

# LUNCH MENU | JUNE



JUNE / 24

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Salad I	Bicolour cabbage	Crispy lettuce with cherry tomatoes	Lettuce with arugula	Lettuce mix	Iceberg lettuce
Salad II	Tomato with leek	Rustic beets	Tomato with basil	Bean sprouts with kani and cucumber	White beans with spring onions
Salad III	Cucumber with mango	Soy with pear	Grains with vinaigrette	Sliced tomatoes	Seasoned potatoes
Main Course*	Chicken stroganoff	Steak with garlic	Grilled pork rump steak with mint sauce	Baked chicken thigh fillet	Breaded fish
Vegetarian Dish	Soy protein au vinaigrette	Chickpea and palm heart "bobó"	Lentil kibbeh with caramelized onions	Vegetables mussaka	Chayote au gratin
Side Dish I	Chicken with vegetables country soup	Cassava purée	Kale "virado"	Pomodoro pasta	Rustic vegetables
Side Dish II	Shoestring potato	Grilled spinach and chard	Minestrone soup	Grilled zucchini with curry	Grilled cabbage with soy sauce
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 with blackberry	Orange	Mango	Watermelon with lime	Graviola
Dessert****	Fruit salad with yogurt	Yam "danoninho" and strawberry	Milk flan with plum syrup	Pineapple gelatin	Creamy strawberry brigadeiro

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Salad I	Chard with purple grape	Leaf mix	Lettuce with watercress and cherry tomatoes	Iceberg lettuce	Lettuce and beets
Salad II	Sliced tomatoes	Chayote with spring onions and curry	Camponesa	Tabbouleh	Tomato
Salad III	Caramelized sweet potatoes	Tomato	Shredded beets with spring onions	Shredded carrots with raisin	Black Eyed Peas with herbs and cherry tomatoes
Main Course*	Pork sirloin cup with lemon sauce	Milagnese chicken	Bouef bourguignon	Chicken fillet with dark sauce	Steak with onions
Vegetarian Dish	Baked omelet	White beans and champignon mix	Falafel with herbs and olive oil	Soy protein burger	Ricotta pancakes with pomodoro sauce
Side Dish I	Rich farofa	Corn cream	Baked french fries	Garlic and oil fusilli	Rustic potato with rosemary
Side Dish II	Grilled zucchini and carrots with leek	Broccoli with garlic	Pumpkin, ginger, chicken and spring onion soup	Grilled eggplant	Grilled string beans and corn, with paprika
Rice I**	White	White	White	White	White
Rice II**	Whole grain	Whole grain	Whole grain	Whole grain	Whole grain
Beans	Carioca	Carioca	Carioca	Carioca	Carioca
Juice***	Tangerine	Mango	Acerola	Cupuaçu	Strawberry and mint
Dessert****	Fruit salad with yogurt	Strawberry gelatin	Cocoa flan	Caramelized banana	Chinese 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

# LUNCH MENU | JUNE



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June Event

Salad I	Crispy lettuce	Lettuce and croutons	Bicolour cabbage with raisins	Leaf mix	Lettuce with arugula
Salad II	Tomato	Shredded beets with onion	Tomato	Grape tomato with basil	Paulista couscous
Salad III	Lentil with arugula, garlic and lime	Zucchini with pesto sauce	Sunomono	Coleslaw	Vinaigrette
Main Course*	Creamy chicken au gratin	Grilled steak with chimichurri	Pork mignon with herb crust	Grilled chicken with lime sauce	Chicken skewers
Vegetarian Dish	Cooked corn meal au gratin	Ricotta stuffed tomatoes	Couscous with quinoa	Leek quiche	Corn and cheese pie
Side Dish I	Crispy farofa	Piamontese rice	Sweet potato au gratin	Farfalle with arugula and sun dried tomato	Caldo verde soup
Side Dish II	Rustic chayote	Baked carrots and string beans	Cornmeal with spinach and eggs soup	Baked pumpkin with herbs	Dried meat farofa
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***	Graviola	Orange	Mango	Natural fanta (orange, carrot, lime and sparkling water)	Grape
Dessert****	Fruit salad with yogurt	Sagu with passion fruit	Raspberry spumone	Cherry gelatin	Curau (corn dessert)

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Salad I	Leaf mix	Leaf mix	Lettuce with arugula	Iceberg lettuce	Only snacks will be served on this day
Salad II	Colourful pasta	Sliced tomatoes	Caponata	Tomato	
Salad III	Tomato	Quinoa tabbouleh	Cucumber sticks with celery	Frankfurt	
Main Course*	Pork rump steak with dark sauce	Chicken fricassee	Grilled hump steak	Grilled chicken thigh	
Vegetarian Dish	Zucchini with leek	Shimeji and eggplant w/ soy sauce	Omelet with cheese and tomato	Soy protein shepherd's pie	
Side Dish I	Sautéed brocolli	Rustic potatoes	Baked french fries	Spaghetti with tomato sauce	
Side Dish II	Egg farofa	Grilled cabbage with garlic	Cassava with spring onion soup	Grilled corn with paprika	
Rice I**	White	White	White	White	
Rice II**	Whole grain	Whole grain	Whole grain	Whole grain	
Beans	Carioca	Carioca	Black	Carioca	
Juice***	Acerola	Lime with mint	Pineapple	Tangerine	
Dessert****	Papaya cream with sugar cane syrup	Lime gelatin	Chocolate truffle	Apple preserve	



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