



CÂMARA MUNICIPAL DO SEIXAL
2º e 3º Ciclos do Ensino Básico e Secundário
LUNCH - WEEK 1
Week of 2 to 6 March 2026

Monday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Courgette and broccoli soup	153	36	0.6	0.1	5.0	2.0	1.8	0.2
Dish	Bolognese (beef/pork) with spaghetti ^{1,6, 10, 12}	733	177	12	4.3	6.3	1.4	10.3	0.8
Vegetarian	Soy bolognese with spaghetti ^{1,5,6,8,10,11,12}	431	103	5.8	0.7	5.8	2.0	5.6	0.4
Salad	Lettuce, carrot and beetroot	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 ^{1,8,11}	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 pumpkin soup with pasta ^{1,6,10}	234	56	0.8	0.1	9.4	1.7	1.7	0.3
Dish	Baked hake fillets with carrot rice ⁴	434	103	2.8	0.4	8.7	0.6	10.3	0.2
Vegetarian	Vegetable couscous (mushrooms, peas, carrots and corn) ^{1,6, 10}	537	128	3	0.4	17.5	1.4	5.3	0.1
Salad	Cooked broccoli, sweetcorn and courgette	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 ^{1,8,11}	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	Pork 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 ^{1,8,11}	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	100	4.6	0.7	3.6	0.6	10.7	0.5
Vegetarian	Seitan pasta (elbow) (in tomato sauce) with coriander and vegetables (carrot and cauliflower) ^{1,6, 10}	366	87	3.3	0.5	5.8	1.6	7.5	0.3
Salad	Boiled broccoli, carrots and cauliflower	10	24	0.3	0.0	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 ^{1,8,11}	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	Oven-baked turkey roll (sliced) with white rice ^{1,6,12}	730	174	8.0	2	16	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, carrot 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 ^{1,8,11}	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, please 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, 2Crustaceans, 3Eggs, 4Fish, 5Peanuts, 6Soybeans, 7Milk, 8Nuts, 9Celery, 10Mustard, 11Sesame seeds, 12Sulphur dioxide and sulphites, 13Lupin, 14Molluscs. 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.

Nutritional declaration: Variations in preparation and cooking techniques, as well as seasonal and regional differences in products, may alter the values presented.

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CÂMARA MUNICIPAL DO SEIXAL
2º e 3º Ciclos do Ensino Básico e Secundário
LUNCH - WEEK 2
Week of 9 to 13 March 2026



Monday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Cream of courgette 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) ^{1,2,3,4,6,7,9,12,14}	819	196	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 apple	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 ^{1,8,11}	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
Soup 2	Green bean and carrot soup	144	34	0.5	0.1	5.2	2.5	1.1	0.3
Dish	Spaghetti carbonara (ham, mushrooms, béchamel sauce) ^{1,6,7,10}	540	130	8.4	3.0	2.5	0.5	10.7	0.3
Vegetarian	Spaghetti with soy carbonara (soy, mushrooms, béchamel) ^{1,6,8,10,11}	354	85	4.2	0.6	5.8	2.2	4.6	0.3
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 ^{1,8,11}	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
Dish	Baked salmon with lemon and tricolour fusilli pasta ^{1,4,6,10}	1155	276	17.6	3.2	16.1	1.0	12.8	0.2
Vegetarian	Pea stew with boiled potatoes and vegetables (broccoli, carrots, courgettes 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	Ricesweet ^{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 ^{1,8,11}	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	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, carrot and courgette	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 ^{1,8,11}	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 from Santa Catarina	187	44	0.6	0.1	6.9	2.2	1.8	0.3
Main dish	Tuna salad with black-eyed peas, potatoes, green beans, carrots 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 ^{1,8,11}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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CÂMARA MUNICIPAL DO SEIXAL
2º e 3º Ciclos do Ensino Básico e Secundário
LUNCH - WEEK 3
Week of 16 to 20 March 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 courgette 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	0.6	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 ^{1,8,11}	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) ^{1,5,6,8,11,12}	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 ^{1,8,11}	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, savoy cabbage, courgette and aubergine) ^{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 ^{1,8,11}	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	Courgette and broccoli soup	153	36	0.6	0.1	5.0	2.0	1.8	0.2
Dish	Fish (hake) fritters with tomato, carrot and flavoured with coriander ^{1,4,6,10}	416	100	4.6	0.7	3.6	0.6	10.7	0.5
Vegetarian	Seitan pasta with tomato, coriander and sautéed vegetables (carrots and broccoli) ^{1,6, 10}	366	87	3.3	0.5	5.8	1.6	7.5	0.3
Salad	Broccoli, carrots and peas, cooked	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 ^{1,8,11}	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, catarino beans, carrots and cabbage) with white rice	401	96	4.2	1.0	6.3	1.2	10.3	0.3
Vegetarian	Vegetarian feijoada (catarino 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 ^{1,8,11}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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CÂMARA MUNICIPAL DO SEIXAL
2º e 3º Ciclos do Ensino Básico e Secundário
LUNCH - WEEK 4
Week of 23 to 27 March 2026



Monday

		VE KJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Carrot and coriander soup	168	40	0.5	0.1	6.7	2.5	1.1	0.3
Dish	Breaded hake in the oven with tomato rice ^{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 ^{1,6,10}	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 ^{1,8,11}	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	Julienne vegetables (savoy cabbage, carrots and turnips)	136	33	0.4	0.0	4.7	2.2	1.2	0.3
Dish	Roast chicken leg with lemon and spaghetti ^{1,6,10}	772	184	5.4	0.9	20	0.4	12.2	0.2
Vegetarian	Rice with sautéed mushrooms, courgette and chickpeas	397	94	2.2	0.4	12.9	1.2	3.9	0.1
Salad	Red cabbage, carrot 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 ^{1,8,11}	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	Pumpkin and white bean soup	148	35	0.6	0.1	5.3	1.7	1.2	0.2
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	Soybean, 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	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 ^{1,8,11}	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	Chicken soup with noodles ^{1,6,10}	517	122	2.3	0.6	7.7	1.0	17.2	0.6
Soup 2	Tomato soup	173	41	0.6	0.1	6.7	2.5	1.2	0.3
Dish	Mixed omelette (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 red cabbage	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 ^{1,8,11}	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	Chickpea cream with spinach	172	41	0.6	0.0	5.9	2.1	1.6	0.4
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 courgettes	254	61	4.6	0.6	2.5	2.2	1.2	0.1
Dessert	Seasonal fruit (3 varieties)	263	62	0.5	0.1	13.1	13.1	0.2	0.0
Bread	Brown bread ^{1,8,11}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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2º e 3º Ciclos do Ensino Básico e Secundário
LUNCH - WEEK 5
Week of 30 March to 3 April 2026



Monday

		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	Chicken meatballs in tomato sauce with white rice ^{1,6,12}	872	207	5.4	1	32.6	3.4	6.3	0.9
Vegetarian	Soy rice pie ^{1,6,8,11,12}	559	135	8.4	1.2	6.8	1.7	6.5	0.3
Salad	Lettuce, carrot and tomato	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 ^{1,8,11}	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	Courgette and kale soup	137	33	0.4	0.1	4.9	2.5	1.2	0.2
Paloco	Paloco with cream ^{4,6,7}	650	156	9.9	2.7	9.0	0.9	7.2	0.2
Vegetarian	Seitan with cream ^{1,6,7}	743	178	10.7	2.8	11.0	1.1	9.0	0.3
Salad	Lettuce, red cabbage and apple	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 ^{1,8,11}	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	Caldo verde	139	33	0.4	0.1	4.7	2.4	1.5	0.3
Dish	Turkey stroganoff with spaghetti ^{1,6,10}	586	140	5.4	0.8	12.6	0.8	12.1	0.2
Vegetarian	Aubergine stuffed with tofu, carrot, corn, baked au gratin with cheese ^{1,6,7}	425	102	5	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 ^{1,8,11}	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	Cooked green beans, carrots and peas	165	39	0.3	0.1	4.6	2.4	2.5	0.2
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 ^{1,8,11}	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	Protein g	Salt g
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HOLIDAY

GOOD FRIDAY

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CÂMARA MUNICIPAL DO SEIXAL
2º e 3º Ciclos do Ensino Básico e Secundário
LUNCH - WEEK 6
Week of 6 to 10 April 2026



Monday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugarg 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 ^{1,6,7,8}	860	204	4.3	0.6	34	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 ^{1,8,11}	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	Sugarg 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, courgettes and spaghetti ^{1,6,10}	262	63	2.4	0.4	3.7	1.6	5.5	0.2
Vegetarian	Stew with peas, carrots, leeks, courgettes and spaghetti ^{1,6,10}	251	60	2.4	0.4	6.5	1.9	2.3	0.2
Salad	Cooked carrots, peas and courgettes	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 ^{1,8,11}	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	Sugarg 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	2.6	2.2	1.5	0.4
Dessert	Rice sweet ^{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 ^{1,8,11}	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	Sugarg 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 stew (beans, pasta, carrots, savoy cabbage, courgette and aubergine) ^{1,6, 10}	229	54	2.1	0.3	5.3	1.8	2.5	0.3
Salad	Cooked carrots, savoy cabbage and courgette	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 ^{1,8,11}	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	Sugarg 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, pepper and coriander) ⁴	625	149	4.2	0.6	19.1	1.0	8.1	0.2
Vegetarian	Ratatouille stew with soy 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 ^{1,8,11}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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CÂMARA MUNICIPAL DO SEIXAL
2º e 3º Ciclos do Ensino Básico e Secundário
LUNCH - WEEK 7
Week of 13 to 17 April 2026



Monday

		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	Poultry meatballs (chicken and turkey) stewed in tomato sauce with spaghetti 1,6,10,12	501	120	7.5	0.4	5.6	1.6	7.0	0.8
Vegetarian	Soy and mushroom bolognese with spaghetti 1,6,8,10,11,12	897	213	4.5	0.7	20.0	5.2	19.6	0.1
Salad	Lettuce, red cabbage and tomato	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 1,8,11	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	Courgette and cabbage soup	137	33	0.4	0.1	4.9	2.5	1.2	0.2
Main dish	Mackerel salad with black-eyed peas, potatoes, green beans, carrots and egg ^{3,4}	567	136	8.1	1.0	7.1	1.0	10.1	0.5
Vegetarian	Sautéed lentils, leeks, carrots, cauliflower, with boiled potatoes	260	62	2.6	0.4	5.6	1.8	3.0	0.2
Salad	Cooked broccoli, carrots and green beans	117	28	0.4	0.1	2.8	2.1	1.9	0.3
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 1,8,11	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	Cream of pumpkin soup with coriander	149	35	0.7	0.1	5.4	1.7	1.2	0.2
Dish	Beef chilli with catarino beans and white rice ^{6,12}	928	222	9.4	3.1	21.7	1.5	11.0	0.4
Vegetarian	Vegetarian chilli (carrot, tomato, soy, pepper, corn, kidney beans) with rice white 1,6,8,11,12	1131	269	4.2	0.5	41.6	0.7	12.9	0.1
Salad	Lettuce, carrot and apple	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 1,8,11	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	Salt g
Soup	Pea soup	199	47	0.8	0.1	7.2	1.5	1.9	0.2
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 courgettes	91	21	0.3	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 1,8,11	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	Leek and carrot soup	156	37	0.5	0.1	5.8	2.4	1.3	0.3
Dish	Roast chicken leg with spiral pasta 1,6, 10	972	231	7.2	1.2	26	0.1	15.1	0.2
Vegetarian	Spiral pasta with mushrooms, carrots and tofu 1,6,10	453	108	4.4	3	10.8	0.8	5.6	0.1
Salad	Lettuce, tomato and red cabbage	102	24	0.1	0.0	3.0	2.6	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 1,8,11	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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CÂMARA MUNICIPAL DO SEIXAL
2º e 3º Ciclos do Ensino Básico e Secundário
LUNCH - WEEK 8
Week of 20 to 24 April 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 and carrot soup	147	35	0.4	0.1	5.3	2.4	1.3	0.3
Dish	Breaded hake in the oven with tomato rice ^{1,2,3,4,6,7,10,14}	881	211	11.7	1.6	21.3	1.7	4.8	0.9
Vegetarian	Vegetarian sausages wrapped in savoy cabbage with carrot rice ^{1,3,5,6,7,8,9,10,11}	853	205	14.4	1.4	10.2	0.9	7.8	1.1
Salad	Lettuce, carrot and cucumber	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 ^{1,8,11}	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	Braised turkey leg with carrots, peas and green beans with spaghetti ⁱ ^{1,6,10}	393	94	4.3	1.0	6.5	1.5	6.5	0.2
Vegetarian	Tofu with soy milk and mushrooms with spaghetti pasta ^{1,6,10,12}	430	102	4.5	3	9	1.3	6.0	0.1
Salad	Cooked carrots, peas and green beans	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 ^{1,8,11}	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	Cream of courgette and cabbage soup	137	33	0.4	0.1	4.9	2.5	1.2	0.2
Dish	Half portion of cod with chickpeas (potatoes, coriander) ⁴	437	104	2.4	0.4	9.1	0.6	10.8	0.3
Vegetarian	Stew with chickpeas, carrots, leeks and potatoes	344	82	2.4	0.3	10.7	1.7	3.2	0.2
Salad	Cauliflower, carrot and broccoli	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 ^{1,8,11}	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	Cubed pork stewed 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 ^{1,6,7,8,10,11,12}	1017	241	4.7	0.7	25.7	5.3	20.6	0.2
Salad	Lettuce, red cabbage 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 ^{1,8,11}	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 from <i>Santa Catarina</i>	187	44	0.6	0.1	6.9	2.2	1.8	0.3
Dish	Tuna à <i>Brás</i> ^{3,4}	1339	320	23.0	2.5	18.5	0.5	12.8	0.8
Vegetarian	Quinoa salad with lentils and vegetables (broccoli and carrots) ^{1,6,8,11}	566	135	4.4	0.6	16.7	2.2	5.5	0.3
Salad	Cooked broccoli, carrots and courgettes	91	21	0.3	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 ^{1,8,11}	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

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