MENU

ALMADA INTERNATIONAL SCHOOL

WEEK FROM 02/11/2026 TO 06/11/2026

MONDAY — 02/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Chard soup	73.9	2.2	2.4	11.5	-	-
Main course	Beef Burger	217.1	18.7	15.4	0.1	-	-
Second course	Vegetarian burger with cheese	339.2	13.1	20.5	23.5	Gluten, Milk, Egg	Celery, Peanuts, Mustard, Sesame
Side dish	Spaghetti	182.1	6.2	1.2	35.7	Gluten	-
Pulses	Mild Mexican black beans	35.4	1.9	1	4.3	-	Celery, Gluten, Mustard, Sesame
Vegetables	Roasted carrot sticks	38.5	0.5	2.7	3.3	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

TUESDAY — 03/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Butter bean soup	123.8	7.4	2.8	14.2	-	-
Main course	Tuna rice with sweetcorn and scrambled egg	396.2	27.2	8.9	52.7	Egg, Fish	-
Second course	Saucy vegetable rice with boiled egg	186.5	7.2	8.8	20.1	Egg	-
Side dish	Included	—	—	—	—	—	-
Pulses	Included	—	—	—	—	—	-
Vegetables	Boiled broccoli	38.5	1.8	2.2	4.4	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

WEDNESDAY — 04/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Spinach and chickpea soup	107.6	4.6	3.2	14.9	-	-
Main course	Margherita pizza	392.2	19.7	14.2	46.5	Gluten, Milk	Crustaceans, Tree nuts, Egg
Second course	Mushroom and cheddar pizza	490.6	26	21.7	47.7	Gluten, Milk	Crustaceans, Tree nuts, Egg
Side dish	Included	—	—	—	—	—	-
Pulses	Included	—	—	—	—	—	-
Vegetables	Greek salad	39.8	1.6	3.1	1.5	Milk	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

THURSDAY — 05/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Carrot soup	58.7	0.9	4.2	4.5	-	-
Main course	Chicken lasagne with pointed cabbage	241.1	13.7	13.5	16.9	Gluten, Milk	Celery, Peanuts, Mustard, Sesame
Second course	Lentil bolognese lasagne with mushrooms	241.2	9.2	12.7	22.3	Gluten, Milk	Celery, Peanuts, Mustard, Sesame
Side dish	Included	—	—	—	—	—	-
Pulses	Stewed peas	25.1	1.5	0.6	2.8	-	-
Vegetables	Lettuce salad	1.2	0.2	0	0.1	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

FRIDAY — 06/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Vegetable soup	42.9	1.1	2.3	4.6	-	-
Main course	Meia-desfeita de bacalhau (salt cod and chickpea salad)	288.2	19.6	14.5	17.1	Egg, Fish, Sulphites	Crustaceans, Molluscs
Second course	Chickpea and roasted vegetable ratatouille	145.6	5.8	7.3	13.5	-	-
Side dish	Included	—	—	—	—	—	-
Pulses	Included	—	—	—	—	—	-
Vegetables	Sautéed shredded pointed cabbage	40	1	3	2.5	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

Special diet meal available on request.

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MENU

ALMADA INTERNATIONAL SCHOOL

WEEK FROM 09/11/2026 TO 13/11/2026

MONDAY — 09/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Pumpkin soup	43.1	0.6	3.1	3.5	-	-
Main course	Beef meatballs with tomato sauce	234.7	17.2	17.6	1.5	-	-
Second course	Vegetarian burger with cheese	339.2	13.1	20.5	23.5	Gluten, Milk, Egg	Celery, Peanuts, Mustard, Sesame
Side dish	Spaghetti	182.1	6.2	1.2	35.7	Gluten	-
Pulses	Chickpeas with garlic and parsley	54.3	2.5	2.2	5.5	-	-
Vegetables	Lettuce and sweetcorn salad	9.3	0.7	0.2	1.6	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

TUESDAY — 10/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Green bean soup	35.2	1.6	1.9	2.9	-	-
Main course	Squid and bean stew	158.1	18.2	3.5	11.6	Molluscs	Soy, Lupin
Second course	Soya chilli	195.4	19.7	3.4	18.7	Gluten, Soy, Sulphites	Tree nuts, Sesame
Side dish	Jasmine rice	183.8	3.5	1.5	39.5	-	-
Pulses	Included	—	—	—	—	—	-
Vegetables	Roasted tomato	37.1	0.5	3	2.3	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

WEDNESDAY - VEGETARIAN DAY — 11/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Chestnut soup	123.6	2.4	3.4	20	-	-
Main course	HEURA Caesar bowl	419.3	23.1	8.4	60.8	Gluten, Milk, Egg, Soy	-
Second course	Tofu and vegetable stew	229.5	10.3	13.7	12.2	Celery, Soy, Sulphites	-
Side dish	Included	—	—	—	—	—	-
Pulses	Included	—	—	—	—	—	-
Vegetables	Corn on the cob	85	3	4	17.7	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

THURSDAY — 12/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Leek soup	102.8	2.6	5.3	11.7	-	-
Main course	Pork loin with plums	332.3	31.4	12.6	24.5	Sulphites	-
Second course	Portuguese-style seitan steaks	167.9	20.1	6.8	4.9	Gluten, Milk, Mustard, Soy, Sulphites	-
Side dish	Sautéed potatoes with garlic and parsley	128.8	2.5	4.1	21.2	-	-
Pulses	Middle Eastern-style chickpeas	51.9	2.2	2.5	4.6	Sesame	Celery, Gluten, Mustard
Vegetables	Roasted courgette sticks	25.3	1.5	0.8	3.2	Gluten	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

FRIDAY — 13/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Vegetable soup	42.9	1.1	2.3	4.6	-	-
Main course	Tuna and broccoli quiche	550.2	29.4	37.5	22.9	Gluten, Milk, Egg, Fish	-
Second course	Oven-baked omelette	243.2	20	15.4	5	Milk, Egg	-
Side dish	Thai rice	183.3	3.7	1.4	39	-	-
Pulses	Creamy butter beans	48.7	2.6	2	4.2	Sesame	-
Vegetables	Lettuce and carrot salad	4.2	0.5	0	0.5	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

Special diet meal available on request.

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farm to school

MENU

ALMADA INTERNATIONAL SCHOOL

WEEK FROM 16/11/2026 TO 20/11/2026

MONDAY — 16/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Roasted sweet potato soup	126.4	1.3	3.1	23.2	-	-
Main course	Oven-roasted chicken legs	311.6	34.3	17.8	0.9	Mustard	-
Second course	Oven-baked falafel	181.8	10.2	9.4	11.2	Gluten	Celery, Mustard
Side dish	Thai rice	183.3	3.7	1.4	39	-	-
Pulses	Peas with mint and lemon	38.3	1.8	1.7	3.1	-	-
Vegetables	Grated carrot	13.3	0.2	0.9	1.3	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

TUESDAY — 17/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Chickpea soup	145.7	7	5	15.7	-	-
Main course	Tagliatelle with mackerel and sweetcorn	439.3	20.4	14.6	55.9	Gluten, Milk, Fish	Mustard, Egg, Soy
Second course	Tagliatelle with chickpeas, sweetcorn and egg	401.5	14	10.5	60.7	Gluten, Milk, Egg	Mustard, Soy
Side dish	Included	—	—	—	—	—	-
Pulses	Included	—	—	—	—	—	-
Vegetables	Lettuce and tomato salad	4.4	0.4	0.1	0.5	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

WEDNESDAY — 18/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Broccoli soup	60.7	2.1	4.1	5.3	-	-
Main course	Chicken stroganoff	241.2	17.1	17.9	2.2	Milk, Mustard	-
Second course	Seitan stroganoff	268	18.1	19.2	5.5	Gluten, Milk, Mustard, Soy	-
Side dish	Basmati rice	183.8	4.2	1.6	38.1	-	-
Pulses	White beans with tomato and lemon	37.7	1.9	1.4	3.6	-	Celery, Gluten, Mustard, Sesame
Vegetables	Apple slaw with carrot and lemon	42.9	0.2	2.1	6.1	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

THURSDAY — 19/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Cauliflower soup	37	2.9	1	3.5	-	-
Main course	Alentejo-style pork and clams	237	25	8.6	13.9	Molluscs, Sulphites	-
Second course	Seitan pica-pau	241.3	28.7	9	10	Gluten, Soy	-
Side dish	Roasted potato	113.7	2.7	2.2	20.3	-	-
Pulses	Edamame sautéed with garlic and sesame	59.3	3.5	3.4	3.4	Soy, Sesame	Peanuts, Tree nuts
Vegetables	Fresh tomato with basil oil	26.8	0.5	1.9	2.1	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

FRIDAY — 20/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Lentil soup	59.6	2.3	2.7	6.9	-	-
Main course	Oven-baked salt cod fritters	190.8	14.9	1.4	28.5	Gluten, Egg, Fish	Celery, Peanuts, Crustaceans, Milk, Molluscs, Mustard, Sesame
Second course	Oven-baked lentil fritters	429.9	19.5	12.4	54.7	Gluten, Milk, Egg	-
Side dish	Jasmine rice	183.8	3.5	1.5	39.5	-	-
Pulses	Included	—	—	—	—	—	-
Vegetables	Carrot and pumpkin roasted with thyme	33.7	0.3	2.7	2.3	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

Special diet meal available on request.

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MENU

ALMADA INTERNATIONAL SCHOOL

WEEK FROM 23/11/2026 TO 27/11/2026

MONDAY — 23/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Pointed cabbage soup	75.9	2.2	2.5	11.6	-	-
Main course	Boneless chicken thigh with honey and mustard	289.3	38.9	13.4	0.9	Mustard	Gluten, Soy
Second course	Tofu with honey and mustard	224.2	17.3	15.2	2.9	Mustard, Soy	Gluten
Side dish	Carrot rice	158.7	3.3	2.3	31.1	-	-
Pulses	White beans with roasted garlic and parsley	48.4	2.4	1.9	4.4	-	Soy, Lupin
Vegetables	Courgette sautéed with garlic and mint	38	1.2	3	1.7	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

TUESDAY — 24/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Red bean soup	85.8	6	0.9	10.8	-	-
Main course	Meagre fillet with garlic and lemon	171.1	19.5	9.8	1.5	Fish	Crustaceans, Molluscs
Second course	Vegetables with low-temperature eggs and chickpeas	339.5	20	22.9	12.7	Egg	-
Side dish	Mashed potato	84.2	1.6	2.4	14.4	-	-
Pulses	Included	—	—	—	—	—	-
Vegetables	Lettuce and sweetcorn salad	9.3	0.7	0.2	1.6	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

WEDNESDAY — 25/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Turnip greens soup	75.3	2.2	2.5	11.8	-	-
Main course	Turkey yakisoba with peanut butter sauce	280.3	17.9	11.8	24.6	Peanuts, Gluten, Soy, Sesame	Tree nuts
Second course	Heura yakisoba with soy sauce	226.5	14.3	7.2	25.4	Gluten, Soy, Sesame	Peanuts, Tree nuts
Side dish	Included	—	—	—	—	—	-
Pulses	Red bean, black bean and sweetcorn mix	39	1.9	1.4	4.3	-	Celery, Gluten, Mustard, Sesame
Vegetables	Lettuce salad	1.2	0.2	0	0.1	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

THURSDAY — 26/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	White cabbage soup	95.5	2.1	5	11.2	-	-
Main course	Veal bolognese lasagne with mushrooms	269.1	12.4	17.4	15.9	Gluten, Milk	Celery, Peanuts, Mustard, Sesame
Second course	Spinach and requeijão cheese lasagne	225.9	8.5	11.8	23.2	Gluten, Milk	Celery, Peanuts, Mustard, Sesame
Side dish	Included	—	—	—	—	—	-
Pulses	Butter beans stewed with caramelised onion	42.2	2.1	1.6	4	Sulphites	-
Vegetables	Roasted tomato	37.1	0.5	3	2.3	-	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

FRIDAY — 27/11/2026

	DISHES	NUTRITION kcal	Prot	Fat	Carb	ALLERGENS CONTAINS	MAY CONTAIN
Soup	Vegetable soup	42.9	1.1	2.3	4.6	-	-
Main course	Homemade oven-baked tilapia fish fingers	244.4	22	2.5	32.9	Gluten, Fish	Crustaceans, Molluscs
Second course	Homemade oven-baked tofu fingers	270.4	15.2	7.3	34.2	Gluten, Soy	-
Side dish	Jasmine rice	183.8	3.5	1.5	39.5	-	-
Pulses	Chickpeas with roasted tomato and basil	48.3	2.1	2	4.8	Sulphites	-
Vegetables	Included	—	—	—	—	—	-
Dessert	Fruit	83.9	1.3	0.4	20.2	-	-

Special diet meal available on request.

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Menu generated on 25/10/2026, 21:40 · Lisbon

MENU

ALMADA INTERNATIONAL SCHOOL

WEEK FROM 30/11/2026 TO 04/12/2026

MONDAY 30/11/2026

	DISHES	NUTRITION				ALLERGENS	
		kcal	Prot	Fat	Carb	CONTAINS	MAY CONTAIN
Soup	**Spinach soup**	34.9	1.6	1.9	3.1	-	-
Main course	**Peruvian green chicken**	170	27.3	6.2	1.4	Milk, Egg	Celery, Gluten, Mustard, Sesame
Second course	**Creamy mushroom orzo**	296.3	8.8	11	39.7	Gluten, Milk	Egg
Side dish	**Basmati rice**	183.8	4.2	1.6	38.1	-	-
Pulses	**Smoky roasted chickpeas**	59	2.5	2.6	5.7	Sesame	Celery, Peanuts, Tree nuts, Gluten, Mustard
Vegetables	**Mixed vegetables stewed with tomato**	40.6	1	2.9	3	-	-
Dessert	**Fruit**	83.9	1.3	0.4	20.2	-	-

TUESDAY 01/12/2026

Outside the selected month

WEDNESDAY 02/12/2026

Outside the selected month

THURSDAY 03/12/2026

Outside the selected month

FRIDAY 04/12/2026

Outside the selected month

Special diet meal available on request.

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