

LUNCH MENU | APRIL



APRIL / 24

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Salad I	Chard with carrots	Lettuce and arugula	Lettuce	Leaf mix	Lettuce
Salad II	Tomato	Grilled zucchini	Tomato with basil	Cucumber with celery	White beans with purple onion
Salad III	Waldorf	Tabbouleh	Cooked beets	Moroccan couscous	Potato and tuna
Main Course*	Chicken fillet with lime sauce	Pork loin with bittersweet sauce	Grilled meat with grape tomatoes	Chicken fillet with onions	Breaded fish
Vegetarian Dish	Soy protein with vinaigrette	Cauliflower "bobó"	Omelet with cheese, basil and tomatoes	Vegetables au gratin	Breaded eggplant
Side Dish I	Broccoli with garlic and oil	Platain "virado"	String beans and corn	Farfale with Parisian sauce	Panache with butter
Side Dish II	Rustic potatoes with rosemary	Endive with bell pepper	Chicken soup	Roasted pumpkin	Steamed spinach
Rice I**	White	White	White	White	White
Rice II**	Whole grain	Whole grain	Whole grain	Whole grain	Whole grain
Beans	Black	Carioca	Carioca	Carioca	Carioca
Juice***	Strawberry	Pineapple	Orange	Guava	Graviola
Dessert****	Fruit salad with yogurt	Apple cream with cinnamon	Dulce de leche truffle	Grape gelatin	Vanilla flan with caramel syrup

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Routine break

Salad I	Cabbage with pineapple	Crispy lettuce	Plain lettuce	Iceberg lettuce	Lettuce
Salad II	Sliced tomato	Chayote with spring onions	Caponata	Cold cuts salpicão	Tomato
Salad III	Grilled string beans with ginger	Moyashi with kani	Shredded beets with orange and mint	Tomato with basil	Purple onion and cucumber relish
Main Course*	Chicken fricassee	Pork sirloin with passion fruit sauce	Diced chicken with potato cream	Roasted meat with roti sauce	Kebab (greek barbecue)
Vegetarian Dish	Plam heart fricassee	Parmesan omelet	Vegetarian Baião de dois	Chickpea roast	Seasoned soy protein
Side Dish I	Kale "à mineira"	Grilled cabbage	Zucchini with leek	Pasta with smoked sausage sauce	Pita bread/baguette
Side Dish II	Rustic carrots with paprika and garlic	Eggs farofa	Beans and pasta soup	Grilled chard with soy sauce	Grilled bell peppers and onions / baked fries
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	Mango	Acerola	Cupuaçu	Lime and mint
Dessert****	Fruit salad with yogurt	Pineapple gelatin	Lime mousse	Caramelized banana	Creamy ice cream with syrup

 * 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

LUNCH MENU | APRIL



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Salad I	Crispy lettuce	Lettuce and croutons	Bicolour cabbage with raisins	Leaf mix
Salad II	Tomato with leek	Shredded beets with pineapple	Sliced tomato	Grape tomato with basil
Salad III	Lentil with curry caramelized onions	Black Eyed Peas with tuna	Sunomono	Shredded carrots
Main Course*	Chicken fillet with herb sauce	Pork sirloin cup au limone	Chicken with cheese, tomato sauce and oregano	Baked meat with chimichurri
Vegetarian Dish	Two cheese pie	Palm heart moqueca	Breaded eggplant	Vegan stew
Side Dish I	Creamy corn meal au gratin	Vegetables panache	Mashed potato	Fusilli with lemon sauce
Side Dish II	Baked chayote	Chard with dried tomato	Minestrone soup	Grilled zucchini
Rice I**	White	White	White	White
Rice II**	Whole grain	Whole grain	Whole grain	Whole grain
Beans	Carioca	Carioca	Carioca	Carioca
Juice***	Pineapple with mint	Strawberry	Mango	Guava
Dessert****	Fruit salad with yogurt	English cream with fruits of the season	Grape bonbon with chocolate shavings	Strawberry gelatin

Only snacks will be served on this day

APRIL / 24





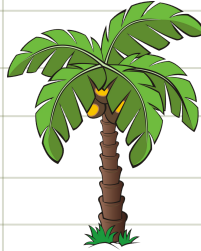
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Salad I					
Salad II					
Salad III					
Main Course*					
Vegetarian Dish					
Side Dish I					
Side Dish II					
Rice I**					
Rice II**					
Beans					
Juice***					
Dessert****					



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Salad I	Iceberg lettuce with mango	Plain lettuce			
Salad II	Tomato with leek	Laminated tomato			
Salad III	Rustic beets	Colourful pasta			
Main Course*	Chicken stroganoff	Baked pork mignon with bittersweet sauce			
Vegetarian Dish	Stuffed eggplant with ricotta and tomato	Peas burger			
Side Dish I	Potato chips	“Tropeiro” Couscous			
Side Dish ii	Grilled cabbage with bell peppers	Steamed broccoli			
Rice I**	White	White			
Rice II**	Whole grain	Whole grain			
Beans	Carioca	Carioca			
Juice***	Mango	Watermelon with lime			
Dessert****	Fruit salad with yougurt	Raspberry gelatin			



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