

LUNCH MENU | MARCH



MARCH / 24

1

Salad I					Bicolour cabbage
Salad II					Tomato
Salad III					White beans with purple onion
Main Course*					Milagnese fish with ranch sauce
Vegetarian Dish					Milagnese eggplant
Side Dish I					Greek-style rice
Side Dish II					Vegetables moqueca
Rice I**					White
Rice II**					Whole grain
Beans					Carioca
Juice***					Grape
Dessert****					Coconut creamy "brigadeiro"

MARCH / 24

4

5

6

7

8

Salad I	Crispy lettuce with orange	Purple lettuce	Leaf mix	Leaf mix	Iceberg lettuce
Salad II	Tomato with basil	Caponata	Grilled string bean	Spring salad	Vinnaigrette
Salad III	Shredded beets with ricotta	Beans with tuna	Tomato with oregano	Soy with pear	Cucumber with fennel
Main Course*	Curry chicken	Pork rump steak with barbecue sauce	Grilled steak	Chicken fillet with dark sauce	Beef, carrot and potato stew
Vegetarian Dish	Lentil roast with creamy herbs sauce	Zucchini au gratin	Palm heart "bobó"	Soy protein meatballs	Spinach and cheese shepherd's pie
Side Dish I	Rustic cassava and sweet potato	Vegetables farofa	Steamed endive	Mac and cheese	Ratatouille
Side Dish II	Cauliflower with garlic and small tomato	Grilled chard with paprika	Baked french fries	Sautéed chayote	Braised cabbage
Rice I**	White	White	White	White	White
Rice II**	Whole grain	Whole grain	Whole grain	Whole grain	Whole grain
Beans	Carioca	Carioca	Black	Carioca	Carioca
Juice***	Tangerine	Lime	Orange and acerola	Mango	Pineapple
Dessert****	Fruit salad with yogurt	Mango cream with ginger	Sweet corn dessert	Tangerine gelatin	Bread pudding



* We do not use any type of processed or embedded meat.



**Seasoned with natural ingredients (Onion, Garlic and Assorted Herbs).



***Pulp Juice without sugar or sweetened with no processed sugar (demerara). (optional)



****Desserts not industrialized and mostly prepared with natural ingredients. Natural jelly with pieces of fruit and/or syrup. (except Fridays, breaks from routine).



Our preparations are all baked, none of our dishes are fried.



We are proud of being a nuts free school.



THE BRITISH
COLLEGE
OF BRAZIL

A NORD ANGLIA EDUCATION SCHOOL

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MARCH / 24	11	12	13	14	15 Routine break
Salad I	Lettuce and purple cabbage	Iceberg lettuce	Chicory	Lettuce and arugula	Bicolour cabbage
Salad II	Tomato	Shredded carrots	Cooked beets	Wheat with olive oil and parsley	Tomato
Salad III	Marroccan couscous	Greek salad	Sunomono	Tomato	Olives, corn and peas
Main Course*	Pork mignon with chimichurri	Milagnese chicken	Baked skirt steak	Grilled chicken thigh fillet	Beef or chicken brazilian crepes
Vegetarian Dish	Tomato and basil omelet	Mousaka	Pumpkin kibbeh with mint sauce	Soy protein with mushroom	Vegetable crepe
Side Dish I	Plantain 'virado'	Corn cream	Braised leaf mix	Penne with tomato sauce	Carrot sticks with thyme
Side Dish II	Braised kale	Garlic and oil spinach	Aligot	Steamed broccoli	Grilled chard
Rice I**	White	White	White	White	White
Rice II**	Whole grain	Whole grain	Whole grain	Whole grain	Whole grain
Beans	Carioca	Black	Carioca	Carioca	Carioca
Juice***	Strawberry	Acerola	Graviola	Orange	Guava
Dessert****	Fruit salad with yogurt	Lime gelatin	Grape "sagu"	Apple preserve	Brigadeiro crepe

MARCH / 24	18	19	20	21	22 ITALIAN EVENT
Salad I	Crispy lettuce	Leaf mix	Crispy lettuce	Iceberg lettuce	Leaf mix
Salad II	Moyashi with kani	Tabbouleh	Tomato	Shredded carrots	Panzanella
Salad III	Tomato	Rustic beets	Mango ceviche	Potato and mayo salad	Fennel with mustard and oregano
Main Course*	Chicken stroganoff	Hump steak	Pork sirloin with lemon sauce	Chicken fillet with sauce	Polpetone with tomato sauce
Vegetarian Dish	Baked omelet	Soy protein stuffed bell pepper	Eggplant and quinoa burger	Onion soufflé	Cooked cornmeal with funghi
Side Dish I	Chips (potato)	Cauliflower au gratin	Rich farofa	Zucchini with leek	Carbonara spagetthi
Side Dish II	String beans with roasted carrots	Braised endive	Corn and peas with butter	Cabbage with soy sauce	Sautéed broccoli
Rice I**	White	White	White	White	White
Rice II**	Whole grain	Whole grain	Whole grain	Whole grain	Whole grain
Beans	Carioca	Carioca	Carioca	Black	Carioca
Juice***	Cupuaçu	Lime	Pineapple with mint	Mango	Grape
Dessert****	Fruit salad with yogurt	Pumpkin candy with coconut	Coconut pudding	Peach gelatin	Panacotta with red berries syrup



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MARCH / 24	25	26	27	28	29
Salad I	Leaf mix	Iceberg lettuce	Lettuce and arugula	Lettuce	HOLIDAY
Salad II	Tomato	Shredded beets with spring onion	Tomato	Sweet potato with curry	
Salad III	Seasoned lentil	Cucumber sticks	Chayote with lime and parsley	Tomato with oregano	
Main Course*	Pork rump steak with cane molasses	Chicken fillet with cheese, tomato and oregano	Steak with madeira sauce	Baked chicken thigh fillet	
Vegetarian Dish	Chickpea stroganoff	White beans with mushroom mix	Parmesan rice pie	Soy protey 'charuto'	
Side Dish I	Rustic potato	Carrot and eggs 'virado'	Cassava purée	Farfalle pasta with tomato sauce and basil	
Side Dish ii	Garlic and oil kale	Chard with sun dried tomato	Steamed spinach	Pumpkin with herbs and mustard	
Rice I**	White	White	White	White	
Rice II**	Whole grain	Whole grain	Whole grain	Whole grain	
Beans	Carioca	Carioca	Black	Carioca	
Juice***	Tangerine	Guava	Lime and melon	Acerola	
Dessert****	Fruit salad with yougurt	Cherry gelatin	'Banana imperial'	Yam danoninho	



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