Oven-baked spinach burger with farfalle pasta (1, 6, 10)	491	7,2	63,7	25,5
	VEGETABLES	Cooked Savoy cabbage and carrot	57	0,5	11,8	3
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	No-added-sugar corn cereal/Milk (1,7)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.
Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

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(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

			V.E (kcal)	F (g)	C.H (g)	P (g)
MONDAY (26/10)	REINFORCEMENT	Selection of seasonal fruits / Cereal roll with butter or cheese / Milk (1,7,8)	62/209/154	4/11,84/3,0	3,7/22,6/22,0	9/2,48/7,76
	SOUP	Bean and turnip greens cream soup	126	3,15	18,6	8,8
	MAIN COURSE	Diced turkey with peas, carrots, and fusilli pasta (1)	393	13,8	35,7	30,9
	DIET	Steamed chicken cutlets with plain rice (1)	225,3	4,5	28,4	16,8
	VEGETARIAN	Chickpea and spinach curry	534	13,2	46,3	20,2
	VEGETABLES	Vegetables incorporated into the dish	--	--	--	--
	DESSERT	Selection of seasonal fruits	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)	F (g)	C.H (g)	P (g)
TUESDAY (27/10)	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	Lettuce cream soup	90	3,2	12,6	2,5
	MAIN COURSE	Cuttlefish strips with bean rice (14)	288	5,9	21,3	37,2
	DIET	Grilled perch with plain rice (4)	198,4	2,54	23,45	19,72
	VEGETARIAN	Zucchini, pea, carrot, and egg tart (1,3,6,7,12)	178,6	7,4	6,8	20,1
	VEGETABLES	Sautéed cabbage and carrot	55	0,4	11,5	2,8
	DESSERT	Selection of seasonal fruits/Vanilla pudding (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)	F (g)	C.H (g)	P (g)
WEDNESDAY (28/10)	REINFORCEMENT	Selection of seasonal fruit / Cereal roll with butter or cheese (1,7,8)	62/209/154	4/11,84/3,0	3,7/22,6/22,0	9/2,48/7,76
	SOUP	Cauliflower cream soup	93,75	6	24,3	8,9
	MAIN COURSE	Baked meat and potato pockets (1,6,7,12)	548	20,1	70	14,8
	DIET	Braised turkey cutlets with fusilli pasta (1)	338	8,52	28,4	34,3
	VEGETARIAN	White bean stew with tomato, mushrooms, peppers, and potatoes (1,6,10)	565	14,3	75,8	23,3
	VEGETABLES	Steamed cauliflower and broccoli	54	0,7	10,4	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	No-added-sugar corn cereal/Milk (1,7)	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)	L (g)	H.C (g)	P (g)
THURSDAY (29/10)	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	Green bean cream soup	93,5	5,9	22,9	6,8
	MAIN COURSE	Oven-baked hake with garlic, lemon, and oregano, served with tomato rice (4)	351	7,3	42,6	15,3
	DIET	Grilled sea bream with plain rice (4)	206	6,5	22,5	20,2
	VEGETARIAN	Mushroom, broccoli, and spinach quiche (1,3,7,12)	554	13,4	79,1	13,2
	VEGETABLES	Sautéed eggplant and zucchini	50	0,7	9,5	2,5
	DESSERT	Selection of seasonal fruits	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)	L (g)	H.C (g)	P (g)
FRIDAY (30/10)	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	Cream of cabbage	81,8	5,8	21,2	6,4
	MAIN COURSE	Spaghetti Bolognese (1)	503	21,7	44,7	31,2
	DIET	Grilled chicken breast with boiled rice	225,3	4,5	28,4	16,8
	VEGETARIAN	Soy Bolognese with spaghetti (1,6)	331	5,2	44,1	25,3
	VEGETABLES	Cooked spinach and carrots	48	0,6	9,5	3,8
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	No-added-sugar corn cereal/Milk (1,7)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.

Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

Menus are subject to change. Prepared in accordance with Circular No. 3097/DGE/2018 from the Directorate-General for Education. The meal contains or may contain:

(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

RD - Lidia Morcocean - 6191N