



Lunch

September/ 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31
PEAS
CUCUMBER
BUFFALO MOZZARELLA WITH
CHERRY TOMATOES
ROASTED RUMP CAP
CREAMY CHICKEN
TOMATOES STUFFED WITH
QUINOA
ROASTED POTATOES
BROCCOLI
GRAPES
WATERMELON

01
BLACK RICE
GRATED CARROT
ESCAROLE
CRISPY ST PETER
BRAISED MINCED BEEF
FUSILLI WITH TOMATO SAUCE
ZUCCHINI WITH PARMESAN
BRAISED SOYA PROTEIN
GREEN APPLE
ORANGE

02
SOYA
GRATED BEETROOT
ARUGULA
GRILLED BEEF
GRILLED CHICKEN FILLET
MASHED PARSNIP
PUMPKIN WITH PARSLEY
LENTILS
PINEAPPLE
GRAPES

03
OLIVES WITH CHERRY
TOMATOES
TABBOULEH SALAD
CHAYOTE
ST PETER IN MOQUECA SAUCE
GRILLED RUMP STEAK
BANANA FAROFA
SAUTÉED KALE
EGG MOQUECA
APPLE
MANGO

04
CARROTS
BOILED BEETS
QUAIL EGG
BREADED CHICKEN FILLET
GRILLED STEAK
SAUTÉED SPINACH
CREAMED CORN
CHICKPEAS
BRIGADEIRO
APPLE

07
HOLIDAY

08
MIXED GRAINS
CAULIFLOWER
GRATED BEETROOT
RUMP CAP
CHICKEN DRUMETTES
CHICKPEAS WITH PESTO
SAUTÉED GREEN BEANS
CREAMY RICE WITH HEARTS OF
PALM
WATERMELON
BANANA

09
LENTILS WITH CARAMELISED
ONIONS
RICE VERMICELLI WITH
GRATED CARROTS
MOZZARELLA WITH BASIL
BEEF STRIPS
ST PETER WITH LEMON SAUCE
BRAISED SOYA PROTEIN
ROASTED BABY POTATOES
BROCCOLI
PINEAPPLE
FRUIT SALAD

10
ZUCCHINE
BABY CARROTS
TWO-COLOUR CABBAGE
BREADED CHICKEN FILET
GRILLED FILET MIGNON
TOMATOES STUFFED WITH
QUINOA
CREAMED SPINACH
BRAISED PUMPKIN
MELON
CRIMSON GRAPES

11
PICKLED RED ONION
MIXED VEGETABLES
CUCUMBER WITH MINT
MEATBALLS IN TOMATO
SAUCE
GRILLED ST PETER
LENTIL MEATBALLS
SPAGHETTI WITH TOMATO
SAUCE
SAUTÉED CARROTS
BANOFFEE
WATERMELON

14
LENTILS
GREEK SALAD
GRATED CARROTS
BEEF STROGANOFF
CHICKEN FILLET
CHICKPEA STROGANOFF
ROASTED POTATOES
PEAS
WATERMELON
PINEAPPLE

15
CORN
VINAIGRETTE
GRATED BEETROOT
ROASTED RUMP CAP
ST PETER FISH WITH
LEMON SAUCE
BANANA FAROFA
BRAISED ZUCCHINI
TOMATOES STUFFED WITH
CHEESE AND SOYA
MELON
CRIMSON GRAPES

16
PEARL BARLEY
MARINATED AUBERGINE
CUCUMBER STICKS
GRILLED STEAK
ROASTED CHICKEN
CHEESE-STUFFED CONCHIGLIONE
SAUTÉED BROCCOLI
SOYA PROTEIN IN TOMATO SAUCE
FRUIT SALAD
BANANA

17
BLACK-EYED PEAS
CHINESE CABBAGE WITH
MANGO
BUFFALO MOZZARELLA WITH
BASIL
GRILLED RUMP STEAK
BAKED ST PETER
LENTILS
BIRO BIRO RICE
MIXED VEGETABLES
GREEN APPLE
MELON

18
MOROCCAN COUSCOUS
BROCCOLI
RED CABBAGE WITH
ORANGE
SHREDDED BEEF STEW
GRILLED CHICKEN FILLET
MASHED POTATOES
SAUTÉED KALE
JACKFRUIT STEW
PUDIM DE DOCE DE LEITE
WATERMELON

21
CABBAGE
CUCUMBER WITH MINT
MIXED VEGETABLES
MINCED BEEF
CHICKEN FILLET
ZUCCHINI ROLLS
WITH CHEESE
GNOCCHI WITH TOMATO SAUCE
BROCCOLI
FRUIT SALAD
BANANA

22
WHITE BEANS
CHERRY TOMATOES WITH
MOZZARELLA AND BASIL
FILET MIGNON STRIPS
ST PETER F WITH HERB
SAUCE
CARROT KIBE
MASHED PARSNIP
COLLARD GREENS
APPLE
MANGO

23
CHICKPEAS
VEGETABLE SALPICÃO
ESCAROLE
CHICKEN PARMIGIANA
ROAST BEEF
QUINOA
BOILED CASSAVA
GREEN RICE
ORANGE MELON
THOMPSON GRAPES

24
POTATOES
WITH OLIVE OIL AND HERBS
ROCKET WITH MANGO
SUNOMONO
BEEF WITH MUSHROOM SAUCE
CRISPY ST PETER
CREAMED SPINACH
MIXED VEGETABLES
RICE DUMPLINGS WITH
LENTILS
WATERMELON
MELON

SPECIAL MENU

28
GRATED CARROTS
HEARTS OF PALM
RED CABBAGE WITH ORANGE
ROASTED RUMP CAP
CHICKEN DRUMETTES
CORN
CAULIFLOWER AU GRATIN
AUBERGINE KIBE
WATERMELON
PINEAPPLE

29
WHOLE WHEAT GRAINS
CUCUMBER
QUAIL EGGS
CRISPY ST PETER
BEEF STRIPS
PASTA WITH PARMESAN SAUCE
SAUTÉED SPINACH
BAKED PEA PATTIES
APPLE
FRUIT SALAD

30
CAPRESE SALAD
SUNOMONO
BLACK-EYED PEAS WITH
VINAIGRETTE
ROASTED CHICKEN
GRILLED FILET MIGNON
MASHED "MANDIOQUINHA"
SAUTÉED BROCCOLI
STIR-FRIED SOYA WITH TOFU
CRIMSON GRAPES
PAPAYA

Lettuce, tomato, white and brown rice, and beans daily.
Sugar free juice and flavored water.



Almoço

Setembro/ 2026

SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

31
ERVILHA
PEPINO JAPONÊS
RICOTA COM TOMATE
CEREJA
MAMINHA ASSADA
FRANGO CREMOSO
TOMATE RECHEADO C/
QUINOA
BATATA BOLINHA ASSADA
BRÓCOLIS
MELANCIA
DUETO DE UVA

01
ARROZ NEGRO
CENOURA RALADA
ESCAROLA
ST PETER CROCANTE
CARNE MOÍDA REFOGADA
ESPAGUETE DE
ABOBRINHA COM
PROTEÍNA DE SOJA
PENNE AO POMODORO
CHUCHU COM PARMESÃO
LARANJA
MAÇA VERDE

02
SOJA
BETERRABA RALADA
RUCULA
ISCAS DE CARNE
FILÉ DE FRANGO GRELHADO
LENTILHA
PURÉ DE MANDIOQUINHA
ABÓBORA COM SALSÁ
ABACAXI
UVA THOMPSON

03
TABULE
AZEITONA VERDE C/ TOMATE
CEREJA
CHUCHU
PEIXE AO MOLHO DE MOQUECA
PICANHA GRELHADA
MOQUECA DE OVO
FAROFA DE BANANA
COUVE REFOGADA
MANGA
MAÇA

04
CENOURA RALADA
BETERRA COZIDA
OVO DE CODORNA
FILE DE FRANGO EMPANADO
BIFE GRELHADO
BOLINHO DE ERVILHA
ESPINAFRE REFOGADO
CREME DE MILHO
BANOFFEE
UVA VITORIA

07
FERIADO

08
SOJA COM PASSAS
VINAGRETE
BETERRABA RALADA
MAMINHA
DRUMET
GRÃO DE BICO AO PESTO
COUVE FLOR
FAROFA
MAMÃO
UVA CRIMSON

09
LENTILHA COM CEBOLA
CARMELIZADA
BIFUN COM CENOURA RALADA
MUSSARELA C/ MANJERICÃO
ISCAS DE CARNE
ST PETER AO MOLHO DE
LIMÃO
PROTEÍNA DE SOJA REFOGADA
BATATA CORADA
BRÓCOLIS
MELÃO
SALADA DE FRUTAS

10
ABOBRINHA
CENOURA BABY
SALADA WALDORF
FILÉ DE FRANGO EMPANADO
FILÉ MIGNON GRELHADO
QUIBE DE ABÓBORA
CREME DE ESPINAFRE
ABÓBORA AO ALECRIM
MELANCIA
MAÇA VERDE

11
CEBOLA ROXA CURTIDA
SELETA DE LEGUMES
PEPINO C/ HORTELÃ
ALMONDEGAAO SUGO
ST PETER GRELHADO
ALMONDEGA DE LENTILHA
ESPAGUETE AO SUGO
CENOURA SAUTÉ
BRIGADEIRO
UVA THOMPSON

14
LENTILHA
SALADA GREGA
CENOURA RALADA
STROGONOFF DE CARNE
FILÉ DE FRANGO
STROGONOFF DE GRÃO DE
BICO
BATATA PALHA
ERVILHA
ABACAXI
MAÇA

15
MILHO
VINAGRETE
BETERRABA RALADA
MAMINHA ASSADA
FILÉ DE ST PETER AO MOLHO DE
LIMÃO
BATATA RECHEADA COM
PROTEÍNA DE SOJA E QUEIJO
FAROFA DE BANANA
ABOBRINHA REFOGADA
MANGA
UVA VITORIA

16
CEVADINHA
BERINJELA CURTIDA
PEPINO
BIFE GRELHADO
FILÉ DE COXA ASSADO
PROTEÍNA DE SOJA AO SUGO
CONCHILIONE DE QUEIJO
BRÓCOLIS REFOGADO
MELÃO ORANGE
BANANA

17
FEIJÃO FRADINHO
ACELGA COM MANGA
MOZZARELLA DE BÚFALA C/
MANJERICÃO
PICANHA GRELHADA
ST PETER ASSADO
QUICHE DE GRÃO DE BICO
ARROZ BIRO BIRO
PANACHÉ DE LEGUMES
CUP DE FRUTAS
UVA CRIMSON

18
CUSCUZ MARROQUINO
BRÓCOLIS
CENOURA RALADA
CARNE LOUCA
FILÉ DE FRANGO
GRELHADO
JACA LOUCA
PURÉ DE BATATAS
COUVE REFOGADA
PUDIM COM CALDA DE
CARAMELO
MAÇA VERDE

21
REPOLHO
PEPINO COM HORTELÃ
JARDINEIRA DE LEGUMES
CARNE MOÍDA
FILE DE FRANGO
ROLÉ DE BERINJELA
COM QUEIJO
NHOQUE AO SUGO
BRÓCOLIS
MAMÃO
MAÇA

22
FEIJÃO BRANCO
GRAVATINHA COM TOMATE
CEREJA
BETERRABA RALADA
FILÉ MIGNON GRELHADO
ST PETER AO MOLHO DE
ERVAS
QUIBE DE CENOURA
PURÉ DE MANDIOQUINHA
COUVE DE MANTEIGA
MELANCIA
DUETO DE UVA

23
GRÃO DE BICO
SALPICÃO DE LEGUMES
CENOURA RALADA
FRANGO À PARMEGIANA
CARNE ASSADA
TORTA DE QUINOA
MANDIOCA COZIDA
ARROZ VERDE
LARANJA
MAÇA VERDE

24
BATATA BOLINHA AO
AZEITE E ERVAS
RÚCULA C/ MANGA
OVO DE CODORNA
ISCAS DE CARNE AO
CHAMPIGNON
ST PETER CROCANTE
BOLINHO DE ARROZ C/
LENTILHA
CREME DE ESPINAFRE
PANACHÉ DE LEGUMES
ABACAXI
UVA THOMPSON

MENU ESPECIAL

28
CENOURA RALADA
PALMITO
REPOLHO ROXO C/ LARANJA
MAMINHA ASSADA
DRUMET
QUIBE DE BERINJELA
MILHO
COUVE FLOR GRATINADA
MELÃO
ABACAXI

29
TRIGO EM GRÃOS
PEPINO
OVO DE CODORNA
ST PETER CROCANTE
ISCA DE CARNE
BOLINHO ASSADO DE ERVILHA
MACARRÃO PARISIENSE
ESPINAFRE SAUTÉ
CUP DE FRUTAS
MAÇA

30
SALADA CAPRESE
SUNOMONO
FEIJÃO FRADINHO
SALMÃO ASSADO
BIFE GRELHADO
PURÉ DE MANDIOQUINHA
BRÓCOLIS SAUTE
SALTEADO DE TOFU COM
PROTEÍNA DE SOJA
MAMÃO
UVA CRIMSON

Alface, tomate, arroz branco e integral e feijão diariamente.
Suco sem adição de açúcar e água saborizada.