

FUNDAÇÃO CEBI FONTE BOA DOS NABOS- CRECHE (sala amarela)

Semana de 22/06/2026 a 26/06/2026



gertal

				Proteína	Gordura	H. de Carbono	Valor Calórico
Segunda-Feira	Sopa	Creme de brócolos		2,0 gr	3,2 gr	11,5 gr	76 Kcal
	Prato	Pescada assada com batata e legumes		29,1 gr	24,0 gr	18,8 gr	143 Kcal
	Sobremesa	Fruta		0,2 gr	0,5 gr	13,4 gr	57 Kcal
	Lanche	Papa farinha maizena com fruta / Leite simples com pão com creme vegetal					
Terça-Feira	Sopa	Abóbora com agrião		2,1 gr	3,2 gr	11,7 gr	84 Kcal
	Prato	Frango estufado com esparguete		13,1 gr	2,4 gr	21,9 gr	164 Kcal
	Sobremesa	Fruta		0,2 gr	0,5 gr	13,4 gr	57 Kcal
	Lanche	Papa iogurte com aveia e fruta / logurte pão com fiambre de peru					
Quarta-Feira	Sopa	Alho francês		1,9 gr	3,2 gr	10,7 gr	80 Kcal
	Prato	Maruca cozida com batata e cenoura cozidos		34,1 gr	0,8 gr	10,7 gr	79 Kcal
	Sobremesa	Fruta		0,2 gr	0,5 gr	13,4 gr	57 Kcal
	Lanche	Papa farinha de arroz com fruta / Sumo (sem adição de açúcar) com pão com queijo					
Quinta-Feira	Sopa	Nabiças		4,0 gr	5,2 gr	23,4 gr	74 Kcal
	Prato	Perú estufado com arroz branco e lombardo		22gr	11,2 gr	19,7 gr	173 Kcal
	Sobremesa	Fruta		0,2 gr	0,5 gr	13,4 gr	57 Kcal
	Lanche	Papa iogurte com aveia e fruta / logurte com panquecas					
Sexta-Feira	Sopa	Creme de cenoura		3,1 gr	3,2 gr	13,1 gr	70 Kcal
	Prato	Badejo cozido com batata e ervilhas cozidas		24,7 gr	1,4 gr	35,4 gr	89 Kcal
	Sobremesa	Fruta		0,2 gr	0,5 gr	13,4 gr	57 Kcal
	Lanche	Papa de farinha de espelta com fruta / Leite simples com pão com queijo					

Prestação de serviços de restauração colectiva, incluindo o serviço de refeições pré-preparadas e as actividades de venda em máquinas de distribuição automática, com a aplicação de metodologias de "análise de perigos e controlo de pontos críticos de controlo" aplicadas em:

- 3003 [C. Nº 1917/2016 (EN)] - Col. Pina Marques, Banco de Portugal; Malhão; Col. Santa Cécilia, Viseu; Portugal; Col. Nuno Álvares; Col. N.º 1, 5, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31, 33, 35, 37, 39, 41, 43, 45, 47, 49, 51, 53, 55, 57, 59, 61, 63, 65, 67, 69, 71, 73, 75, 77, 79, 81, 83, 85, 87, 89, 91, 93, 95, 97, 99, 101, 103, 105, 107, 109, 111, 113, 115, 117, 119, 121, 123, 125, 127, 129, 131, 133, 135, 137, 139, 141, 143, 145, 147, 149, 151, 153, 155, 157, 159, 161, 163, 165, 167, 169, 171, 173, 175, 177, 179, 181, 183, 185, 187, 189, 191, 193, 195, 197, 199, 201, 203, 205, 207, 209, 211, 213, 215, 217, 219, 221, 223, 225, 227, 229, 231, 233, 235, 237, 239, 241, 243, 245, 247, 249, 251, 253, 255, 257, 259, 261, 263, 265, 267, 269, 271, 273, 275, 277, 279, 281, 283, 285, 287, 289, 291, 293, 295, 297, 299, 301, 303, 305, 307, 309, 311, 313, 315, 317, 319, 321, 323, 325, 327, 329, 331, 333, 335, 337, 339, 341, 343, 345, 347, 349, 351, 353, 355, 357, 359, 361, 363, 365, 367, 369, 371, 373, 375, 377, 379, 381, 383, 385, 387, 389, 391, 393, 395, 397, 399, 401, 403, 405, 407, 409, 411, 413, 415, 417, 419, 421, 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