

ALMOÇO - LUNCH MENU

DATA	DIA DA SEMANA	SALADA 1	SALADA 2	SALADA 3	SALADA 4	SALADA 5	PRATO PRINCIPAL I	PRATO PRINCIPAL II	VEGETARIANO	GUARNIÇÃO	SOBREMESA/FRUTA	SUCO
01-Aug	SEG	ALFACE	TOMATE	GRÃO DE BICO	CENOURA COZIDA	ABORRINHA COZIDA	CARNE ASSADA AO MOLHO FERRUGEM	ÍSCA DE ST PETER NA CRUSTA DE ERVAS	BOLINHO DE ARROZ COM QUEIJO E LENTILHA	FAROFÁ/ BRÓCOLIS	MAMAO / LIVA CRNSOM	SUCO
02-Aug	TER	ALFACE	TOMATE	LENTILHA AO VINAGRETE	WALDORF	MUSSARELA DE BUFALO COM MANJEIRÃO	STROGONOFF DE CARNE	FILE DE COXA ASSADO	TOMATE RECHEADO COM QUEIJO	BATATA RUSTICA/ ERVILHAS FRESCA SAUTE	MAÇA/ COCADA CREMOSA	SUCO
03-Aug	QUA	ALFACE	TOMATE CEREJA	RUCULA	BETERRABA COZIDA	OVOS DE CODORNA	LASANHA A BOLONHESA	FILE DE FRANGO GRELHADO	LASANHA DE BERINIELA COM QUEIJO	BROCCOLIS SAUTE / MILHO	MELANCIA / ABCAXI	SUCO
04-Aug	QUI	ALFACE	TOMATE	ERVILHA	PEPINO JAPONES	PALMITO RODELAS	CUBOS DE ALCATRA ACEBOLADO	OVO AO MOLHO SUADO GRATINADO COM MUSSARELA	KIBE DE ABÓBORA COM QUEIJO BRANCO	MACARRÃO À PRIMAVERA / BETERRABA	BANANA / GELATINA MOSAICO COM CREME	SUCO
05-Aug	SEX	ALFACE	TOMATE CEREJA	TRIGO EM GRÃO	CHUCHU TEMPERADO	CARPACCIO DE ABCAXI COM MEL	ÍSCA DE FRANGO CROCANTE	BIFE À RÔLÉ	ROLE DE ABORRINHA COM QUEIJO, LEGUMES, GRÃO DE BICO	SELETA DE LEGUMES (VAGEM E CENOURA) / REPOLHO BICOLORE	MELÃO / MANGA	SUCO
06-Aug	SAB											
07-Aug	DOM											
08-Aug	SEG	ALFACE	TOMATE	QUINOA VINAGRETE	MOYASHI AO SHOYO	TROPICALIA ( KANI, MANGA E PEPIÑO)	ÍSCAS DE CARNE GRELHADAS	ÍSCAS DE FRANGO GRELHADAS	YAKISOBA	ABORRINHA REFOGADA/ ESCAROLA REFOGADA	MELANCIA / MAÇA	SUCO
09-Aug	TER	ALFACE	TOMATE	CEVADINHA	QUIABO	CARPACCIO DE BERINIELA COM MOLHO MOSTARDA E ALCAPARRAS E PALMEIÃO	ÍSCAS DE CARNE CROCANTE	CUBOS DE FRANGO AO MOLHO DE MOSTARDA	BERINIELA A CAVALO	CREME DE MILHO / CENOURA REFOGADA	LIVA THOMPSON / MOUSSE DE MARRACUJÁ	SUCO
10-Aug	QUA	ALFACE	TOMATE	FEIJOÃO ROSA	BATATA BOLINHA	RATATOULE	MOQUECA DE PEIXE	HAMBURGUER GRELHADO	MOQUECA DE BANANA DA TERRA	PURE DE MANDIOQUINHA / ESPINAFRE REFOGADO	ABCAXI COM RASPADS DE LIMÃO / LARANJA	SUCO
11-Aug	QUI	ALFACE	TOMATE	ESCAROLA	MILHO	ABÓBORA COM CASCA ASSADA	ALMÔNDEGAS ASSADA	FILE DE FRANGO GRELHADO	ALMÔNDEGAS E RVILHA SECA	NHOQUE AO SUÇO / ACELGA CORAL	BANANA / PALHA ITALIANA	SUCO
12-Aug	SEX	ALFACE	TOMATE	FEIJO BRANCO	BETERRABA RALADA	PATÉ DE ERVAS & TORRADA	ROSCONOLE DE CARNE	FILE DE FRANGO AO MOLHO DE HORTELÃ	OMELETE DE PIZZA	QUIBEBE / CHUCHU COM OVOS	MELÃO ORANGE/ SALADA DE FRUTAS	SUCO
13-Aug	SAB											
14-Aug	DOM											
15-Aug	SEG	ALFACE	TOMATE	FEIJO FRADINHO	CENOURA RALADA	VINAGRETE	STROGONOFF DE FRANGO	FILE DE ALCATRA GRELHADO	STROGONOFF DE GRÃO DE BICO	BATATA PALITO / COUVE FLOR	ABCAXI / MANGA	SUCO
16-Aug	TER	ALFACE	TOMATE	GRÃO DE BICO	TABULE	COUVE AO MOLHO SHOYO	ESCONDIDINHO DE CARNE	FILE DE FRANGO GRELHADO	ESCONDIDINHO DE LEGUMES	CHUCHU ASSADO COM PARMESÃO / ESCAROLA VIAGRETE	MAÇA / BANOFF	SUCO
17-Aug	QUA	ALFACE USA	TOMATE	LENTILHA AO VINAGRETE	PIMENTA CAMBUCCI	BANANA DA TERRA AO MOLHO DE LIMÃO	SOBRECOXA ASSADA	CARNE MOLIDA REFOGADA	ABORRINHA RECHEADA COM QUINOA E QUEIJO	MACARRÃO PARAFUSO COLORIDO ALHO E ÓLEO / RATATOULE	MELÃO / LARANJA	SUCO
18-Aug	QUI	ALFACE	TOMATE	ACELGA	BATATA DOCE	MAIONESE	LASANHA A BOLONHESA	FILE DE FRANGO ACEBOLADO	OVOS COZIDOS	CONCHIGLIONE AO POMODORO / COUVE REFOGADA	BANANA / BRIGADEIRO	SUCO
19-Aug	SEX	ALFACE	TOMATE	ERVILHA	ABORRINHA RALADA	BATATA BOLINHA AO VIAGRETE	SALMÃO AO MOLHO DE ERVAS	CUBOS DE ALCATRA AO MOLHO	REFOGADO DE FEIJO BRANCO	ARROZ CREMOSO DE PALMITO / CENOURA BABI SAUTE	MELANCIA/ LIVA THOMPSON	SUCO
20-Aug	SAB											
21-Aug	DOM											
22-Aug	SEG	ALFACE	TOMATE	TRIGO EM GRÃO	CHUCHU TEMPERADO	CAMPONATA DE BERINIELA	FRICASSÉ DE FRANGO	MAMINHA ASSADA	FRICASSÉ DE LEGUMES + GRÃOS	VAGEM / MANDIOQUINHA NO VAPOR	LIVA CRINSON/ LARANJA	SUCO
23-Aug	TER	ALFACE	TOMATE	QUINOA VINAGRETE	LEGUMES AMERICANOS	PALMITO COM TOMATE CEREJA	FRANGO ENSOPADO	HAMBURGUER GRELHADO	LASANHA DE BERINIELA COM QUEIJO	QUIABO / POLENTA CREMOSA	BANANA / TORTA HOLANDESA	SUCO
24-Aug	QUA	ALFACE	TOMATE	CEVADINHA	VAGEM	CEBOLA ROXA DEFLUMADA	LAGARTO ASSADO	OMELETE DE QUEIJO AO FORNO	KIBE DE CENOURA COM QUEIJO BRANCO	BATATA AO MURRO / FAROFA RICA	ABCAXI / SALADA DE FRUTAS	SUCO
25-Aug	QUI	ALFACE USA	TOMATE	FEIJO ROSA	BETERRABA RALADA	OVOS DE CODORNA	TORTA FOIHADE DE FRANGO COM CATUPIRY	BIFE GRELHADO	CHARUTO DE REPOLHO COM LENTILHA E PTS	MANDIOCA SAUTE / ESPINAFRE REFOGADO	MANGA / MOUSSE DE LIMÃO	SUCO
26-Aug	SEX	ALFACE	TOMATE	REPOLHO ROXO	ABÓBORA	TABULE	KIBE RECHEADO COM QUEIJO BRANCO	FILE DE FRANGO AO MOLHO DE HORTELÃ	ABORRINHA RECHEADA COM QUEIJO BRANCO	ARROZ SIRIO / ESPIHA DE QUEIJO	MAÇA ASSADA COM HORTELÃ/ SALADA DE FRUTAS	SUCO
27-Aug	SAB											
28-Aug	DOM											
29-Aug	SEG	ALFACE	TOMATE	FEIJO FRADINHO	PEPINO JAPONES	MACARRONESE	FILE DE FRANGO GRELHADO	STROGONOFF DE CARNE	OVOS MEXIDOS	BATATA PALITO / BROCCOLIS AO VAPOR	MELANCIA/ LARANJA	SUCO
30-Aug	TER	ALFACE USA	TOMATE	GRÃO DE BICO	JARDINEIRA DE LEGUMES	MANDIOCA ASSADA	ÍSCA DE FRANGO A PARMESIANA	CARNE MOLIDA COM MILHO	TOMATE RECHEADO COM LEGUMES	ESPAGUETE ALHO E ÓLEO / CHIPS DE BETERRABA	MAÇA / BROWNIE OREO	SUCO
31-Aug	QUA	ALFACE	TOMATE	LENTILHA AO VINAGRETE	CUSCUS PAULISTA COM OVOS DE CODORNA	CUSCUS	FILE DE ST PETER CROCANTE	HAMBURGUER COM BATATA	CREME DE ESPINAFRE / MILHO	CREME DE ESPINAFRE / MILHO	ABCAXI/ MAMAÓ	SUCO

NUTRICIONISTAS RESPONSÁVEIS PELA ELABORAÇÃO DO CARDÁPIO: PRISCILA HELNAN ALGRANTI, MIRELLA NARANJO E PÉROLA FONSECA

IMPORTANTE: Cardápio sujeito a alterações de acordo com a disponibilidade e sazonalidade dos produtos

DATE	DAY OF WEEK	SALAD 1	SALAD 2	SALAD 3	SALAD 4	SALAD 5	DIET 1 (Main Course)	OPTION	VEGETARIAN	SIDE DISH	DESSERT / FRUIT	JUICE
01-Aug	MON	LETTUCE	TOMATE	CHICKPEAS	BOILED CARROTS	BOILED ZUCCHINI	ROASTED MEAT	FISH WITH HERBS	RICE CAKE WITH CHEESE AND LENTIL	"FAROFÁ" / BROCCOLI	PAPAYA/ GRAPE	JUICE
02-Aug	TUE	LETTUCE	TOMATE	LENTILS W/ VINAIGRETTE	WALDORF	BUFFALO MOZZARELLA W/ BASIL	BEEF STROGONOFF	ROASTED CHICKEN	TOMATOES STUFFED WITH CHEESE	RUSTIC POTATO/ PEAS	APPLE /CREAMY COCADA	JUICE
03-Aug	WED	LETTUCE	TOMATE	ARUGULA	BOILED BEETS	QUAIL EGGS	SASAGNA BOLOGNESE	GRILLED CHICKEN	EGGPLANT LASAGNA	BROCCOLI / CORN	WATERMELON/ PINEAPPLE	JUICE
04-Aug	THU	LETTUCE	TOMATE	PEAS	CUCUMBER	HEART OF PALM	DICED BEEF	EGGS IN TOMATO SAUCE WITH CHEESE	PUMPKIN KIBE WITH MINAS STYLE CHEESE	SPRING MACARONI / BEET	BANANA/ Jely Mosaic	JUICE
05-Aug	FRI	LETTUCE	TOMATE	WHEAT GRAIN	CHAYOTE	PINEAPPLE CARPACCIO	CRISPY CHICKEN	ITALIAN STUFFED BEEF ROLLS	ZUCCHINI ROLL WITH CHEESE, VEGGIES, CHICKPEAS	SELECTION OF VEGETABLES (GREENS BEANS AND CARROTS) / TWO-COLOR CABBAGE	MELON / MANGO	JUICE
06-Aug	SAT											
07-Aug	SUN											
08-Aug	MON	LETTUCE	TOMATE	QUINOA W/ VINAIGRETTE	MOYASHI W/ SOY	KANI KAMA, MANGO W/ CUCUMBER	GRILLED BEEF	GRILLED CHICKEN	YAKISOBA NOODLES	GARLIC AND OIL LAMEN MACARONI / ESCAROLE	WATERMELON / APPLE	JUICE
09-Aug	TUE	LETTUCE	TOMATE	BARLEY	OKRA	EGGPLANT CARPACCIO	BREADED STEAK	CHICKEN IN MUSTARD SAUCE	EGGPLANT WITH EGGS	CORN CREAM / CARROT	GRAPE / PASSION FRUIT MOUSSE	JUICE
10-Aug	WED	LETTUCE	TOMATE	BLACK-EYED BEANS	POTATOES W/ HERBS	RATATOULE	FISH MOQUECA	HAMBURGER	TERRA BANANA MOQUECA	MASHED POTATO/ "MANDIOQUINHA" / SAUTED SPINACH	PINEAPPLE WITH MINT/ ORANGE	JUICE
11-Aug	THU	LETTUCE	TOMATE	ESCAROLE	CORN	PUMPKIN	MEATBALLS	GRILLED CHICKEN	DRY PEA MEATTERS	GNOCCHI WITH SUGO / CORAL SWISS CHARD	BANANA / FUDGE	JUICE
12-Aug	FRI	LETTUCE	TOMATE	WHITE BEANS	GRATED BEETS	HERBS PATE W/ TOAST	MEAT ROULAD	CHICKEN IN MINT SAUCE	PIZZA OMELETE	PUMPKIN/ CHAYOTE WITH EGGS	CANTALOU/ FRUIT SALAD	JUICE
13-Aug	SAT											
14-Aug	SUN											
15-Aug	MON	LETTUCE	TOMATE	BLACK-EYED-BEANS	GRATED CARROTS	VINAGRETE	CHICKEN STROGONOFF	GRILLED STEAK	CHICKPEAN STROGONOFF	ROASTED POTATO / CAULIFLOWER	PINEAPPLE/ MANGO	JUICE
16-Aug	TUE	LETTUCE	TOMATE	CHICKPEAS	TABOULEH SALAD	KALE IN SOY SAUCE	SHEPHERD'S PIE	GRILLED CHICKEN	VEGETABLES WITH POTATO	ROASTED CHUCHU WITH PARMESAN / ESCAROLA VINAGRETTI	APPLE / BANOFF	JUICE
17-Aug	WED	LETTUCE	TOMATE	LENTIL VINAIGRETTE	CAMBUCI PEPPER	PLANTAIN W/ LEMON SAUCE	ROASTED CHICKEN	BRANDED GROUND BEEF	ZUCCHINI STUFFED WITH QUINOA AND CHEESE	COLORED SCREW MACARONI (GARLIC AND OIL / RATATOULE)	MELON/ ORANGE	JUICE
18-Aug	THU	LETTUCE	TOMATE	SWISS CHARD	SWEET POTATO	BRAZILIAN MAYONNAISE SALAD	LASAGNA BOLOGNESE	CHICKEN WITH ONIONS	BOILED EGGS	CONCHIGLIONE IN TOMATO SAUCE / COLLARD GREEN	BANANA / "BRIGADEIRO"	JUICE
19-Aug	FRI	LETTUCE	TOMATE	PEAS	GRATED ZUCCHINI	POTATOES W/ HERBS	BAKED SALMON WITH HERBS	DICED BEEF	WHITE BEAN BROKEN	CREAMY HEARTS OF PALM RICE / BABY CARROTS	WATERMELON/ GRAPE	JUICE
20-Aug	SAT											
21-Aug	SUN											
22-Aug	MON	LETTUCE	TOMATE	WHEAT GRAIN	CHAYOTE	EGGPLANT CAPONATA	CHICKEN FRICASSÉ	ROASTED MEAT	FRICASSE OF VEGETABLES + GRAINS	GREEN BEANS / "MANDIOQUINHA"	GRAPE/ ORANGE	JUICE
23-Aug	TUE	LETTUCE	TOMATE	QUINOA VINAIGRETTE	VEGETABLES USA	HEARTS OF PALM W/ CHERRY TOMATOES	CHICKEN STEW	HAMBURGER	EGGPLANT LASAGNA	OKRA / CREAMY POLENTA	BANANA / DUTCH PIE	JUICE
24-Aug	WED	LETTUCE	TOMATE	BARLEY	GREEN BEANS	MARINATED RED ONIONS	ROASTED MEAT	OVEN OMELET WITH CHEESE	CARROT KIBE WITH MINAS STYLE CHEESE	PUNCH POTATO / "FAROFA RICA"	PINEAPPLE/ FRUIT SALAD	JUICE
25-Aug	THU	LETTUCE	TOMATE	PINK BEANS	GRATED BEET	QUAIL EGGS	CHICKEN PUFF PASTRY WITH CATUPIRY	STEAK	CABBAGE STUFFED WITH LENTIL	MANIOC / SPINACH	MANGO / LEMON MOUSSE	JUICE
26-Aug	FRI	LETTUCE	TOMATE	CABBAGE	PUMPKIN	TABOULEH SALAD	KIBBEH W/ CHEESE	GRILLED CHICKEN W/ MINT SAUCE	ZUCCHINI STUFFED W/ MINAS STYLE	SIRIOUS RICE / MEAT AND CHEESE ESPIHA	BAKED APPLE WITH MINT/ FRUIT SALAD	JUICE
27-Aug	SAT											
28-Aug	SUN											
29-Aug	MON	LETTUCE	TOMATE	BLACK-YED BEANS	CUCUMBER	PASTA SALAD	GRILLED CHICKEN	BEEF STROGONOFF	SCRAMBLED EGGS	ROASTED POTATO/ BROCCOLIS	WATERMELON/ ORANGE	JUICE
30-Aug	TUE	LETTUCE	TOMATE	CHICKPEAS	VEGETABLES	ROASTED MANIOC	CHICKEN PARMESIANA	GROUND BEEF WITH CORN	TOMATO STUFFED W/ VEGETABLES	SPAGHETTI GARLIC AND OIL / BEET CHIPS	APPLE / BROWNIE OREO	JUICE
31-Aug	WED	LETTUCE	TOMATE	LENTILS W/ VINAIGRETTE	BEEF CARPACCIO	CUSCUS	BATTERED ST PETER	ALCATRA DICED W/ POTATOES	CHICKPEA BURGUR	SPINACH CREAMY CORN	PINEAPPLE/ PAPAYA	JUICE