

# EMENTA SEMANAL

7 A 11 DE OUTUBRO



ESCOLA  
**AVE MARIA**

BERÇÁRIO, SALA DE 1 ANO

Prato	2ª Feira	3ª Feira	4ª Feira	5ª Feira	6ª Feira
Sopa	Creme de curgete OU Creme de curgete com pescada ou frango	Creme de cenoura OU Creme de cenoura com peru	Creme de repolho OU Creme de repolho com frango ou pescada	Creme de abóbora OU Creme de abóbora com peru	Creme de legumes OU Creme de legumes com frango ou pescada
Prato	<b>1 e 2 anos:</b> Batata com pescada e cenoura	Massa com frango e repolho <b>1 ano:</b> Massa macarrão com carne de vaca, brócolos e couve-flor	Arroz com pescada e feijão- verde	Batata com peru e brócolos <b>1 ano:</b> Perna de peru com couscous e legumes	Massa com pescada e curgete <b>1 ano:</b> Salmão no forno com alecrim, arroz e salada de alface iceberg e pepino
Reforço manhã	Fruta	Fruta	Fruta	Fruta	Fruta
Lanche berçário	Papa láctea <sup>1</sup>	logurte e fruta	Papa láctea <sup>1</sup>	logurte e fruta	Papa láctea <sup>1</sup>
Lanche 1 ano	Papa láctea <sup>1</sup> /leite e pão	logurte com aveia e fruta	Pão com queijo e fruta/leite e pão	logurte e pão	logurte com aveia e fruta

2 ANOS, PRÉ-ESCOLAR, 1º E 2º CICLO

Sopa	Creme de curgete e hortelã	Caldo verde	Creme de repolho	Sopa de ervilhas	Creme de legumes
Prato geral	Arroz com ovo, cogumelos, ervilhas, cenoura e milho	Massa macarrão com carne de vaca	Empadão de atum com arroz	Perna de peru com legumes e <i>couscous</i>	Salmão no forno com alecrim e batata
Prato ovolactovegetariano	Arroz com ovo, cogumelos, ervilhas, cenoura e milho	Macarrão com lentilhas	Empadão de ovo com arroz	Seitan com legumes e <i>couscous</i>	Assado de grão-de-bico com alecrim e batata
Hortícolas	Incorporado no prato	Brócolos e couve-flor	Salada de alface e agrião	Incorporado no prato (beringela, curgete)	Salada de alface iceberg e pepino
Reforço manhã 2, 3 e 4 anos	Fruta	Cenoura	Fruta	Fruta	Fruta
Reforço manhã 5 anos, 1º e 2ºciclo	Fruta e tostas integrais	Fruta e ½ pão	Queijinho e ½ pão	Fruta e tortitas de arroz/milho	Fruta e tostas integrais
Lanche	logurte líquido e pão com queijo	Leite e bolo de maçã <sup>1</sup>	logurte com fruta e cereais <sup>1</sup>	Leite simples e pão com queijo creme	Leite simples e pão com manteiga de amendoim <sup>1</sup>

<sup>1</sup>Sem açúcares adicionados

**Alergénios:** Informe-se junto da nossa equipa. **Sobremesa:** fruta da época descrita diariamente na entrada do colégio.

Revisão 07/08/2024 (6)

Mariana Bessa  
Nutricionista

**NUTRIF**  
CONSULTORIA EM ALIMENTAÇÃO E NUTRIÇÃO

# Weekly Menu

## 7<sup>th</sup> October – 11<sup>th</sup> October



NURSERY AND 1-YEAR OLDS

2-YEAR-OLDS, PRE-SCHOOL, AND PRIMARY SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Courgette soup <b>Or</b> Courgette soup with fish or chicken	Carrot soup <b>Or</b> Carrot soup with turkey	Cabbage soup <b>or</b> Cabbage soup with chicken or fish	Pumpkin soup <b>or</b> Pumpkin soup with turkey	Vegetable soup <b>or</b> Vegetable soup with chicken or fish
<b>Main dish</b>	<b>1 and 2 years old:</b> Potatoes with fish and carrots	Pasta with chicken and cabbage <b>1-year old:</b> Pasta with beef, broccoli and cauliflower	Rice with fish and green beans	Potatoes with turkey and broccoli <b>1-year old:</b> Turkey leg with couscous and vegetables	Pasta with fish and courgette <b>1-year old:</b> Oven-baked salmon with rosemary, rice and iceberg lettuce and cucumber salad
<b>Morning snack</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>Snack – nursery</b>	Instant baby cereal <sup>1</sup>	Yogurt and fruit	Instant baby cereal <sup>1</sup>	Yogurt and fruit	Instant baby cereal <sup>1</sup>
<b>Snack – 1-year old</b>	Instant baby cereal <sup>1</sup> /milk and bread	Yogurt with oats and fruit	Cheese sandwich and fruit/milk and bread	Yogurt and bread	Yogurt with outs and fruit
<b>Soup</b>	Courgette and mint soup	Kale soup	Cabbage soup	Pea soup	Vegetable soup
<b>Main dish</b>	Rice with egg, peas, mushrooms, carrots and corn	Pasta with beef	Tuna pie with rice	Turkey leg with vegetables and couscous	Oven-baked salmon with rosemary and potatoes
<b>Lacto-ovo-vegetarian dish</b>	Rice with egg, peas, mushrooms, carrots and corn	Pasta with lentils	Egg pie with rice	Seitan with vegetables and couscous	Oven-baked chickpeas with rosemary and potatoes
<b>Vegetables</b>	Incorporated in dish	Broccoli and cauliflower	Lettuce and watercress salad	Incorporated in dish (Aubergine, courgette)	Iceberg lettuce and cucumber salad
<b>Morning snack 2, 3 and 4 years old</b>	Fruit	Carrots	Fruit	Fruit	Fruit
<b>Morning snack 5 years old and Primary School</b>	Fruit and wholegrain toasts	Fruit and ½ bread	Cheese and ½ bread	Fruit and rice biscuits	Fruit and wholegrain toasts
<b>Main snack</b>	Yogurt and cheese sandwich	Milk and apple cake <sup>1</sup>	Yogurt with fruit and cereal	Milk and bread with cream cheese	Milk and bread with peanut butter 1

<sup>1</sup>No added sugars.

**Allergens:** For more information, please contact our team. **Dessert:** seasonal fruit displayed daily at the school entrance.

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Mariana Bessa  
Nutricionista

