



30
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COLÉGIO
INTERNACIONAL DE
VILAMOURA
INTERNATIONAL
SCHOOL

MENU

- Week 04/08 April -

		Protein	Lipids	Carbon Hydrates	Caloric value	
MONDAY	04/04/2016					
Soup	Carrot	4,5	4,6	34,3	201,0	
Main course	Hamburger / Pork steak with spaghetti and carrot salad	59,6	36,3	36,3	714,0	
Option	Lentils with tofu and white rice, mixed salad	17,3	7,1	70,1	424,0	
Dessert	Seasonal fruit					
		Total	64,1	40,9	70,6	915,0
TUESDAY	05/04/2016					
Soup	Spinach	5,0	8,6	34,8	240,0	
Main course	Tuna pie (rice) with courgette and corn salad	35,8	19,0	48,2	513,0	
Option	Hake cooked with vegetables and potatoes	19,7	5,8	36,6	281,0	
Dessert	logurte	0,3	0,0	3,0	13,0	
		Total	41,1	27,6	86,0	766,0
WEDNESDAY	06/04/2016					
Soup	Tomato	4,6	4,6	34,7	203,0	
Main course	Roast pork with mashed potatoes, white cabbage and carrot salad	29,6	23,9	38,5	494,0	
Option	Vegetables and mushrooms pie	4,4	8,4	7,5	135,0	
Dessert	Seasonal fruit					
		Total	34,2	28,5	73,2	697,0
THURSDAY	07/04/2016					
Soup	Green beans with mint	0,7	4,6	3,5	59,0	
Main course	Fish sticks with spring rice and red cabbage salad	14,1	16,5	76,1	515,0	
Option	Steamed fish with vegetables and potatoes	19,3	6,7	21,3	225,0	
Dessert	Yoghurt	4,4	1,8	16,6	100,0	
		Total	19,2	22,9	96,2	674,0
FRIDAY	08/04/2016					
Soup	Vegetables	1,0	4,7	18,2	128,0	
Main course	Meat satay with fries and lettuce salad	10,0	17,2	21,2	281,0	
Option	Tofu satay with fries and lettuce salad	10,0	17,2	21,2	281,0	
Dessert	Seasonal fruit					
		Total	11,0	4,7	18,2	409,0

NOTE:

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MENU

- Week 11/15 april

		Protein	Lipids	Carbon Hydrates	Caloric value
MONDAY	11/04/2016				
Soup	Cauliflower and carrots	4,1	4,6	4,1	63,0
Main course	Macaroni with cheese and bacon, courgette and carrots salad	21,2	31,2	42,8	541,0
Option	Eggplant stuffed with soya and lettuce salad	20,3	7,9	17,2	223,0
Dessert	Seasonal fruit				
		Total	25,3	35,8	604,0
TUESDAY	12/04/2016				
Soup	Watercress	1,0	3,5	6,1	60,0
Main course	Mackerel fillets in olive oil and oregano sauce with potatoes, carrots and broccoli	24,9	9,6	34,7	328,0
Option	Boiled fish with vegetables	12,0	13,7	2,8	191,0
Dessert	sweet				
		Total	25,9	13,1	388,0
WEDNESDAY	13/04/2016				
Soup	Vegetables	3,7	7,8	17,6	158,0
Main course	Broad beans with rice and lettuce salad	50,0	3,4	29,8	535,0
Option	Tofu with vegetables and white rice	50,0	4,7	68,4	549,0
Dessert	Seasonal fruit				
		Total	53,7	11,2	693,0
THURSDAY	14/04/2016				
Soup	Chicken	5,6	14,1	0,1	145,0
Main course	Scrambled Eggs with Fish and Potatoes with salad	13,2	34,1	28,9	482,0
Option	Scrambled Eggs with french-garlic and Potatoes with salad	13,2	34,1	28,9	482,0
Dessert	yoghurt	4,4	1,8	16,6	100,0
		Total	23,2	50,0	727,0
FRIDAY	15/04/2016				
Soup	Peas	2,9	3,5	7,8	71,0
Main course	Oven-baked turkey with herbs, fusilli and carrot salad	19,8	16,1	29,1	344,0
Option	Potatoes stuffed with soya and vegetables	45,0	5,4	74,3	537,0
Dessert	Seasonal fruit				
		Total	22,7	19,6	415,0

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MENU

- Week 18/22 April -

		Protein	Lipids	Carbon Hydrates	Caloric value
MONDAY	18/04/2016				
Soup	Cabbage	4,9	4,7	34,9	205,0
Main course	Spaghetti bolognese and zucchini, corn and pepper salad	26,2	23,4	42,1	490,0
Option	Stewed Lentils, vegetables and tofu	14,4	7,1	26,1	229,0
Dessert	Seasonal fruit				
		Total	31,1	28,1	77,0
TUESDAY	19/04/2016				
Soup	Broccoli cream with carrot	5,4	5,0	28,4	183,0
Main course	Baked fish with potatoes, pepper and onions	20,7	15,4	35,9	267,0
Option	Fish pie with sautéed vegetables	14,4	10,2	27,4	252,0
Dessert	Jelly	0,3	0,0	3,0	13,0
		Total	26,4	20,4	67,3
WEDNESDAY	20/04/2016				
Soup	Fish with coriander	6,7	5,2	9,1	110,0
Main course	Roasted chicken leg with rice and sautéed vegetables	33,6	8,8	44,1	395,0
Option	Soya burger with vegetable rice	4,2	4,9	40,9	229,0
Dessert	Seasonal fruit				
		Total	40,3	14,0	53,2
THURSDAY	21/04/2016				
Soup	Pumpkin	2,1	4,6	7,2	75,0
Main course	Salmon and vegetable lasagna with lettuce salad	20,3	21,8	21,8	536,0
Option	Baked fish with potatoes and vegetables	22,1	7,9	34,5	302,0
Dessert	Yoghurt	4,4	1,8	16,6	100,0
		Total	26,8	28,2	45,6
FRIDAY	22/04/2016				
Soup	French-garlic	3,7	7,8	17,6	158,0
Main course	Spanish tortilla and lettuce and tomato salad	33,9	29,9	49,0	616,0
Option	Penne with vegetables, tomato and basil sauce	6,9	5,5	38,8	233,0
Dessert	Seasonal fruit				
		Total	37,6	37,7	66,6

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- Week 25 a 29 de Abril

		Protein	Lipids	Carbon Hydrates	Caloric value
MONDAY	25/04/2016				
Soup					
Main course	Holiday				
Option					
Dessert					
		Total	0,0	0,0	0,0
TUESDAY	26/04/2016				
Soup					
	Chicken and corn	5,6	14,1	0,1	145,0
Main course					
	Calamares with Russian salad	29,6	16,2	59,0	508,0
Option					
	Chickpeas stew with vegetable and soy	52,1	9,4	62,6	572,0
Dessert					
	yoghurt	4,4	1,8	16,6	100,0
		Total	39,6	32,1	75,7
WEDNESDAY	27/04/2016				
Soup					
	Bean	5,4	4,8	16,9	133,0
Main course					
	Rice with (pork,chicken and beef), red cabbage salad	27,2	21,7	40,2	470,0
Option					
	Sautéed mushrooms with rice and red cabbage salad	4,1	4,9	40,1	226,0
Dessert					
	Seasonal fruit				
		Total	32,6	26,5	57,1
THURSDAY	28/04/2016				
Soup					
	Juliana	4,0	4,7	28,4	175,0
Main course					
	Fish pasta with coriander	16,6	6,5	43,3	303,0
Option					
	Oven baked fish with vegetables	19,7	5,8	36,6	281,0
Dessert					
	Jelly	0,3	5,8	3,0	13,0
		Total	20,9	17,0	74,7
FRIDAY	29/04/2016				
Soup					
	Vegetables	1,0	3,5	6,1	60,0
Main course					
	Veal chop suey and white rice	28,0	5,0	48,3	356,0
Option					
	Tofu with rice and vegetables	12,5	8,1	65,8	394,0
Dessert					
	Seasonal fruit				
		Total	29,0	8,5	54,4

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MENU

- Week 02/06 May -

		Protein	Lipids	Carbon Hydrates	Caloric value
MONDAY	02/05/2016				
Soup	Fish with coriander	6,7	5,2	9,1	110,0
Main course	Hamburger / Pork steak with spring rice and lettuce salad	48,3	17,5	36,8	501,0
Option	Macaroni with bolognese soya and carrot salad	16,3	5,8	43,9	298,0
Dessert	Seasonal fruit				
	Total	55,0	22,7	45,9	611,0
TUESDAY	03/05/2016				
Soup	Minestrone	2,5	4,7	16,5	121,0
Main course	Flounder in the oven with potatoes, broccoli and cauliflower	22,6	6,9	46,4	344,0
Option	Black eyed beans salad with tofu	14,5	8,3	39,7	296,0
Dessert	yoghurt	4,4	1,8	16,6	100,0
	Total	29,5	13,4	79,5	565,0
WEDNESDAY	04/05/2016				
Soup	Chickpeas and cabbage	5,3	5,4	22,5	162,0
Main course	Pork stewed with peas, carrots and couscous	46,9	5,2	29,2	355,0
Option	Vegetable couscous with soya and lettuce salad	46,9	5,2	29,2	355,0
Dessert	Seasonal fruit				
	Total	52,2	10,6	51,7	517,0
THURSDAY	05/05/2016				
Soup	Chicken	5,6	14,1	0,1	145,0
Main course	Tuna and mackerel gratin with spaghetti and carrots, lettuce salad	35,3	33,0	1,3	443,0
Option	Vegetable quiche	10,7	9,3	56,8	365,0
Dessert	Jelly	0,3	0,0	3,0	13,0
	Total	41,2	47,1	4,4	601,0
FRIDAY	06/05/2016				
Soup	Vegetables	1,0	3,5	6,1	60,0
Main course	Chicken salad with pineapple and yogurt	6,2	0,9	36,9	184,0
Option	Vegetables curry with rice and pineapple	16,4	5,7	87,0	475,0
Dessert	Seasonal fruit				
	Total	7,2	4,4	43,0	244,0

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