			Menu	
Soup Main Dish Side Dish Vegetables Dessert Soup Main Dish Side Dish Yegetables	Monday HOLIDAY Monday Spinach Soup Brazilian Rumpsteak Roast Potatoes	Tuesday Soup Main Dish Side Dish HOLIDAY Vegetables Dessert Tuesday Soup Ø Soup Ø Side Dish Baked Hake Baked Hake Ø Side Dish	Wednesday Soup Wednesday Side Dish HOUDAY Vegetables Dessert Dessert Broccoll Soup Main Dish Turkey Ham & Mushrooms Pizza Side Dish Included	Soup Main Dish Side Dish Vegetables Dessert Thursday Thursday Soup Cauliflower Steamed Fish Side Dish Main Dish Steamed Fish Side Dish Mashed Potatoes
vegetables Dessert Soup Main Dish Side Dish ↓ Vegetables	Green Beans Fruit Monday Green Bean Soup Bolognaise Mashed Potatoes	Vegetables Dessert Broccoli Fruit Tuesday Soup Vegetables Soup Main Dish Penne w/ Salmon Strogonoff Viside Dish Included	Vegetables Dessert Greek Salad Mango Mousse Wednesday Soup Carrot Soup Main Dish Duck Rice Side Dish Included	Vegetables Dessert roast Pumpkin Fruit Fruit Thursday Soup Chickpea Soup Main Dish Fish Fingers Ø Side Dish White Rice
Dessert Soup Main Dish Q Side Dish	Monday Zucchini Soup Chicken Drumsticks Roast Sweet Potatoes	Soup Chicken Soup W/ Noodles Main Dish Tura Rice Vide Dish Black-eyed Peas	Soup Red Bean Soup Red Bean Soup Main Dish Turkey Steak Side Dish Rice Noodles	Soup Main Dish Mashed Potatoes
⇔ Vegetables Dessert Soup ⊕ Main Dish Side Dish ⊖ Vegetables	Spinach Purée Fruit Monday Spinach Soup Brazilian Rumpsteak Roast Potatoes Green Beans	Orgestables Dessert roast Zuchinni Fruit Tuesday Soup Pumpkin Soup Main Dish Baked Hake Side Dish Boiled Potatoes & chickpea Vegetables Broccoli	Vegetables Dessert Boiled Chinese Vegetables Strawberry Jelly Wednesday Soup Broccoli Soup Main Dish Turkey Ham & Mushrooms Pizza Vegetables Greek Salad	Vegetables roast Carrot Dessert Fruit Thursday Soup Cauliflower Main Dish Steamed Fish Visited Dish Mashed Potatoes Vegetables roast Pumpkin
Soup Main Dish Side Dish Vegetables Dessert	Monday Green Bean Soup Bolognaise Mashed Potatoes Broccoli Fruit	Soup Vegetables Soup Main Dish Penne w/ Salmon Strogonoff Side Dish Included Vegetables Greek Vegetables Dessert Fruit	Soup Carrot Soup Vegetables Steved Peas Dessert Banana & Strawberry Mousse	Soup Thursday Soup Main Dish Side Dish HOUDAY Vegetables Dessert
Soup Main Dish Side Dish Vegetables Dessert	Monday Zucchini Soup Chicken Drumsticks Roast Sweet Potatoes Spinach Purée Fruit	Tuesday Soup Chicken Soup w/ Noodles Main Dish Tuna Rice Side Dish Black-eyed Peas Vegetables roast Zuchinni Dessert Fruit	Wednesday Soup Main Dish Side Dish HALF DAY Vegetables Dessert	Thursday Soup Main Dish Side Dish Vegetables Dessert
Soup Main Dish Side Dish Vegetables Dessert	Monday Spinach Soup Brazilian Rumpsteak Roast Potatoes Green Beans Fruit Monday	Tuesday Soup Pumpkin Soup Main Dish Baked Hake Side Dish Boiled Potatoes & chickpea Vegetables Broccoli Dessert Fruit	Wednesday Soup Broccoli Soup Main Dish Turkey Ham & Mushrooms Pizza Side Dish Included Vegetables Greek Salad Dessert Mango Mousse	Thursday Cauliflower Main Dish Steamed Fish Side Dish Vegetables roast Pumpkin Dessert Fruit Thursday
Soup Main Dish O Side Dish Vegetables Dessert	Green Bean Soup Bolognaise Mashed Potatoes Broccoli Fruit Monday	Soup Vegetables Soup Main Dish Penne w/ Salmon Strogonoff Side Dish Included Vegetables Greek Vegetables Dessert Fruit	Soup Carrot Soup To Garrot Soup Main Dish Duck Rice Side Dish Included Vegetables Stewed Peas Dessert Banana & Strawberry Mousse Wednesday Wednesday	Soup Chickpea Soup Total Soup Chickpea Soup Main Dish Fish Fingers Side Dish White Rice Vegetables roast Carrot Dessert Fruit
SoupToMain DishSide DishVegetablesDessert	Zucchini Soup Chicken Drumsticks Roast Sweet Potatoes Spinach Purée Fruit	Soup Chicken Soup w/ Noodles Main Dish Tuna Rice Side Dish Black-eyed Peas Vegetables roast Zuchinni Dessert Fruit	Soup Main Dish Side Dish Vegetables Dessert	Soup Watercress Soup Main Dish Hake Fillets Side Dish Mashed Potatoes Vegetables roast Carrot Dessert Fruit

We use only vegetable cream because they have 30% less fat than those of animal origin

CAISL Calori American International School of Lisboot

🕥 go natural

	Evideu
	Friday
oup	Carrot Soup
Main Dish	Veal Meatballs
ide Dish	Carrot Rice
/egetables	Boiled Cauliflower
Dessert	Fruit
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	Friday
loup	Lentills Soup
Main Dish	Bolognaise
ide Dish	Pasta
/egetables	roast Carrot
Dessert	Fruit
	Friday
loup	White Bean Soup
Main Dish	Veal Hamburger
ide Dish	Roast Potatoes
/egetables	roast Pumpkin
Dessert	Fruit
	Friday
oup	Carrot Soup
Main Dish	Veal Meatballs
ide Dish	Carrot Rice
/egetables	Boiled Cauliflower
Dessert	Fruit
	Friday
oup	Lentills Soup
Main Dish	Bolognaise
ide Dish	Pasta
/egetables	roast Carrot
Dessert	Fruit
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Dessert	Fruit
Dessert	Fruit
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Dessert Goup Main Dish	Fruit Friday
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Dessert ioup Main Dish ide Dish /egetables Dessert	Fruit Friday TEACHER'S MEETINGS Friday Friday
Dessert Goup Main Dish Bide Dish Vegetables Dessert Dessert	Fruit Friday TEACHER'S MEETINGS Friday Carrot Soup
Dessert Joup Main Dish Jide Dish Vegetables Dessert Joup Main Dish	Fruit Friday TEACHER'S MEETINGS Friday Carrot Soup Veal Meatballs
Dessert Goup Main Dish Bide Dish Vegetables Dessert Dessert	Fruit Friday TEACHER'S MEETINGS Friday Carrot Soup Veal Meatballs Carrot Rice
Dessert Joup Main Dish Jide Dish Vegetables Dessert Joup Main Dish	Fruit Friday TEACHER'S MEETINGS Friday Carrot Soup Veal Meatballs
Dessert Joup Main Dish Jide Dish Jegetables Dessert Joup Main Dish Jide Dish	Fruit Friday TEACHER'S MEETINGS Friday Carrot Soup Veal Meatballs Carrot Rice
Dessert Main Dish Bide Dish Vegetables Dessert Dessert Main Dish Bide Dish Vegetables	Fruit Friday TEACHER'S MEETINGS Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit
Dessert Main Dish Gide Dish Vegetables Dessert Main Dish Gide Dish Vegetables Dessert	Fruit Friday Friday Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit Friday Friday
Dessert Joup Main Dish Jide Dish /egetables Dessert Joup Main Dish Jide Dish /egetables Dessert Jour J	Fruit Friday TEACHER'S MEETINGS Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit
Dessert ioup Main Dish ide Dish /egetables Dessert ioup Main Dish ide Dish /egetables Dessert ioup Main Dish	Fruit Friday Friday Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit Friday Friday
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Dessert Joup Main Dish Jide Dish /egetables Dessert Joup Main Dish Jessert	Fruit Friday Friday TEACHER'S MEETINGS Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit Fruit Friday Lentills Soup Bolognaise Pasta
Dessert Joup Main Dish Jide Dish /egetables Dessert Joup Main Dish Jessert	Fruit Friday TEACHER'S MEETINOS Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit Fruit Friday Lentills Soup Bolognaise Pasta roast Carrot
Dessert Joup Main Dish Jide Dish /egetables Dessert Joup Main Dish Jessert	Fruit Friday TEACHER'S MEETINOS Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit Fruit Friday Lentills Soup Bolognaise Pasta roast Carrot
Dessert Joup Main Dish Jide Dish /egetables Dessert Joup Main Dish Jessert Jessert Jessert Jessert Jessert	Fruit Friday Friday TEACHER'S MEETINGS Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit Friday Lentills Soup Bolognaise Pasta roast Carrot Fruit
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Dessert ioup Main Dish ide Dish /egetables Dessert ioup Main Dish ide Dish /egetables Dessert ioup Main Dish ide Dish /egetables Dessert ioup Main Dish ide Dish /egetables Dessert	Fruit Friday Friday Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit Friday Lentills Soup Bolognaise Pasta roast Carrot Fruit Fruit Fruit Friday White Bean Soup Veal Hamburger
Dessert Joup Main Dish Jide Dish /egetables Dessert Joup Main Dish Jessert Jessert Jessert Jessert Jessert Jessert Jessert Jessert Jessert Jessert Jessert Jessert Jessert Jessert Jessert	Fruit Friday TEACHER'S MEETINOS Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit Fruit Friday Lentills Soup Bolognaise Pasta roast Carrot Fruit Fruit Friday White Bean Soup Veal Hamburger Roast Potatoes
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Dessert ioup Main Dish ide Dish /egetables Dessert ioup Main Dish ide Dish /egetables Dessert ioup Main Dish ide Dish /egetables Dessert ioup Main Dish ide Dish /egetables Dessert	Fruit Friday TEACHER'S MEETINOS Friday Carrot Soup Veal Meatballs Carrot Rice Boiled Cauliflower Fruit Fruit Friday Lentills Soup Bolognaise Pasta roast Carrot Fruit Fruit Friday White Bean Soup Veal Hamburger Roast Potatoes
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