

LUNCH MENU | MAY



MAY / 24

1

2

3

Salad I				Iceberg lettuce	Purple lettuce
Salad II				Sliced tomato	Vinaigrette
Salad III				Cucumber with fennel	Wheat grains with purple onion and parsley
Main Course*				Roasted chicken thigh fillet	Milagnese fish
Vegetarian Dish				String beans with shimeji mushroom	Zucchini and carrot spaghetti with tomato sauce
Side Dish I				Fusilli with tomato sauce	Sautéed sweet potato
Side Dish II				Braised endive	Leaf mix with garlic
Rice I**				White	White
Rice II**				Whole grain	Whole grain
Beans				Black	Carioca
Juice***				Grape	Pink lemonade
Dessert****				Papaya cream with yogurt	Passion fruit mousse



MAY / 24

6

7

8

9


10
Routine break

Salad I	Crispy lettuce	Iceberg lettuce	Leaf mix	Purple lettuce	Iceberg lettuce
Salad II	Camponesa	Mango ceviche	Vegetables with leek salpicão	Carrot sticks	Tomato
Salad III	Shredded beets with spring onions	Tomato with rosemary	Pumpkin cubes	Chickpea with tuna	Pickles
Main Course*	Chicken fillet with oatmeal crust	Pork sirloin with barbecue sauce	Chicken with three cheese sauce au gratin	Roasted beef rump	Cheeseburger
Vegetarian Dish	Spanish frittata	Soy protein with palm heart	Chayote with eggs	Tomato with swiss cream	Lentil burger
Side Dish I	Cauliflower au vinaigrette	Fried onions with paprika farofa	Caldo verde soup	Penne with garlic, oil and parmesan	Baked french fries
Side Dish II	Corn cream	Cabbage duo	Grilled chard with shoyu	Grilled zucchini with cornmeal	Burger bun
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***	Tangerine	Graviola	Acerola	Grape	Orange
Dessert****	Fruit salad with yogurt	Pineapple conserve	Strawberry gelatin with heavy cream	Coconut natural yogurt	Creamy brigadeiro

 * 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.



LUNCH MENU | MAY



MAY / 24

13

14

15

16

17

Salad I	Leaf mix	Iceberg lettuce	Leaf mix	Crispy lettuce	Iceberg lettuce
Salad II	Primavera	Seasoned potato	Shredded zucchini	Cooked beets	Tomato
Salad III	Black eyed peas w/ purple onion	Tomato w/ basil	Tomato w/ pesto sauce	Lentil w/ herbs	Cucumber sticks
Main Course*	Chicken cubes with curry	Steak with butter	Baked sirloin	Chicken thigh fillet w/ onion cream	Breaded fish
Vegetarian Dish	Vegetarian stroganoff	Soy protein cabbage rolls w/ pomodoro	Eggplant antipasto w/ pickles	Cauliflower au gratin	Toasted okra
Side Dish I	Baked rice	Carrot and eggs farofa	Cassava w/ parsley	Quibebe	Mashed potatoes
Side Dish II	Grilled endive with soy sauce	Pea cream	Vegetables soup	Bolognese spaghetti	String bean w/ garlic and oil
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***	Mango w/ passion fruit	Pineapple	Tangerine	Lime w/ ginger	Guava
Dessert****	Fruit salad with yogurt	Peach gelatin	Banana slices w/ dulce de leche	Caramelized apple with clove and cinnamon	Cheesecake w/ berries syrup

MAY / 24

20

21

22

23

24

Arabian event

Salad I	Crispy lettuce	Iceberg lettuce	Mix de folhas	Crispy lettuce	Lettuce mix
Salad II	Tomato	Orange ceviche	Vinnaigrete	Tomato	Tabbouleh
Salad III	"Paulista" couscous	Cucumber with parsley	Peas with corn	Grains with olive oil and herbs	Hommus and babaganuche
Main Course*	Grilled chicken fillet	Pork mignon with herb sauce	Steak with cheese and tomato sauce	Milagnese chicken strips	Baked kibbeh
Vegetarian Dish	Broccoli omelet	Zucchini lasagna	Soy protein hamburger	Cauliflower scones	Cheese esfiha
Side Dish I	Grilled chard	Tropeiro beans	Chicken soup	Farfale with garlic and oil	Rice with lentil and vermicelli
Side Dish II	Vegetable panache	Kale with butter	Cabbage with rosemary	Rustic pumpkin	Eggplant with zattar and mint
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 with mint	Grape	Acerola	Graviola	Lime with pineapple
Dessert****	Fruit salad with yogurt	Mango cream	Fruits "gelado"	Cherry gelatin	Coconut flan with cardamom



* 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.



LUNCH MENU | MAY



MAY / 24	27	28	29	30	31
Salad I	Iceberg lettuce	Crispy lettuce	Leaf mix		
Salad II	Tomato with leek	Apple vinaigrette	Tomato		
Salad III	Shredded carrots with lime citrus	Marrocan couscous	Black olives with champignon and peas		
Main Course*	“Caipira” chicken	Sirloin w/ oriental sauce and crispy ginger	Beef stew with potato and carrots		
Vegetarian Dish	Rice pie with parmesan	Soy protein meatballs	Bake omelet		
Side Dish I	Rustic potato	Ratatouille	Rich farofa		
Side Dish ii	Spinach with garlic	Sautéed broccoli	Beans with pasta soup		
Rice I**	White	White	White		
Rice II**	Whole grain	Whole grain	Whole grain		
Beans	Carioca	Carioca	Carioca		
Juice***	Mango with orange	Cupuaçu	Guava		
Dessert****	Fruit salad with yogurt	Lime gelatin	White chocolate “pavê”		



* 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.