

References:

“Brazil. Ministry of Education. Resolution n. 3, October 5<sup>th</sup> 2017. Brasilia, Federal District: Official Diary of the Union. 2017.

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Annexes

Federal Government of Piauí State

Justice Secretary

Women's penitentiary of Teresina

BR-316 Km 09, Santo Antonio, ZIP 64240-200

Teresina – PI

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Dietary menu / October 2023							
Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
	corn couscous	bread	Rice Couscous	corn couscous	Bread	Rice Couscous	corn couscous
	margarine	eggs	margarine		sausage	margarine	margarine
Lunch	Fried Chicken	Stew	Baked pot stew	Chicken with vegetables (carrots, potatoes)	Fish	Fried Chicken	Minced beef with onions
	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	Beans with sausage	Cooked beans	Beans cooked with bones	Beans	Cooked beans	Beans with sausage	Black beans
Dinner	Beef soup with carrots, potatoes and coriander	Fried sausages	Sardines	Fried egg	Chicken "risoto" Maria Isabel style	Fried sausages	Chicken soup with carrots potatoes and coriander
		Black- eyed peas and Rice	Sausage stuffing	Black- eyed peas and Rice		Black- eyed peas and Rice	

Notice: There might be alterations in the preparation of the menu depending of aliments available.

Total energetic value: Average 1.800kcal/day

Macronutrient distribution		
MACRO	%	Kcal
CHO	60	1.080
PTN	15	270
LIP	25	450

Distribution of Macronutrients in percentage in meals			
Meals	Breakfast	Lunch	Dinner
%	15	45	40
Kcal	270	810	720

Distribution of Macronutrients in meals				
MACRO	%	Breakfast	Lunch	Dinner
CHO	60	162	486	432
PTN	10	27	121.5	108
LIP	25	67.5	202.5	180

Nilmara dos Santos Melo

Responsible technician -Nutritionist/ CRN 19624

Menu VET: 2000 kcal/ day

Meal	Quantitative
<b>Breakfast (07:00)</b> Corn couscous Egg Coffee with Milk	Coffee 15g Milk – 150 ml Corn couscous– 100g Sugar 15g
<b>Morning snack (09:30)</b> Savoury biscuit Fruit juice	Savoury biscuit – 40g Fruit juice – 200 ml
<b>Lunch (12:00)</b> Cooked salad: potatoes and carrot Roast beef Rice Beans with vegetables Stuffing Dessert: orange	Cooked salad – 100g Potatoes - 50g Carrot – 50g Roast beef – 150g Rice – 130g Beans with vegetables 80g Dessert: orange 80g
<b>Afternoon snack (15:00)</b> Sweet biscuit Fruit juice	Sweet biscuit – 40g Fruit juice – 200 ml
Dinner (18:00) Uncooked salad: tomato, lettuce, cucumber Rice with minced meat	Sweet potatoes – 30g Yam – 20g Pumpkin – 30g Minced bovine meat -150g Rice – 130g

### Distribution of Macronutrients

Meal	Proteins	Carbohydrates	Lipides	Calories
07:00 - breakfast	13.31g (19%)	34.33g (13%)	13.59 (21%)	343 kcal
09:30 - morning snack	3.03g (3%)	38.61g (15%)	4.32g (7%)	220 kcal
12:00 - lunch	40.62 g (40%)	79.23g (31%)	21.48g (33%)	676 kcal
15:00 Afternoon snack	3.03g (3%)	38.61 g (15%)	4.32g (7%)	220 kcal
18:00 Dinner	35.16g (35%)	64.83 g (25%)	21.77g (33%)	593 kcal
<b>Total</b>	<b>101.14g (20.1%)</b>	<b>255,61g (50.7%)</b>	<b>65.49g (29.2%)</b>	<b>2.0</b>
Total values of reference	10-15%	50-70%	20-35%	2000 kcal

### Distribution of Macronutrients

Sugar total	18.42g
Calcium	399.68 mg
Cholesterol	564.21 mg
Iron	15.88mg
Fibers	16.33g
Phosphor	1.180,46mg
Monounsaturated fat	28.02g
Polyunsaturated fat	7.66 g
Saturated fat	25.22g
Trans fat	3.16 g
Magnesium	215 mg
Manganese	2.03 mg
Potassium	2.610,79 mg
Selenium	132.31mcg
Sodium	2.103,79 mg
Vitamin A (retinol)	1.569,28 mg
Vitamin B1 (Thiamine)	1.81 mg
Vitamin B12 (Cobaltine)	9.47 mcg
Vitamin B2 (Riboflavin)	1.71 mg
Vitamin B3 (Niacin)	20.36 mg
Vitamin B6 (Pyridoxine)	2.02 mg
Vitamin B9 (Folic acid)	184.79 mcg
Vitamin C (ascorbic acid)	100.92 mg
Vitamin D (Calciferol)	4.48 mcg
Vitamin E (Tocopherol)	5.57 mg
Zinc	20.2 mg

Piauí State Secretary of Justice – SEJUS

Prison Teresina -UASA

**October / 2023**

Menu Monday/ Week

date: 09/10/2023

Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
Corn couscous stuffing with egg Coffee with Milk	Fruit juice Savoury biscuit	Cooked salad: potatoes + carrot Roast beef Rice Beans and vegetables Stuffing Dessert: orange	Fruit Juice Savoury biscuit	Pasta Rice with beef

The analysed menu offered was within the caloric value preconized by the WHO and reglementary resolutions of alimentation programs. The realized menu demonstrates that incarcerated people and the workers of the incarceration system consume calories adequate to their activities.

SEJUS – Secretary of Justice of Piauí Regional penitentiary Brother Guido Alimentation service and nutrition			
Menu for prisoners			
Day	Breakfast	Lunch	Dinner
Monday	Coffee, Milk, Corn couscous and scrambled eggs	Option 1: Cooked beef with vegetables, white rice, pasta and candied guava  Option 2: Cooked or roasted chicken, rice with vegetables, pasta, salad and candied guava	Option 1: Roasted stew, white rice, black beans and pasta with sausages  Option 2: Chicken with sauce, rice with vegetables, beans
Tuesday	Coffee, Milk, bread with butter	Option 1: Roasted stew, Black-eyed peas and Rice, pasta and orange  Option 2: beef, white rice, beans, sausage stuffing and orange	Option 1: Chicken with vegetables, black-eyed peas with rice, stuffing (might be with minced meat)  Option 2: Beef cooked with vegetables, white rice, pasta
Wednesday	Juice, Boiled egg, savoury or sweet biscuit	Option 1: Chopped beef with onions or with sauce, rice with carrots, beans, salad and sugarcane candy  Option 2: Chicken breast, white rice, beans, salad and sugarcane candy	Option 1: Coconut sauce beef, rice with vegetables, pasta  Option 2: Roasted chicken, white rice, beans cooked with a vegetable and salad
Thursday	Coffee, Milk, rice couscous with butter	Option 1: Beef, white rice, beef stew, stuffing and candied guava  Option 2: Chicken with vegetables, black-eyed peas and rice, pasta and candied guava	Option 1: Chicken breast, white rice, beans and salad  Option 2: beef and a vegetable, white rice, beans and stuffing
Friday	Coffee, bread, sausage	Option 1: Beef, rice with sausage, beans, onion stuffing, salad and sugarcane candy  Option 2: Chicken breast, white rice, beans with a vegetable, salad and sugarcane candy	Option 1: Cooked or roasted chicken, white rice, pasta, beans and salad  Option 2: Beef with a vegetable, white rice, beans and stuffing
Saturday	Coffee, Corn couscous with butter and scrambled egg	Option 1: Baked stew with potatoes, white rice, beans, salad and candied guava	Option 1: Beef with sauce, white rice, pasta  Option 2: baked stew, white rice, beans, pasta

		Option 2: Coconut sauce chicken, rice whit vegetables, beans, salad and candied guava	
Sunday	Coffee, rice couscous with butter and sausage	Black beans with sausage and beef, white rice, stuffing and orange	Sausage, pasta with sardines, white rice, beans, stuffing (Obs: if sausage isn't available eggs may be used as substitute)
ENERGY (Kcal) E MACRONUTRIENTS (g) AVERAGES OF MEALS	Energy: 520.7 kcal Proteins: 15.6 g Lipids: 19.9 g Carbohydrates: 72.4g	Energy:726 kcal Proteins: 45.9g Lipids: 31.4g Carbohydrates: 97.1g	Energy: 555.9 kcal Proteins: 52.7g Lipids:8.2 g Carbohydrates: 63.8g

Obs: Ingredients may be substituted according to their availability. Teresina -PI

Sabrina Santana Sousa

Nutritionist

Monthly Menu (December 2023)

	Breakfast	Lunch	Dinner
Monday	Coffee Bread with margarine	Roasted ribs White rice Black beans Stuffing	Sausage fried with onions, Black-eyed peas with rice Pasta Salad
Tuesday	Coffee with milk Mixed couscous margarine	Chicken with sauce and vegetables, white rice, stuffing	Beef "risotto" Maria Isabel style, beans and salad
Wednesday	Coffee Bread with margarine	Cooked or baked fish, black-eyed peas with rice or white rice with beans, stuffing	Chicken with sauce, rice, beans, salad
Thursday	Coffee Bread with margarine	Black beans stew with white rice and stuffing	Black-eyed peas with rice, boiled egg, sardine and salad or pasta with sausage and salad
Friday	Coffee with milk Mixed couscous margarine	Minced meat with vegetables, white rice, beans and stuffing	Chicken "risotto" Maria Isabel style, stuffing and salad
Saturday	Coffee Bread with margarine	Roasted chicken, white rice, black beans and stuffing	Sausage "risotto" Maria Isabel style, and beans
Sunday	Coffee Bread with margarine	Roasted stew, black-eyed peas with rice and stuffing	White rice, chicken with sauce and vegetables
OBS	Offered snacks	<ul style="list-style-type: none"> <li>• Concentrated juice with savoury or sweet biscuit</li> <li>• Biscuit with jam</li> <li>• Sugarcane candy</li> </ul>	
This menu can only be altered in cases of logistic issues			

Norm caloric Menu:

Energetic values: Average 2300 kcal/day

Distributed in three main meals and snacks:

Breakfast: 450 kcal/day

Lunch: 830 Kcal/day

Dinner: 650 kcal/day

Snacks: 370 kcal/ day

Nutritious value (Distribution of macronutrients according to the menu)

Carbohydrate 55%

Proteins 20%

Lipids 25%

Total 100%