



**CANTEEN MENU – August 2019**  
(Subject to changes)

**Juice and fruit will be served every day during snack**

Day	Date	Morning Snack	Afternoon Snack
Tuesday	08/06/2019	Ground beef pastry	Cheese bread, juice, fruit
Wednesday	08/07/2019	Banana cake, yogurt, pita bread, cheese, eggplant antipasto	Mini bread and cheese, juice, fruit
Thursday	08/08/2019	Sandwich	Cake, juice, fruit
Friday	08/09/2019	Cheese bread	Açai, juice, fruit
Monday	08/12/2019	Sesame bread, cheese	Cake, juice, fruit
Tuesday	08/13/2019	Bread cheese, <i>açai</i>	Homemade cookie, juice, fruit
Wednesday	08/14/2019	Margarita pastry	Yogurt, juice, fruit
Friday	08/16/2019	Bread cheese, fruit smoothie	Açai, juice, fruit
Monday	08/19/2019	Potato bread stuffed with cream cheese	Cake, juice, fruit
Tuesday	08/20/2019	Vanilla and chocolate cake, chicken <i>tapioca</i>	Mini bread and cheese, juice, fruit
Wednesday	08/21/2019	Bread cheese, <i>Minas</i> cheese	Cake, juice, fruit
Thursday	08/22/2019	Baguette sandwich	Cheese bread, juice, fruit
Friday	08/23/2019	Bread cheese, yogurt	Açai, juice, fruit
Monday	08/26/2019	Ground beef pastry	Cake, juice, fruit
Tuesday	08/27/2019	Bread cheese	Cheese bread, juice, fruit
Wednesday	08/28/2019	sandwich	Homemade cookie, juice, fruit
Thursday	08/29/2019	Yogurt cake, tomato, cheese and basil <i>tapioca</i> , fruit smoothie	Cheese bread, juice, fruit
Friday	08/30/2019	Potato bread stuffed with chicken and cream cheese	Açai, juice, fruit

**Rice, beans, salad, juice and fruit will be served every day during lunch.**

Day	Date	Lunch Menu
Tuesday	08/06/2019	Chicken meatballs with tomato sauce, grilled beef, spaghetti, zucchini
Wednesday	08/07/2019	Fish with Mediterranean sauce, ground beef, sautéed potato, broccoli
Thursday	08/08/2019	Roasted chicken, roasted beef, <i>farofa</i> , chayote
Friday	08/09/2019	Pork ribs, barbecue sauce, chicken skewer, grilled pineapple, chard
Monday	08/12/2019	Grilled chicken, soy and vegetables, mashed potato, broccoli, dessert
Tuesday	08/13/2019	Baked beef, mini bread, grilled chicken, pumpkin, purple cabbage
Wednesday	08/14/2019	Roasted pork, barbecue sauce, roasted chicken thigh fillet, <i>farofa</i> , chayote
Friday	08/16/2019	Grilled chicken, <i>tropeiro beans</i> , collard greens, grilled pineapple
Monday	08/19/2019	Bolognese lasagna, garlic bread, cauliflower and carrot, string beans, dessert
Tuesday	08/20/2019	Chicken <i>fricassee</i> , grilled beef, sautéed potato, broccoli
Wednesday	08/21/2019	Roasted beef, chicken with vegetables, <i>farofa</i> , yellow carrot
Thursday	08/22/2019	Roasted chicken, ground beef, <i>angu</i> , okra
Friday	08/23/2019	Pork ribs, barbecue sauce, grilled chicken, collard greens
Monday	08/26/2019	Cheese omelet, grilled pork, roasted potato, cabbage, dessert
Tuesday	08/27/2019	Fish with tomato sauce, ground beef, pumpkin, string beans
Wednesday	08/28/2019	Roasted chicken, grilled beef, <i>farofa</i> , chayote and carrot
Thursday	08/29/2019	Barbecue
Friday	08/30/2019	Mix meat, grilled chicken, broccoli and cauliflower, sautéed carrot



**MENU DA CANTINA – Agosto 2019**  
**(Sujeito a Mudanças)**

**Suco e frutas serão servidos todos os dias durante o lanche.**

<b>Dia</b>	<b>Data</b>	<b>Lanche da Manhã</b>	<b>Lanche da Tarde</b>
Terça	06/08/2019	Esfirra de carne	Biscoito de queijo, suco, fruta
Quarta	07/08/2019	Bolo de banana, iogurte, pão sírio, mussarela, antipasto de berinjela	Pão com queijo, suco, fruta
Quinta	08/08/2019	Sanduíche natural	Bolo, suco, fruta
Sexta	09/08/2019	Biscoito de queijo	Açaí, suco, fruta
Segunda	12/08/2019	Pão de sal com gergelim, mussarela	Bolo, suco, fruta
Terça	13/08/2019	Biscoito de queijo, açaí	Cookies, suco, fruta
Quarta	14/08/2019	Lanchinho margarita	Iogurte, suco, fruta
Sexta	16/08/2019	Pão de queijo, vitamina de frutas	Açaí, suco, fruta
Segunda	19/08/2019	Pão de batata com requeijão	Bolo, suco, fruta
Terça	20/08/2019	Bolo formigueiro, tapioca de frango	Pão com queijo, suco, fruta
Quarta	21/08/2019	Pão de queijo, queijo Minas	Bolo, suco, fruta
Quinta	22/08/2019	Sanduíche baguette	Biscoito de queijo, suco, fruta
Sexta	23/08/2019	Biscoito de queijo, iogurte	Açaí, suco, fruta
Segunda	26/08/2019	Esfirra de carne	Bolo, suco, fruta
Terça	27/08/2019	Pão de queijo	Pão com queijo, suco, fruta
Quarta	28/08/2019	Sanduíche natural	Cookies, suco, fruta
Quinta	29/08/2019	Bolo de iogurte, vitamina de frutas, tapioca queijo, tomate e manjeriçao	Biscoito de queijo, suco, fruta
Sexta	30/08/2019	Pão de batata com frango e requeijão	Açaí, suco, fruta

**Arroz, feijão, saladas, sucos e frutas serão servidos todos os dias durante o almoço.**

<b>Dia</b>	<b>Data</b>	<b>Cardápio de Almoço</b>
Terça	06/08/2019	Almondéga de frango ao sugo, isca de boi, espaguete alho óleo, abobrinha
Quarta	07/08/2019	Peixe ao molho mediterrâneo, carne moída, batata sauté, brócolis
Quinta	08/08/2019	Coxinha de frango assada, carne de boi assada, virado de milho, chuchu
Sexta	09/08/2019	Costelinha suína, espetinho de frango, abacaxi grelhado, acelga
Segunda	12/08/2019	Frango grelhado, soja com legumes, purê de batata, brócolis, sobremesa
Terça	13/08/2019	Carne cozida, mini pão de sal, frango grelhado, moranga, repolho roxo
Quarta	14/08/2019	Carne de porco assada, molho barbecue, filé de coxa assado, farofa, chuchu
Sexta	16/08/2019	Bife de frango, tropeiro, couve, abacaxi grelhado
Segunda	19/08/2019	Lasanha bolonhesa, pão de alho, couve flor com cenoura, vagem, sobremesa
Terça	20/08/2019	Fricassé de frango, isca de boi, batata sauté, brócolis
Quarta	21/08/2019	Carne de boi assada, frango com legumes, farofa, baroa
Quinta	22/08/2019	Frango assado, carne moída, angu, quiabo
Sexta	23/08/2019	Costelinha, molho barbecue, frango grelhado, abacaxi grelhado, couve
Segunda	26/08/2019	Omelete de queijo, isca de pernil, batata corada, repolho, sobremesa
Terça	27/08/2019	Peixe com molho de tomate, carne moída, moranga, vagem
Quarta	28/08/2019	Frango assado, bife de boi, farofa, chuchu com cenoura
Quinta	29/08/2019	Churrasco
Sexta	30/08/2019	Carnes mistas, frango grelhado, brócolis com couve flor, cenoura sauté