



Calendario da Ementa Escolar/School Meal Schedule
Semana 03/Week 03 – 28/08 - 01/09

Segunda-feira/Monday- 28/08/2017	
Caldo de vegetais Frango estufado com arroz de tomate Salada mista: alface, tomate, cenoura, cebola Fruta da época	Vegetable broth Chicken stewed with tomato rice Mixed salad: lettuce, tomato, carrot, onion Seasonal fruit
Terça-feira/Tuesday - 29/08/2017	
Sopa de espinafre Massa bolonhesa Salada mista: pepino com azeitonas Fruta da época	Spinach soup Pasta Bolognese Mixed salad: cucumber with olives Seasonal fruit
Quarta-feira/Wednesday - 30/08/2017	
Canja de galinha Daal e arroz branco Salada de tomate Fruta da época	Chicken soup Daal and rice Tomato salad Seasonal fruit
Quinta-feira/Thursday - 31/08/2017	
Sopa de vegetais Douradinhos de peixe com arroz de vegetais Salada à Juliana: tomate, pepino, cebola, azeitonas Fruta da época	Vegetable soup Fishfingers with vegetable rice Juliana salad: tomato, cucumber, onion, olives Seasonal fruit
Sexta-feira/Friday - 01/09/2017	
Prego no pão com batata frita Salada mista Gelatina com custarda Sumo de fruta	Beef Prego with bread with French fries Mixed salad Jelly with custard Fruit juice



Semana 04/Week 04 - 04-08/09

Ementa	Menu
Segunda-feira/Monday - 4/09/2017	
Sopa de cenoura Massa chinesa de frango Salada de beterraba Fruta da época	Carrot Soup Chicken noodles Beet salad Seasonal fruit
Terça-feira/Tuesday - 5/09/2017	
Sopa de bróculos Guisado de vaca (sem temperos) com xima Salada de tomate e cebola Fruta da época	Broccoli Soup Beef stew (no spices) with Xima Tomato and onion salad Seasonal fruit
Quarta-feira/Wednesday - 6/09/2017	
Sopa de feijão com couve picada Filetes de peixe com molho de manteiga (à parte) com legumes salteados e batata Fruta da época	Bean soup with chopped cabbage Fish fillets with butter sauce (separately) with stir-fried vegetables and potatoes Seasonal fruit
Quinta-feira/Thursday - 7/09/2017 – FERIADO NACIONAL	
Sexta-feira/Friday - 8/09/2017	
Hamburguer de frango com batata frita Pudim de ovos Sumo de fruta	Chicken burger with French fries Egg Pudding Fruit juice



Semana 05/Week 05 - 11–15/09

Segunda-feira/Monday- 11/09/2017	
Sopa de vegetais Caril de amendoim com frango e arroz branco Salada mista Fruta da época	Vegetable soup Peanut Curry with chicken and white rice Mixed salad Seasonal fruit
Terça-feira/Tuesday - 12/09/2017	
Caldo verde Carne Assada com purè de batata Salada Grega Fruta da época	Kale Soup (caldo verde) Roast beef with potato purè Greek Salad Seasonal fruit
Quarta-feira/Wednesday - 13/09/2017	
Creme de cenoura com massinha Lasanha de carne Salada de beterraba Fruta da época	Carrot cream with mini macroni Meat lasagna Beet salad Seasonal fruit
Quinta-feira/Thursday - 14/09/2017	
Sopa de vegetais Dal com arroz e beringela panada Salada mista Fruta da época	Vegetable soup Dal with rice and eggplant panada Mixed salad Seasonal fruit
Sexta-feira/Friday - 15/09/2017	
Cachorro quente de frango Salada grega Mousse de ananás Sumo de fruta	Chicken hot dog Greek Salad Pineapple mousse Fruit juice



Semana 06/Week 06 - 18–22/09

Segunda-feira/Monday- 18/09/2017	
Caldo verde Caril de frango com arroz branco Salada mista Fruta da época	Kale Soup (Caldo verde) Chicken Curry with white rice Mixed Salad Seasonal fruit
Terça-feira/Tuesday - 19/09/2017	
Creme de cenoura Empadão de carne Salada de tomate Fruta da época	Carrot cream Meat pie Tomato salad Seasonal fruit
Quarta-feira/Wednesday - 20/09/2017	
Sopa de abóbora Filetes de frango com espinafres e arroz de vegetais Salada mista: alface, tomate, cenoura, cebola Fruta da época	Pumpkin soup Chicken fillets with spinach and vegetable rice Mixed salad: lettuce, tomato, carrot, onion Seasonal fruit
Quinta-feira/Thursday - 21/09/2017	
Sopa de abóbora Massa Chinesa Vegetariana Salada mista Fruta da época	Pumpkin soup Noodles Vegetarian Mixed Salad Seasonal fruit
Sexta-feira/Friday - 22/09/2017	
Filetes de peixe panado com batata frita Salada mista à Juliana Sumo Mousse de maracujá	Breaded fish fillets with fries Mixed salad (Juliana) Juice Passion fruit mousse



Semana 07/Week 07 - 25-29/09

Segunda-feira/Monday- 25/09/2017 FERIADO NACIONAL/National Holiday	
Terça-feira/Tuesday - 26/09/2017	
Caldo verde Lasanha vegetariana Salada de beterraba Fruta da época	Kale Soup (Caldo verde) Veg lasagna Beet salad Seasonal fruit
Quarta-feira/Wednesday - 27/09/2017	
Sopa de vegetais Frango à Zambeziana, mucapata e molho de tomate Fruta da época	Vegetable soup Chicken à Zambeziana, mucapata and tomato sauce Seasonal fruit
Quinta-feira/Thursday - 28/09/2017	
Sopa de espinafres Bifes com natas e cogumelos, arroz e batata frita Salada mista Fruta da época	Spinach soup Steaks with cream and mushrooms, rice and French fries Mixed salad Seasonal fruit
Sexta-feira/Friday - 29/09/2017	
Hamburguer de carne com queijo (separado) e batata frita Salada mista Sumo Gelatina	Beef burger with cheese (separately) with french fries Mixed salad Juice Jelly



Semana 08/Week 08 – 02-06/10

Segunda-feira/Monday- 02/10/2017	
Creme de legumes Caril de carne a india e arroz de cebola Salada mista Fruta da época	Cream of vegetables Beef curry india and onion rice Mixed salad Seasonal fruit
Terça-feira/Tuesday - 03/10/2017	
Caldo verde Massa chinesa vegetariana Salada de beterraba Fruta da época	Kale Soup (Caldo verde) Noodles vegetarian Beet salad Seasonal fruit
Quarta-feira/Wednesday 04/10/2017 FERIADO NACIONAL/National Holiday	
Quinta-feira/Thursday - 05/10/2017	
Sopa de legumes Empadao de carne Salada mista Fruta da época	Vegetable soup Meat pie Mixed salad Seasonal fruit
Sexta-feira/Friday - 06/10/2017	
Frango panado com batata frita Salada de repolho com maionese Pudim de ovos Sumo de fruta	Chicken nuggets with French fries Cabbage salad with mayonnaise Egg pudding Fruit juice



Semana 09/Week 09 – 09-13/10

Segunda-feira/Monday- 09/10/2017	
Sopa de vegetais Almôndegas com molho de tomate e esparguete Salada à Juliana: tomate, pepino, cebola, azeitonas Fruta da época	Vegetable soup Meatballs with tomato sauce and spaghetti Juliana salad: tomato, cucumber, onion, olives Seasonal fruit
Terça-feira/Tuesday - 10/10/2017	
Creme de abobora Caril de frango com arroz branco Salada de beterraba Fruta da época	Pumpkin cream Chicken Curry with white rice Beet salad Seasonal fruit
Quarta-feira/Wednesday - 11/10/2017	
Sopa de vegetais Caril de amendoim com carne e arroz Salada mista Fruta da época	Vegetable soup Peanut Curry with beef and rice Mixed salad Seasonal fruit
Quinta-feira/Thursday - 12/10/2017	
Sopa de espinafres Briyani de frango Salada mista Fruta da época	Spinach soup Chicken briyani mixed salad Seasonal fruit
Sexta-feira/Friday - 13/10/2017	
Hamburguer de frango com batata frita Salada de mista (Tomate, cebola e alface) Sumo Quadrados de chocolate	Hamburguer chicken with French fries Mixed salad (tomato, onion and lettuce) Juice Chocolate squares