

MUNICIPALITY OF SANTARÉM
Restaurant Sec
Week of 14 to 18 September 2026



Monday

		VE (kJ)	VE (kcal)	Fat. (g)	AG Sat. (g)	HC (g)	Sugars (g)	Protein (g)	Salt (g)
Soup	Country Vegetable Soup (red beans, cabbage and carrot)	845	200	2,2	0,3	36,2	3,1	7,2	0,3
Main Course	Baked Poultry Meatloaf with Carrot Rice ^{1,6,12}	1922	456	17,7	5,2	55,2	2,4	17,9	0,9
OvoLactoVegetarian	Spinach Burger with Carrot Rice	1014	239	3,3	0,5	47,2	1,4	4,6	0,2
Salad	Lettuce, sweetcorn and tomato salad	9	26	0,1	0,0	1,1	0,4	0,2	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	208	49	0,2	0,0	9,2	9,2	1,1	0,0

Tuesday

		VE (kJ)	VE (kcal)	Fat. (g)	AG Sat. (g)	HC (g)	Sugars (g)	Protein (g)	Salt (g)
Soup	Pumpkin and Cauliflower Cream Soup	365	86	1,9	0,3	14,6	1,4	2,0	0,2
Main Course	Fresh Cod Salad (boiled cod with egg, chickpeas, carrot and potato) ^{3,4,12}	1180	279	4,1	0,7	39,3	2,9	19,0	0,4
OvoLactoVegetarian	Boiled Chickpeas with Broccoli, Carrot and Potato	1357	321	1,5	0,2	60,3	4,5	11,9	0,7
Salad	Tomato, red cabbage and onion salad	20	5	0,1	0,0	0,7	0,7	0,2	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Wednesday

		VE (kJ)	VE (kcal)	Fat. (g)	AG Sat. (g)	HC (g)	Sugars (g)	Protein (g)	Salt (g)
Soup	Spinach Soup	622	147	1,9	0,3	26,6	2,4	4,3	0,3
Main Course	Roast Pork with Macaroni and Green Beans ^{1,6,10}	1215	288	10,7	3,0	29,6	1,9	16,1	0,7
OvoLactoVegetarian	Stewed Soy with Macaroni and Green Beans ^{1,6,8,10,11}	1343	318	3,9	0,6	39,0	7,0	26,2	0,6
Salad	Red cabbage, sweetcorn and onion salad	20	5	0,0	0,0	0,6	0,0	0,3	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Thursday

		VE (kJ)	VE (kcal)	Fat. (g)	AG Sat. (g)	HC (g)	Sugars (g)	Protein (g)	Salt (g)
Soup	Vegetable Cream Soup	364	86	1,9	0,3	14,3	1,3	2,1	0,2
Main Course	Colourful Rice with Tuna ⁴	899	260	7,2	1,0	27,0	1,2	12,1	1,0
OvoLactoVegetarian	Colourful Rice with Black Beans and Mushrooms	862	250	2,8	0,4	37,6	1,2	8,4	0,6
Salad	Tomato, cucumber and onion salad	20	5	0,1	0,0	0,7	0,7	0,2	0,0
Dessert	Seasonal Fruit or Strawberry Jelly ^{1,3,6,7,8,12}	244	58	0,0	0,0	13,1	12,9	1,3	0,2

Friday

		VE (kJ)	VE (kcal)	Fat. (g)	AG Sat. (g)	HC (g)	Sugars (g)	Protein (g)	Salt (g)
Soup	Julienne Vegetable Soup	639	151	2,0	0,3	27,4	2,6	4,1	0,3
Main Course	Braised Chicken with Carrots and Spaghetti ^{1,3}	1452	343	7,0	1,4	44,8	2,3	24,2	0,6
OvoLactoVegetarian	Braised Lentils with Carrots and Spaghetti ^{1,3}	1102	261	5,0	0,9	45,9	2,3	7,0	0,4
Salad	Lettuce, cabbage and carrot salad	15	4	0,0	0,0	0,2	0,0	0,4	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	186	44	0,4	0,0	8,8	8,8	0,3	0,0

Allergen Information

Your meal contains or may contain the following substances or products and their derivatives: cereals containing gluten, crustaceans, eggs, fish, soybeans, milk, tree nuts, celery, mustard, sesame seeds, sulphur dioxide and sulphites, lupin, and molluscs. For individuals who are not allergic or intolerant, these substances or products are completely harmless.

Nutritional Declaration

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MUNICIPALITY OF SANTARÉM
Restaurant Sec
Week of 21 to 25 September 2026



Monday

Soup	Spring Vegetable Soup	415	98	2,0	0,3	16,2	1,5	2,8	0,2
Main Course	Veal Stroganoff with Mushrooms and Pea Rice ^{1,7}	2151	511	20,1	6,5	57,1	1,6	25,1	0,6
OvoLactoVegetarian	Sautéed Mushrooms with Pea Rice	1279	302	8,1	1,2	49,7	0,8	7,1	0,4
Salad	Lettuce, carrot and sweetcorn salad	15	4	0,0	0,0	0,2	0,0	0,4	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	208	49	0,2	0,0	9,2	9,2	1,1	0,0

Tuesday

Soup	Carrot Cream Soup	355	84	1,9	0,3	14,1	1,3	2,0	0,2
Main Course	Hake Pasta Stew with Peppers and Coriander ^{1,3,4}	1065	251	3,7	0,6	32,8	1,5	20,1	0,9
OvoLactoVegetarian	Bean Pasta Stew with Peppers and Coriander ^{1,3}	1179	279	4,1	0,7	46,7	2,3	11,4	0,5
Salad	Tomato, cucumber and red cabbage salad	20	5	0,1	0,0	0,7	0,7	0,2	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Wednesday

Soup	Broccoli and Pumpkin Soup	309	73	1,9	0,3	11,6	1,3	1,8	0,2
Main Course	Poultry Rice (Chicken and Turkey)	1609	380	6,3	1,1	46,6	1,2	33,5	0,4
OvoLactoVegetarian	Lentils with Spring Rice	754	178	5,0	0,7	28,9	1,2	4,0	0,4
Salad	Lettuce, Sweetcorn and tomato Salad	9	26	0,1	0,0	1,1	0,4	0,2	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Thursday

Soup	Pea Cream Soup	393	93	1,9	0,3	15,6	1,3	2,6	0,2
Main Course	Baked Redfish with Potatoes and Broccoli ^{4,6}	1327	314	8,1	0,9	44,4	3,2	13,7	0,7
OvoLactoVegetarian	Sautéed Soy with Potatoes, Carrots and Broccoli ^{1,6,8,11}	1731	409	7,6	1,1	52,7	8,3	26,7	0,8
Salad	Lettuce, tomato and onion Salad	15	4	0,0	0,0	0,2	0,0	0,4	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	186	44	0,4	0,0	8,8	8,8	0,3	0,0

Friday

Soup	Leek Soup	628	148	2,0	0,3	27,0	2,6	4,0	0,3
Main Course	Braised Turkey with Carrots, Savoy Cabbage, Herbs and Small Macaroni ^{1,6,10,12}	1446	344	14,9	4,1	22,7	2,5	28,9	0,9
OvoLactoVegetarian	Braised Black Beans with Carrots, Savoy Cabbage, Herbs and Small Macaroni ^{1,6,10,12}	1049	247	4,8	0,7	39,0	1,9	11,1	0,6
Salad	Tomato, Popcorn and red cabbage Salad	20	5	0,1	0,0	0,7	0,7	0,2	0,0
Dessert	Seasonal Fruit or Rice Pudding ^{1,3,6,7,8,12}	244	58	0,0	0,0	13,1	13,0	1,3	0,2

Allergen Information

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MUNICIPALITY OF SANTARÉM
Restaurant
Week of 28 September to 2 October 2026

Monday

Soup	Carrot and Broccoli Cream Soup	361	85	1,8	0,3	14,2	1,5	2,0	0,2
Main Course	Tuna Bolognese with Parsley ^{1,3,4}	1043	247	8,5	1,3	28,9	1,7	13,1	1,0
OvoLactoVegetarian	Lentil Bolognese with Parsley ^{1,3,10,12}	717	170	3,6	0,6	29,2	2,0	4,3	0,2
Salad	Lettuce, tomato and carrot Salad	15	4	0,0	0,0	0,2	0,0	0,4	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	208	49	0,2	0,0	9,2	9,2	1,1	0,0

Tuesday

Soup	Spinach Soup	622	147	1,9	0,3	26,6	2,4	4,3	0,3
Main Course	Chili (veal with red kidney beans) and rice	1622	387	13,0	4,1	43,2	0,9	24,0	0,3
OvoLactoVegetarian	Vegetarian Chilli with Mushrooms, Red Beans and Rice	799	189	3,4	0,5	31,8	1,1	7,3	0,5
Salad	Lettuce, Sweetcorn and red cabbage Salad	9	26	0,1	0,0	1,1	0,4	0,2	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Wednesday

Soup	Cabbage Soup	365	86	1,9	0,3	14,4	1,3	2,0	0,2
Main Course	Fish Burger with Russian Salad ^{1,2,3,4,6,7,9,14}	1638	390	12,4	3,1	52,0	4,0	13,8	0,9
OvoLactoVegetarian	Spinach Burger with Russian Salad	929	219	0,1	0,0	45,9	3,6	5,7	0,5
Salad	Tomato, sweetcorn and cucumber salad	20	5	0,1	0,0	0,7	0,7	0,2	0,0
Dessert	Seasonal Fruit or pudim	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Thursday

Soup	Courgette Soup	373	88	2,0	0,3	14,5	1,3	2,3	0,2
Main Course	Scrambled eggs with sausages and pea rice ^{1,6,7,9,10}	975	257	15,5	4,7	5,9	1,1	18,4	0,7
OvoLactoVegetarian	Tofu omelette with pea rice ^{6,12}	1178	327	9,8	1,8	38,2	2,0	10,6	0,3
Salad	Lettuce, cabbage and beetroot Salad	15	4	0,0	0,0	0,2	0,0	0,4	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	244	58	0,0	0,0	13,1	12,9	1,3	0,2

Friday

Soup	Vegetable Cream Soup	364	86	1,9	0,3	14,3	1,3	2,1	0,2
Main Course	Salmon Pasta Stew with Broccoli ^{1,2,3,4,14}	1440	343	15,1	2,8	34,8	2,4	14,8	0,5
OvoLactoVegetarian	Bean Pasta Stew with Broccoli ^{1,3}	1224	290	1,4	0,3	51,1	1,8	14,0	0,9
Salad	Carrot, Cabbage and onion Salad	17	4	0,0	0,0	0,5	0,3	0,2	0,2
Dessert	Seasonal Fruit (Minimum of three varieties)	390	92	0,4	0,1	19,3	17,3	1,4	0,0

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MUNICIPALITY OF SANTARÉM
Restaurant
Week of 5 to 9 October 2026



Monday

Soup	Green Bean Soup ^{7,12}	262	62	1,9	0,3	8,7	1,1	1,3	0,2
Main Course	Spaghetti Bolognese (Veal and Pork) with Oregano ^{1,3,6,10,12}	1225	291	11,4	5,4	32,1	1,7	14,8	0,4
OvoLactoVegetarian	Lentil Bolognese Spaghetti with Oregano ^{1,3,10,12}	717	169	3,6	0,6	29,2	2,0	4,3	0,2
Salad	Lettuce, beetroot and onion Salad	15	4	0,0	0,0	0,2	0,0	0,4	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	208	49	0,2	0,0	9,2	9,2	1,1	0,0

Tuesday

Soup	Carrot Cream Soup	355	84	1,9	0,3	14,1	1,3	2,0	0,2
Main Course	Creamy baked codfish ⁴	1130	267	5,6	0,8	35,5	1,3	18,1	0,6
OvoLactoVegetarian	Creamy vegetables (leek) ^{1,6}	1021	242	7,1	1,5	32,5	1,3	10,8	0,7
Salad	Lettuce, Sweetcorn and cabbage Salad	9	26	0,1	0,0	1,1	0,4	0,2	0,0
Dessert	Seasonal Fruit or baked fruit	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Wednesday

Soup	White Bean and Cabbage Soup	434	103	2,0	0,3	16,6	1,3	3,2	0,2
Main Course	Oven-baked chicken drumsticks with tricolour fusilli pasta ^{1,3,6,10,12}	1224	289	6,5	1,2	33,7	2,2	23,3	0,8
OvoLactoVegetarian	Sautéed Beans with Vegetables and Tricolour Fusilli Pasta ^{1,3,6,10}	1400	332	7,0	1,1	50,3	1,9	13,6	0,7
Salad	Tomato, carrot and onion Salad	20	5	0,1	0,0	0,7	0,7	0,2	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Thursday

Soup	Traditional chicken soup	265	67	1,5	0,2	10,0	1,3	2,1	0,2
Alternative Soup	Courgette Cream Soup	365	86	1,9	0,3	14,3	1,3	2,1	0,2
Main Course	Braised Salmon with Mixed Vegetables and Rice ^{2,4,14}	1826	434	17,9	3,2	52,4	1,9	14,1	0,7
OvoLactoVegetarian	Braised Soy with Mixed Vegetables and Rice ^{1,6,8,11}	1770	419	6,5	1,0	59,5	6,9	25,5	0,6
Salad	Red Cabbage and sweetcorn Salad	20	5	0,0	0,0	0,6	0,0	0,3	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	244	58	0,0	0,0	13,1	12,9	1,3	0,2

Friday

Soup	Spring Vegetable Soup	415	98	2,0	0,3	16,2	1,5	2,8	0,2
Main Course	Pork Stew with Peas, Potatoes, Carrots and Green Beans ^{6,7}	1578	375	15,5	4,8	35,0	2,9	22,3	0,7
OvoLactoVegetarian	Mushroom Stew with Peas, Potatoes, Carrots and Green Beans ^{1,6}	820	193	3,0	0,4	33,4	3,2	6,3	0,4
Salad	Tomato, cabbage and lettuce Salad	20	5	0,1	0,0	0,7	0,7	0,2	0,0
Dessert	Strawberry jelly	201	48	0,2	0,0	10,0	10,0	0,7	0,0

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MUNICIPALITY OF SANTARÉM
Restaurant
Week of 12 to 16 October 2026



Monday

Soup	Broccoli and Pumpkin Soup	309	73	1,9	0,3	11,6	1,3	1,8	0,2
Main Course	Poultry Burger with Spaghetti ^{1,3,6,12}	1349	320	8,8	3,7	45,0	2,3	17,0	1,1
OvoLactoVegetarian	Spinach Burger with Spaghetti ^{1,3}	909	215	2,1	0,5	42,0	1,6	6,0	0,2
Salad	Lettuce, tomato and carrot Salad	15	4	0,0	0,0	0,2	0,0	0,4	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	208	49	0,2	0,0	9,2	9,2	1,1	0,0

Tuesday

Soup	Pea Cream Soup	393	93	1,9	0,3	15,6	1,3	2,6	0,2
Main Course	Hake Gomes de Sá Style (potatoes, onions, egg and olives) ^{3,4,8,13}	1219	289	8,2	1,5	34,1	2,5	18,0	1,0
OvoLactoVegetarian	Chickpeas Gomes de Sá Style ³	1321	313	7,3	1,2	45,8	2,8	12,6	0,7
Salad	Tomato, sweetcorn and cabbage Salad	20	5	0,1	0,0	0,7	0,7	0,2	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Wednesday

Soup	Spinach Soup	622	147	1,9	0,3	26,6	2,4	4,3	0,3
Main Course	Stewed pork with vegetables and mashed potatoes ^{1,3}	1391	378	11,5	3,7	35,6	2,1	22,7	0,5
OvoLactoVegetarian	Stewed seitan with mashed potatoes ^{1,3,6,8,11}	1317	359	3,9	0,7	42,0	7,1	25,3	0,4
Salad	Lettuce, Carrot and cabbage Salad	7	2	0,0	0,0	0,2	0,2	0,1	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Thursday

Soup	Cauliflower Cream Soup	369	87	1,9	0,3	14,6	1,3	2,1	0,2
Main Course	Mackerel Rice Pie ^{4,6,7}	1171	278	10,8	2,6	31,7	0,8	13,2	0,6
OvoLactoVegetarian	Mushroom Pie	1193	282	6,3	1,0	48,8	1,1	6,4	0,8
Salad	Carrot, Red Cabbage and beetroot Salad	28	6	0,0	0,0	1,0	0,7	0,3	0,0
Dessert	Tutti-Frutti Jelly ^{1,3,6,7,8,12}	244	58	0,0	0,0	13,0	12,9	1,3	0,2

Friday

Soup	Leek Soup	628	148	2,0	0,3	27,0	2,6	4,0	0,3
Main Course	Chicken Bean Stew with Rice, Carrot and Cabbage ^{1,6}	810	193	5,2	1,1	28,5	1,4	7,6	0,5
OvoLactoVegetarian	Braised Pinto Beans with Rice, Carrot and Cabbage	1575	373	6,9	0,9	65,2	1,2	12,0	0,6
Salad	Lettuce, tomato and onion Salad	15	4	0,0	0,0	0,2	0,0	0,4	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	186	44	0,4	0,0	8,8	8,8	0,3	0,0

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MUNICIPALITY OF SANTARÉM
Restaurant
Week of 19 to 23 October 2026



Monday

Soup	Chickpea and Cabbage Soup	439	104	2,1	0,3	16,8	1,4	3,2	0,2
Main Course	Poultry Meatballs with Spaghetti ^{1,3,6,12}	1833	436	16,5	6,4	50,4	3,0	20,3	1,5
OvoLactoVegetarian	Spinach Burger with Spaghetti ^{1,3}	909	215	2,1	0,5	42,0	1,6	6,0	0,2
Salad	Lettuce, Sweetcorn and beetroot Salad	9	26	0,1	0,0	1,1	0,4	0,2	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	208	49	0,2	0,0	9,2	9,2	1,1	0,0

Tuesday

Soup	Broccoli Cream Soup	361	85	1,8	0,3	14,2	1,5	2,0	0,2
Main Course	Hake "à Brás" ^{4,6}	634	198	5,7	0,7	13,6	1,1	12,4	0,4
OvoLactoVegetarian	Leek "à Brás"	328	125	0,5	0,2	13,6	1,1	5,4	0,4
Salad	Carrot, Cabbage and cucumber Salad	17	4	0,0	0,0	0,5	0,3	0,2	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Wednesday

Soup	Fish Soup ⁴	365	86	2,1	0,3	11,6	1,1	4,6	0,3
Alternative Soup	Courgette Soup	373	88	2,0	0,3	14,5	1,3	2,3	0,2
Main Course	Meat Pie with Vegetables and Baked Rice ¹²	1651	392	17,6	4,9	39,2	3,3	18,4	1,3
OvoLactoVegetarian	Soy Pie with Vegetables and Baked Rice ^{1,6,7,8,11}	1400	331	4,8	1,4	42,2	6,3	25,9	0,3
Salad	Tomato, sweetcorn and carrot Salad	20	5	0,1	0,0	0,7	0,7	0,2	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	363	86	0,7	0,1	18,1	18,1	0,3	0,0

Thursday

Soup	Carrot Cream Soup	355	84	1,9	0,3	14,1	1,3	2,0	0,2
Main Course	Braised Salmon with Elbow Pasta, Green Beans and Parsley ^{1,2,3,4,14}	1394	332	15,1	2,8	32,7	1,5	14,0	0,7
OvoLactoVegetarian	Braised White Beans with Elbow Pasta, Green Beans and Parsley ^{1,3}	1155	273	3,8	0,7	43,9	1,6	10,9	0,7
Salad	Lettuce, tomato and carrot Salad	15	4	0,0	0,0	0,2	0,0	0,4	0,0
Dessert	Seasonal Fruit (Minimum of three varieties)	244	58	0,0	0,0	13,0	12,9	1,3	0,2

Friday

Soup	Spring Vegetable Soup	415	98	2,0	0,3	16,2	1,5	2,8	0,2
Main Course	Chicken Ranchinho (chicken, pasta, Savoy cabbage, carrot and chickpeas) ^{1,6,10}	1024	242	5,2	0,9	29,3	2,2	18,1	0,3
OvoLactoVegetarian	Vegetarian Ranchinho ^{1,6,10}	1374	325	5,0	0,7	54,5	4,5	11,9	0,3
Salad	Lettuce and tomato Salad	15	4	0,0	0,0	0,2	0,0	0,4	0,0
Dessert	Seasonal Fruit or Custard dessert	186	44	0,4	0,0	8,8	8,8	0,3	0,0

Allergen Information

Your meal contains or may contain the following substances or products and their derivatives: cereals containing gluten, crustaceans, eggs, fish, soybeans, milk, tree nuts, celery, mustard, sesame seeds, sulphur dioxide and sulphites, lupin, and molluscs. For individuals 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 affect the values presented. Average values have been calculated from the known average values of the ingredients used, according to the Dr. Ricardo Jorge National Institute of Health Food Composition Table (2019) and information provided by suppliers.