







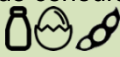






















































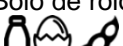






















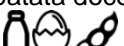



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## CARDÁPIO








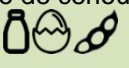


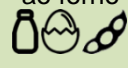


























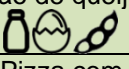
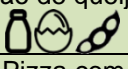
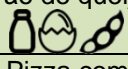
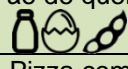

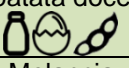
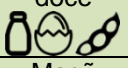

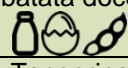

<b>INSTITUIÇÃO:</b>	COLÉGIO GGE CARUARU	<b>MÊS/ANO:</b>	FEVEREIRO/2021 À JUNHO/2021
<b>REFEIÇÃO:</b>	LANCHE	<b>TURNO:</b>	REGULAR MANHÃ
<b>ENSINO/SÉRIE:</b>	FUNDAMENTAL 1	<b>CONTATOS:</b>	(81) 98238-7665 adm-caruaru@appetitegourmet.com.br

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
1ª SEMANA	Suco de tangerina	Suco de acerola	Suco de cajá/ iogurte de morango 	Suco de uva	Suco de goiaba
	Canja 	Esfirra de queijo 	Cereal 	Tapioca de queijo 	Sopa de carne 
	Pipoca 	Sanduíche queijo quente 	Mini cachorro quente com pão de cenoura 	Cookie de aveia com gotas de chocolate 	Empada de frango com massa de batata doce 
	Torrada com requeijão ou geléia de morango 	Crepioca com recheio banana e cacau 	Coxinha de frango com massa de batata doce 	Gelatina colorida 	Tortinha de aveia com recheio de ganache 
	Bolo da Vovó Benta 	Brownie de beterraba com cacau 	Bolo de formigueiro 	Bolo de cenoura com ganache de cacau 	Bolo de laranja 
	Frango grelhado 	Carne grelhada 	Carne moída (para cachorro quente caseiro) 	Frango grelhado 	Carne grill 
	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 
	Cuscuz 	Macaxeira	Cuscuz 	Batata doce	Cuscuz 
	Pão de queijo 	Pão de queijo 	Pão de queijo 	Pão de queijo 	Pão de queijo 














































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1ª SEMANA	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 
	Melancia	Banana	Manga	Maçã / Mousse de morango com iogurte natural 	Espetinho de frutas
2ª SEMANA	Suco de acerola / Leite com cacau 	Suco de tangerina	Suco de uva	Suco de maracujá	Suco de graviola
	Crepioca de frango com requeijão 	Sequinhos 	Empada de frango com massa de batata doce 	Coxinha de frango com massa de batata doce 	Sanduche queijo quente 
	Gelatina de uva 	Sopa de feijão 	Sanduche queijo quente 	Esfirra de queijo 	Pipoca 
	Queijo assado 	Pastel de carne com massa de macaxeira 	Tortinha de aveia com recheio de ganache 	Cookie caseiro de aveia com gotas de chocolate 	Tapioca de queijo 
	Bolo de rolo 	Bolo de milho 	Bolo de limão 	Brownie de beterraba com cacau 	Bolo mesclado 
	Almôndegas 	Frango grelhado 	Carne bovina grelhada 	Frango grelhado 	Carne grill 
	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 
	Inhame	Cuscuz 	Macaxeira	Cuscuz 	Batata doce
	Pão de queijo 	Pão de queijo 	Pão de queijo 	Pão de queijo 	Pão de queijo 
	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 
	Uvas	Maçã	Tangerina	Melancia	Manga

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3ª SEMANA	Suco de tangerina	Suco cajá	Suco de maracujá	Suco de graviola / iogurte de morango 	Suco de uva
	Sanduíche queijo quente 	Esfirra de queijo 	Canja 	Panqueca de banana com aveia e canela 	Esfirra de queijo 
	Tapioca de frango com requeijão 	Mini cachorro quente com pão de cenoura 	Pipoca 	Mini hambúrguer caseiro com pão de cenoura 	Nugget de frango caseiro ao forno 
	Mousse de batata doce com cacau 	Tortinha de aveia com recheio de ganache 	Pão de batata doce com patê de frango 	Cereal 	Sanduíche queijo quente 
	Bolo da Vovó Benta 	Bolo de laranja 	Brownie de batata doce com cacau 	Bolo mesclado 	Brigadeiro de cenoura 
	Frango grelhado 	Carne moída (para cachorro quente caseiro) 	Carne bovina grelhada 	Frango grelhado grelhado 	Carne grill 
	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 
	Batata doce 	Cuscuz 	Inhame 	Cuscuz 	Macaxeira 
	Pão de queijo 	Pão de queijo 	Pão de queijo 	Pão de queijo 	Pão de queijo 
	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 
	Espetinho de frutas	Melancia	Maçã	Banana	Tangerina
4ª SEMANA	Suco de maracujá	Suco de uva/ iogurte de morango 	Suco de acerola	Suco de cajá	Suco de tangerina

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4ª SEMANA	Torrada com requeijão/geléia 	Cereal 	Sequinhos 	Empada de frango com massa da batata doce 	Salgadinho de queijo 
	Gelatina colorida 	Coxinha com massa de batata doce 	Mini hambúguer caseiro com pão de cenoura 	Pipoca 	Tapioca de queijo 
	Sopa de carne 	Queijo assado 	Pastel de carne com massa de macaxeira 	Pão de cenoura com patê de frango 	Tortinha de aveia com recheio de ganache 
	Bolo de milho 	Brownie de beterraba com cacau 	Cupcake com cacau 	Bolo formigueiro 	Bolo de limão 
	Carne moída 	Carne bovina grelhada 	Frango grelhado 	Carne grelhada 	Frango grelhado 
	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 	Ovos mexidos 
	Cuscuz 	Macaxeira 	Cuscuz 	Batata doce 	Cuscuz 
	Pão de queijo 	Pão de queijo 	Pão de queijo 	Pão de queijo 	Pão de queijo 
	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 	Pizza com massa de batata doce 
	Maçã	Banana	Melancia	Manga	Uva