



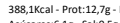




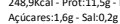



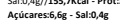



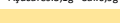

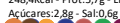












Semana de 07 a 11 de outubro de 2024

ALMOÇO		
SEGUNDA-FEIRA		
SOPA	Abóbora	 127,7Kcal - Prot:2,5g - Lip:5,2g - HC:15,9g AGS:0,9g - Açúcares:1,9g - Sal:0,2g
GERAL	Empadão de Vitela de Arroz com Salada	 289,0Kcal - Prot:14,5g - Lip:12,3g - HC:22,9g AGS:2,9g - Açúcares:1,9g - Sal:0,2g
DIETA	Bife de Frango Grelhado com Massa Espiral e Salada	 256,3Kcal - Prot:12,3g - Lip:7,5g - HC:23,9g AGS:2,4g - Açúcares:3,4g - Sal:0,2g
VEGETARIANO	Empadão de Lentilhas com Salada	 388,1Kcal - Prot:12,7g - Lip:12,7g - HC:50,3g AGS:1,9g - Açúcares:6,1g - Sal:0,5g
SOBREMESA	Gelatina	 83Kcal - Prot:1,8g - Lip:0,0g - HC:18,6g - AGS:0,0g - Açúcares:18,4g - Sal:0,3g
LANCHE	Vianinha com Queijo e Sumo	
TERÇA-FEIRA		
SOPA	Couve Flor	 155,7Kcal - Prot:3,4g - Lip:5,5g - HC:20,6g AGS:0,9g - Açúcares:6,6g - Sal:0,2g
GERAL	Massinha de Peixe (tintureira e pescada)	 285,3Kcal - Prot:12,3g - Lip:10,5g - HC:22,3g AGS:2,2g - Açúcares:2,2g - Sal:0,2g
DIETA	Pescada Cozida com Batata, Feijão Verde e Cenoura Cozidos	 248,9Kcal - Prot:11,5g - Lip:9,0g - HC:24,4g AGS:1,5g - Açúcares:1,6g - Sal:0,2g
VEGETARIANO	Crepes de Legumes (feijão verde, cenoura) com Arroz de Feijão Preto e Salada	 274,0Kcal - Prot:6,8g - Lip:5,1g - HC:49,0g AGS:1,3g - Açúcares:3,0g - Sal:0,5g
SOBREMESA	Fruta da Época	 57,8Kcal - Prot:0,3g - Lip:0,0g - HC:13,1g AGS:0,0g - Açúcares:12,4g - Sal:0,0g
LANCHE	Pão Carioca com Doce e iogurte	
QUARTA-FEIRA		
SOPA	Canja/Legumes	 140,5Kcal - Prot:6,6 - Lip:1,9g - HC:23,7 AGS:0,4g - Açúcares:1,4g - Sal:0,4g/155,7Kcal - Prot:3,4g - Lip:5,5g - HC:20,6g AGS:0,9g - Açúcares:6,6g - Sal:0,4g
GERAL	Hambúrguer Estufado com Puré de Batata e Salada	 255,9Kcal - Prot:13,9g - Lip:12,0g - HC:24,6g AGS:2,1g - Açúcares:1,6g - Sal:0,2g
DIETA	Hambúrguer Grelhado com Esparguete e Salada	 230,9Kcal - Prot:13,9g - Lip:10,0g - HC:23,0g AGS:2,1g - Açúcares:1,6g - Sal:0,2g
VEGETARIANO	Hambúrguer de Quinoa e Legumes com Puré de Batata e Salada	 285,6Kcal - Prot:19,1g - Lip:11,8g - HC:23,8g AGS:9,5g - Açúcares:3,1g - Sal:0,9g
SOBREMESA	Fruta da Época	 99,4Kcal - Prot:1,2g - Lip:0,3g - HC:21,1g AGS:0,3g - Açúcares:17,8g - Sal:0,0g
LANCHE	Leite com Cereais (estrelitas)	
QUINTA-FEIRA		
SOPA	Caldo Verde com Chouriço	 248,4Kcal - Prot:5,7g - Lip:15,4g - HC:19,3g AGS:4,4g - Açúcares:2,8g - Sal:0,6g
GERAL	Pastéis de Bacalhau com Arroz de Tomate e Salada	 332,6Kcal - Prot:12,5g - Lip:15,2g - HC:23,9g AGS:3,5g - Açúcares:1,9g - Sal:0,2g
DIETA	Red Fish Assado com Batata, Couve Laminada e Cenoura	 259,9Kcal - Prot:11,5g - Lip:11,3g - HC:25,5g AGS:1,9g - Açúcares:1,6g - Sal:0,2g
VEGETARIANO	Tofu à Gomes de Sá (batata, cebola, alho francês, azeitonas e salsa)	 222,3Kcal - Prot:7,2g - Lip:12,7g - HC:19,0g AGS:1,5g - Açúcares:1,6g - Sal:0,2g
SOBREMESA	Sobremesa	 175,5Kcal - Prot:0,04g - Lip:0,04g - HC:43,6g AGS:0,04g - Açúcares:43,2g - Sal:0,2g
LANCHE	Croissant com Fiambre e iogurte	
SEXTA-FEIRA		
SOPA	Legumes	 145,4Kcal - Prot:2,8g - Lip:5,4g - HC:18,8g AGS:0,9g - Açúcares:7,6g - Sal:0,2g
GERAL	Carne de Porco Assada com Massinha e Salada	 310,2Kcal - Prot:14,3g - Lip:11,4g - HC:23,8g AGS:2,9g - Açúcares:7,6g - Sal:0,2g
DIETA	Bife de Frango Grelhado com Massinha e Salada	 256,3Kcal - Prot:12,3g - Lip:7,5g - HC:23,9g AGS:2,4g - Açúcares:3,4g - Sal:0,2g
VEGETARIANO	Bolonhesa de Lentilhas e Legumes	 330,7Kcal - Prot:13,2g - Lip:8,4g - HC:46,7g AGS:1,1g - Açúcares:7,1g - Sal:0,4g
SOBREMESA	Fruta da Época	 56,0Kcal - Prot:0,4g - Lip:0,0g - HC:12,1g AGS:0,0g - Açúcares:12,1g - Sal:0,0g
LANCHE	Pão de Mistura com Manteiga e Leite Simples	

Esta ementa poderá ser alterada por motivos imprevistos

-  GLÚTEN
-  LÁCTEOS
-  OVO
-  PESCADO
-  MOLUSCOS
-  CRUSTÁCEOS
-  AMENDOINS
-  FRUTOS DE CASCA RIA
-  SOJA
-  SÉSAMO
-  MOSTARDA
-  AIPO
-  TREMOÇOS
-  ENXOFRE E SULFITOS

Carolina