



CÂMARA MUNICIPAL DO SEIXAL
2º e 3º Ciclos do Ensino Básico e Secundário
LUNCH - WEEK 1
Week of January 5 to 9, 2026

Monday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Zucchini and broccoli soup	153	36	0.6	0.1	5.0	2.0	1.8	0.2
Dish	Rice pie with tuna ⁴	795	190	10.1	0.8	17.5	1.1	10.9	0.6
Vegetarian	Rice and lentil pie	509	121	3.1	0.4	17.8	1.2	4.0	0.3
Salad	Lettuce, carrots and beets	87	20	0.1	0.0	2.8	2.7	1.1	0.2
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Tuesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Pumpkin cream soup with pasta ^{1,6,10}	234	56	0.8	0.1	9.4	1.7	1.7	0.3
Dish	Chicken leg stewed with carrots and peas, with spaghetti ^{1,6, 10}	569	135	4.0	0.7	13.8	1.8	9.5	0.2
Vegetarian	Vegetable couscous (mushrooms, peas, carrots and corn) ^{1,3,6,10}	537	128	3	0.4	17.5	1.4	5.3	0.1
Salad	Lettuce, corn and tomato	681	161	2.2	0.3	29.9	1.3	4.5	0.0
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Wednesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Carrot soup with savoy cabbage	139	33	0.4	0.0	4.9	2.1	1.4	0.3
Dish	Oven-baked turkey roll (sliced) with white rice ¹²	730	174	8.0	2	16.0	1.0	8.9	0.4
Vegetarian	Stewed tofu with white rice ^{1,6}	420	100	3.8	2.8	10.7	1.0	5.0	0.1
Salad	Red cabbage, cucumber and tomato	108	26	0.2	0.1	3.3	3.0	1.5	0.0
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Thursday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Leek cream	145	34	0.4	0.1	5.1	2.3	1.4	0.2
Dish	Fish (hake and whiting) with tomato, carrot, and coriander ^{1,4,6,10}	416	10	4.6	0.7	3.6	0.6	10.7	0.5
Vegetarian	Seitan pasta (elbow macaroni) in tomato sauce with coriander and vegetables carrots and cauliflower ^{1,3,5,6,7,8,9,10,11,12}	366	87	3.3	0.5	5.8	1.6	7.5	0.3
Salad	Cooked broccoli, carrots and cauliflower	100	24	0.3	0	2.6	2.2	1.5	0.4
Dessert	Peach jelly ^{1,3,6,7,8,12}	271	65	0	0	14.5	14.4	1.5	0.2
Dessert 2	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Friday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Pea soup	199	47	0.8	0.1	7.2	1.5	1.9	0.2
Dish	Beef stew (potatoes, peas, green beans, and carrots)	490	117	6.4	2.1	5.9	1.5	7.9	0.2
Vegetarian	Tomato sauce, potatoes, carrots, broccoli, and green beans	330	78	2.5	0.3	9.7	1.8	3.0	0.3
Salad	Cooked carrots, peas and green beans	165	39	0.3	0.1	4.6	2.4	2.5	0.2
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

For unforeseen reasons, the menu may be subject to change.

If you are allergic or intolerant to any substance, you should consult the person in charge of the unit for more accurate information before consuming your meal.

Your meal contains or may contain the following substances or products and their derivatives: 1Cereals containing gluten, 2Shellfish, 3Eggs, 4Fish, 5Peanuts, 6Soybeans, 7Milk, 8Nuts, 9Celery, 10Mustard, 11Sesame seeds, 12Sulfur dioxide and sulfites, 13Lupin, 14Mollusks. If you are allergic to any food, please inform our team. Possible cross-contamination cannot be ruled out. For those who are not allergic or intolerant, these substances or products are completely harmless.

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CÂMARA MUNICIPAL DO SEIXAL
2º e 3º Ciclos do Ensino Básico e Secundário
LUNCH - WEEK 2
Week of January 12 to 16, 2026



Monday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Cream of zucchini and carrot soup	175	41	1.4	0.2	4.9	2.3	1.3	0.2
Dish	Squid with mixed rice (peas, carrots, and corn) ^{1,2,3,4,7,14}	819	196	4.4	0.7	29.7	1.4	8.5	0.4
Vegetarian	Seitan breaded with mixed rice (peas, carrots, and corn) ^{1,3,5,6,7,8,9,10,11,12}	872	207	4.5	0.7	29.4	1.0	10.7	0.3
Salad	Lettuce, carrot and cucumbers	80	19	0.2	0.1	2.1	2.0	1.2	0.2
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Tuesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Chicken soup with noodles ^{1,6,10}	517	122	2.3	0.6	7.7	1.0	17.2	0.6
Dish	Chicken and mushroom stroganoff with spaghetti pasta ^{1,6,10}	697	166	6.2	2.2	15.3	0.4	11.7	0.2
Vegetarian	Mushroom and white bean stroganoff with spaghetti pasta ^{1,6,10}	893	213	5.5	0.8	31.3	1.1	8.5	0.1
Salad	Beetroot, red cabbage, and corn	559	132	1.5	0.2	24.3	2.3	3.9	0.0
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Wednesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	White bean and spinach soup	181	43	0.7	0.0	6.3	1.8	1.7	0.4
Main course	Baked hake with potatoes and cooked vegetables (broccoli, carrots and green beans) ⁴	275	65	1.4	0.2	6.3	1.4	6.0	0.3
Vegetarian	Pea stew with boiled potatoes and vegetables (broccoli, carrots, zucchini, and green beans)	243	58	1.7	0.3	6.7	1.9	2.5	0.1
Salad	Cooked broccoli, carrots, and green beans	114	27	0.3	0.0	3.0	2.5	1.7	0.3
Dessert	Sweet rice ^{1,3,6,7,8,12}	605	143	1.2	0.6	28.3	15.9	4.4	0.1
Dessert 2	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Thursday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Pumpkin cream soup with coriander	149	35	0.7	0.1	5.4	1.7	1.2	0.2
Dish	Pork shoulder (sliced) stewed with peppers and tomato rice	638	153	5.8	1.4	14.3	1.0	9.7	0.2
Vegetarian	Lentil moussaka with white rice ⁷	647	154	5.6	1.3	18.9	1.2	5.7	0.3
Salad	Julienne of cooked cabbage, carrots, and zucchini	292	71	5.7	0.8	2.7	2.5	1.2	0.4
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Friday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Cabbage and bean soup	187	44	0.6	0.1	6.9	2.2	1.8	0.3
Dish	Tuna salad with black-eyed peas, potatoes, green beans, carrots, and eggs ^{3,4}	567	136	8.1	1.0	7.1	1.0	10.1	0.5
Vegetarian	Black-eyed pea salad with potatoes, green beans, carrots, and peas	350	84	2.6	0.4	10.1	1.9	3.2	0.3
Salad	Mixed vegetables (carrots, peas, and green beans)	165	39	0.3	0.1	4.6	2.4	2.5	0.2
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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SEIXAL MUNICIPAL COUNCIL
2nd and 3rd Cycles of Basic and Secondary Education
LUNCH - WEEK 3
Week of January 19 to 23, 2026



Monday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Turnip, leek, and zucchini soup	144	34	0.5	0.1	5.0	2.2	1.3	0.2
Dish	Oven-baked pork cutlets with Milanese spaghetti (tomato and pepper) ^{1,3,6,10,12}	872	207	5.4	1.0	32.6	3.4	6.3	0.9
Vegetarian	Quinoa and mushroom burger baked in the oven with carrot rice ^{1,6,8,11}	836	198	4.8	0	32.5	1.7	5.0	0.2
Salad	Lettuce, red cabbage, and corn	607	143	1.7	0.3	26.1	1.6	4.5	0.0
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Tuesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Cream of lentil and pumpkin soup	164	39	0.5	0.1	6.0	2.4	1.5	0.3
Dish	Fresh cod with onions, potatoes, and cooked vegetables ⁴	307	73	2.3	0.3	6.6	1.2	5.9	1.1
Vegetarian	Soybean stew (chunky soybeans, potatoes, carrots, peas, green beans) ^{1,6,8,11,12}	356	85	3.4	0.5	7.8	2.0	4.1	0.2
Salad	Cooked broccoli, carrots, and cauliflower	100	24	0.3	0	2.6	2.2	1.5	0.4
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Wednesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Carrot and green bean soup	144	34	0.5	0.1	5.2	2.5	1.1	0.3
Dish	Chicken burger with carrot rice ¹²	728	164	5.5	0.1	14.2	1.0	17.6	0.2
Vegetarian	Vegetarian ranch (beans, pasta, carrots, cabbage, zucchini, and eggplant) ^{1,6,10}	229	54	2.1	0.3	5.3	1.8	2.5	0.3
Salad	Lettuce, beetroot, and cucumber	82	19	0.2	0.1	2.3	2.3	1.3	0.1
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Thursday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Zucchini and broccoli soup	153	36	0.6	0.1	5.0	2.0	1.8	0.2
Dish	Cooked salmon salad with spiral pasta, corn, and diced carrots ^{1,4,6,10}	1066	254	12.0	2.1	25.7	1.5	9.7	0.2
Vegetarian	Seitan pasta with tomato, coriander, and sautéed vegetables (carrots and broccoli) ^{1,3,5,6,7,8,9,10,11,12}	366	87	3	0.5	5.8	1.6	7.5	0.3
Salad	Broccoli, carrots, and cooked peas	174	41	0.4	0.1	4.3	1.9	3.1	0.2
Dessert	Vegetable tutti-frutti jelly ^{1,3,6,7,8,12}	25	61	0	0	15.3	15.3	0.0	0.2
Dessert 2	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Friday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Cauliflower and white bean soup	158	37	0.5	0.1	5.7	2.1	1.5	0.3
Dish	Feijoada (pork, chicken, butter beans, carrots, and cabbage) with white rice	401	96	4.2	1.0	6.3	1.2	10.3	0.3
Vegetarian	Vegetarian feijoada (butter beans, mushrooms, cabbage, and carrots) with white rice	229	55	2.6	0.4	7.9	1.7	2.2	0.3
Salad	Cooked carrots, cauliflower and cabbage	94	23	0.2	0.0	2.7	2.5	1.3	0.3
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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SEIXAL MUNICIPAL COUNCIL
2nd and 3rd Cycles of Basic and Secondary Education
LUNCH - WEEK 4
Week of January 26 to 30, 2026



		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Monday									
Soup	Carrot cream soup with coriander	168	40	0.5	0.1	6.7	2.5	1.1	0.3
Dish	Breaded hake in the oven with fusilli pasta ^{1,2,3,4,6,7,10,14}	881	211	11.7	1.6	21.3	1.7	4.8	0.9
Vegetarian	Tofu with onions and fusilli pasta ^{1,3,6,10}	326	78	4.9	3.6	2.9	0.8	5.3	0.2
Salad	Lettuce, corn, and tomato	681	161	2.2	0.3	29.9	1.3	4.5	0.0
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9
Tuesday									
Soup	Tomato soup	173	41	0.6	0.1	6.7	2.5	1.2	0.3
Dish	Mixed omelet (ham and mushrooms) with pea rice ^{3,6,7}	989	257	11.0	3	21.8	0.6	11.5	0.5
Vegetarian	Catarino bean rice with oven-roasted vegetables (pumpkin, cauliflower, and corn)	959	228	4.0	0.6	38.3	0.6	7.7	0.1
Salad	Lettuce, beetroot, and carrot	87	20	0.1	0.0	2.8	2.7	1.1	0.2
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9
Wednesday									
Soup	Pumpkin and white bean soup	148	35	0.6	0.1	5.3	1.7	1.2	0.2
Dish	Tuna with herbs, macaroni pasta, and sautéed vegetables ^{1,4,6,10}	402	96	7.0	0.6	3.0	1.3	7.6	0.4
Vegetarian	Pea stew with herbs, macaroni pasta and sautéed vegetables ^{1,6, 10}	218	52	2.1	0.3	4.3	1.5	2.6	0.2
Salad	Sautéed broccoli, carrots, and eggplant	254	61	4.6	0.6	2.5	2.2	1.2	0.1
Dessert	Caramel pudding ⁷	128	31	0.8	0.5	4.0	3.6	1.7	0.1
Dessert2	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9
Thursday									
Soup	Julienne vegetables (savoy cabbage, carrots, and turnips)	136	33	0.4	0.0	4.7	2.2	1.2	0.3
Dish	Roasted chicken leg with lemon and carrot rice	772	184	5.4	0.9	20.0	0.4	12.2	0.2
Vegetarian	Rice with sautéed mushrooms, zucchini, and chickpeas	397	94	2.2	0.4	12.9	1.2	3.9	0.1
Salad	Red cabbage, carrots and cucumber	109	26	0.1	0.0	3.4	3.0	1.5	0.1
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9
Friday									
Soup	Chickpea cream with spinach	172	41	0.6	0.0	5.9	2.1	1.6	0.4
Main course	Boiled hake with potatoes and boiled vegetables (broccoli, carrots, and cauliflower) ⁴	304	72	1.7	0.2	6.8	1.2	6.8	0.3
Vegetarian	Soy, potato, and vegetable stew ^{1,6,8,11,12}	445	106	5.5	0.7	8.8	1.5	4.4	0.5
Salad	Cooked broccoli, carrots and cauliflower	100	24	0.3	0	2.6	2.2	1.5	0.4
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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SEIXAL MUNICIPAL COUNCIL
2nd and 3rd Cycles of Basic and Secondary Education
LUNCH - WEEK 5
Week of February 2 to 6, 2026



Monday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Pumpkin cream soup with coriander	149	35	0.7	0.1	5.4	1.7	1.2	0.2
Dish	Oven-baked pork cutlets with Milanese spaghetti (tomato and pepper) ^{1,3,6,10,12}	872	207	5.4	1.0	32.6	3.4	6.3	0.9
Vegetarian	Soy bolognese with spaghetti ^{1,6,8,10,11,12}	559	135	8.4	1.2	6.8	1.7	6.5	0.3
Salad	Lettuce, carrots and tomatoes	85	20	0.2	0.0	2.7	2.6	1.0	0.1
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Tuesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Zucchini and kale soup	137	33	0.4	0.1	4.9	2.5	1.2	0.2
Dish	Paloco with cream (diced potatoes) ^{4,6,7}	650	156	9.9	2.7	9.0	0.9	7.2	0.2
Vegetarian	Seitan with cream (diced potatoes) ^{1,3,5,6,7,8,9,10,11}	743	178	10.7	2.8	11.0	1.1	9.0	0.3
Salad	Cooked broccoli, carrots, and cauliflower	100	24	0.3	0.0	2.6	2.2	1.5	0.4
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Wednesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Green broth	139	33	0.4	0.1	4.7	2.4	1.5	0.3
Dish	Braised turkey leg with carrots and green beans with potatoes	393	94	4.3	1.0	6.5	1.5	6.5	0.2
Vegetarian	Eggplant stuffed with tofu, carrots, corn, baked au gratin with cheese ^{1,3,6,7}	425	102	5.0	3.2	7.8	1.2	5.5	0.1
Salad	Broccoli, cauliflower, and green beans	117	28	0.4	0.1	2.8	2.1	1.9	0.3
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Thursday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Cream of pea soup	199	47	0.8	0.1	7.2	1.5	1.9	0.2
Dish	Hake curry with white rice ^{4,9,10,11,12}	726	173	6.9	3.2	17.2	0.6	10.2	0.3
Vegetarian	Chickpea curry with cauliflower and white rice ^{9,10,11,12}	776	185	7.4	3.4	23.9	1.2	4.5	0.4
Salad	Lettuce, carrots, and red cabbage	102	24	0.1	0.0	3.0	2.6	1.5	0.1
Dessert	Vegetable pineapple jelly ^{1,3,6,7,8,12}	269	64	0.1	0.0	15.9	15.7	0.1	0.1
Dessert 2	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Friday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Savoy cabbage and carrot soup	139	33	0.4	0.0	4.9	2.1	1.4	0.3
Dish	Sliced pork roll with macaroni pasta ^{1,6, 10, 12}	625	150	9.1	2.2	3.8	0.3	13.0	0.4
Vegetarian	Butter beans with onions and tomatoes with macaroni pasta ^{1,6,10}	654	156	4.3	0	17.4	1.8	8.0	0.5
Salad	Lettuce, beetroot and corn	620	146	1.8	0.3	27.1	1.6	4.2	0.1
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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SEIXAL MUNICIPAL COUNCIL
2nd and 3rd Cycles of Basic and Secondary Education
LUNCH - WEEK 6
Week of February 9 to 13, 2026



Monday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Cream of broccoli	158	37	0.5	0.1	5.5	2.3	1.6	0.3
Dish	Tuna pie with rice ⁴	795	189	10.0	0.8	17.5	1.1	10.9	0.6
Vegetarian	Lentil croquettes with tomato rice ^{1,3}	860	204	4.3	0.6	34.0	1.0	5.9	0.3
Salad	Red cabbage, corn, and tomato	604	143	1.8	0.3	26.3	2.2	4.1	0.0
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Tuesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Green bean and pumpkin soup	176	41	0.7	0.1	6.3	1.9	1.6	0.1
Dish	Chicken stew with peas, carrots, leeks, zucchini, and spaghetti pasta ^{1,6,10}	262	63	2.4	0.4	3.7	1.6	5.5	0.2
Vegetarian	Stew with peas, carrots, leeks, zucchini, and spaghetti pasta ^{1,6,10}	251	60	2.4	0.4	6.5	1.9	2.3	0.2
Salad	Lettuce, carrots, and onions	81	19	0.1	0.0	2.4	2.1	1.1	0.2
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Wednesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Farmer's soup (red beans, elbow pasta, pumpkin, savoy cabbage and carrots) ^{1,6,10}	193	46	0.5	0	6.8	1.8	2.3	0.3
Dish	Fresh cod with onions, potatoes, and cooked vegetables ⁴	307	73	2.3	0.3	6.6	1.2	5.9	1.1
Vegetarian	Tofu with onions, tomatoes, herbs, boiled potatoes, and sautéed vegetables (broccoli, carrots, and cauliflower) ^{1,6}	283	68	3.1	2.3	5.2	1.3	4.0	0.2
Salad	Cooked broccoli, carrots, and cauliflower	100	24	0.3	0.0	2.6	2.2	1.5	0.4
Dessert	Sweet rice ^{1,3,6,7,8,12}	605	143	1.2	0.6	28.3	15.9	4.4	0.1
Dessert 2	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Thursday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Carrot cream	149	35	0.5	0.1	5.6	2.4	1.2	0.3
Dish	Rancho (macaroni, beans, pork, carrots, cabbage) ^{1,6,10}	371	89	3.9	0.8	4.9	1.2	7.4	0.4
Vegetarian	Vegetarian ranch (beans, pasta, carrots, cabbage, zucchini, and eggplant) ^{1,6,10}	229	54	2.1	0.3	5.3	1.8	2.5	0.3
Salad	Cooked carrots, savoy cabbage and zucchini	88	21	0.2	0	2.2	2.0	1.6	0.2
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Friday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	White bean soup with spinach	181	43	0.7	0.0	6.3	1.8	1.7	0.4
Dish	Fish rice (hake, peppers, and cilantro) ⁴	625	149	4.2	0.6	19.1	1.0	8.1	0.2
Vegetarian	Ratatouille stewed with soybeans and white rice ^{1,6,8,11,12}	578	138	4.5	0.7	19.5	1.5	3.8	0.5
Salad	Lettuce, corn, and tomato	681	161	2.2	0.3	29.9	1.3	4.5	0.0
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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SEIXAL MUNICIPAL COUNCIL
2nd and 3rd Cycles of Basic and Secondary Education
LUNCH - WEEK 7
Week of February 16 to 20, 2026



CARNIVAL

Monday

Soup	Pumpkin cream soup with coriander
Dish	Beef chili with red beans and white rice ¹²
Vegetarian	Vegetarian chili (carrots, tomatoes, soybeans, peppers, corn, red beans) with white rice ^{1,6,8,11,12}
Salad	Lettuce, carrots and tomatoes
Dessert	Seasonal fruit (3 varieties)
Bread	Brown bread ^{1,3,5,6,7,8}

VE KJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
149	35	0.7	0.1	5.4	1.7	1.2	0.2
928	222	9.4	3.1	21.7	1.5	11.0	0.4
1131	269	4.2	0.5	41.6	0.7	12.9	0.1
85	20	0.2	0.0	2.7	2.6	1.0	0.1
263	62	0.5	0.1	13.1	13.1	0.2	0.0
1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Tuesday

Soup
Main course
Vegetarian
Salad
Dessert
Bread

VE KJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
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Wednesday

Soup	Savoy cabbage and carrot soup
Dish	Poultry meatballs (chicken and turkey) stewed in tomato sauce with spaghetti ^{1,2,3,6,7,8,10,11,12,14}
Vegetarian	Soy and mushroom bolognese with spaghetti ^{1,3,6,8,10,11,12}
Salad	Lettuce, carrots, and tomatoes
Dessert	Seasonal fruit (3 varieties)
Bread	Brown bread ^{1,3,5,6,7,8}

VE KJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
139	33	0.4	0.0	4.9	2.1	1.4	0.3
501	120	7.5	0.4	5.6	1.6	7.0	0.8
897	213	4.5	0.7	20	5.2	19.6	0.1
85	20	0.2	0.0	2.7	2.6	1.0	0.1
263	62	0.5	0.1	13.1	13.1	0.2	0.0
1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Thursday

Soup	Zucchini and kale soup
Main dish	Tuna salad with black-eyed peas, potatoes, green beans, carrots and egg ^{3,4}
Vegetarian	Sautéed lentils, leeks, carrots, cauliflower with boiled potatoes
Salad	Cooked broccoli, carrots and green beans
Dessert	Vegetable pineapple jelly ^{1,3,6,7,8,12}
Dessert 2	Seasonal fruit (3 varieties)
Bread	Brown bread ^{1,3,5,6,7,8}

VE KJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
137	33	0.4	0.1	4.9	2.5	1.2	0.2
567	136	8.1	1.0	7.1	1.0	10.1	0.5
260	62	2.6	0.4	5.6	1.8	3.0	0.2
117	28	0.4	0.1	2.8	2.1	1.9	0.3
269	64	0.1	0.0	15.9	15.7	0.1	0.1
263	62	0.5	0.1	13.1	13.1	0.2	0.0
1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Friday

Soup	Leek and carrot soup
Dish	Oven-baked chicken legs with black bean rice
Vegetarian	Black bean rice with mushrooms, carrots and tofu ^{1,6}
Salad	Lettuce, carrots, and red cabbage
Dessert	Seasonal fruit (3 varieties)
Bread	Brown bread ^{1,3,5,6,7,8}

VE KJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
156	37	0.5	0.1	5.8	2.4	1.3	0.3
972	231	7.2	1.2	26.0	0.1	15.1	0.2
453	108	4.4	3.3	10.8	0.8	5.6	0.1
102	24	0.1	0.0	3.0	2.6	1.5	0.1
263	62	0.5	0.1	13.1	13.1	0.2	0.0
1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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SEIXAL MUNICIPAL COUNCIL
2nd and 3rd Cycles of Basic and Secondary Education
LUNCH - WEEK 8
Week of February 23 to 27, 2026



Monday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Cream of cauliflower soup with carrots	147	35	0.4	0.1	5.3	2.4	1.3	0.3
Dish	Breaded hake in the oven with carrot rice ^{1,2,3,4,7,14}	881	211	11.7	1.6	21.3	1.7	4.8	0.9
Vegetarian	Vegetarian sausages wrapped in savoy cabbage with carrot rice ^{1,3,5,6,7,8,9,10}	853	205	14.4	1.4	10.2	0.9	7.8	1.1
Salad	Lettuce, carrots and cucumbers	80	19	0.2	0.1	2.1	2.0	1.2	0.2
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Tuesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Green bean and carrot soup	144	34	0.5	0.1	5.2	2.5	1.1	0.3
Dish	Turkey stroganoff with cream, mushrooms, and spaghetti ^{1,6,7,10}	685	163	6.9	2	12.5	1.0	12.0	0.2
Vegetarian	Tofu with soy milk and mushrooms with spaghetti pasta ^{1,6,8,10,12}	430	102	4.5	3	9	1.3	6.0	0.1
Salad	Beetroot, red cabbage and corn	559	132	1.5	0.2	24.3	2.3	3.9	0.0
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Wednesday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Salt g
Soup	Cream of zucchini and cabbage soup	137	33	0.4	0.1	4.9	2.5	1.2	0.2
Dish	Codfish stew (codfish, sliced potatoes, peppers, tomatoes, and parsley) ⁴	336	80	2.7	0.4	6.7	1.5	6.6	1.1
Vegetarian	Lentil, carrot, leek, and potato stew	344	82	2.4	0.3	10.7	1.7	3.2	0.2
Salad	Lettuce, cucumber, and tomato	79	19	0.4	0.1	2.1	2.1	1.2	0.0
Dessert	Caramel pudding ⁷	128	31	0.8	0.5	4.0	3.6	1.7	0.1
Dessert 2	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Thursday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Cream of pumpkin soup with coriander	149	35	0.7	0.1	5.4	1.7	1.2	0.2
Dish	Braised pork strips with spiral pasta ^{1,6, 10}	812	194	8.2	2.1	14.8	1.2	14.5	0.2
Vegetarian	Spinach and soy burger with spiral pasta ^{1,6,8,10,11,12}	1017	241	4.7	0.7	25.7	5.3	20.6	0.2
Salad	Lettuce, cucumber, and tomato	79	19	0.4	0.1	2.1	2.1	1.2	0.0
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Friday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Cabbage and bean soup	187	44	0.6	0.1	6.9	2.2	1.8	0.3
Dish	Baked salmon with lemon sauce and coriander rice ⁴	1177	282	16.8	3.0	20.8	0.2	11.3	0.2
Vegetarian	Quinoa salad with chickpeas and vegetables (broccoli and carrots) ^{1,6,8,11}	661	157	5.7	0.7	18.9	2.3	6.0	0.4
Salad	Cooked broccoli, carrots, and zucchini	91	21	0.3	0.0	2.3	2.1	1.6	0.2
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,3,5,6,7,8}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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