

Cardápio Concept

Week: April 22th to April 26th

Semana: 22 a 26 de abril



	MONDAY <i>Segunda-feira</i>	TUESDAY <i>Terça-feira</i>	WEDNESDAY <i>Quarta-feira</i>	THURSDAY <i>Quinta-feira</i>	FRIDAY <i>Sexta-feira</i>
SALADS <i>Saladas</i>	Mix de folhas/ Tomate/ Batata assada/ Cenoura/ Muçarela de búfala/ Grão de bico	Mix de folhas/ Tomate/ Couve flor/ Chuchu/ Queijo branco/ Trigo em grãos	Mix de folhas/ Tomate/ Brócolis/ Ovo de codorna/ Beterraba/ Feijão branco	Mix de folhas/ Tomate/ Antepasto/ Salada tricolor/ Ricota/ Ervilha	Mix de folhas/ Vinagrete/ Jardineira de legumes/ Pepino/ Salada de quiabo/ Salada de cuzuz/ Mix de queijos/ Feijão fradinho
SESONINGS <i>Temperos</i>	Azeite extra virgem / vinagre balsâmico / vinagre de maçã. Extra virgin olive oil / balsamic vinegar / apple cider vinegar.	Azeite extra virgem / vinagre balsâmico / vinagre de maçã. Extra virgin olive oil / balsamic vinegar / apple cider vinegar.	Azeite extra virgem / vinagre balsâmico / vinagre de maçã. Extra virgin olive oil / balsamic vinegar / apple cider vinegar.	Azeite extra virgem / vinagre balsâmico / vinagre de maçã. Extra virgin olive oil / balsamic vinegar / apple cider vinegar.	Azeite extra virgem / vinagre balsâmico / vinagre de maçã. Extra virgin olive oil / balsamic vinegar / apple cider vinegar.
SEEDS <i>Sementes</i>	Gergelim branco White sesame	Gergelim branco White sesame	Gergelim branco White sesame	Gergelim branco White sesame	Gergelim branco White sesame
SIDES <i>Acompanhamentos</i>	Arroz branco / arroz integral / feijão preto White rice/ brown rice / black beans	Arroz branco / arroz integral / feijão carioca. White rice / brown rice / beans.	Arroz branco / arroz integral / feijão preto White rice/ brown rice / black beans	Arroz branco / arroz integral / feijão carioca. White rice / brown rice / beans.	Arroz branco / arroz integral / feijão carioca. White rice / brown rice / beans.
LUNCH SPECIALS <i>Principais</i>	Carne assada/ Filé de frango recheado Roasted meat / Stuffed chicken breast	Stroganoff de filé mignon/ Drumet assado Filet mignon stroganoff / Roasted chicken drumette	Mignon grelhada/ Filé de frango à parmegiana Grilled filet mignon / Chicken Parmesan	Kibe assado / Salmão grelhado Baked kibbeh / Grilled salmon	Escondidinho de carne seca / Lombo grelhado Shredded jerked beef casserole / Grilled pork loin
VEGETARIAN <i>Vegetariano</i>	Abobrinha recheada com PTS Stuffed Zucchini with textured vegetable protein (TVP)	Stroganoff de legumes Vegetable stroganoff	Nuggets artesanal vegano Vegan homemade nuggets	Kibe vegetariano Vegetarian kibbeh	Escondidinho de palmito Hearts of palm casserole
VEGAN <i>Vegano</i>	Hambúrguer vegano Vegan burger	Hambúrguer vegano Vegan burger	Hambúrguer vegano Vegan burger	Hambúrguer vegano Vegan burger	Hambúrguer vegano Vegan burger
SPECIALTIES <i>Guarnição</i>	Brócolis com lascas de alho Broccoli with garlic slivers	Batata Rustica Rustic potatoes	Purê de Abóbora Pumpkin purée	Legumes Assados (cenoura, mandioquinha e brócolis)	Farofa de banana / couve manteiga / mandioca assada Banana farofa / collard greens / roasted cassava
Vegetables <i>Legumes</i>	Abóbora, chuchu, brócolis Pumpkin, chayote, broccoli	Cenoura, vagem, abobrinha Carrot, green beans, zucchini	Couve flor, beterraba, ervilha Cauliflower, beetroot, peas	Cenoura, brocolis, abobrinha Carrot, broccoli, zucchini	Chuchu, abóbora, vagem Chayote, pumpkin, pod
FIT	Filé de frango ou bife grelhado, acompanhado com batata doce assada Grilled chicken breast or steak served with baked sweet potato	Filé de frango ou bife grelhado, acompanhado com batata doce assada Grilled chicken breast or steak with baked sweet potato	Filé de frango ou bife grelhado, acompanhado com batata doce assada Grilled chicken breast or steak with roasted sweet potato	Filé de frango ou bife grelhado, acompanhado com batata doce assada Grilled chicken breast or steak served with roasted sweet potato	Filé de frango ou bife grelhado, acompanhado com batata doce assada Grilled chicken breast or steak with baked sweet potato
FRUIT / Fruta	Laranja Orange	Uva Grape	Melão Melon	Abacaxi Pineapple	Cocada cremosa artesanal Handmade creamy cocada
JUICE / Suco	Suco Polpa / Água aromatizada Pulp Juice / Flavored Water	Suco Polpa / Água aromatizada Pulp Juice / Flavored Water	Suco Polpa / Água aromatizada Pulp Juice / Flavored Water	Suco Polpa / Água aromatizada Pulp Juice / Flavored Water	Suco Polpa / Água aromatizada Pulp Juice / Flavored Water

	SNACK MANHÃ				
	MONDAY <i>Segunda-feira</i>	TUESDAY <i>Terça-feira</i>	WEDNESDAY <i>Quarta-feira</i>	THURSDAY <i>Quinta-feira</i>	FRIDAY <i>Sexta-feira</i>
SNACK / Lanche <i>Toddlers</i>	Pão frances, Omelete, Rúcula, Cenoura, Geléia de Frutas 100% natural, Manteiga, Requeijão French bread/ Omelet/ Arugula/ Carrot/ 100% natural fruit jam/ Butter/ Cream cheese	Pão francês integral, Tapioca, Ovos mexidos, Queijo, Alface, Cenoura, Geléia de Frutas 100% natural, Manteiga, Requeijão Whole wheat French bread/ Tapioca/ Scrambled eggs/ Cheese/ Lettuce/ Carrot/ 100% natural fruit jam/ Butter/ Cream cheese	Pão de beterraba, Omelete, Rúcula, Cenoura, Geléia de Frutas 100% natural, Manteiga, Requeijão Beet bread/ Omelet/ Arugula/ Carrot/ 100% natural fruit jam/ Butter/ Cream cheese	Pão francês, Tapioca, Ovos mexidos, Queijo, Alface, Tomate, Geléia de Frutas 100% natural, Manteiga, Requeijão French bread/ Tapioca/ Scrambled eggs/ Cheese/ Lettuce/ Tomato/ 100% natural fruit jam/ Butter/ Cream cheese	Pão frances integral, Tapioca, Ovos mexidos, Queijo branco, Alface, Cenoura, Geléia de Frutas 100% natural, Manteiga, Requeijão Whole wheat French bread/ Tapioca/ Scrambled eggs/ White cheese/ Lettuce/ Carrot/ 100% natural fruit jam/ Butter/ Cream cheese
SNACK / Lanche <i>Toddlers Restrições</i>	Pão s/ gluten e s/ lactose, Omelete, Rúcula, Cenoura, Geléia de Frutas 100% natural, Manteiga sem lactose, Requeijão vegano Gluten-free and dairy-free bread/ Omelet/ Arugula/ Carrot/ 100% natural fruit jam/ Lactose-free butter/ Vegan cream cheese	Pão s/ gluten e s/ lactose, Tapioca, Ovos mexidos, Alface, Cenoura, Geléia de Frutas 100% natural, Manteiga sem lactose, Requeijão vegano Gluten-free and dairy-free bread/ Tapioca/ Scrambled eggs/ Lettuce/ Shredded carrot/ 100% natural fruit jam/ Lactose-free butter/ Vegan cream cheese	Pão s/ gluten e s/ lactose, Omelete, Rúcula, Cenoura, Geléia de Frutas 100% natural, Manteiga sem lactose, Requeijão vegano Gluten-free and dairy-free bread/ Omelet/ Arugula/ Shredded carrot/ 100% natural fruit jam/ Lactose-free butter/ Vegan cream cheese	Pão s/ gluten e s/ lactose, Tapioca, Ovos mexidos, Rúcula, Cenoura, Geléia de Frutas 100% natural, Manteiga sem lactose, Requeijão vegano Gluten-free and dairy-free bread/ Tapioca/ Scrambled eggs/ Arugula/ Shredded carrot/ 100% natural fruit jam/ Lactose-free butter/ Vegan cream cheese	Pão s/ gluten e s/ lactose, Tapioca, Ovos mexidos, Rúcula, Cenoura, Geléia de Frutas 100% natural, Manteiga sem lactose, Requeijão vegano Gluten-free and lactose-free bread/ Tapioca/ Scrambled eggs/ Arugula/ Grated carrot/ 100% natural fruit jam/ Lactose-free butter/ Vegan cream cheese
FRUIT / Fruta <i>Toddlers</i>	Banana e uva Banana and grape	Melão e mamão Melon and papaya	Melancia e banana Watermelon and banana	Mamão e péra Papaya and pear	Melão e banana Melon and banana
SNACK <i>Lanche</i>	Pão francês / Pão de Forma Integral / Pão sem glúten e sem lactose / Bolo caseiro de chocolate French bread/ Whole wheat bread/ Gluten-free and lactose-free bread/ Homemade chocolate cake	Pão integral / Pão de Forma Integral / Pão sem glúten e sem lactose / Bolo caseiro de maracujá Whole grain bread/ Whole wheat sliced bread/ Gluten-free and lactose-free bread/ Homemade passion fruit cake	Pão de beterraba / Pão de Forma Integral / Pão sem glúten e sem lactose / Bolo caseiro de maçã Beet bread/ Whole wheat sliced bread/ Gluten-free and lactose-free bread/ Homemade apple cake	Pão francês/ Pão de Forma Integral / Pão sem glúten e sem lactose / Bolo caseiro de fubá French bread/ Whole wheat sandwich bread/ Gluten-free and lactose-free bread/ Homemade corn cake	Pão francês integral/ Pão de Forma Integral / Pão sem glúten e sem lactose / Bolo caseiro de coco Whole wheat French bread/ Whole wheat sandwich bread/ Gluten-free and lactose-free bread/ Homemade coconut cake
SNACK / Lanche <i>Restrições</i>	Bolo caseiro de chocolate (sem glúten, sem lactose sem adição de açúcar) Homemade chocolate cake (gluten-free, lactose-free, no added sugar)	Bolo caseiro de maracujá (sem glúten, sem lactose sem adição de açúcar) Homemade passion fruit cake (gluten-free, lactose-free, no added sugar)	Bolo caseiro de maçã (sem glúten, sem lactose sem adição de açúcar) Homemade apple cake (gluten-free, lactose-free, no added sugar)	Bolo caseiro de fubá (sem glúten, sem lactose sem adição de açúcar) Homemade cornmeal cake (gluten-free, lactose-free, no added sugar)	Bolo caseiro de coco (sem glúten, sem lactose sem adição de açúcar) Homemade coconut cake (gluten-free, lactose-free, no added sugar)
TOPPINGS	Omelete/ Rúcula/ Cenoura/ Geléia de Frutas 100% Natural/ Manteiga (com e sem lactose)/ Requeijão (tradicional e vegano)/ Pasta de amendoim sem açúcar Omelet/ Arugula/ Carrot/ 100% natural fruit jam/ Butter (with and without lactose)/ Cream cheese (regular and vegan)/ Unsweetened peanut butter	Ovos mexidos/ Tapioca/ Queijo branco/ Alface/ Tomate/ Geléia de Frutas 100% Natural/ Manteiga (com e sem lactose)/ Requeijão (tradicional e vegano)/ Pasta de amendoim sem açúcar Scrambled eggs/ Tapioca/ White cheese/ Lettuce/ Tomato/ 100% natural fruit jam/ Butter (with and without lactose)/ Cream cheese (regular and vegan)/ Unsweetened peanut butter	Omelete/ Rúcula/ Cenoura/ Geléia de Frutas 100% Natural/ Manteiga (com e sem lactose)/ Requeijão (tradicional e vegano) / Pasta de amendoim sem açúcar Omelet/ Arugula/ Carrot/ 100% natural fruit jam/ Butter (with and without lactose)/ Cream cheese (regular and vegan)/ Unsweetened peanut butter	Ovos mexidos/ Tapioca/ Queijo muçarela/ Alface/ Tomate/ Geléia de Frutas 100% Natural/ Manteiga (com e sem lactose) / Requeijão (tradicional e vegano) / Pasta de amendoim sem açúcar Scrambled eggs/ Tapioca/ Mozzarella cheese/ Lettuce/ Tomato/ 100% natural fruit jam/ Butter (with and without lactose)/ Cream cheese (regular and vegan)/ Unsweetened peanut butter	Omelete/ Rúcula/ Cenoura/ Geléia de Frutas 100% Natural/ Manteiga (com e sem lactose)/ Requeijão (tradicional e vegano) / Pasta de amendoim sem açúcar Omelet/ Arugula/ Carrot/ 100% natural fruit jam/ Butter (with and without lactose)/ Cream cheese (regular and vegan)/ Unsweetened peanut butter
FRUIT / Fruta	Uva, banana e mamão Grape, banana and papaya	Melão, banana e mamão Melon, banana and papaya	Pera, banana e mamão Pear, banana and papaya	Melancia, banana e mamão Watermelon, banana and papaya	Pera, Banana, Mamão Pear, Banana, Papaya
BEVERAGES <i>Bebidas</i>	Água de Coco/ Suco Polpa/ Leite com Cacau/ Leite Coconut water/ Fruit pulp juice/ Cocoa milk/ Milk	Água de Coco/ Suco Polpa/ Leite com Cacau/ Leite Coconut water/ Fruit pulp juice/ Cocoa milk/ Milk	Água de Coco/ Suco Polpa/ Leite com Cacau/ Leite Coconut water/ Fruit pulp juice/ Cocoa milk/ Milk	Água de Coco/ Suco Polpa/ Leite com Cacau/ Leite Coconut water/ Fruit pulp juice/ Cocoa milk/ Milk	Água de Coco/ Suco Polpa/ Leite com Cacau/ Leite Coconut water/ Fruit pulp juice/ Cocoa milk/ Milk

	SNACK TARDE				
	MONDAY <i>Segunda-feira</i>	TUESDAY <i>Terça-feira</i>	WEDNESDAY <i>Quarta-feira</i>	THURSDAY <i>Quinta-feira</i>	FRIDAY <i>Sexta-feira</i>
SNACK / Lanche <i>Middle and High School</i>	Wrap Integral com Queijo muçarela Whole wheat wrap with mozzarella cheese	Muffin de Cacau com calda Cocoa muffin with syrup	Crepioica com queijo Crepioica with cheese	Cookie Artesanal com gotas Handmade cookie with chips	Pão de Queijo Mineiro Artesanal enriquecido com beterraba, cenoura e curcuma Handmade Brazilian cheese bread with beetroot, carrot, and turmeric
SNACK / Lanche <i>Restrições</i>	Wrap Integral com Queijo (sem glúten e sem lactose) Whole wheat wrap with cheese (gluten-free and lactose-free)	Muffin de Chocolate com Calda (sem glúten e sem lactose) Chocolate Muffin with Syrup (gluten-free and lactose-free)	Crepioica com queijo Sem nozes Crepioica with cheese Nut-free	Cookie Artesanal (sem glúten e sem lactose) Handmade cookie (Gluten-free, dairy-free)	Pão sem queijo sem nozes (base de mandioca) Bread without cheese, nut-free (Made with yam or cassava)
SNACK / Lanche <i>Early Years and Lower School</i>	Wrap Integral com Queijo muçarela / tomate e cereja e pepino palito Whole wheat wrap with mozzarella cheese / cherry tomatoes and cucumber sticks	Muffin de brocolis, cenoura e milho com pasta de homus Broccoli muffin, carrot and corn with hummus spread	Crepioica com queijo com alface e palitinhos de cenoura a parte Crepioica with cheese, served with lettuce and carrot sticks on the side	Mini sanduiche de pão de forma (queijo fresco, rúcula e creme de ricota) Mini sandwich with sandwich bread (fresh cheese, arugula, and ricotta cream)	Pão de Queijo Mineiro Artesanal e Grissini com pasta de cenoura Handmade Brazilian cheese bread and grissini with carrot spread
SNACK / Lanche <i>Restrições</i>	Wrap Integral com Queijo (sem glúten e sem lactose) Whole wheat wrap with cheese (gluten-free and lactose-free)	Muffin de brocolis, cenoura e milho (sem glúten e sem lactose) Broccoli muffin, carrot and corn with hummus spread (gluten-free and lactose-free)	Crepioica com tofu com alface e palitinhos de cenoura a parte Crepioica with tofu, served with lettuce and carrot sticks on the side	Mini sanduiche de pão de forma sem glúten (queijo fresco, cenoura, rúcula, creme de ricota) Mini sandwich with gluten-free sandwich bread (fresh cheese, carrot, arugula, ricotta cream)	Mini pão de Queijo sem glúten sem lactose Grissini com pasta de cenoura (opcional) Mini cheese bread (gluten-free and lactose-free) and grissini with carrot spread (optional)
FRUIT / Fruta	Maçã, manga, melancia Apple, mango, watermelon	Maçã, ameixa, kiwi Apple, plum, kiwi	Maçã, laranja, melancia Apple, orange, watermelon	Maçã, abacaxi, melão Apple, pineapple, melon	Maçã, caqui, manga Apple, persimmon, mango
BEVERAGES <i>Bebidas</i>	logurte vegano/ Suco Polpa / Leite com Cacau/ Leite Vegan yogurt/ Fruit pulp juice/ Chocolate milk/ Milk	Água de Coco/ Suco Polpa / Leite com Cacau/ Leite Coconut water/ Fruit pulp juice/ Cocoa milk/ Milk	Água de Coco/ Suco Polpa / Leite com Cacau/ Leite Coconut water/ Fruit pulp juice/ Cocoa milk/ Milk	logurte vegano/ Suco Polpa / Leite com Cacau/ Leite Vegan yogurt/ Fruit pulp juice/ Chocolate milk/ Milk	Água de Coco/ Suco Polpa / Leite com Cacau/ Leite Coconut water/ Fruit pulp juice/ Cocoa milk/ Milk

	SANDWICH BAR				
	MONDAY <i>Segunda-feira</i>	TUESDAY <i>Terça-feira</i>	WEDNESDAY <i>Quarta-feira</i>	THURSDAY <i>Quinta-feira</i>	FRIDAY <i>Sexta-feira</i>
ITEM 1	Pasta homus Hummus spread	Pasta homus Hummus spread	Pasta homus Hummus spread	Pasta homus Hummus spread	Pasta homus Hummus spread
ITEM 2	Pasta de frango Chicken spread	Pasta de frango Chicken spread	Pasta de frango Chicken spread	Pasta de frango Chicken spread	Pasta de frango Chicken spread
ITEM 3	Pasta de alho Garlic paste	Pasta de alho Garlic paste	Pasta de alho Garlic paste	Pasta de alho Garlic paste	Pasta de alho Garlic paste
ITEM 4	Queijo Branco White cheese	Queijo Branco White cheese	Queijo Branco White cheese	Queijo Branco White cheese	Queijo Branco White cheese
ITEM 5	Queijo Muçarela Mozzarella Cheese	Queijo Muçarela Mozzarella Cheese	Queijo Muçarela Mozzarella Cheese	Queijo Muçarela Mozzarella Cheese	Queijo Muçarela Mozzarella Cheese
ITEM 6	Tomate Tomato	Tomate Tomato	Tomate Tomato	Tomate Tomato	Tomate Tomato
ITEM 7	Cebola Roxa Red Onion	Cebola Roxa Red Onion	Cebola Roxa Red Onion	Cebola Roxa Red Onion	Cebola Roxa Red Onion
ITEM 8	Rúcula Arugula	Rúcula Arugula	Rúcula Arugula	Rúcula Arugula	Rúcula Arugula
ITEM 9	Pepino em Rodelas Sliced cucumber	Pepino em Rodelas Sliced cucumber	Pepino em Rodelas Sliced cucumber	Pepino em Rodelas Sliced cucumber	Pepino em Rodelas Sliced cucumber
ITEM 10	Milho cozido Boiled corn	Milho cozido Boiled corn	Milho cozido Boiled corn	Milho cozido Boiled corn	Milho cozido Boiled corn
ITEM 11	Cenoura Ralada Grated carrot	Cenoura Ralada Grated carrot	Cenoura Ralada Grated carrot	Cenoura Ralada Grated carrot	Cenoura Ralada Grated carrot
ITEM 12	Hambúrguer Artesanal Vegano Homemade Vegan Burger	Hambúrguer Artesanal Vegano Homemade Vegan Burger	Hambúrguer Artesanal Vegano Homemade Vegan Burger	Hambúrguer Artesanal Vegano Homemade Vegan Burger	Hambúrguer Artesanal Vegano Homemade Vegan Burger
ITEM 13	Hambúrguer Artesanal Tradicional Traditional Handmade Burger	Hambúrguer Artesanal Tradicional Traditional Handmade Burger	Hambúrguer Artesanal Tradicional Traditional Handmade Burger	Hambúrguer Artesanal Tradicional Traditional Handmade Burger	Hambúrguer Artesanal Tradicional Traditional Handmade Burger
ITEM 14	Cubinhos de Frango Chicken Chunks	Cubinhos de Frango Chicken Chunks	Cubinhos de Frango Chicken Chunks	Cubinhos de Frango Chicken Chunks	Cubinhos de Frango Chicken Chunks
ITEM 15	Ragu de Carne Beef Ragú	Ragu de Carne Beef Ragú	Ragu de Carne Beef Ragú	Ragu de Carne Beef Ragú	Ragu de Carne Beef Ragú

	PASTA BAR				
	MONDAY <i>Segunda-feira</i>	TUESDAY <i>Terça-feira</i>	WEDNESDAY <i>Quarta-feira</i>	THURSDAY <i>Quinta-feira</i>	FRIDAY <i>Sexta-feira</i>
OPTION 1	Macarrão integral Whole wheat pasta	Macarrão integral Whole wheat pasta	Macarrão integral Whole wheat pasta	Macarrão integral Whole wheat pasta	Macarrão integral Whole wheat pasta
OPTION 2	Macarrão tradicional Traditional pasta	Macarrão tradicional Traditional pasta	Macarrão tradicional Traditional pasta	Macarrão tradicional Traditional pasta	Macarrão tradicional Traditional pasta
OPTION 3	Molho ao sugo Tomato sauce	Molho ao sugo Tomato sauce	Molho a bolonhesa Bolognese sauce	Molho ao sugo Tomato sauce	Molho ao sugo Tomato sauce
SAUCE/ Molhos	Molho branco White sauce	Molho branco White sauce	Molho branco White sauce	Molho branco White sauce	Molho branco White sauce