

CÂMARA MUNICIPAL DO SEIXAL  
2º e 3º Ciclos do Ensino Básico e Secundário  
LUNCH - WEEK 1  
Week of 27 to 31 October 2025



**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	Poultry meatballs (chicken and turkey) stewed in tomato sauce with spaghetti <sup>1,2,3,6,7,8,10,11,12,14</sup>	501	120	7.5	0.4	5.6	1.6	7.0	0.8
Vegetarian	Soy and mushroom bolognese with spaghetti <sup>1,3,6,8,11</sup>	897	213	4.5	0.7	20	5.2	19.6	0.1
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 <sup>1,3,5,6,7,8</sup>	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 <sup>1,3</sup>	234	56	0.8	0.1	9.4	1.7	1.7	0.3
Dish	Gomes de Sá-style codfish <sup>3,4</sup>	504	120	5.7	1.1	6.7	0.5	10.2	1.3
Vegetarian	Roast lentils with carrots, spinach and potatoes <sup>1,6,8,11</sup>	381	91	2.8	0.4	11.4	1.3	3.6	0.3
Salad	Lettuce, corn and tomatoes	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 <sup>1,3,5,6,7,8</sup>	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 roti with white rice	730	174	8.0	2.0	16.0	1.0	8.9	0.4
Vegetarian	Stewed tofu with white rice <sup>1,6</sup>	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 <sup>1,3,5,6,7,8</sup>	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 <sup>1,3,4</sup>	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) <sup>1,3,6,10</sup>	366	87	3.3	0.5	5.8	1.6	7.5	0.3
Salad	Cooked broccoli, carrots and cauliflower	100	24	0.3	0.0	2.6	2.2	1.5	0.4
Dessert	Peach jelly <sup>1,3,6,7,8,12</sup>	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 <sup>1,3,5,6,7,8</sup>	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	Chicken stew with vegetables (carrots, potatoes and green beans)	342	81	2.2	0.4	6.6	1.5	7.7	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 <sup>1,3,5,6,7,8</sup>	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, 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 shown. Average values per 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the Dr. Ricardo Jorge National Health Institute, Food Composition Table (2007), and information provided by suppliers. VE - Energy value, Lip. - Lipids, Sat. FA - Saturated Fatty Acids, HC - Carbohydrates, Prot. - Proteins

CÂMARA MUNICIPAL DO SEIXAL  
2º e 3º Ciclos do Ensino Básico e Secundário  
LUNCH - WEEK 2  
Week of 3 to 7 November 2025



		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
<b>Monday</b>									
Soup	Cream of courgette and carrot soup	175	41	1.4	0.2	4.9	2.3	1.3	0.2
Main dish	Tuna salad with black-eyed peas, potatoes, green beans, carrots and egg <sup>3,4</sup>	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 <sup>1,3,5,6,7,8</sup>	1138	269	1.3	0.2	53.8	2.9	8.9	0.9
<b>Tuesday</b>									
Soup	Green bean and carrot soup	144	34	0.5	0.1	5.2	2.5	1.1	0.3
Dish	Chicken and mushroom stroganoff with white rice <sup>7</sup>	697	166	6.2	2.2	15.3	0.4	11.7	0.2
Vegetarian	Mushroom and white bean stroganoff with rice <sup>7</sup>	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 <sup>1,3,5,6,7,8</sup>	1138	269	1.3	0.2	53.8	2.9	8.9	0.9
<b>Wednesday</b>									
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) <sup>4</sup>	275	65	1.4	0.2	6.3	1.4	6.0	0.3
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 <sup>1,3,6,7,8,12</sup>	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 <sup>1,3,5,6,7,8</sup>	1138	269	1.3	0.2	53.8	2.9	8.9	0.9
<b>Thursday</b>									
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 pea rice	638	153	5.8	1.4	14.3	1.0	9.7	0.2
Vegetarian	Lentil moussaka with white rice <sup>1, 3, 6, 7, 8, 11</sup>	647	154	5,6	1,3	18,9	1,2	5,7	0,3
Salad	Lettuce, tomato and carrot	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 <sup>1,3,5,6,7,8</sup>	1138	269	1.3	0.2	53.8	2.9	8.9	0.9
<b>Friday</b>									
Soup	Cabbage and bean soup	187	44	0.6	0.1	6.9	2.2	1.8	0.3
Dish	Squid with mixed rice (peas, carrots and corn) <sup>1,2,3,4,7,14</sup>	819	196	4.4	0.7	29.7	1.4	8.5	0.4
Vegetarian	Seitan breadcrumbs with mixed rice (peas, carrots and corn) <sup>1,6</sup>	872	207	4.5	0.7	29.4	1.0	10.7	0.3
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 <sup>1,3,5,6,7,8</sup>	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, 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. Average values per 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the Dr. Ricardo Jorge National Health Institute, Food Composition Table (2007), and information provided by suppliers. VE - Energy value, Lip. - Lipids, Sat. FA - Saturated Fatty Acids, HC - Carbohydrates, Prot. - Proteins

CÂMARA MUNICIPAL DO SEIXAL  
2º e 3º Ciclos do Ensino Básico e Secundário  
LUNCH - WEEK 3  
Week of 10 to 14 November 2025



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) <sup>1,3,6,12</sup>	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 <sup>1,6,8,11</sup>	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 <sup>1,3,5,6,7,8</sup>	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 <sup>1,6,8,11</sup>	164	39	0.5	0.1	6.0	2.4	1.5	0.3
Dish	Fresh cod with onions, potatoes and cooked vegetables <sup>4</sup>	307	73	2.3	0.3	6.6	1.2	5.9	1.1
Vegetarian	Soybean stew (chunky soybeans, potatoes, carrots, peas, green beans) <sup>1,6, 8, 11</sup>	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 <sup>1,3,5,6,7,8</sup>	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 macaroni pasta <sup>1,3,6,12</sup>	777	184	5.5	0.1	16.2	1.2	17.5	0.3
Vegetarian	Vegetarian ranch (beans, pasta, carrots, cabbage, courgette and aubergine) <sup>1,3</sup>	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 <sup>1,3,5,6,7,8</sup>	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	Salad of cooked salmon with spiral pasta, corn and diced carrots <sup>1,3,4</sup>	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) <sup>1,3,6,10</sup>	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 <sup>1,3,6,7,8,12</sup>	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 <sup>1,3,5,6,7,8</sup>	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 cream	158	37	0.5	0.1	5.7	2.1	1.5	0.3
Dish	Beef chilli with red beans and white rice	928	222	9.4	3.1	21.7	1.5	11.0	0.4
Vegetarian	Vegetarian chilli (carrot, tomato, soy, pepper, corn, red beans) with white rice <sup>1,6,8,11</sup>	1131	269	4.2	0.5	41.6	0.7	12.9	0.1
Salad	Lettuce, beetroot and tomato	87	21	0.1	0.0	2.7	2.7	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 <sup>1,3,5,6,7,8</sup>	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, 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 shown. Average values per 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the Dr. Ricardo Jorge National Health Institute, Food Composition Table (2007), and information provided by suppliers. VE - Energy value, Lip. - Lipids, Sat. FA - Saturated Fatty Acids, HC - Carbohydrates, Prot. - Proteins

CÂMARA MUNICIPAL DO SEIXAL  
2º e 3º Ciclos do Ensino Básico e Secundário  
LUNCH - WEEK 4  
Week of 17 to 21 November 2025



Monday

		VE kJ	VE kcal	Lip. g	AG Sat. g	HC g	Sugar g	Prote in g	Sal t g
Soup	Carrot cream soup with coriander coriander 7,12	168	40	0.5	0.1	6.7	2.5	1.1	0.3
Dish	Breaded hake in the oven with fusilli <sup>1,2,3,4,7,14</sup>	881	211	11.7	1.6	21.3	1.7	4.8	0.9
Vegetarian	Tofu with onions and fusilli pasta <sup>1,3,6</sup>	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 <sup>1,3,5,6,7,8</sup>	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 <sup>1,3</sup>	517	122	2.3	0.6	7.7	1.0	17.2	0.6
Soup 2	Spinach soup	148	35	0.8	0.1	4.8	1.5	1.4	0.2
Dish	Mixed omelette (ham and mushrooms) with pea rice <sup>3,6,7</sup>	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 <sup>1,3,5,6,7,8</sup>	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
Dish	Tuna with herbs, penne pasta and sautéed vegetables <sup>1,3,4</sup>	402	96	7.0	0.6	3.0	1.3	7.6	0.4
Vegetarian	Pea stew with herbs, penne pasta and sautéed vegetables <sup>1,3</sup>	218	52	2.1	0.3	4.3	1.5	2.6	0.2
Salad	Sautéed broccoli, carrots and aubergine	254	61	4.6	0.6	2.5	2.2	1.2	0.1
Dessert	Caramel pudding <sup>7</sup>	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 <sup>1,3,5,6,7,8</sup>	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	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 carrot rice	772	184	5.4	0.9	20.0	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 <sup>1,3,5,6,7,8</sup>	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
Main course	Boiled hake with potatoes and boiled vegetables (broccoli, carrots and cauliflower) <sup>4</sup>	304	72	1.7	0.2	6.8	1.2	6.8	0.3
Vegetarian	Soy, potato and vegetable stew <sup>1,6,8,11</sup>	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 <sup>1,3,5,6,7,8</sup>	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 shown. Average values per 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the Dr. Ricardo Jorge National Health Institute, Food Composition Table (2007), and information provided by suppliers. VE - Energy value, Lip. - Lipids, Sat. FA - Saturated Fatty Acids, HC - Carbohydrates, Prot. - Proteins

CÂMARA MUNICIPAL DO SEIXAL  
2º e 3º Ciclos do Ensino Básico e Secundário  
LUNCH - WEEK 5  
Week of 24 to 28 November 2025



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	Bolognese (beef) with spaghetti <sup>1,3,6</sup>	995	237	8.9	2.8	26.9	1.3	10.8	0.4
Vegetarian	Soy bolognese with spaghetti <sup>1,3,6,8,11</sup>	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 <sup>1,3,5,6,7,8</sup>	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
Dish	Paloco with cream (diced potatoes) <sup>4,5,6,7</sup>	650	156	9.9	2.7	9	0.9	7.2	0.2
Vegetarian	Seitan with cream (diced potatoes) <sup>1,5,6,7</sup>	743	178	10.7	2.8	11	1.1	9.0	0.3
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 <sup>1,3,5,6,7,8</sup>	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	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	Aubergine stuffed with tofu, carrot, corn, baked au gratin with cheese <sup>1,3,6,7</sup>	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 <sup>1,3,5,6,7,8</sup>	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 <sup>4,9,10,11,12</sup>	726	173	6.9	3.2	17.2	0.6	10.2	0.3
Vegetarian	Chickpea curry with cauliflower and white rice <sup>9,10,11,12</sup>	776	185	7.4	3.4	23.9	1.2	4.5	0.4
Salad	Lettuce, carrot and red cabbage	102	24	0.1	0.0	3.0	2.6	1.5	0.1
Dessert	Pineapple vegetable jelly <sup>1,3,6,7,8,12</sup>	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 <sup>1,3,5,6,7,8</sup>	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 loin with macaroni <sup>1,3</sup>	625	150	9.1	2.2	3.8	0.3	13.0	0.4
Vegetarian	Butter beans with onions and tomatoes, served with white rice	654	156	4.3	0.6	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 <sup>1,3,5,6,7,8</sup>	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, 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. Average values per 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the Dr. Ricardo Jorge National Health Institute, Food Composition Table (2007), and information provided by suppliers. VE - Energy value, Lip. - Lipids, Sat. FA - Saturated Fatty Acids, HC - Carbohydrates, Prot. - Proteins

CÂMARA MUNICIPAL DO SEIXAL  
2º e 3º Ciclos do Ensino Básico e Secundário  
LUNCH - WEEK 6  
Week of 1 to 5 December 2025



**Monday** Soup

Vegetarian Dish  
Salad

Dessert Bread

**HOLIDAY**

**Tuesday**

		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 <sup>4</sup>	795	189	10.0	0.8	17.5	1.1	10.9	0.6
Vegetarian	Lentil croquettes with tomato rice <sup>1,6,8,11</sup>	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 <sup>1,3,5,6,7,8</sup>	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 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 <sup>1,3</sup>	262	63	2.4	0.4	3.7	1.6	5.5	0.2
Vegetarian	Stew with peas, carrots, leeks, courgettes and spaghetti <sup>1,3</sup>	251	60	2.4	0.4	6.5	1.9	2.3	0.2
Salad	Lettuce, carrot and onion	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 <sup>1,3,5,6,7,8</sup>	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	Oven-roasted abrótea with potatoes and cooked vegetables <sup>4</sup>	332	79	2.4	0.3	6.8	1.2	6.9	0.4
Vegetarian	Tofu with onions, tomatoes, herbs, boiled potatoes and sautéed vegetables (broccoli, carrots and cauliflower) <sup>1,6</sup>	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	Sweet rice <sup>1,3,6,7,8,12</sup>	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 <sup>1,3,5,6,7,8</sup>	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	Turkey stroganoff with cream, mushrooms and spaghetti <sup>1,3,7</sup>	685	163	6.9	2.3	12.5	1.0	12.0	0.2
Vegetarian	Tofu with soy milk and mushrooms with spaghetti <sup>1,6,8</sup>	430	102	4.5	3.0	9.0	1.3	6.0	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 <sup>1,3,5,6,7,8</sup>	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

The menu is subject to change due to unforeseen circumstances.

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 shown. Average values per 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the Dr. Ricardo Jorge National Health Institute, Food Composition Table (2007), and information provided by suppliers. VE - Energy value, Lip. - Lipids, Sat. FA - Saturated Fatty Acids, HC - Carbohydrates, Prot. - Proteins

CÂMARA MUNICIPAL DO SEIXAL  
2º e 3º Ciclos do Ensino Básico e Secundário  
LUNCH - WEEK 7  
Week of 8 to 12 December 2025



Monday Soup

Vegetarian Dish

Salad

Dessert Bread

**HOLIDAY**

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 coriander	149	35	0.7	0.1	5.4	1.7	1.2	0.2
Dish	Poultry meatballs (chicken and turkey) stewed in tomato sauce with spaghetti <sup>1,2,3,6,7,8,10,11,12,14</sup>	501	120	7.5	0.4	5.6	1.6	7.0	0.8
Vegetarian	Soy and mushroom bolognese with spaghetti <sup>1,3,6,8,11</sup>	897	213	4.5	0.7	20	5.2	19.6	0.1
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 <sup>1,3,5,6,7,8</sup>	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	Courgette and cabbage soup	137	33	0.4	0.1	4.9	2.5	1.2	0.2
Main dish	Tuna salad with black-eyed peas, potatoes, green beans, carrots and egg <sup>3,4</sup>	567	136	8.1	1.0	7.1	1.0	10.1	0.5
Vegetarian	Sautéed lentils, leeks, carrots, cauliflower, with boiled potatoes <sup>1,6,8,11</sup>	260	62	2.6	0	5.6	1.8	3.0	0.2
Salad	Boiled 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 <sup>1,3,5,6,7,8</sup>	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	Savoy cabbage and carrot soup	139	33	0.4	0.0	4.9	2.1	1.4	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 <sup>1,3,5,6,7,8</sup>	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	Vegetable tortilla (potato, egg, mushrooms, broccoli and carrot) <sup>3</sup>	354	84	4.4	0.9	6.5	1.2	4.2	0.2
Vegetarian	Vegetable stew (chickpeas, mushrooms, broccoli and carrots) with boiled potatoes	343	82	2.8	0.4	9.8	1.4	3.1	0.3
Salad	Cooked broccoli, cauliflower and green beans	117	28	0.4	0.1	2.8	2.1	1.9	0.3
Dessert	Vegetable pineapple jelly <sup>1,3,6,7,8,12</sup>	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 <sup>1,3,5,6,7,8</sup>	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, 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.

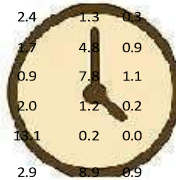
Nutritional declaration: Variations in preparation and cooking techniques, as well as seasonal and regional differences in products, may alter the values presented. Average values per 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the Dr. Ricardo Jorge National Health Institute, Food Composition Table (2007), and information provided by suppliers. VE - Energy value, Lip. - Lipids, Sat. FA - Saturated Fatty Acids, HC - Carbohydrates, Prot. - Proteins

CÂMARA MUNICIPAL DO SEIXAL  
 2º e 3º Ciclos do Ensino Básico e Secundário  
 LUNCH - WEEK 8  
 Week of 15 to 19 December 2025



Monday

Soup	Cream of cauliflower and carrot soup	147	35	0.4	0.1	5.3	2.4	1.3	0.0
Dish	Breaded hake in the oven with carrot rice <sup>1,2,3,4,7,14</sup>	881	211	11.7	1.6	21.3	0.7	4.8	0.9
Vegetarian	Vegetarian sausages wrapped in savoy cabbage with carrot rice <sup>1,3,5,6,7,8,9,10</sup>	853	205	14.4	1.4	10.2	0.9	7.1	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 <sup>1,3,5,6,7,8</sup>	1138	269	1.3	0.2	53.8	2.9	8.9	0.9



Tuesday

Soup	Green bean and carrot soup	144	34	0.5	0.1	5.2	2.5	1.1	0.3
Dish	Roast chicken with sliced chips	1543	369	20.2	2.7	34.4	0.4	11.1	0.4
Vegetarian	Black bean rice with mushrooms, carrots and tofu <sup>1,6</sup>	453	108	4.4	3.3	10.8	0.8	5.6	0.1
Salad	Beetroot, lettuce 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 <sup>1,3,5,6,7,8</sup>	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Wednesday

Soup	Cream of courgette 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) <sup>4</sup>	336	80	2.7	0.4	6.7	1.5	6.6	1.1
Vegetarian	Stew with lentils, carrots, leeks and potatoes <sup>1,6,8,11</sup>	344	82	2.4	0.3	10.7	1.7	3.2	0.2
Salad	Lettuce, red cabbage and cucumber	79	19	0.4	0.1	2.1	2.1	1.2	0.0
Dessert	Caramel pudding <sup>7</sup>	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 <sup>1,3,5,6,7,8</sup>	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Thursday

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 <sup>1,3</sup>	812	194	8.2	2.1	14.8	1.2	14.5	0.2
Vegetarian	Spinach and soy burger with spiral pasta <sup>1,6,8,11</sup>	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 <sup>1,3,5,6,7,8</sup>	1138	269	1.3	0.2	53.8	2.9	8.9	0.9

Friday

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 <sup>4</sup>	1177	282	16.8	3.0	20.8	0.2	11.3	0.2
Vegetarian	Quinoa salad with chickpeas and vegetables (broccoli and carrots) <sup>1,6,8,11</sup>	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 <sup>1,3,5,6,7,8</sup>	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, 2Crustaceans, 3Eggs, 4Fish, 5Peanuts, 6Soy, 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 shown. Average values per 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the Dr. Ricardo Jorge National Health Institute, Food Composition Table (2007), and information provided by suppliers. EV - Energy value, Lip. - Lipids, Sat. FA - Saturated Fatty Acids, HC - Carbohydrates, Prot. - Proteins

