



2022/2023 RESTAURANT MENU

AUGUST 2022
(Subject to changes)

Juice and fruit will be served every day during snack

Day	Date	Morning snack	Afternoon snack
Monday	08/01/2022	Ground beef pastry, homemade cereal bar	-----
Tuesday	08/02/2022	Cheese bread, <i>açaí</i> , homemade cereal bar	Carrot cake, juice, fruit
Wednesday	08/03/2022	Whole wheat bread and cheese, homemade cereal bar	Cookies cake, juice, fruit
Thursday	08/04/2022	Vanilla and chocolate cake, homemade cereal bar	Cocoa donuts, juice, fruit
Friday	08/05/2022	Cheese bread, homemade cereal bar	Yogurt, juice, fruit
Monday	08/08/2022	Cheese bread, homemade cereal bar	Chocolate cake, juice, fruit
Tuesday	08/09/2022	Potato bread stuffed cream cheese, homemade cereal bar	Cookie, juice, fruit
Wednesday	08/10/2022	Carrot cake, homemade cereal bar	Mini whole wheat bread and cheese, juice, fruit
Thursday	08/11/2022	Australian bread and cheese, homemade cereal bar	yogurt, juice, fruit
Friday	08/12/2022	Cheese bread, homemade cereal bar	Cocoa donuts, juice, fruit
Tuesday	08/16/2022	Cheese bread, <i>açaí</i> , homemade cereal bar	Carrot cake, juice, fruit
Wednesday	08/17/2022	Potato bread stuffed cream cheese and chicken, homemade cereal bar	Cocoa donuts, juice, fruit
Thursday	08/18/2022	Cheese bread, homemade cereal bar	Mini whole wheat bread and cheese, juice, fruit
Friday	08/19/2022	Whole wheat bread and cheese, homemade cereal bar	<i>Açaí</i> , juice, fruit
Monday	08/22/2022	Ground beef pastry, homemade cereal bar	Cookie, juice, fruit
Tuesday	08/23/2022	Carrot and chocolate cake, homemade cereal bar	Mini whole wheat bread and cheese, juice, fruit
Wednesday	08/24/2022	Pumpkin bread and cheese, homemade cereal bar	Cocoa donuts, juice, fruit
Thursday	08/25/2022	Cheese bread, yogurt, homemade cereal bar	Cookie, juice, fruit
Friday	08/26/2022	Chicken whole wheat <i>empanada</i> , homemade cereal bar	<i>Açaí</i> , juice, fruit
Monday	08/29/2022	Cheese bread, homemade cereal bar	Cookie, juice, fruit
Tuesday	08/30/2022	Potato bread stuffed cream cheese, homemade cereal bar	Chocolate and vanilla cake, juice, fruit
Wednesday	08/31/2022	Chocolate cake, homemade cereal bar	Mini whole wheat bread and cheese, juice, fruit

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

Day	Date	Lunch menu
Monday	08/01/2022	Grilled beef, cheese lasagna, cauliflower and carrot, chard, fruit salad
Tuesday	08/02/2022	Ground beef, roasted chicken, chayote, <i>farofa</i>
Wednesday	08/03/2022	Baked beef, grilled chicken, mashed potato, cabbage
Thursday	08/04/2022	Roasted beef, chicken meatball and tomato sauce, zucchini, spaghetti
Friday	08/05/2022	Grilled pork, roasted thigh filet, potato sautéed, collard greens
Monday	08/08/2022	Ground beef, scrambled eggs, gnocchi, broccoli, fruit salad
Tuesday	08/09/2022	Roasted pork, grilled chicken, collard greens, <i>farofa</i>
Wednesday	08/10/2022	Grilled beef, chicken and vegetables, garlic bread, chayote
Thursday	08/11/2022	Grilled chicken, <i>tropeiro beans</i> , collard greens, grilled pineapple
Friday	08/12/2022	Mediterranean fish, grilled pork, pumpkin, cabbage
Tuesday	08/16/2022	Chicken stroganoff, grilled beef, roasted potato, chard
Wednesday	08/17/2022	Baked beef, grilled chicken, <i>angu</i> , zucchini
Thursday	08/18/2022	Pork ribs, barbecue sauce, grilled chicken, spaghetti, collard greens
Friday	08/19/2022	Fish and sauce leek, ground beef, vegetables sautéed, purple cabbage
Monday	08/22/2022	Grilled beef, cheese omelet, garlic bread, broccoli and carrot, fruit salad
Tuesday	08/23/2022	Grilled chicken, beef meatball and tomato sauce, chard, spaghetti
Wednesday	08/24/2022	Roasted pork, grilled chicken, <i>farofa corn</i> , collard greens
Thursday	08/25/2022	Roasted thigh filet, ground beef, pumpkin, cabbage



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Friday	08/26/2022	Chicken fricassee, grilled beef, potato sautéed, string beans
Monday	08/29/2022	<i>Feijoada</i> , scrambled egg, collard greens, <i>farofa</i> , cauliflower, fruit salad
Tuesday	08/30/2022	Pork ribs, barbecue sauce, grilled chicken, pumpkin, grilled pineapple
Wednesday	08/31/2022	Mediterranean fish, ground beef, creamed corn, cabbage