



Ementa escolar - 15-Jan – 27 April - School Menu

Semana / Week 18

15-19/01

Segunda-feira / Monday - 15/01/2018	
Sopa de Cenoura Massa Chinesa de frango Salada de Beterraba Fruta da época	Carrot soup Chinese chicken noodles Beet salad Seasonal fruit
Terça-feira / Tuesday - 16/01/2018	
Sopa de bróculos Guisado de vaca com xima Salada de tomate e cebola Fruta da época	Broccoli soup Beef stew with xima Tomato and onion Salad Seasonal fruit
Quarta-feira / Wednesday - 17/01/2018	
Sopa de Feijão com couve picada Filetes de peixe com molho de manteiga com legumes salteados e batata Fruta da época	Kale and beans soup Fish filet with butter sauce and sauté vegetables and potatoes Seasonal fruit
Quinta-feira / Thursday - 18/01/2018	
Caldo de Vegetais Perú estufado com arroz de cenoura Salada mista Fruta da época	Vegetable soup Turkey stew with carrot rice Mixed salad Seasonal fruit
Sexta-feira / Friday - 19/01/2018	
Hambúrguer de frango com batata frita Pudim de ovos Sumo de fruta	Chicken burger with French fries Egg pudding Fruit juice



Semana / Week 19
22–26/01

Segunda-feira / Monday – 22/01/2018	
Caldo de vegetais Frango estufado com arroz de tomate Salada mista Fruta da época	Vegetable Soup Chicken stew with tomato rice Mixed salad Seasonal fruit
Terça-feira / Tuesday – 23/01/2018	
Sopa de espinafre Massa bolonhesa Salada de pepino com azeitonas Fruta da época	Spinach Soup Spaghetti bolognaise Cucumber and olives salad Seasonal fruit
Quarta-feira / Wednesday - 24/01/2018 (sem restrições)	
Sopa de bróculos Biryani de frango Salada grega Fruta da época	Broccoli soup Chicken Biryani Greek salad Seasonal fruit
Quinta-feira / Thursday - 25/01/2018	
Sopa de vegetais Douradinhos de peixe com arroz de vegetais Salada à juliana Fruta da época	Vegetable soup Fish fingers with vegetable rice Mixed grated salad Seasonal fruit
Sexta-feira / Friday - 26/01/2018	
Prego de frango no pão com batata frita e salada Salada de fruta Sumo de fruta	Chicken steak roll with French fries Fruit salad Fruit juice



Semana / Week 20
29/01 - 02/02

Segunda-feira / Monday - 29/01/2018	
Sopa de abóbora Caril de côco de milho e frango com arroz branco Salada de tomate Fruta da época	Pumpkin soup Coconut curry with chicken and plain rice Tomato salad Seasonal fruit
Terça-feira / Tuesday - 30/01/2018	
Caldo Verde Feijoada de vegetais e arroz branco Salada mista Fruta da época	Kale soup Vegetable stew and plain rice Mixed salad Seasonal fruit
Quarta-feira / Wednesday - 31/01/2018	
Canja de galinha Daal e arroz branco Salada de tomate Fruta da época	Chicken broth Daal and rice Tomato salad Seasonal fruit
Quinta-feira / Thursday - 01/02/2018	
Sopa de vegetais Massa chinesa vegetariana Salada de beterraba Fruta da época	Vegetable soup Chinese vegetable noodles Beetroot salad Seasonal fruit
Sexta-feira / Friday - 02/02/2018	
Hambúrguer de vaca Batata frita e queijo (opcional) Salada Grega Mousse de Chocolate Sumo de fruta	Beef burger French fries and cheese (optional) Greek salad Chocolate mousse Fruit juice



Semana / Week 21
05-09/02

Segunda-feira - 05/02/2018	
Feriado Municipal - Dia da Matola Local Holiday – Matola Day	
Terça-feira / Tuesday - 06/02/2018	
Caldo verde Bifes de frangos c/molho de natas massa Salada de beterraba Fruta da época	Kale soup Chinese vegetable noodles Beetroot salad Seasonal fruit
Quarta-feira / Wednesday - 07/02/2018	
Sopa de legumes Empadão de atum Salada mista Fruta da época	Vegetable soup Shepherd's pie Mixed salad Seasonal fruit
Quinta-feira - 08/02/2018	
Sopa de feijão Caril de vegetais com arroz branco Salada mista Fruta da época	Beans soup Vegetable curry and plain rice Mixed salad Seasonal fruit
Sexta-feira - 09/02/2018	
Frango panado com batata frita Salada de repolho com maionese Pudim de ovos Sumo de fruta	Fried chicken breast with French fries Coleslaw Egg pudding Juice



Semana / Week 22
12-16/02

Segunda-feira / Monday – 12/02/2018	
Sopa de vegetais Caril de amendoim com frango e arroz branco Salada mista Fruta da época	Vegetable soup Chicken & peanut curry with plain rice Mixed Salad Seasonal fruit
Terça-feira - 13/02/2018	
Caldo verde Carne assada com puré de batata Salada Grega Fruta da época	Kale soup Beef stew wot mashed potatoes Greek salad Seasonal fruit
Quarta-feira / Wednesday - 14/02/2018	
Creme de cenoura Lasanha de carne Salada de beterraba Fruta da época	Carrot soup Beef Lasagna Beetroot salad Seasonal fruit
Quinta-feira / Thursday - 15/02/2018	
Sopa de vegetais Dal com arroz e beringela panada Salada mista Fruta da época	Vegetable soup Daal with plain rice and fried aubergine Mixed Salad Seasonal fruit
Sexta-feira / Friday - 16/02/2018	
Cachorro quente de frango Salada grega Mousse de ananás Sumo de fruta	Chicken hot dog Greek salad Pineapple mousse Fruit juice



Semana / Week 23
19–23/02

Segunda-feira / Monday – 19/02/2018	
Caldo verde Caril de frango com arroz branco Salada mista Fruta da época	Kale soup Chicken curry and rice Mixed salad Seasonal Fruit
Terça-feira / Tuesday - 20/02/2018	
Creme de cenoura Empadão de atum Salada de tomate Fruta da época	Carrot soup Fisherman's pie Tomato salad Seasonal fruit
Quarta-feira / Wednesday - 21/02/2018	
Sopa de abóbora Filetes de frango com espinafres e arroz de vegetais Salada mista: alface, tomate, cenoura, cebola Fruta da época	Pumpkin soup Chicken fillet with spinach and vegetable rice Mixed salad Seasonal fruit
Quinta-feira / Thursday - 22/02/2018	
Sopa de Feijão Massa Chinesa Vegetariana Salada de beterraba Fruta da época	Beans soup Chinese vegetarian noodles Beetroot Salad Seasonal fruit
Sexta-feira / Friday - 23/02/2018	
Filetes de peixe panado com batata frita Salada mista à Juliana Sumo Mousse de maracujá	Fish fingers with french fries Grated mixed salad Juice Passionfruit mousse



Semana / Week 24
26/02 -02/03

Segunda-feira / Monday – 26/02/2018	
Sopa de vegetais Almôndegas com molho de tomate e esparguete Salada Fruta da época	Vegetable soup Meatballs in tomato gravy with spaghetti Salad Seasonal fruit
Terça-feira / Tuesday - 27/02/2018	
Caldo Verde Lasanha vegetariana Salada beterraba Fruta da época	Kale Soup Vegetable lasagna Beetroot salad Seasonal fruit
Quarta-feira / Wednesday - 28/02/2018	
Sopa de vegetais Frango à Zambeziana, mucapata e molho de tomate Salda Fruta da época	Vegetable soup Grilled chicken (Zambeziian style), mucapata and tomato gravy Salad Seasonal fruit
Quinta-feira / Thursday - 01/03/2018	
Sopa de espinafres Bifes com natas e cogumelos com arroz Salada mista Fruta da época	Spinach soup Beef in cream and mushroom gravy with rice Mixed salad Seasonal fruit
Sexta-feira / Friday - 02/03/2018	
Hambúrguer de carne com queijo (opcional) e batata frita Salada mista Sumo Gelatina	Beef burger with cheese and French fries Mixed salad Fruit juice Jelly



Semana / Week 25
05-09/03

Segunda-feira / Monday – 05/03/2018	
Sopa de Abóbora Briyani de frango Salada Grega Fruta da época	Pumpkin soup Chicken biryani Greek salad Seasonal fruit
Terça-feira / Tuesday 06/03/2018	
Sopa de espinafre Carne assada com puré de batata Salada mista Fruta da época	Spinach soup Beef stew wot mashed potatoes Mixed salad Seasonal fruit
Quarta-feira / Wednesday - 07/03/2018	
Sopa de cenoura Salada fria de atum e pão Fruta da época	Carrot soup Vegetable and tuna salad and bread Seasonal fruit
Quinta-feira / Thursday - 08/03/2018	
Sopa de feijão com couve picada Lasanha de frango Salada mista Fruta da época	Beans & kale soup Chicken lasagna Mixed salad Seasonal fruit
Sexta-feira / Friday - 09/03/2018	
Prego no pão com batata frita Salada mista Gelatina com custarda Sumo de fruta	Steak roll with French fries Mixed salad Custard & Jelly Fruit juice



Semana / Week 26

12-16/03

Segunda-feira / Monday – 12/03/2018	
Sopa de vegetais Carne Assada com Xima Salada mista Fruta da época	Vegetable soup Beef in tomato gravy and xima Mixed salad Seasonal fruit
Terça-feira / Tuesday - 13/03/2018	
Creme de abóbora Estufado de frango com massa Salada de beterraba Fruta da época	Pumpkin soup Chicken stew with pasta Beetroot salad Seasonal fruit
Quarta-feira / Wednesday - 14/03/2018	
Sopa de vegetais Daal com carne e arroz Salada mista Fruta da época	Vegetable soup Daal with plain rice Mixed Salad Seasonal fruit
Quinta-feira / Thursday - 15/03/2018	
Sopa de espinafres Briyani de vegetais Salada mista Fruta da época	Spinach soup Vegetable biryani Mixed salad Seasonal fruit
Sexta-feira / Friday - 16/03/2018	
Hambúrguer de frango com batata frita Salada de mista Sumo Bolinhos de chocolate	Chicken burger with French fries Mixed salad Juice Cholotate miniature cakes



Semana / Week 27
19-23/03

Segunda-feira / Monday - 19/03/2018	
Caldo de Vegetais Perú estufado com arroz de cenoura Salada mista Fruta da época	Vegetable soup Turkey stew with carrot rice Mixed salad Seasonal fruit
Terça-feira / Tuesday - 20/03/2018	
Sopa de Feijão com couve picada Filetes de peixe com molho de manteiga (à parte) com legumes salteados e batata Fruta da época	Cabbage and beans soup Fish filet with butter sauce and sauté vegetables and potatoes Seasonal fruit
Quarta-feira / Wednesday - 21/03/2018	
Sopa de espinafres Esparguete à bolonhesa Salada de pepino com azeitonas Fruta da época	Spinach soup Spaghetti bolognese Cucumber and olives salad Season fruit
Quinta-feira / Thursday - 22/03/2018	
Sopa de legumes Caril de vegetais com arroz branco Salada mista Fruta da época	Vegetable soup Vegetable curry with white rice Salad Seasonal fruit
Sexta-feira / Friday - 23/03/2018	
Frango panado com batata frita Salada de repolho com maionese Pudim de ovos Sumo de fruta	Fried chicken breast with French fries Coleslaw Egg pudding Juice



Semana / Week 28
26-30/03

Segunda-feira / Monday – 26/03/2018	
Sopa de vegetais Caril de amendoim com frango e arroz branco Salada mista Fruta da época	Vegetable soup Chicken & peanut curry with plain rice Mixed Salad Seasonal fruit
Terça-feira / Tuesday - 27/03/2018	
Caldo verde Carne assada com puré de batata Salada Grega Fruta da época	Kale soup Beef stew with mashed potatoes Greek salad Seasonal fruit
Quarta-feira / Wednesday - 28/03/2018	
Creme de cenoura Lasanha de vegetais Salada de beterraba Fruta da época	Carrot Soup Vegetable lasagna Beetroot salad Seasonal fruit
Quinta-feira / Thursday - 29/03/2018	
Sopa de vegetais Dal com arroz e beringela panada Salada mista Fruta da época	Vegetable soup Daal with plain rice and fried aubergine Mixed Salad Seasonal fruit
Sexta-feira / Friday - 30/03/2018	
Cachorro quente de frango Salada grega Mousse de ananás Sumo de fruta	Chicken hot dog Greek salad Pineapple mousse Fruit juice



Semana / Week 29
02-06/04

Segunda-feira / Monday – 02/04/2018	
Caldo verde Caril de frango com arroz branco Salada mista Fruta da época	Kale soup Chicken curry with plain rice Mixed salad Seasonal fruit
Terça-feira / Tuesday - 03/04/2018	
Creme de cenoura Empadão de atum Salada de tomate Fruta da época	Carrot soup Fisherman's pie Tomato salad Seasonal fruit
Quarta-feira / Wednesday - 04/04/2018	
Sopa de abóbora Filetes de frango com espinafres e arroz de vegetais Salada mista Fruta da época	Pumpkin soup Chicken fillets with spinach and vegetable rice Mixed salad Seasonal fruit
Quinta-feira / Thursday- 05/04/2018	
Sopa de abóbora Massa Chinesa Vegetariana Salada de beterrada Fruta da época	Pumpkin soup Chinese noodles with vegetables Beetroot Salad Seasonal fruit
Sexta-feira / Friday - 06/04/2018	
Filetes de peixe panado com batata frita Salada mista à Juliana Sumo Mousse de maracujá	Fish fingers with french fries Mixed grated salad Juice Passionfruit mousse



Semana 30

09- 13/04

Segunda-feira / Monday – 09/04/2018	
Sopa de vegetais Almôndegas com molho de tomate e esparguete Salada Fruta da época	Vegetable soup Meatballs in tomato gravy with spaghetti Salad Seasonal fruit
Terça-feira / Tuesday - 10/04/2018	
Caldo Verde Lasanha Vegetariana Salada beterraba Fruta da época	Kale Soup Vegetable lasagna Beetroot salad Seasonal fruit
Quarta-feira - 11/04/2018	
Sopa de vegetais Frango à Zambeziana, mucapata e molho de tomate Fruta da época	Vegetable soup Grilled chicken (Zambeziian style), mucapata and tomato gravy Salad Seasonal fruit
Quinta-feira - 12/04/2018	
Sopa de espinafres Bifes com natas e cogumelos, arroz Salada mista Fruta da época	Spinach soup Beef in cream and mushroom gravy with rice Mixed salad Seasonal fruit
Sexta-feira - 13/03/2018	
Hambúrguer de carne com queijo e batata frita Salada mista Sumo Gelatina	Beef burger with cheese and French fries Mixed salad Fruit juice Jelly



Semana / Week 31
16-20/04

Segunda-feira / Monday – 16/04/2018	
Sopa de Abóbora Briyani de frango Salada Grega Fruta da época	Pumpkin soup Chicken Biryani Greek salad Seasonal fruit
Terça-feira / Tuesday - 17/04/2018	
Sopa de espinafre Carne assada com puré de batata Salada mista Fruta de época	Spinach soup Beef stew with mashed potatoes Mixed salad Seasonal fruit
Quarta-feira / Wednesday - 18/04/2018	
Sopa de cenoura Salada fria de atum e pão Fruta da época	Carrot soup Vegetable and tuna salad and bread Seasonal fruit
Quinta-feira / Thursday - 19/04/2018	
Sopa de abóbora Lasanha de frango Salada mista Fruta da época	Pumpkin soup Chicken Lasagna Mixed salad Seasonal fruit
Sexta-feira / Friday - 20/04/2018	
Prego no pão com batata frita Salada mista Gelatina com custarda Sumo de fruta	Steak roll with French fries Mixed salad Custard & Jelly Fruit juice



Semana / Week 31
23-27/04

Segunda-feira / Monday – 23/04/2018	
Sopa de vegetais Carne Assada com Xima Salada mista Fruta da época	Vegetable soup Beef stew with xima Mixed Salad Seasonal fruit
Terça-feira / Tuesday - 24/04/2018	
Creme de abóbora Estufado de frango com massa Salada de beterraba Fruta da época	Pumpkin Soup Chicken stew with tomato rice Beetroot salad Seasonal fruit
Quarta-feira / Wednesday - 25/04/2018	
Sopa de vegetais Daal com carne e arroz Salada mista Fruta da época	Vegetable soup Beef daal with plain rice Mixed Salad Seasonal fruit
Quinta-feira / Thursday - 26/04/2018	
Sopa de espinafres Biryani de vegetais Salada mista Fruta da época	Spinach soup Vegetable biryani Mixed salad Seasonal fruit
Sexta-feira / Friday - 27/04/2018	
Hambúrguer de frango com batata frita Salada de mista (Tomate, cebola e alface) Sumo Bolinhos de chocolate	Chicken burger with French fries Mixed salad Juice Miniature chocolate cakes