

MONDAY
(31/8)

SCHOOL CLOSED

		V.E (kcal)	F (g)	C.H (g)	P (g)	
TUESDAY (1/9)	REINFORCEMENT	Carrot sticks / Rice or corn cakes with cheese / White milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Chicken "Canja" Style Soup	127	2	14	13,0
	MAIN COURSE	Chicken breast strips stewed with mushrooms and spiral pasta (1,12)	268	7,1	23,4	26,9
	DIET	Grilled beef with spiral pasta (1,12)	284	7,6	23,9	28,1
	VEGETARIAN	Seitan strips stewed with mushrooms and spiral pasta (1,6,12)	276	11,3	28,9	14,2
	VEGETABLES	Steamed broccoli and carrots	66	0,7	13,8	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Small rye roll with cheese 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)	F (g)	C.H (g)	P (g)	
WEDNESDAY (2/9)	REINFORCEMENT	Selection of seasonal fruits / Cereal roll with butter or cheese / 100% fruit juice (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	Spinach cream	57	6,4	23,6	8,0
	MAIN COURSE	Codfish gratin with carrots, spinach, and shoestring potatoes (1,4,6,7)	308	21,4	14,7	14,4
	DIET	Grilled swordfish with boiled potatoes (4)	117,2	0,81	11,7	14,5
	VEGETARIAN	Soybeans with potatoes, carrots, and spinach (1,6,7)	434	21,4	30,4	29,3
	VEGETABLES	Eggplant and zucchini	50	0,7	9,5	2,5
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Maria biscuits/plain milk (1, 3, 7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

		V.E (kcal)	F (g)	C.H (g)	P (g)	
THURSDAY (3/9)	REINFORCEMENT	Selection of seasonal fruits / Sugar-free cookies / Yogurt with no added sugar (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	Meat and rice pie	320	16,4	21,6	20,5
	DIET	Steamed turkey cutlets with boiled rice	225,3	4,5	28,4	16,8
	VEGETARIAN	Soy and spinach pie (rice, granulated soy, spinach, tomato, onion, garlic, and olive oil) (1,6,8)	64	4,6	3	2
	VEGETABLES	Spinach and carrots	48	0,6	9,5	3,8
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Small bread 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)	F (g)	C.H (g)	P (g)	
FRIDAY (4/9)	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	Spinach and pumpkin cream soup	70,8	5,6	18,6	3,9
	MAIN COURSE	Warm salmon salad (salmon, carrot, peas, potato, onion, bay leaf, and olive oil) (4)	512	29,5	35,9	23,5
	DIET	Steamed forkbeard fillets with boiled potatoes (4)	110,3	0,86	11,22	13,64
	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	Steamed cauliflower and broccoli	54	0,7	10,4	4,1
	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

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.

		V.E (kcal)	F (g)	C.H (g)	P (g)	
MONDAY (7/9)	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	Watercress cream soup	61	1,3	9,7	1,2
	MAIN COURSE	Braised turkey leg with carrots and leeks, served with fusilli pasta (1,6,10)	448	14,5	40,7	37,9
	DIET	Steamed chicken strips with fusilli pasta (1)	321	10,4	28,4	27,7
	VEGETARIAN	Soy stew with mushrooms, carrots, and leeks, served with fusilli pasta (1,6,8,10)	622	10,6	64,4	57,7
	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	Rye roll/bun 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

		V.E (kcal)	F (g)	C.H (g)	P (g)	
TUESDAY (8/9)	REINFORCEMENT	Selection of seasonal fruit / Mixed-grain 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	Zucchini cream soup	61	6,5	24,2	8,9
	MAIN COURSE	Cod with onion sauce and carrot rice (4)	377	9,9	47,6	22,9
	DIET	Steamed redfish with plain rice (4)	101	5	6	8
	VEGETARIAN	Red bean rice, bell peppers, carrot, soy (1,6,7)	540	8,3	41,7	24
	VEGETABLES	Grilled bell pepper and zucchini	45	0,7	8,3	2,3
	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	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 (9/9)	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	Green bean cream soup	93,5	5,9	22,9	6,8
	MAIN COURSE	Roast pork shoulder with orange juice and oregano, served with penne pasta (1, 6, 10)	530	28,9	35,7	30,6
	DIET	Grilled beef with penne pasta (1)	338	8,52	28,4	34,3
	VEGETARIAN	Vegetarian Ranch-style dish (pasta, beans, cabbage, carrot, tomato, onion, garlic, olive oil, and ba	487	11,2	71,5	18,9
	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	Small bread 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)	F (g)	C.H (g)	P (g)	
THURSDAY (10/9)	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	Turnip greens cream soup	40	1,2	5,8	1
	MAIN COURSE	Braised squid with peas and carrots, and braised potatoes (14)	365	6,4	43,1	21,1
	DIET	Grilled perch with plain rice (4)	198,4	2,54	23,45	19,72
	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	White milk/Maria-style biscuits (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 (11/9)	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	Pea cream soup	91,25	6,55	23,22	7,44
	MAIN COURSE	Braised meatballs in tomato and basil sauce with garlic rice	564	23,9	60,3	25,7
	DIET	Steamed chicken breast with plain rice (1)	225,3	4,5	28,4	16,8
	VEGETARIAN	Lentil patties with tomato and oregano sauce and garlic rice (1,6,10)	575	10,5	33,6	24,5
	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	Small bread 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

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 (14/9)	REINFORCEMENT	Selection of seasonal fruits / Cereal roll with butter or cheese / Yogurt (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	White bean cream	114,4	6,7	29,7	9,5
	MAIN COURSE	Herb-roasted chicken leg with spaghetti (1,6,10)	486	24	35,7	30,9
	DIET	Braised turkey with fusilli pasta (1)	338	8,52	28,4	34,3
	VEGETARIAN	White bean stew with tomato, mushrooms, and peppers, served with spaghetti (1,6,10)	565	14,3	75,8	23,3
	VEGETABLES	Steamed leek and carrot	65	0,6	14	2,5
	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)
TUESDAY (15/9)	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	Coriander cream	91	6,55	23,22	7,4
	MAIN COURSE	Gomes de Sá-style hake (potatoes, hake, garlic, olives, onion, olive oil, and parsley) (3,4)	384	2,1	40,7	26
	DIET	Steamed snook with boiled sweet potato (4)	188	2,3	23	20,1
	VEGETARIAN	Lentil stew (potatoes, lentils, peas, carrots, tomatoes, onions, and garlic)	310	4,2	36,9	6
	VEGETABLES	Cooked broccoli and cauliflower	54	0,7	10,4	4,1
	DESSERT	Selection of seasonal fruits/Chocolate mousse (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	Small bread 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)	F (g)	C.H (g)	P (g)
WEDNESDAY (16/9)	REINFORCEMENT	Carrot sticks / Mixed-grain bread with turkey ham / Butter / Unsweetened 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	Carrot cream soup	37	0,6	5,8	1,1
	MAIN COURSE	Baked Poultry Rice	371	12,2	40,1	24,6
	DIET	Grilled beef steaks with white rice	351	10,8	27,2	34,4
	VEGETARIAN	Oven-baked tofu strips with lemon juice and oregano, served with white rice (1,6,10)	293	14,1	39,8	4,8
	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	Maria style biscuits/plain milk (1, 3, 7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

			V.E (kcal)	F (g)	C.H (g)	P (g)
THURSDAY (17/9)	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	Lentil cream soup	167	3,6	21,05	9,7
	MAIN COURSE	Small tuna salad with black-eyed peas, egg, carrot, and potato (3,14)	215	5,1	34,1	7,9
	DIET	Oven-baked hake with plain rice (4)	101	5	6	8
	VEGETARIAN	Vegetable and mushroom tortilla	221	11,9	13,3	15
	VEGETABLES	Steamed broccoli and carrots	66	0,7	13,8	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Small bread 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)	F (g)	C.H (g)	P (g)
FRIDAY (17/9)	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 soup	57	6,4	23,6	8,0
	MAIN COURSE	Oven-baked meatloaf with white rice and mixed salad (3 varieties) (1,6,12)	561	23,8	56,9	28,5
	DIET	Braised chicken breast with cooked pasta (1)	338	8,52	28,4	34,3
	VEGETARIAN	Braised tofu with zucchini, carrot, cabbage, white rice, and mixed salad (3 varieties) (1,6)	375	11,9	50,9	13,8
	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	Small bread 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

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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RD - Lidia Morcocean - 6191N

			V.E (kcal)	F (g)	C.H (g)	P (g)
MONDAY (21/9)	REINFORCEMENT	Selection of seasonal fruit / Cereal roll 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	Pumpkin cream soup	96	5,71	6,79	2,9
	MAIN COURSE	Beef Bolognese spaghetti (minced veal) with basil (1,6,10)	525	24,7	40,7	34,2
	DIET	Steamed turkey cutlets with plain rice (12)	293	5,5	25,9	24,9
	VEGETARIAN	Green lentil spaghetti Bolognese with basil (1,6,10)	364	4,7	61,2	16,5
	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	Maria style biscuits/plain milk (1, 3, 7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

			V.E (kcal)	F (g)	C.H (g)	P (g)
TUESDAY (22/9)	REINFORCEMENT	Carrot sticks / Rice or corn cakes with cheese / 100% fruit juice (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	Salmon pasta (farfalle pasta, salmon, tomato, onion, garlic, and parsley) (1,3,4,6,10)	586	34,3	40,7	27,2
	DIET	Oven-baked swordfish with boiled sweet potato (4)	188	2,3	23	20,1
	VEGETARIAN	Chickpea stew with tomato, carrot, and onion, served with farfalle pasta (1, 6, 10)	626	14,1	58,8	28
	VEGETABLES	Sautéed cabbage and carrot	55	0,4	11,5	2,8
	DESSERT	Selection of seasonal fruits/Crème brûlée (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	Rye roll 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)	F (g)	C.H (g)	P (g)
WEDNESDAY (23/9)	REINFORCEMENT	Selection of seasonal fruit / Cereal roll with butter or cheese (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	Savoy cabbage soup	200,9	3,9	30,2	15,2
	MAIN COURSE	Chicken stew (chicken with elbow pasta, chickpeas, Savoy cabbage, and carrot) (1,3)	431	7,1	59,2	29,2
	DIET	Steamed turkey cutlets with elbow pasta (1,12)	293	5,5	25,9	24,9
	VEGETARIAN	Vegetarian Rancho stew (elbow pasta, chickpeas, Savoy cabbage, and carrot) (1,3)	320	4,8	54,9	10,9
	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	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)
THURSDAY (24/9)	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 cream soup	99	7,1	25,1	8,3
	MAIN COURSE	Braised hake with tomatoes and peas, with braised potatoes (4)	346	8	37,7	29,2
	DIET	Grilled forkbeard with plain rice (4)	218,3	0,8	36	14,6
	VEGETARIAN	Vegetarian Russian salad (potato, peas, chickpeas, corn, carrot, garlic, olive oil, and parsley)	272	9,6	32,8	8,3
	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	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)
FRIDAY (25/9)	REINFORCEMENT	Selection of seasonal fruits / Cereal roll with butter 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	Turnip and pumpkin cream soup	84,9	3,3	13,3	5,8
	MAIN COURSE	Turkey Stroganoff with cilantro rice (1,7,10,12)	185	4,9	21,2	13,9
	DIET	Grilled chicken steak with penne pasta (1)	190	1,8	23,2	19
	VEGETARIAN	Seitan Stroganoff (seitan strips, mushrooms, and plant-based cream) with cilantro rice (1,6)	179	4,4	22,2	12,0
	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	Milk bread/Maria-style biscuits/Plain milk (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

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

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		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	0,3/3,26/126,1/21,8/21,5	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	Small bread 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

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 - Lídia Morcocean - 6191N