

Item	Refeição / Hora (Time)	Segunda Feira (Monday)	Terça Feira (Tuesday)	Quarta Feira (Wednesday)	Quinta Feira (Thursday)	Sexta Feira (Friday)
1 semana	Pequeno Almoço / Breakfast 8:30 - 9:00	Bolinhos de leite com chá simples / Muffin low sugar and white tea	Patanisca com cha com leite	Conflakes com leite/cornflakes with warm milk	Muffin low sugar com leite/tea with milk	Pan-cake com sumo/Pancakes with Juice
	Almoço /Lunch 11:00 - 12:00	Soupa de feijão/ Arroz com carne de vaca assada na panela / salada Rice with beef stew and lettuce salad.	Peixe grelhado com batatas e legumes, salada, Frutas / Grilled fish with boiled potato & vegetables. Fruit	Arroz/xima com matapa e fillet de carapau/ Sadza with matapa and mackerel fillet.	Feijoada com arroz de alho Frutas da época / Bean stew with garlic rice. Fruit	sopa cenoura, batata no forno com frango grelado e salada/ Carrot soup, baked potatoes with grilled chicken and coleslaw salad.
	Lanche / Snack 14:00 - 14:30	Sandes de atum com sumo / Tuna Sandwich with juice	Yogurt/Yoghurt	Biscoitos com sumo de fruta / Home baked biscuits fruit juice	Sandes de ovo e maionese / Boiled egg with mayo sandwich	Queque com leite frio / Muffin with cold milk

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2 semana	Pequeno Almoço / Breakfast 8:30 - 9:00	Pão com ovo com cha de Leite / bread with fried eggs and white tea	Patanista com cha com leite	Pao de leite com cha	Muffin low sugar com leite /tea with milk	Sandes de atum ou frango
	Almoço /Lunch 11:00 - 12:00	Soupa defeijao/ Arroz com carne de vaca guisada/ salada de alface/ Rice with beef stew and lettuce salad. Frutas da época	Cadeirada de peixe com arroz de legumes e salada de repoulho. Fish stew, vegetables rice and salad.	Soupa verde, batata no forno com frango grelado e salada/ green soup, baked potatoes with grilled chicken and coleslaw salada.	Soupa de abobora , Massa esparguente com vegetais e bifeinhos / butternut or pumpkin soup, spaghetti with beef.	Carril de amendoim de vaca/frango com arroz branco/xima Peanut beef or chicken curry with xima or white rice Cup Cake/fruta de época / fruits
	Lanche / Snack 14:00 - 14:30	Sande de atum com sumo. Tuna Sandwich with juice	Yogurt/Yoghurt	Biscoitos e sumo de fruta / Home baked biscuits, fruit juice	Pão de leite com cha e leite / Sweet brad with milk tea	Muffin com leite frio / Muffin with cold milk

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3 semana	Pequeno	Pão com ovo com cha	Patanisca com chá com leite	Conflakes com	Muffin low sugar com	Pao de leite com
	Almoço /Lunch 11:00 - 12:00	Soupa de feijao/ Arroz com carne de vaca guisada/ salada de alface/ Rice with beef stew and lettuce salad. Fruta da época	soupa verde, batata no forno com frango grelado e salada/ green soup baked potatoes with grilled chicken and coleslaw salada. Cup Cake and juice ceres	xima com matapa e fillet de carapao/ Sadza with matapa com amendoim and carapao fillet. Fruta da época	Soupa de abobora , Massa esparguente com carne moida/ butternut or pumpkin soup , spaghetti with mince meat. Fruta da época	Soupa de vegetais, pure de batata com molho de tomate, feijão verde ou ervilha e frango grelhado/ vegetable soup mash potato with tomato gravy, green beans & grilled chicken Fruta da época
	Lanche / Snack 14:00 - 14:30	Sandes de atum com sumo / Tuna Sandwich with juice	Yogurt/Yoghurt	Biscoitos com sumo de fruta / Home baked biscuits fruit juice	Sandes de ovo com maionese / Boiled egg with mayo Sandwhich	Muffin com leite frio / Muffin wit cold milk

Item	Refeição /	Segunda Feira	Terça Feira	Quarta Feira	Quinta Feira	Sexta Feira
4 semana	Pequeno Almoço / Breakfast 8:30 - 9:00	Papa de milho com manteiga de amendoim/porridge with peanut butter (optional) with milk /com leite	Patanista com cha com leite	Pao de leite com cha de leite	Muffin low sugar com leite /tea with milk	sandes de atum com sumo/ atum dandes with Juice
	Almoço /Lunch 11:00 - 12:00	Soupa de vegetais / Arroz de coco com carril de cabrito/frango salada de alface/ Rice with beef stew and lettuce salad. Frutas da época	Sopa , Bife de cebolada com arroz de alho, salada	Caril de peixe com arroz de tomate, salada. Fruita da época	Caril de amendoim de vaca/frango com arroz braco/xima	Soupa verde, batata no forno com frango/peixe grelado e salada/ green soup baked potatoes with grilled chicken and coleslaw salada. Cup Cake and juice cereas
	Lanche / Snack 14:00 - 14:30	Sande de atum/ ovo cozido com sumo. Tuna Sandwich with juice	Pão panado com ovo e sumo /Egg sandwich with juice	Biscoitos com sumo de fruta / Home baked biscuits fruit juice	Pão de leite com sumo / Sweet bread with juice	Muffin com leite frio / Muffin with cold milk