THE BRITISH COLLEGE OF BRAZIL
A NORD ANGLIA EDUCATION SCHOOL

Lunch

November 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
CATEGORY	**02/11/2026**	**03/11/2026**	**04/11/2026**	**05/11/2026**	**06/11/2026**
MAIN COURSE	—	GROUND BEEF WITH POTATOES	BEEF STROGANOFF	TERIYAKI CHICKEN	**FEIJÃO PRETO** PORK COLLAR WITH ONIONS
VEGETARIAN DISH	—	TEXTURED SOY PROTEIN WITH VEGETABLES	VEGETARIAN STROGANOFF	TERIYAKI VEGETABLES	PUMPKIN PIE
SIDE DISH	—	ITALIAN-STYLE ZUCCHINI CORN CREAM	SHOESTRING POTATOES SAUTÉED CARROTS AND GREEN BEANS	Sautéed Vegetables Mashed Parsnip	BROCCOLI WITH GARLIC AND OIL SPAGHETTI WITH TOMATO SAUCE
LEAFY SALAD	—	WHITE CABBAGE	GREEN AND CURLY LETTUCE	CHARD	ESCAROLE
TOMATO SALAD	—	HALF-MOON TOMATO	CHERRY TOMATO	SLICED TOMATO	TOMATO
MISCELLANEOUS SALAD	—	BABY POTATOES IN VINAIGRETTE	Grated Carrots	SUNOMONO CUCUMBER	CHICKPEA
HOUSE-MADE SAUCE	—	HERB SAUCE	LEMON SAUCE	PARMESAN SAUCE	BALSAMIC SAUCE
DESSERT (FRUIT / SWEET)	—	WATERMELON	ORANGE	GRAPE	BANOFFE APPLE
BEVERAGE (NATURAL / PULP)	—	MANGO	TANGERINE	PINEAPPLE	ACEROLA

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CATEGORY	**09/11/2026**	**10/11/2026**	**11/11/2026**	**12/11/2026**	**13/11/2026**
MAIN COURSE	OVEN-BAKED FISH	STEAK CASSEROLE	CHICKEN FILLET WITH WHITE SAUCE	ROASTED BEEF ROUND WITH RÔTI SAUCE	BREADED CHICKEN STRIPS
VEGETARIAN DISH	VEGETARIAN PIRÃO	CHINESE-STYLE VEGETABLES	VEGETARIAN COUSCOUS	VEGETARIAN BOBO	CHICKPEA BURGER
SIDE DISH	CHAYOTE AND CARROTS SAUTÉED SWISS CHARD	ITALIAN EGGPLANT POTATO BALLS	BROCCOLI SPRING PASTA	POLENTA SAUTÉED GREEN BEANS	SHARI RICE SAUTÉED SWISS CHARD
LEAFY SALAD	WHITE CABBAGE	ARUGULA	GREEN LEAVES	COLLARD GREENS WITH ORANGE	MUSAENGCHAE
TOMATO SALAD	HALF-MOON TOMATOES	SLICED TOMATOES	CHERRY TOMATO	TOMATO	SLICED TOMATOES
MISCELLANEOUS SALAD	GRATED BEETROOT	VEGETABLE MAYONNAISE	CORN	COOKED CASSAVA	Sunomono Cucumber Salad
HOUSE-MADE SAUCE	Milk Mayonnaise	Beetroot Sauce	Beetroot Ketchup	Honey Mustard Sauce	TARE SAUCE
DESSERT (FRUIT / SWEET)	APPLE	PEAR	MELON	PAPAYA	BANANA HAWAIIAN COCONUT PUDDING
BEVERAGE (NATURAL / PULP)	Mango Pulp	Pineapple Pulp	Guava Pulp	Grape Pulp	PINEAPPLE AND COCONUT JUICE

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CATEGORY	**16/11/2026**	**17/11/2026**	**18/11/2026**	**19/11/2026**	**20/11/2026**
MAIN COURSE	CHICKEN FRICASSEE	STEAK IN MADEIRA SAUCE	BEEF AND CHICKEN YAKISOBA	ROAST BEEF WITH MUSHROOMS	-
VEGETARIAN DISH	VEGETABLE FRICASSEE	ZUCCHINI STUFFED WITH RICOTTA	VEGETARIAN YAKISOBA	TEXTURED SOY PROTEIN WITH VEGETABLES	-
SIDE DISH	STEAMED CARROTS SAUTÉED CHARD	Sautéed chayote squash Cauliflower	SAUTÉED CABBAGE ITALIAN ZUCCHINI	PASTA WITH GARLIC AND OIL ITALIAN-STYLE EGGPLANT	-
LEAFY SALAD	WATERCRESS WITH MANGO	MIX OF LETTUCES	BICOLOR CABBAGE	CHARD	-
TOMATO SALAD	TOMATO	TOMATO	TOMATO	TOMATO	
MISCELLANEOUS SALAD	GRATED CARROT	APPLE TABBOULEH	ROASTED VEGETABLES	DRIED PUMPKIN CARPACCIO	-
HOUSE-MADE SAUCE	PARMESAN SAUCE	PESTO SAUCE	MUSTARD AND HONEY SAUCE	BALSAMIC SAUCE	-
DESSERT (FRUIT / SWEET)	PEAR	PAPAYA	WATERMELON	BANANA WHITE CHOCOLATE	-
BEVERAGE (NATURAL / PULP)	GUAVA	ORANGE	STRAWBERRY	GRAPE	-

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CATEGORY	**23/11/2026**	**24/11/2026**	**25/11/2026**	**26/11/2026**	**27/11/2026**
		BLACK BEANS			
MAIN COURSE	PORK LOIN WITH CITRUS FRUIT SAUCE	CHICKEN FILLET WITH HERB SAUCE	DICED BEEF	ROAST CHICKEN WITH POTATOES	SHREDDED BEEF
VEGETARIAN DISH	PUMPKIN KIBBEH WITH CHEESE	CASSAVA AND HEARTS OF PALM CASSEROLE	EGGPLANT STUFFED WITH CHEESE	EGGPLANT KIBBEH	VEGETARIAN BURGER
SIDE DISH	CARROT STICKS SAUTÉED SWISS CHARD	PASTA WITH GARLIC AND OLIVE OIL ESCAROLE	SAUTÉED COLLARD GREENS FAROFA	SAUTÉED PUMPKIN SPINACH CREAM	SAUTÉED CABBAGE RUSTIC POTATOES
LEAFY SALAD	WHITE CABBAGE	GREEN AND CURLY LETTUCE	SWISS CHARD	ESCAROLE	MIXED LETTUCE
TOMATO SALAD	TOMATE	TOMATE	CHERRY TOMATO	TOMATE	TOMATE
MISCELLANEOUS SALAD	QUAIL EGG	SAUTÉED CHAYOTE	MOROCCAN COUSCOUS	WHEAT GRAINS	BROCCOLI
HOUSE-MADE SAUCE	PASSION FRUIT AND MUSTARD SAUCE	FINE HERB SAUCE	LEMON SAUCE	BEETROOT SAUCE	HONEY MUSTARD SUACE
DESSERT (FRUIT / SWEET)	WATERMELON	PEAR	ORANGE	MELON	APPLE BANANA SWEET
BEVERAGE (NATURAL / PULP)	GUAVA	MANGO	TANGERINE	GRAPE	ORANGE

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	Monday	Tuesday	Wednesday	Thursday	Friday
CATEGORY	30/11/2026				
MAIN COURSE	GROUND BEEF WITH VEGETABLES				
VEGETARIAN DISH	TVP Meatball				
SIDE DISH	ITALIAN-STYLE ZUCCHINI SAUTÉED CABBAGE				
LEAFY SALAD	WHITE CABBAGE				
TOMATO SALAD	TOMATO				
MISCELLANEOUS SALAD	CUCUMBER				
HOUSE-MADE SAUCE	Beetroot Ketchup				
DESSERT (FRUIT / SWEET)	APPLE				
BEVERAGE (NATURAL / PULP)	STRAWBERRY				

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NOVEMBER 2026

Morning	Monday	Tuesday	Wednesday	Thursday	Friday
	02/11/2026	03/11/2026	04/11/2026	05/11/2026	06/11/2026
SNACK	-	CHEESE BREAD	HOMEMADE MARBLE CAKE	MINI FRENCH ROLL WITH CREAM CHEESE	MINI CHICKEN ESFIHA
FRUIT	-	WATERMELON	APPLE	PAPAYA	FRUIT SALAD

Afternoon	Monday	Tuesday	Wednesday	Thursday	Friday
	02/11/2026	03/11/2026	04/11/2026	05/11/2026	06/11/2026
BEVERAGE	—	PULP JUICE	PULP JUICE	PULP JUICE	PULP JUICE
SNACK	—	MINI MILK BREAD ROLLS WITH CHICKEN PÂTÉ	MINI CHEESE PIZZA	MINI BANANA PANCAKE	SMILEY POTATOES AND MOZZARELLA CHEESE

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NOVEMBER 2026

Morning	Monday	Tuesday	Wednesday	Thursday	Friday
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SNACK	MILK BREAD AND CHEESE SPREAD WITH CARROT	POTATO BREAD WITH CREAM CHEESE	HOMEMADE CARROT CAKE WITH CHOCOLATE CHIPS	CHEESE CHIP	WAFFLE WITH CHOCOLATE SAUCE
FRUIT	GRAPE	PAPAYA	BANANA	MELON	APPLE
Afternoon	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	09/11/2026	10/11/2026	11/11/2026	12/11/2026	13/11/2026
BEVERAGE	PULP JUICE	PULP JUICE	PULP JUICE	PULP JUICE	PULP JUICE
SNACK	MINI CHEESE BREAD	WAFFLE WITH HONEY	MINI BEEF ESFIHA	FRENCH BREAD WITH CREAM CHEESE	MINI CHICKEN ESFIHA

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SNACK	MEAT ESFIHA	MINI CARROT BREAD WITH CHEESE	HOMEMADE POWDERED MILK CAKE	CHEESE BREAD	—
FRUIT	WATERMELON	GRAPE	APPLE	PINEAPPLE	—
					—
Afternoon	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	16/11/2026	17/11/2026	18/11/2026	19/11/2026	20/11/2026
BEVERAGE	PULP JUICE	PULP JUICE	PULP JUICE	PULP JUICE	—
SNACK	CHEESE CHIPA	TAPIOCA CUBES	MINI POTATO BREAD WITH CHICKEN	MINI MILK BREAD WITH TUNA PÂTÉ	—

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SNACK	WAFFLE	MINI BAKED MEAT PIE	BEET CAKE	FRENCH BREAD WITH CHEESE	CHEESE BREAD
FRUIT	BANANA	WATERMELON	MELON	GRAPE	APPLE
Afternoon	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	23/11/2026	24/11/2026	25/11/2026	26/11/2026	27/11/2026
BEVERAGE	PULP JUICE	PULP JUICE	PULP JUICE	PULP JUICE	PULP JUICE
SNACK	TOAST WITH HONEY	CHEESE BREAD	BOILED CORN	COOKIE	LITTLE BREAD ROLL WITH CREAM CHEESE

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NOVEMBER 2026

Morning	Monday	Tuesday	Wednesday	Thursday	Friday
	30/11/2026				
SNACK	MINI BAKED MEAT PASTRY				
FRUIT	MELON				
Afternoon	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	30/11/2026				
BEVERAGE	PULP JUICE				
SNACK	MINI CHICKEN ESFIHA				