



Ementa Escolar / School Meal

Semana 10/Week 10 – 23-27/10

Segunda-feira/Monday- 23/10/2017	
Sopa de abóbora Caril de côco de milho e frango com arroz branco Salada de tomate Fruta da época	Pumpkin soup Chicken and sweetcorn coconut curry with plain rice Tomato salad Seasonal fruit
Terça-feira/Tuesday - 24/10/2017	
Caldo verde Feijoada de vegetais e arroz branco Salada mista Fruta da época	Kale soup Vegetable stew and plain rice Mixed salad Seasonal fruit
Quarta-feira/Wednesday - 25/10/2017	
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 - 26/10/2017	
Sopa de vegetais Massa chinesa vegetariana Salada de beterraba Fruta da época	Vegetable soup Chinese vegetable noodles Beetroot salad Seasonal fruit
Sexta-feira/Friday - 27/10/2017	
Hambúguer de vaca Batata frita Salada Grega Mousse de Chocolate Sumo de Fruta	Beef burger French fries Greek salad Chocolate mousse Fruit juice



Semana 11/Week 11 – 30/10–03/11

Ementa	Menu
Segunda-feira/Monday - 30/10/2017	
Caldo de vegetais Frango estufado com arroz de tomate Salada mista Fruta da época	Vegetable Soup Chicken stew with tomato rice Mixed salad Seasonal fruit
Terça-feira/Tuesday - 31/10/2017	
Sopa de espinafre Massa bolonhesa Salada de pepino com azeitonas Fruta da época	Spinach Soup Spaghetti bolognaise Cucumber and olives salad Seasonal fruit
Quarta-feira/Wednesday - 01/11/2017	
Sopa de bróculos Biryani de Frango Salada grega Fruta da época	Broccoli soup Chicken Biryani Greek salad Seasonal fruit
Quinta-feira/Thursday - 02/11/2017	
Sopa de vegetais Douradinhos de peixe com arroz de vegetais Salada mista Fruta da época	Vegetable soup Fish fingers with vegetable rice Mixed salad Seasonal fruit
Sexta-feira/Friday - 03/11/2017	
Prego de frango no pão com batata frita e Salada Salada de fruta Sumo de fruta	Chicken steak roll with French fries Fruit salad Fruit juice



Semana 12/Week 12 - 6-10/11

Segunda-feira/Monday - 06/11/2017	
Sopa de cenoura Massa chinesa de frango Salada de beterraba Fruta da época	Carrot soup Chinese vegetable noodles Beet salad Seasonal fruit
Terça-feira/Tuesday - 07/11/2017	
Sopa de bróculos Guisado de vaca com xima Salada de tomate e cebola Fruta da época	Broccoli soup Beef stew with xima Tomato and onion Salad Seasonal fruit
Quarta-feira/Wednesday - 08/11/2017	
Sopa de feijão com couve Filetes de peixe com molho de manteiga e com legumes salteados e batata Fruta da época	Kale and beans soup Fish filet with butter sauce and sauté vegetables and potatoes Seasonal fruit
Quinta-feira/Thursday - 09/11/2017	
Caldo de vegetais Perú estufado com arroz de cenoura Salada mista Fruta da época	Vegetable soup Turkey stew with carrot rice Mixed salad Seasonal fruit
Sexta-feira/Friday - 10/11/2017	
Hamburguer de frango com batata frita Pudim de ovos Sumo de fruta	Chicken burger with French fries Egg pudding Fruit juice



Semana 13/Week 13 - 13–17/11

Segunda-feira/Monday- 13/11/2017	
Sopa de vegetais Caril de amendoim com frango e arroz branco Salada mista Fruta da época	Vegetable soup Chicken & peanut curry with plain rice Mixed Salad Seasonal fruit
Terça-feira/Tuesday - 14/11/2017	
Caldo verde Carne assada com puré de batata Salada Grega Fruta da época	Kale soup Beef stew wot mashed potatoes Greek salad Seasonal fruit
Quarta-feira/Wednesday - 15/11/2017	
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 - 16/11/2017	
Sopa de vegetais Dal com arroz e beringela panada Salada mista Fruta da época	Vegetable soup Daal with plain rice and fried aubergine Mixed Salad Seasonal fruit
Sexta-feira/Friday - 17/11/2017	
Cachorro quente de frango Salada grega Mousse de ananás Sumo de fruta	Hot dog Greek salad Pineapple mousse Fruit juice



Semana 14/Week 14 - 20-24/11

Segunda-feira/Monday - 20/11/2017	
Caldo verde Caril de frango com arroz branco Salada mista Fruta da época	Kale soup Chicken curry and rice Mixed salad Seasonal Fruit
Terça-feira/Tuesday - 21/11/2017	
Creme de cenoura Empadão de carne Salada de tomate Fruta da época	Carrot soup Shepherd's pie Tomato salad Seasonal fruit
Quarta-feira/Wednesday - 22/11/2017	
Sopa de abóbora Filetes de frango com espinafres e arroz de vegetais Salada mista Fruta da época	Pumpkin soup Chicken fillet with spinach and vegetable rice Mixed salad Seasonal fruit
Quinta-feira/Thursday - 23/11/2017	
Sopa de abóbora Massa chinesa vegetariana Salada Fruta da época	Pumpkin soup Chinese noodles with vegetables Salad Seasonal fruit
Sexta-feira/Friday - 24/11/2017	
Filetes de peixe panado com batata frita Salada mista à Juliana Sumo Mousse de maracujá	Fish fingers with french fries Mixed salad Juice Passionfruit mousse



Semana 15/Week 15 – 27/11 - 01/12

Segunda-feira/Monday- 27/11/2017	
Sopa de abóbora Caril de côco de frango e arroz branco Salada de tomate Fruta da época	Pumpkin soup Coconut curry with chicken and plain rice Tomato salad Seasonal fruit
Terça-feira/Tuesday - 28/11/2017	
Caldo verde Lasanha vegetariana Salada de beterraba Fruta da época	Kale Soup Vegetable lasagna Beetroot salad Seasonal fruit
Quarta-feira/Wednesday 29/11/2017	
Sopa de vegetais Frango à Zambeziana, mucapata e molho de tomate Salada Fruta da época	Vegetable soup Grilled chicken (Zambeian style), mucapata and tomato gravy Salad Seasonal fruit
Quinta-feira/Thursday - 30/11/2017	
Sopa de espinafres Bifes com natas e cogumelos, arroz Salada mista Fruta da época	Spinach soup Beef in cream and mushroom gravy with rice Mixed salad Seasonal fruit
Sexta-feira/Friday - 01/12/2017	
Hamburguer de carne com queijo e batata frita Salada mista Sumo Gelatina	Beef burger with cheese and French fries Mixed salad Fruit juice Jelly



Semana 16/Week 16 – 04-08/12

Segunda-feira/Monday- 04/12/2017	
Creme de legumes Caril de carne e arroz de cebola Salada mista Fruta da época	Vegetable soup Beef curry and onion rice Mixed salad Seasonal fruit
Terça-feira/Tuesday - 05/12/2017	
Caldo verde Massa chinesa vegetariana Salada de beterraba Fruta da época	Kale soup Chinese noodles with vegetables Beetroot salad Seasonal fruit
Quarta-feira/Wednesday - 06/12/2017	
Sopa de legumes Empadão de carne Salada mista Fruta da época	Vegetable soup Shepherd's pie Mixed salad Seasonal fruit
Quinta-feira/Thursday - 07/12/2017	
Sopa de legumes Caril de Vegetais com arroz branco Salada mista Fruta da época	Vegetable soup Vegetable curry and plain rice Mixed salad Seasonal fruit
Sexta-feira/Friday - 08/12/2017	
Frango panado com batata frita Salada de repolho com maionese Pudim de ovos Sumo de fruta	Fried chicken breast with French fries Coleslaw Egg pudding Juice



Semana 17/Week 17 – 11-15/12

Segunda-feira/Monday- 11/12/2017	
Sopa de vegetais Almôndegas com molho de tomate e esparguete Salada Fruta da época	Vegetable soup Meatballs in tomato gravy with spaghetti Salad Seasonal fruit
Terça-feira/Tuesday - 12/12/2017	
Crème de abóbora Caril de frango com arroz branco Salada de beterraba Fruta da época	Pumpkin soup Chicken curry with plain rice Beetroot salad Seasonal fruit
Quarta-feira/Wednesday - 13/12/2017	
Sopa de vegetais Caril de amendoim com carne e arroz Salada mista Fruta da época	Vegetable soup Beef and peanut curry with rice Mixed salad Seasonal fruit
Quinta-feira/Thursday - 14/12/2017	
Sopa de espinafres Briyani de frango Salada mista Fruta da época	Spinach soup Chicken biryani Mixed salad Seasonal fruit
Sexta-feira/Friday - 15/12/2017	
Hambúrguer de frango com batata frita Salada de mista Sumo Bolinhos de chocolate	Chicken burger with French fries Mixed salad Juice Cholotate miniature cakes