

MENU PEIR 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cauliflower, string beans, carrots and olives Chicken fillet with sauce Black bean Integral rice with carrots Crumbs with soy Orange Cajá juice	Cauliflower, cabbage leaf, cabbage and carrots Cooked meat lures Brown bean White rice with peas Cooked yam Watermelon Mango juice	Lettuce, tomato, onion, bell pepper and cucumber Chicken pieces Black bean White rice Cooked sweet potato Sugar cane candy Guava juice	Lettuce, carrots, beets, tomatoes and onions Meat cooked with cassava Brown bean White rice with carrots Banana candy Acerola juice	Cucumber, tomato and bell pepper Fish fillet with coconut milk Black bean White rice with green corn Baked potato Orange Cashew juice
WEEK 2	Cauliflower, tomato, cucumber and onion Chicken stroganoff Brown bean White rice Crumbs with beets Watermelon Mango juice	Cucumber, tomato, cauliflower and onion Salted meat Brown bean White rice Cooked Pumpkin Banana Grape juice	Lettuce, chard, beets and onions Shredded chicken Black bean Integral rice with carrots Crumbs Banana candy Acerola juice	Cabbage, cabbage leaf and carrots Cooked fish Brown bean White rice with green corn <i>Pirão</i> (typical Brazilian plate made with cassava flour) Pineapple with cinnamon Cashew juice	Lettuce, apple, cucumber, beet and carrot Roast chicken Black bean Garlic and oil noodles Cooked sweet potato Milk candy Acerola juice
WEEK 3	Lettuce, tomato, cabbage, onion and carrot Ground beef Brown bean	Cucumber, tomato, bell pepper Beef liver with onions Black bean	Carrot, pumpkin, cauliflower, chayote and string beans Beef steak Brown bean Spaghetti noodles	Lettuce, chard, cabbage, tomato, green corn and pineapple Roast chicken	Lettuce, beets, cabbage and carrots Shredded meat with onions

	Integral rice with green corn Cooked potato Pineapple Cajá juice	White rice with green pod Crumbs Milk candy Guava juice	Crumbs with bananas Watermelon Acerola juice	<i>Feijoada</i> (black beans with sausage) White rice Crumbs Orange Mango juice	White bean Rice with milk Cooked manioc Pineapple with cinnamon Cashew juice
WEEK 4	Cabbage, string beans, pineapple and tomato Cooked meat with vegetables Black bean White rice <i>Pirão</i> (typical Brazilian plate made with cassava flour) Orange Cajá juice	Tomato, onion and bell pepper Barbecue <i>Baião de dois</i> (typical dish of northeast Brazil made with green beans and white rice) Crumbs with onions Milk candy Cashew juice	Chayote, carrot and potato Diced chicken Black bean Integral rice with string beans Crumbs with soy Watermelon Mango juice	Lettuce, tomato, onion, bell pepper and cabbage leaf Fish fillet with tomato sauce Brown bean White rice with carrots Potato gratin Melon Mangaba juice	Lettuce, tomato, cabbage, onion and carrot Chicken in pineapple sauce White bean White rice Mashed pumpkin Banana candy Acerola juice
MENU PEIR 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Tomato, cucumber, cabbage Chicken steak White rice with green corn Brown bean Cooked sweet potato Pineapple juice	Lettuce, cucumber and carrot Meatballs White rice with cabbage leaf Black bean Crumbs with onions Cajá juice	Lettuce, tomato and beet Chicken Cream Salted meat with cassava flour White rice Brown bean Cooked sweet potato Cashew juice	Tomato, onion and bell pepper Steak with sauce White rice with string beans White bean Crumbs Guava juice	Lettuce, carrots and beets Fried fish White rice Brown bean Couscous Acerola juice

WEEK 2	Tomato, carrot and cabbage	Tomato, onion and bell pepper	Lettuce, tomato and beet	Potatoes, carrots and chayote	Lettuce, tomato and mango
	Chicken steak with onions	Salted meat with cassava flour	Beef stroganoff	Beef steak with onions	Roasted chicken
	White rice with green corn	Milk rice	White rice	White rice with string beans	White rice with peas
	Brown bean	White bean	Brown bean	Black bean	Brown bean
	Crumbs with onions	Cooked sweet potato	Crumbs	Couscous	Pumpkin puree
	Cajá juice	Cashew juice	Guava juice	Cashew juice	Acerola juice
WEEK 3	Lettuce, tomato and carrot	Tomato, onion and bell pepper	Carrots, beets and tomatoes	Lettuce, carrot and cucumber	Lettuce, carrots and beets
	Chicken salad	Roasted chicken drumstick	Chicken stroganoff	Meat pancake	Fried fish
	White rice	White rice with carrots	White rice	White rice with green corn	White rice
	Brown bean	White bean	Brown bean	Black bean	Brown bean
	Crumb	Sweet potato	Crumbs with onions	Cooked pumpkin	Couscous
	Mango juice	Cashew juice	Guava juice	Pineapple juice	Acerola juice
WEEK 4	Carrot, tomato, lettuce	Cucumber, tomato and beet	Cabbage, carrots and pineapple	Lettuce, tomato and beet	Lettuce, tomato and cucumber
	Chicken bait	Meat with onions	Breaded chicken	Meatballs	Chicken with potatoes and carrots
	White rice	White rice with cabbage leaf	Beef stew	Garlic and oil noodles	White rice
	Black bean	Brown bean	Black bean	Brown bean	Brown bean
	Cooked sweet potato	Cooked sweet potato	Crumbs	Cooked pumpkin	Cooked sweet potato
	Cashew juice	Cashew juice	Guava juice	Pineapple juice	Cashew juice
MENU PEIR 3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

WEEK 1	<p>Lettuce, tomato, bell pepper and onion</p> <p>Chicken stroganoff</p> <p>White rice with cabbage</p> <p>Pasta with carrot</p> <p>Beans</p> <p>Crumbs with straw potato</p> <p>Orange</p> <p>Cashew juice</p>	<p>Carrots, potatoes, chayote and lettuce</p> <p>Meat in dark sauce</p> <p>White rice with saffron</p> <p>Macaroni with ham</p> <p>Black bean</p> <p>Crumbs with meat</p> <p>Pineapple</p> <p>Acerola juice</p>	<p>Onions, bell peppers, eggplants and tomatoes</p> <p>Chicken with green corn sauce</p> <p>White rice with vegetables</p> <p>Pasta with sauce</p> <p>Brown bean</p> <p>Crumbs with onions</p> <p>Melon</p> <p>Cajá juice</p>	<p>Manioc, sweet potato and Pumpkin</p> <p>Meat stew</p> <p>White rice with parsley</p> <p>Macaroni with green corn</p> <p>White bean</p> <p><i>Pirão</i> (typical Brazilian plate made with cassava flour)</p> <p>Banana</p> <p>Guava juice</p>	<p>Lettuce, carrot, beet and pineapple</p> <p>Fish with rosé sauce</p> <p>Ground beef</p> <p>White rice with lentils</p> <p>Black bean</p> <p>Pasta with cheese</p> <p>Toasted crumbs</p> <p>Milk candy</p> <p>Acerola juice</p>
WEEK 2	<p>Potatoes, carrots, chayote and cabbage</p> <p>Steak with cheese and tomatoes</p> <p>Black bean</p> <p>White rice with green corn</p> <p>Pasta with sauce</p> <p>Crumbs with onions</p> <p>Guava juice</p> <p>Orange</p>	<p>String beans, onions, tomatoes, cabbage leaf, cabbage and beets</p> <p>Roast chicken</p> <p>White rice with cabbage leaf</p> <p>Pasta with sauce</p> <p>Brown bean</p> <p>Crumbs with linseed</p> <p>Cajá juice</p> <p>Pineapple</p>	<p>Potatoes, carrots, chayote</p> <p>Beef stewed with manioc</p> <p>White bean with flour</p> <p>White rice with vegetables</p> <p>Pasta with sauce</p> <p>Toasted crumbs</p> <p>Cashew juice</p> <p>Watermelon</p>	<p>Lettuce, carrots, bell peppers, tomatoes and pineapple</p> <p>Chicken fillet in white sauce</p> <p>Black bean</p> <p>White rice</p> <p>Macaroni with ham</p> <p>Crumbs with carrots</p> <p>Acerola juice</p> <p>Banana</p>	<p>Cabbage leaf, tomato, onion, bell pepper and green corn</p> <p>Fish in tomato sauce</p> <p>Meatballs**</p> <p>Brown bean</p> <p>White rice with vegetables</p> <p>Macaroni</p> <p>Crumbs with peanuts</p> <p>Cajá juice</p> <p>Milk candy</p>
WEEK 3	<p>Potato, carrot and chives</p> <p>Pork loin in mustard sauce</p> <p>Brown bean</p> <p>White rice with parsley</p>	<p>Sweet potato and manioc</p> <p>Chinese chicken</p> <p>Black bean</p>	<p>Tomato, onion and carrot</p> <p>Sliced Meat</p> <p>White bean</p> <p>Whole rice</p> <p>Milk rice</p> <p>Pasta with carrot</p>	<p>Cabbage leaf, potato, carrot and sweet potato</p> <p>Chicken in carrot sauce</p> <p>Black bean</p>	<p>Lettuce, tomato, pepper and onion</p> <p>Meat lures with olives</p> <p>Brown bean</p>

	Pasta with green corn and peas Crumbs with carrots Orange Guava juice	White rice with shop suey Pasta with sauce Crumbs with strew potato Watermelon Cajá juice	Crumbs with onions Pineapple Cashew juice	White rice with bell pepper Macaroni with ham Crumbs with peanuts Banana Cashew juice	Rice with vegetables Pasta with cheese Toasted crumbs Milk candy Guava juice
WEEK 4	Tomato, cabbage, peppers and carrots <i>Paçoca</i> (Salted meat with cassava flour) Shredded meat with cassava flour White bean White rice with saffron Pasta with sauce Crumbs with olives Watermelon Cajá juice	Carrot, pineapple, tomato, plum and onion Pork loin in tomato sauce Brown bean Rice with vegetables Pasta with sauce Crumbs with meat Guava candy Cashew juice	Lettuce, tomato, cabbage, onion and apple Chicken in white sauce Black bean White rice with cilantro Pasta with tomato sauce Crumbs with onions Pineapple Cashew juice	Chard, tomato, carrot and onion Pork loin in tomato sauce Black bean Rice with vegetables Macaroni in tomato sauce Crumbs with meat Banana Passion fruit juice	Lettuce, tomato, bell pepper and onion Pan steak Brown bean White rice with green corn Pasta with sauce Crumbs with onions Orange Cashew juice
MENU PEIR 4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Sautéed carrot and potato Steak in barbecue sauce White rice Black bean	Pineapple, beet, carrot and tomato Chinese chicken White rice with vegetables	Vinaigrette Salad Salted meat with onions White rice with carrots Black bean Crumbs with garlic Cashew juice Guava candy	Manioc with rustic sauce Roast chicken White rice with parsley Black bean Crumbs with onions	Lettuce, chard, carrot, tomato and apple <i>Feijoada</i> (black beans with sausage) White rice Crumbs

	Crumbs with nutmeg Grape juice Guava candy	Crumbs with nutmeg Acerola juice Guava candy		Acerola juice Guava candy	Mango juice Guava candy
WEEK 2	Potato, carrot and chayote sautéed Steak in California sauce White rice Black bean Crumbs Cashew juice Guava candy	Chard, lettuce, carrot, apple, onion and bell pepper Roast chicken White rice Black bean Crumbs with garlic Acerola juice Guava candy	Manioc with butter Salted meat Cooked meat with onions White rice with carrots Black bean Crumbs with garlic Cajá juice Pineapple candy	Cabbage, bell peppers, onions and string beans Roast chicken White rice Black bean Crumbs Acerola juice Banana candy	Beets, carrots, onions, cabbage and mint Cooked meat Black bean White rice <i>Pirão</i> (typical Brazilian dish made with cassava flour) Mango juice Guava candy
WEEK 3	Beets, carrots and string beans Mixed barbecue White rice Black bean Crumbs Acerola juice Guava candy	Chard, apple, bell pepper and carrot Roast chicken White rice Black bean Crumbs Cajá juice Guava candy	Manioc with butter Salted meat Cooked meat with onions White rice Black bean Crumbs with garlic Mango juice Guava candy	Cabbage, beets and carrots Chicken with eggplant sauce White rice Black bean Crumbs Acerola juice Orange	Lettuce, tomato and carrot Chicken with Chinese sauce White rice with beans Black bean Crumbs Acerola juice Guava candy
WEEK 4	Manioc with butter Salted meat Black bean	Beet, potato, apple and green corn Steak with Sicilian sauce Black bean	Chard, carrot, cabbage, bell peppers, Italian sauce Roast chicken on barbecue sauce Brown bean White rice	Carrot, cabbage and pineapple Chinese chicken Black bean	Cabbage, carrot, beet, bell pepper <i>Feijoada</i> (black beans with sausage) White rice

	White rice Crumbs with garlic Acerola juice Guava candy	White rice Crumbs with garlic Grape juice Guava candy	Crumbs with onions Grape juice Guava candy	White rice with vegetables Crumbs with garlic Acerola juice Guava candy	Crumbs Acerola juice Melon
MENU PEIR 5					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Chard, beet, cucumber, cabbage and tomato Steak with onions White rice Brown bean Crumbs Acerola juice	Potatoes and carrots Chicken stroganoff White rice Green bean Couscous Cajá juice	Chard, carrot, lettuce and tomato Meat lures White rice with cabbage leaf Brown bean Crumbs Grape juice	Potatoes, chives, pumpkin and zucchini Ground beef Macaroni Black bean Couscous Cashew juice	Chard, carrot, cucumber, cabbage and tomato Roasted chicken fillet Integral rice Brown bean Sweet potato Guava juice
WEEK 2	Chard, lettuce, carrot, arugula and tomato Stew meat White rice Black bean Crumbs Acerola juice	Chives, carrots, cabbage and tomatoes Diced chicken in white sauce Integral rice Brown bean Couscous crumbs Guava juice	Pineapple, carrot, raisin and cabbage Pan steak White rice Black bean Crumbs Cashew juice	Potato Roasted chicken White rice Green bean Crumbs Cajá juice	Chard, lettuce and tomato <i>Paçoca</i> (Salted meat with cassava flour) Rice with milk Brown bean Crumbs Cashew juice
WEEK 3	Chard, lettuce, beets, cucumbers and tomatoes Crispy chicken White rice Black bean Crumbs with beets	Potatoes, chives, carrots, chayote Meat baits with onions White rice Black bean with cassava flour	Chard, lettuce, cabbage and tomato Chinese chicken Integral rice Brown bean Crumbs Acerola juice	Chard, lettuce, carrot, arugula and tomato Ground beef Macaroni Black bean Crumbs Cajá juice	Lettuce, tomato, pepper and onion Steak with onions White rice with carrots Brown bean Crumbs

	Guava juice	Sweet potato puree Cajá juice			Guava juice
WEEK 4	Chard, beet, cucumber, cabbage and tomato Roasted chicken fillet White rice Black bean Crumbs Cashew juice	Potatoes, chives, carrots and cabbage Beef loin White rice Brown bean Couscous Acerola juice	Pineapple, carrot, raisin and cabbage Roasted chicken drumstick Macaroni Black bean Crumbs Guava juice	Potato and carrot Fish stew Integral rice Green bean Cooked sweet potato Cajá juice	Chard, carrot, lettuce and tomato Meat pancake White rice Brown bean Crumbs with beets Cajá juice
MENU PEIR 6					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Lettuce, cabbage and carrots Chicken fillet with onions White rice Brown bean Crumbs Guava juice	Vinaigrette <i>Paçoca</i> (Salted meat with cassava flour) Milk rice Black bean Couscous Cashew juice	Chayote and carrot Meat stroganoff White rice with carrots White bean with flour Banana	Green salad Fried chicken Garlic and oil noodles Black bean Couscous Passion fruit juice	Carrot, chayote and potato Chicken pancake White rice Brown bean Crumbs Papaya
WEEK 2	Lettuce, cabbage and carrots Chinese chicken White rice Black bean Couscous Pineapple	Braised cabbage Chicken in sauce White rice with saffron Brown bean Crumbs Mango juice	Chayote, carrot and potato Ground beef with vegetables Garlic and oil noodles Black bean Couscous Banana	Lettuce, cabbage and cucumber Chicken stroganoff White rice with carrots Brown bean Crumbs Guava juice	Mashed potatoes and sweet potato Breaded chicken bait White rice Black bean Couscous Passion fruit juice

<p>WEEK 3</p>	<p>Chayote and carrot Meat stroganoff White rice Black bean Crumbs Papaya</p>	<p>Lettuce, cabbage and carrots Fried chicken White rice with saffron Brown bean Couscous Cashew juice</p>	<p>Lettuce, cabbage and cucumber <i>Paçoca</i> (Salted meat with cassava flour) White rice with bell pepper Black bean Crumbs Pineapple</p>	<p>Vinaigrette Chicken in green corn cream White rice with carrots Brown bean Couscous Cashew juice</p>	<p>Pumpkin Meat pancake White rice Black bean Crumbs Passion fruit juice</p>
<p>WEEK 4</p>	<p>Lettuce, cabbage and carrots Ground beef Macaroni Brown bean Couscous Banana</p>	<p>Braised cabbage Chinese chicken White rice with saffron Black bean Crumbs Mango juice</p>	<p>Carrot, chayote and potato Chicken White rice Brown bean Couscous Papaya</p>	<p>Lettuce, cabbage and carrot Chinese chicken White rice with carrots Black bean Crumbs Guava juice</p>	<p>Pumpkin <i>Paçoca</i> (Salted meat with cassava flour) White rice with carrots Brown bean Couscous Cashew juice</p>