

Lunch

September/ 2026



MONDAY

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

TUESDAY

01
BLACK RICE
GRATED CARROTS
ESCAROLE
CRISPY ST PETER
BRAISED MINCED BEEF
PENNE WITH TOMATO SAUCE
CHAYOTE WITH PARMESAN
BRAISED SOYA PROTEIN
GREEN APPLE
ORANGE

WEDNESDAY

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

THURSDAY

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

FRIDAY

04
CARROTS
BOILED BEETS
QUAIL EGGS
BREADED CHICKEN FILLET
GRILLED STEAK
SAUTÉED SPINACH
CREAMED CORN
CHICKPEAS
BANOFFEE
GRAPES

HOLIDAY

08
SOYA WITH RAISINS
VINAIGRETTE
GRATED BEETROOT
RUMP CAP
CHICKEN DRUMETTES
CHICKPEAS WITH PESTO
CAULIFLOWER
FAROFA
PAPAYA
GRAPES

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
MELON
FRUIT SALAD

10
ZUCCHINE
BABY CARROTS
WALDORF SALAD
BREADED CHICKEN FILET
GRILLED FILET MIGNON
PUMPKIN KIBBEH
CREAMED SPINACH
BRAISED PUMPKIN
MELON
GREEN APPLE

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

14
LENTILS
GREEK SALAD
GRATED CARROT
BEEF STROGANOFF
CHICKEN FILLET
CHICKPEA STROGANOFF
SHOESTRING POTATOES
PEAS
APPLE
PINEAPPLE

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

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

17
BLACK-EYED PEAS
CHINESE CABBAGE WITH
MANGO
BUFFALO MOZZARELLA WITH
BASIL
GRILLED RUMP STEAK
BAKED ST PETER
LENTILS
CHICKPEA QUICHE
BIRO BIRO RICE
MIXED VEGETABLES
FRUIT SALAD
GRAPES

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
APPLE

21
CABBAGE
CUCUMBER WITH MINT
MIXED VEGETABLES
MINCED BEEF
CHICKEN FILLET
ZUCCHINI ROLLS
WITH CHEESE
GNOCCHI WITH TOMATO SAUCE
BROCCOLI
PAPAYA
APPLE

22
WHITE BEANS
CHERRY TOMATOES WITH
MOZZARELLA AND BASIL SALAD
FILET MIGNON STRIPS
ST PETER F WITH HERB SAUCE
CARROT KIBBEH
MASHED PARSNIP
COLLARD GREENS
WATERMELON
GRAPES

23
CHICKPEAS
VEGETABLE SALPICÃO
GRATED CARROTS
CHICKEN PARMIGIANA
ROAST BEEF
QUINOA PIE
BOILED CASSAVA
GREEN RICE
ORANGE
GREEN APPLE

24
POTATOES
WITH OLIVE OIL AND HERBS
ROCKET WITH MANGO
QUAIL EGGS
BEEF WITH MUSHROOM
SAUCE
CRISPY ST PETER
CREAMED SPINACH
MIXED VEGETABLES
RICE AND LENTIL DUMPLINGS
PINEAPPLE
THOMPSON GRAPES

MADD

28
GRATED CARROTS
HEARTS OF PALM
RED CABBAGE WITH ORANGE
ROASTED RUMP CAP
CHICKEN DRUMETTES
CORN
CAULIFLOWER AU GRATIN
AUBERGINE KIBBEH
CANTALOUPE
GRAPES

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

30
CAPRESE SALAD
SUNOMONO
BLACK-EYED PEAS WITH
VINAIGRETTE
BRAISED SALMON
GRILLED STEAK
MASHED "MANDIOQUINHA"
SAUTÉED BROCCOLI
STIR-FRIED SOYA WITH TOFU
PAPAYA
GRAPES

Lettuce and tomato at every lunch
Juice sugar free



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 SALSA
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
CAREMELIZADA
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
ALMÔNDEGA AO SUGO
ST PETER GRELHADO
ALMÔNDEGA 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
CONCHIGLIONE 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
CUSCUIZ 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

25
MADD

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

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
BANANA

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

Alface e tomate em todos os almoços
Sucos sem adição de açúcar