

## Menu

Monday	
22-Apr	Soup
Main Dish	Zucchini Soup
Secondary Dish	Chicken Drumsticks
Vegetarian Dish	Potato Salad w/ Cod
Side Dish	Mexican Bowl w/ Seitan
Vegetables	Roast Sweet Potatoes
Dessert	Spinach Purée
	Fruit

Monday	
29-Apr	Soup
Main Dish	Spinach Soup
Secondary Dish	Brazilian Rumpsteak
Vegetarian Dish	Spaghetti w/ Salmon, Arugula & Tomato Sauce
Side Dish	Vegetarian Enchilada
Vegetables	Noisette Potatoes
Dessert	Green Beans
	Fruit

Monday	
6-May	Soup
Main Dish	Green Bean Soup
Secondary Dish	Veal Bolognese Lasagna
Vegetarian Dish	Fish w/ Cheese Sauce
Side Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato
Vegetables	Mashed Potatoes
Dessert	Broccoli
	Fruit

Monday	
13-May	Soup
Main Dish	Zucchini Soup
Secondary Dish	Chicken Drumsticks
Vegetarian Dish	Potato Salad w/ Cod
Side Dish	Mexican Bowl w/ Seitan
Vegetables	Roast Sweet Potatoes
Dessert	Spinach Purée
	Fruit

Monday	
20-May	Soup
Main Dish	Spinach Soup
Secondary Dish	Brazilian Rumpsteak
Vegetarian Dish	Spaghetti w/ Salmon, Arugula & Tomato Sauce
Side Dish	Vegetarian Enchilada
Vegetables	Noisette Potatoes
Dessert	Green Beans
	Fruit

Monday	
27-May	Soup
Main Dish	Green Bean Soup
Secondary Dish	Veal Bolognese Lasagna
Vegetarian Dish	Fish w/ Cheese Sauce
Side Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato
Vegetables	Mashed Potatoes
Dessert	Broccoli
	Fruit

Monday	
3-Jun	Soup
Main Dish	Zucchini Soup
Secondary Dish	Chicken Drumsticks
Vegetarian Dish	Potato Salad w/ Cod
Side Dish	Mexican Bowl w/ Seitan
Vegetables	Roast Sweet Potatoes
Dessert	Spinach Purée
	Fruit

Monday	
10-Jun	Soup
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

Monday	
17-Jun	Soup
Main Dish	Green Bean Soup
Secondary Dish	Veal Bolognese Lasagna
Vegetarian Dish	Fish w/ Cheese Sauce
Side Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato
Vegetables	Mashed Potatoes
Dessert	Broccoli
	Fruit

Monday	
24-Jun	Soup
Main Dish	Zucchini Soup
Secondary Dish	Chicken Drumsticks
Vegetarian Dish	Potato Salad w/ Cod
Side Dish	Mexican Bowl w/ Seitan
Vegetables	Roast Sweet Potatoes
Dessert	Spinach Purée
	Fruit

Tuesday	
23-Apr	Soup
Main Dish	Chicken Soup w/ Noodles
Secondary Dish	Tuna Rice
Vegetarian Dish	Rigattoni w/ Chicken, Tomato & Feta
Side Dish	Mushrooms and Tomato Sauce Gnocchis
Vegetables	Included
Dessert	roast Zucchini
	Fruit

Tuesday	
30-Apr	Soup
Main Dish	Pumpkin Soup
Secondary Dish	Codfish w/ Cream
Vegetarian Dish	Chicken Scallops
Side Dish	Lentils w/ Tofu & Mushrooms
Vegetables	White Rice
Dessert	Green Purée
	Fruit

Tuesday	
7-May	Soup
Main Dish	Vegetables Soup
Secondary Dish	Penne w/ Salmon Stroganoff
Vegetarian Dish	Chicken Steak w/ Mustard
Side Dish	Eggmuffin
Vegetables	White Rice
Dessert	Greek Vegetables
	Fruit

Tuesday	
14-May	Soup
Main Dish	Chicken Soup w/ Noodles
Secondary Dish	Tuna Rice
Vegetarian Dish	Rigattoni w/ Chicken, Tomato & Feta
Side Dish	Mushrooms and Tomato Sauce Gnocchis
Vegetables	Included
Dessert	roast Zucchini
	Fruit

Tuesday	
21-May	Soup
Main Dish	Pumpkin Soup
Secondary Dish	Codfish w/ Cream
Vegetarian Dish	Chicken Scallops
Side Dish	Lentils w/ Tofu & Mushrooms
Vegetables	White Rice
Dessert	Carrot Purée
	Fruit

Tuesday	
28-May	Soup
Main Dish	Vegetables Soup
Secondary Dish	Penne w/ Salmon Stroganoff
Vegetarian Dish	Chicken Steak w/ Mustard
Side Dish	Eggmuffin
Vegetables	White Rice
Dessert	Greek Vegetables
	Fruit

Tuesday	
4-Jun	Soup
Main Dish	Chicken Soup w/ Noodles
Secondary Dish	Tuna Rice
Vegetarian Dish	Rigattoni w/ Chicken, Tomato & Feta
Side Dish	Mushrooms and Tomato Sauce Gnocchis
Vegetables	Included
Dessert	roast Zucchini
	Fruit

Tuesday	
11-Jun	Soup
Main Dish	Pumpkin Soup
Secondary Dish	Codfish w/ Cream
Vegetarian Dish	Chicken Scallops
Side Dish	Lentils w/ Tofu & Mushrooms
Vegetables	White Rice
Dessert	Carrot Purée
	Fruit

Tuesday	
18-Jun	Soup
Main Dish	Vegetables Soup
Secondary Dish	Penne w/ Salmon Stroganoff
Vegetarian Dish	Chicken Steak w/ Mustard
Side Dish	Eggmuffin
Vegetables	White Rice
Dessert	Greek Vegetables
	Fruit

Tuesday	
25-Jun	Soup
Main Dish	Chicken Soup w/ Noodles
Secondary Dish	Tuna Rice
Vegetarian Dish	Rigattoni w/ Chicken, Tomato & Feta
Side Dish	Mushrooms and Tomato Sauce Gnocchis
Vegetables	Included
Dessert	roast Zucchini
	Fruit

Wednesday	
24-Apr	Soup
Main Dish	Red Bean Soup
Secondary Dish	Turkey Steak w/Cream
Vegetarian Dish	Fish Lasagna
Side Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
Vegetables	Rice Noodles
Dessert	Boiled Chinese Vegetables
	Strawberry Jelly

Wednesday	
1-May	Soup
Main Dish	Broccoli Soup
Secondary Dish	Turkey Ham & Mushrooms Pizza
Vegetarian Dish	Tricolor Spaghetti w/ Tuna
Side Dish	Chickpeas w/ Pumpkin Curry
Vegetables	White Rice
Dessert	Carrot Salad
	Mango Mousse

Wednesday	
8-May	Soup
Main Dish	Carrot Soup w/ Coriander
Secondary Dish	Duck Rice
Vegetarian Dish	Tuna w/ Eggs Pizza
Side Dish	Vegetarian "Meatballs"
Vegetables	Pasta
Dessert	Stewed Peas
	Banana & Strawberry Mousse

Wednesday	
15-May	Soup
Main Dish	Red Bean Soup
Secondary Dish	Turkey Steak w/Cream
Vegetarian Dish	Fish Lasagna
Side Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
Vegetables	Rice Noodles
Dessert	Boiled Chinese Vegetables
	Strawberry Jelly

Wednesday	
22-May	Soup
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

Wednesday	
29-May	Soup
Main Dish	Carrot Soup w/ Coriander
Secondary Dish	Duck Rice
Vegetarian Dish	Tuna w/ Eggs Pizza
Side Dish	Vegetarian "Meatballs"
Vegetables	Pasta
Dessert	Stewed Peas
	Banana & Strawberry Mousse

Wednesday	
5-Jun	Soup
Main Dish	Red Bean Soup
Secondary Dish	Turkey Steak w/Cream
Vegetarian Dish	Fish Lasagna
Side Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
Vegetables	Rice Noodles
Dessert	Boiled Chinese Vegetables
	Strawberry Jelly

Wednesday	
12-Jun	Soup
Main Dish	Broccoli Soup
Secondary Dish	Turkey Ham & Mushrooms Pizza
Vegetarian Dish	Tricolor Spaghetti w/ Tuna
Side Dish	Chickpeas w/ Pumpkin Curry
Vegetables	White Rice
Dessert	Greek Salad
	Mango Mousse

Wednesday	
19-Jun	Soup
Main Dish	Carrot Soup w/ Coriander
Secondary Dish	Duck Rice
Vegetarian Dish	Tuna w/ Eggs Pizza
Side Dish	Vegetarian "Meatballs"
Vegetables	Pasta
Dessert	Stewed Peas
	Banana & Strawberry Mousse

Wednesday	
26-Jun	Soup
Main Dish	Red Bean Soup
Secondary Dish	Turkey Steak w/Cream
Vegetarian Dish	Fish Lasagna
Side Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
Vegetables	Rice Noodles
Dessert	Boiled Chinese Vegetables
	Strawberry Jelly

Thursday	
25-Apr	Soup
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

Thursday	
2-May	Soup
Main Dish	Cauliflower & Coriander Soup
Secondary Dish	Portuguese roast Fish
Vegetarian Dish	Chicken Stroganoff
Side Dish	Tofu w/ Corn Bread and Coriander
Vegetables	Mashed Potatoes
Dessert	roast Pumpkin
	Fruit

Thursday	
9-May	Soup
Main Dish	Cauliflow Soup
Secondary Dish	Fish Fingers
Vegetarian Dish	Mac & Cheese
Side Dish	Vegetarian Chilli
Vegetables	White Rice
Dessert	Carrot & Peas
	Fruit

Thursday	
16-May	Soup
Main Dish	Watercress Soup
Secondary Dish	Hake Fillets
Vegetarian Dish	Stewed Lamb
Side Dish	Spinach & Cottage Cheese Lasagna
Vegetables	Mashed Potatoes
Dessert	roast Carrot
	Fruit

Thursday	
23-May	Soup
Main Dish	Cauliflower & Coriander Soup
Secondary Dish	Portuguese roast Fish
Vegetarian Dish	Chicken Stroganoff
Side Dish	Tofu w/ Corn Bread and Coriander
Vegetables	Mashed Potatoes
Dessert	roast Pumpkin
	Fruit

Thursday	
30-May	Soup
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

Thursday	
6-Jun	Soup
Main Dish	Watercress Soup
Secondary Dish	Hake Fillets
Vegetarian Dish	Stewed Lamb
Side Dish	Spinach & Cottage Cheese Lasagna
Vegetables	Mashed Potatoes
Dessert	roast Carrot
	Fruit

Thursday	
13-Jun	Soup
Main Dish	Cauliflower & Coriander Soup
Secondary Dish	Portuguese roast Fish
Vegetarian Dish	Chicken Stroganoff
Side Dish	Tofu w/ Corn Bread and Coriander
Vegetables	Mashed Potatoes
Dessert	roast Pumpkin
	Fruit

Thursday	
20-Jun	Soup
Main Dish	Chickpea Soup
Secondary Dish	Fish Fingers
Vegetarian Dish	Mac & Cheese
Side Dish	Vegetarian Chilli
Vegetables	White Rice
Dessert	Carrot & Peas
	Fruit

Thursday	
27-Jun	Soup
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

Friday	
26-Apr	Soup
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

Friday	
3-May	Soup
Main Dish	Lentils Soup
Secondary Dish	Bolognese
Vegetarian Dish	Hake and Tomato Moqueca
Side Dish	Vegetarian Moussaka
Vegetables	White Rice
Dessert	roast Carrot
	Fruit

Friday	
10-May	Soup
Main Dish	White Bean Soup
Secondary Dish	Veal Hamburger
Vegetarian Dish	Codfish w/ Potatoes, Egg and Green Beans (Gomes de Sá)
Side Dish	Vegetarian Cassoulet
Vegetables	Noisette Potatoes
Dessert	roast Pumpkin
	Fruit

Friday	
17-May	Soup
Main Dish	Carrot Soup w/ Coriander
Secondary Dish	Veal Meatballs
Vegetarian Dish	Codfish w/ Corn Bread and Potatoes
Side Dish	Margherita Pizza
Vegetables	Carrot Rice
Dessert	Boiled Cauliflower
	Fruit

Friday	
24-May	Soup
Main Dish	Lentils Soup
Secondary Dish	Bolognese
Vegetarian Dish	Hake and Tomato Moqueca
Side Dish	Vegetarian Moussaka
Vegetables	White Rice
Dessert	roast Carrot
	Fruit

Friday	
31-May	Soup
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

Friday	
7-Jun	Soup
Main Dish	Carrot Soup w/ Coriander
Secondary Dish	Veal Meatballs
Vegetarian Dish	Codfish w/ Corn Bread and Potatoes
Side Dish	Margherita Pizza
Vegetables	Carrot Rice
Dessert	Boiled Cauliflower
	Fruit

Friday	
14-Jun	Soup
Main Dish	Lentils Soup
Secondary Dish	Bolognese
Vegetarian Dish	Hake and Tomato Moqueca
Side Dish	Vegetarian Moussaka
Vegetables	White Rice
Dessert	roast Carrot
	Fruit

Friday	
21-Jun	Soup
Main Dish	White Bean Soup
Secondary Dish	Veal Hamburger
Vegetarian Dish	Codfish w/ Potatoes, Egg and Green Beans (Gomes de Sá)
Side Dish	Vegetarian Cassoulet
Vegetables	Noisette Potatoes
Dessert	roast Pumpkin
	Fruit

Friday	
28-Jun	Soup
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

## April Menu

				nutrition facts				symbols				
22-Apr				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	semi-vegetarian	semi-plant	Go Natural Recipe
Monday	Soup	Zucchini Soup			50	1,78	3,64	2,69	✓	✓	✓	✓
	Main Dish	Chicken Drumsticks			588	54,43	39,81	1,83		✓	✓	
	Secondary Dish	Potato Salad w/ Cod	3	5	421	36,18	16,05	32,27		✓	✓	
	Vegetarian Dish	Mexican Bowl w/ Seitan	2	7	390	24,46	12,01	42,78	✓	✓		✓
	Side Dish	Roast Sweet Potatoes			1	0,05	0,04	0,32		✓	✓	
	Vegetables	Spinach Purée	1		38	1,61	1,54	4,23			✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	
23-Apr				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	semi-vegetarian	semi-plant	Go Natural Recipe
Tuesday	Soup	Chicken Soup w/ Noodles	2		60	4,36	1,63	6,76		✓		
	Main Dish	Tuna Rice		5	276	16,06	13,80	20,61		✓	✓	✓
	Secondary Dish	Rigatoni w/ Chicken, Tomato & Feta	1	2	548	33,30	16,55	63,91				✓
	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis	1	2	304	12,26	17,26	24,03	✓			
	Side Dish	Included		12	0	0,00	0,00	0,00		✓	✓	
	Vegetables	roast Zucchini			55	0,90	5,17	1,19		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	
24-Apr				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	semi-vegetarian	semi-plant	Go Natural Recipe
Wednesday	Soup	Red Bean Soup			61	4,48	0,83	8,74	✓	✓	✓	✓
	Main Dish	Turkey Steak w/Cream		7	143	23,89	4,74	0,99		✓	✓	
	Secondary Dish	Fish Lasagna	1	2	316	22,16	15,79	20,87				
	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)		11	284	7,45	6,82	50,01	✓	✓	✓	✓
	Side Dish	Rice Noodles			147	2,90	0,41	33,21		✓	✓	
	Vegetables	Boiled Chinese Vegetables			21	1,56	0,16	2,76		✓	✓	
	Dessert	Strawberry Jelly			9	1,44	0,10	0,77		✓	✓	
25-Apr				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	semi-vegetarian	semi-plant	Go Natural Recipe
Thursday	Soup	HOLIDAY										
	Main Dish											
	Secondary Dish											
	Vegetarian Dish											
	Side Dish											
	Vegetables											
	Dessert											
26-Apr				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	semi-vegetarian	semi-plant	Go Natural Recipe
Friday	Soup	HOLIDAY										
	Main Dish											
	Secondary Dish											
	Vegetarian Dish											
	Side Dish											
	Vegetables											
	Dessert											

We use only vegetable cream because they have 30% less fat than those of animal origin

The allergens mentioned above refer to:

- 1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

## April Menu

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29-Apr			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Monday	Soup	Spinach Soup		38	1,75	2,26	2,81	✓	✓	✓	✓
	Main Dish	Brazilian Rumpsteak		233	31,46	11,83	0,30		✓	✓	
	Secondary Dish	Spaghetti w/ Salmon, Arugula & Tomato S	2 5	592	21,13	22,70	73,06		✓		✓
	Vegetarian Dish	Vegetarian Enchilada	1 2 7	418	28,85	13,31	40,67	✓			✓
	Side Dish	Noisette Potatoes		235	4,20	9,60	31,20		✓	✓	
	Vegetables	Green Beans		17	1,27	0,20	2,53		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

30-Apr			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Tuesday	Soup	Pumpkin Soup		33	0,46	2,33	2,55	✓	✓	✓	✓
	Main Dish	Codfish w/ Cream	1 2 5 7	227	15,14	9,72	19,38				
	Secondary Dish	Chicken Scallops	2 3 12 7	481	18,82	1,10	7,00		✓		
	Vegetarian Dish	Lentils w/ Tofu & Mushrooms		190	9,37	10,04	13,99	✓	✓	✓	
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Carrot Purée	1 7	36	0,63	2,76	2,23			✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

1-May			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Wednesday	Soup	Broccoli Soup		75	2,73	4,39	5,05	✓	✓	✓	✓
	Main Dish	Turkey Ham & Mushrooms Pizza	1 2 7	256	13,98	8,36	30,57				
	Secondary Dish	Tricolor Spaghetti w/ Tuna	2 5 13	519	26,53	19,97	57,23		✓		
	Vegetarian Dish	Chickpeas w/ Pumpkin Curry		224	10,42	10,24	22,56	✓	✓	✓	✓
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Greek Salad	1 13 7	51	1,41	4,34	1,61			✓	
	Dessert	Mango Mousse		91	2,98	2,12	14,48			✓	

2-May			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Thursday	Soup	Cauliflower & Coriander Soup		43	3,38	1,15	4,15	✓	✓	✓	✓
	Main Dish	Portuguese roast Fish	5	99	11,49	5,29	1,00		✓	✓	
	Secondary Dish	Chicken Stroganoff	2 7	148	25,50	4,10	2,11		✓		✓
	Vegetarian Dish	Tofu w/ Corn Bread and Coriander	8 2 10 11 7	320	13,96	15,50	30,35	✓	✓		✓
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		✓	✓	
	Vegetables	roast Pumpkin		12	0,18	0,79	1,02		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

3-May			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Friday	Soup	Lentils Soup		60	3,06	2,08	6,81	✓	✓	✓	✓
	Main Dish	Bolognaise		44	1,10	2,89	3,21		✓	✓	
	Secondary Dish	Hake and Tomato Moqueca	5	272	21,23	13,85	15,05		✓	✓	✓
	Vegetarian Dish	Vegetarian Moussaka	1 2 7	405	32,15	16,56	27,65	✓			✓
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	roast Carrot		42	0,36	3,40	2,54		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

We use only vegetable cream because they have 30% less fat than those of animal origin

The allergens mentioned above refer to:

1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

## May Menu

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6-May			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	Green Bean Soup		41	1,90	2,17	3,37	✓	✓	✓	✓
	Main Dish	Veal Bolognaise Lasagna	1 2 3	479	26,34	28,73	26,68				
	Secondary Dish	Fish w/ Cheese Sauce	1 5 7	185	23,58	9,44	1,22			✓	
	Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato	1 2	485	25,05	13,78	63,84	✓			✓
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		✓	✓	
	Vegetables	Broccoli		25	1,86	0,06	3,24		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

7-May			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Vegetables Soup		14	0,90	0,50	1,49	✓	✓	✓	✓
	Main Dish	Penne w/ Salmon Strogonoff	2 5 7 10	592	19,79	26,03	67,12		✓		✓
	Secondary Dish	Chicken Steak w/ Mustard	1 2 7 10	229	30,30	10,72	2,78				
	Vegetarian Dish	Eggmuffin	3 7	144	9,64	9,96	3,03	✓	✓	✓	
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Greek Vegetables		27	0,71	2,06	1,42		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

8-May			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Carrot Soup w/ Coriander		67	1,04	4,82	5,08	✓	✓	✓	✓
	Main Dish	Duck Rice	7	271	13,42	6,03	39,52		✓	✓	
	Secondary Dish	Tuna w/ Eggs Pizza	1 2 3 5	319	18,10	13,40	30,32				
	Vegetarian Dish	Vegetarian "Meatballs"	2 3 7	155	9,78	9,18	4,56	✓	✓		✓
	Side Dish	Pasta	2	198	6,59	0,82	39,67		✓		
	Vegetables	Stewed Peas		88	3,07	6,01	5,16		✓	✓	
	Dessert	Banana & Strawberry Mousse	1 2 12	146	3,20	5,89	19,80				

9-May			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup	Chickpea Soup		130	6,87	5,10	13,89	✓	✓	✓	✓
	Main Dish	Fish Fingers	2 5	147	8,82	5,58	14,69		✓		
	Secondary Dish	Mac & Cheese	1 2 7	594	34,43	22,25	62,54				✓
	Vegetarian Dish	Vegetarian Chilli	7	281	20,88	8,80	27,53	✓	✓	✓	
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Carrot & Peas		67	4,29	2,57	6,74		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

10-May			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	White Bean Soup		97	5,82	2,31	12,90	✓	✓	✓	✓
	Main Dish	Veal Hamburger	2 7 10	220	17,09	14,12	5,87		✓		
	Secondary Dish	Codfish w/ Potatoes, Egg and Green Beans (Gome	3 5 13	263	23,42	8,16	23,31		✓	✓	
	Vegetarian Dish	Vegetarian Cassoulet		116	6,52	3,48	14,44	✓	✓	✓	✓
	Side Dish	Noisette Potatoes		235	4,20	9,60	31,20		✓	✓	
	Vegetables	roast Pumpkin		12	0,18	0,79	1,02		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

We use only vegetable cream because they have 30% less fat than those of animal origin

The allergens mentioned above refer to:

1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

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13-May				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Monday	Soup	Zucchini Soup			50	1,78	3,64	2,69	✓	✓	✓	✓
	Main Dish	Chicken Drumsticks			588	54,43	39,81	1,83		✓	✓	
	Secondary Dish	Potato Salad w/ Cod		3 5	421	36,18	16,05	32,27		✓	✓	
	Vegetarian Dish	Mexican Bowl w/ Seitan		2 7	390	24,46	12,01	42,78	✓	✓		✓
	Side Dish	Roast Sweet Potatoes			1	0,05	0,04	0,32		✓	✓	
	Vegetables	Spinach Purée		1	38	1,61	1,54	4,23			✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

14-May				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Tuesday	Soup	Chicken Soup w/ Noodles		2	60	4,36	1,63	6,76		✓		
	Main Dish	Tuna Rice		5	276	16,06	13,80	20,61		✓	✓	✓
	Secondary Dish	Rigattonni w/ Chicken, Tomato & F		1 2	548	33,30	16,55	63,91				✓
	Vegetarian Dish	Mushrooms and Tomato Sauce Gr		1 2 12	304	12,26	17,26	24,03	✓			
	Side Dish	Included			0	0,00	0,00	0,00		✓	✓	
	Vegetables	roast Zuchinni			55	0,90	5,17	1,19		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

15-May				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Wednesday	Soup	Red Bean Soup			61	4,48	0,83	8,74	✓	✓	✓	✓
	Main Dish	Turkey Steak w/Cream		7	143	23,89	4,74	0,99		✓	✓	
	Secondary Dish	Fish Lasagna		1 2 3 5	316	22,16	15,79	20,87				
	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Ve		11 7	284	7,45	6,82	50,01	✓	✓	✓	✓
	Side Dish	Rice Noodles			147	2,90	0,41	33,21		✓	✓	
	Vegetables	Boiled Chinese Vegetables			21	1,56	0,16	2,76		✓	✓	
	Dessert	Strawberry Jelly			9	1,44	0,10	0,77		✓	✓	

16-May				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Thursday	Soup	Watercress Soup			35	1,52	2,09	2,64	✓	✓	✓	✓
	Main Dish	Hake Fillets		2 5	218	13,00	12,00	14,00		✓		
	Secondary Dish	Stewed Lamb			233	24,94	11,59	6,86		✓	✓	
	Vegetarian Dish	Spinach & Cottage Cheese Lasagn		1 2 3	319	13,74	21,43	17,46	✓			✓
	Side Dish	Mashed Potatoes			108	1,75	3,49	16,58		✓	✓	
	Vegetables	roast Carrot			42	0,36	3,40	2,54		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

17-May				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Friday	Soup	Carrot Soup w/ Coriander			67	1,04	4,82	5,08	✓	✓	✓	✓
	Main Dish	Veal Meatballs		2	222	14,70	16,34	3,06		✓		
	Secondary Dish	Codfish w/ Corn Bread and Potatoes		2 3 5 7	351	24,42	12,18	35,32		✓		
	Vegetarian Dish	Margherita Pizza		1 2	261	10,56	11,36	28,42	✓			
	Side Dish	Carrot Rice			173	3,26	1,61	35,42		✓	✓	
	Vegetables	Boiled Cauliflower			19	1,74	0,54	1,26		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

We use only vegetable cream because they have 30% less fat than those of animal origin

The allergens mentioned above refer to:

1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

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20-May			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Monday	Soup	Spinach Soup		38	1,75	2,26	2,81	✓	✓	✓	✓
	Main Dish	Brazilian Rumpsteak		233	31,46	11,83	0,30		✓	✓	
	Secondary Dish	Spaghetti w/ Salmon, Arugula & Toma	2 5	592	21,13	22,70	73,06		✓		✓
	Vegetarian Dish	Vegetarian Enchilada	1 2 7	418	28,85	13,31	40,67	✓			✓
	Side Dish	Noisette Potatoes		235	4,20	9,60	31,20		✓	✓	
	Vegetables	Green Beans		17	1,27	0,20	2,53		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

21-May			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Tuesday	Soup	Pumpkin Soup		33	0,46	2,33	2,55	✓	✓	✓	✓
	Main Dish	Codfish w/ Cream	1 2 5 7	227	15,14	9,72	19,38				
	Secondary Dish	Chicken Scallops	2 3 12 7	481	18,82	1,10	7,00		✓		
	Vegetarian Dish	Lentils w/ Tofu & Mushrooms		190	9,37	10,04	13,99	✓	✓	✓	
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Carrot Purée	1 7	36	0,63	2,76	2,23			✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

22-May			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Wednesday	Soup	HALF DAY									
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										

23-May			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Thursday	Soup	Cauliflower & Coriander Soup		43	3,38	1,15	4,15	✓	✓	✓	✓
	Main Dish	Portuguese roast Fish	5	99	11,49	5,29	1,00		✓	✓	
	Secondary Dish	Chicken Strogonoff	2 10 7	148	25,50	4,10	2,11		✓		✓
	Vegetarian Dish	Tofu w/ Corn Bread and Coriander	8 2 11 7	320	13,96	15,50	30,35	✓	✓		✓
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		✓	✓	
	Vegetables	roast Pumpkin		12	0,18	0,79	1,02		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

24-May			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Friday	Soup	Lentills Soup		60	3,06	2,08	6,81	✓	✓	✓	✓
	Main Dish	Bolognaise		44	1,10	2,89	3,21		✓	✓	
	Secondary Dish	Hake and Tomato Moqueca	5	272	21,23	13,85	15,05		✓	✓	✓
	Vegetarian Dish	Vegetarian Moussaka	1 2 7	405	32,15	16,56	27,65	✓			✓
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	roast Carrot		42	0,36	3,40	2,54		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

















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## May Menu

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27-May					Contains the following allergens:		VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Monday	Soup	Green Bean Soup			41	1,90	2,17	3,37						
	Main Dish	Veal Bolognaise Lasagna	1	2 3	479	26,34	28,73	26,68						
	Secondary Dish	Fish w/ Cheese Sauce	1	5 7	185	23,58	9,44	1,22						
	Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato	1	2	485	25,05	13,78	63,84						
	Side Dish	Mashed Potatoes			108	1,75	3,49	16,58						
	Vegetables	Broccoli			25	1,86	0,06	3,24						
	Dessert	Fruit			98	0,34	0,86	23,05						
28-May					Contains the following allergens:		VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Tuesday	Soup	Vegetables Soup			14	0,90	0,50	1,49						
	Main Dish	Penne w/ Salmon Strogonoff	2	5 7	592	19,79	26,03	67,12						
	Secondary Dish	Chicken Steak w/ Mustard	1 2	7	229	30,30	10,72	2,78						
	Vegetarian Dish	Eggmuffin	10	3 7	144	9,64	9,96	3,03						
	Side Dish	White Rice			140	2,75	0,22	30,76						
	Vegetables	Greek Vegetables			27	0,71	2,06	1,42						
	Dessert	Fruit			98	0,34	0,86	23,05						
29-May					Contains the following allergens:		VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Wednesday	Soup	Carrot Soup w/ Coriander			67	1,04	4,82	5,08						
	Main Dish	Duck Rice		7	271	13,42	6,03	39,52						
	Secondary Dish	Tuna w/ Eggs Pizza	1 2 3	5	319	18,10	13,40	30,32						
	Vegetarian Dish	Vegetarian "Meatballs"	2 3	7	155	9,78	9,18	4,56						
	Side Dish	Pasta	2		198	6,59	0,82	39,67						
	Vegetables	Stewed Peas			88	3,07	6,01	5,16						
	Dessert	Banana & Strawberry Mousse	1 2	12	146	3,20	5,89	19,80						
30-May					Contains the following allergens:		VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Thursday	Soup	HOLIDAY												
	Main Dish													
	Secondary Dish													
	Vegetarian Dish													
	Side Dish													
	Vegetables													
	Dessert													
31-May					Contains the following allergens:		VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Friday	Soup	HOLIDAY												
	Main Dish													
	Secondary Dish													
	Vegetarian Dish													
	Side Dish													
	Vegetables													
	Dessert													

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3-Jun			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural
Monday	Soup	Zucchini Soup		50	1,78	3,64	2,69	✓	✓	✓	✓
	Main Dish	Chicken Drumsticks		588	54,43	39,81	1,83		✓	✓	
	Secondary Dish	Potato Salad w/ Cod	3 5	421	36,18	16,05	32,27		✓	✓	
	Vegetarian Dish	Mexican Bowl w/ Seitan	2 7	390	24,46	12,01	42,78	✓	✓		✓
	Side Dish	Roast Sweet Potatoes		1	0,05	0,04	0,32		✓	✓	
	Vegetables	Spinach Purée	1	38	1,61	1,54	4,23			✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

4-Jun			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural
Tuesday	Soup	Chicken Soup w/ Noodles	2	60	4,36	1,63	6,76		✓		
	Main Dish	Tuna Rice	5	276	16,06	13,80	20,61		✓	✓	✓
	Secondary Dish	Rigattoni w/ Chicken, Tomato & Feta	1 2	548	33,30	16,55	63,91				✓
	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchi	1 2 12	304	12,26	17,26	24,03	✓			
	Side Dish	Included		0	0,00	0,00	0,00		✓	✓	
	Vegetables	roast Zuchinni		55	0,90	5,17	1,19		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

5-Jun			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural
Wednesday	Soup	Red Bean Soup		61	4,48	0,83	8,74	✓	✓	✓	✓
	Main Dish	Turkey Steak w/Cream	7	143	23,89	4,74	0,99		✓	✓	
	Secondary Dish	Fish Lasagna	1 2 3 5	316	22,16	15,79	20,87				
	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetab	11 7	284	7,45	6,82	50,01	✓	✓	✓	✓
	Side Dish	Rice Noodles		147	2,90	0,41	33,21		✓	✓	
	Vegetables	Boiled Chinese Vegetables		21	1,56	0,16	2,76		✓	✓	
	Dessert	Strawberry Jelly		9	1,44	0,10	0,77		✓	✓	

6-Jun			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural
Thursday	Soup	Watercress Soup		35	1,52	2,09	2,64	✓	✓	✓	✓
	Main Dish	Hake Fillets	2 5	218	13,00	12,00	14,00		✓		
	Secondary Dish	Stewed Lamb		233	24,94	11,59	6,86		✓	✓	
	Vegetarian Dish	Spinach & Cottage Cheese Lasagna	1 2 3	319	13,74	21,43	17,46	✓			✓
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		✓	✓	
	Vegetables	roast Carrot		42	0,36	3,40	2,54		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

7-Jun			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural
Friday	Soup	Carrot Soup w/ Coriander		67	1,04	4,82	5,08	✓	✓	✓	✓
	Main Dish	Veal Meatballs	2 12	222	14,70	16,34	3,06		✓		
	Secondary Dish	Codfish w/ Corn Bread and Potatoes	2 3 5 7	351	24,42	12,18	35,32		✓		
	Vegetarian Dish	Margherita Pizza	1 2	261	10,56	11,36	28,42	✓			
	Side Dish	Carrot Rice		173	3,26	1,61	35,42		✓	✓	
	Vegetables	Boiled Cauliflower		19	1,74	0,54	1,26		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

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10-Jun		Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	HOLIDAY								
	Main Dish									
	Secondary Dish									
	Vegetarian Dish									
	Side Dish									
	Vegetables									
	Dessert									

11-Jun		Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Pumpkin Soup	33	0,46	2,33	2,55	✓	✓	✓	✓
	Main Dish	Codfish w/ Cream	1 2 5 7	227	15,14	9,72				
	Secondary Dish	Chicken Scallops	2 3 12 7	481	18,82	1,10		✓		
	Vegetarian Dish	Lentils w/ Tofu & Mushrooms	7	190	9,37	10,04	✓	✓	✓	
	Side Dish	White Rice		140	2,75	0,22		✓	✓	
	Vegetables	Carrot Purée	1 7	36	0,63	2,76			✓	
	Dessert	Fruit		98	0,34	0,86		✓	✓	

12-Jun		Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Broccoli Soup	75	2,73	4,39	5,05	✓	✓	✓	✓
	Main Dish	Turkey Ham & Mushrooms Pizza	1 2 7	256	13,98	8,36				
	Secondary Dish	Tricolor Spaghetti w/ Tuna	2 5 13	519	26,53	19,97		✓		
	Vegetarian Dish	Chickpeas w/ Pumpkin Curry		224	10,42	10,24	✓	✓	✓	✓
	Side Dish	White Rice		140	2,75	0,22		✓	✓	
	Vegetables	Greek Salad	1 13	51	1,41	4,34			✓	
	Dessert	Mango Mousse	1 7	91	2,98	2,12			✓	

13-Jun		Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup	Cauliflower & Coriander Soup	43	3,38	1,15	4,15	✓	✓	✓	✓
	Main Dish	Portuguese roast Fish	5	99	11,49	5,29		✓	✓	
	Secondary Dish	Chicken Strogonoff	2 10 7	148	25,50	4,10		✓		✓
	Vegetarian Dish	Tofu w/ Corn Bread and Coriander	8 2 11 7	320	13,96	15,50	✓	✓		✓
	Side Dish	Mashed Potatoes		108	1,75	3,49		✓	✓	
	Vegetables	roast Pumpkin		12	0,18	0,79		✓	✓	
	Dessert	Fruit		98	0,34	0,86		✓	✓	

14-Jun		Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	Lentils Soup	60	3,06	2,08	6,81	✓	✓	✓	✓
	Main Dish	Bolognaise	44	1,10	2,89	3,21		✓	✓	
	Secondary Dish	Hake and Tomato Moqueca	5	272	21,23	13,85		✓	✓	✓
	Vegetarian Dish	Vegetarian Moussaka	1 2 7 8	405	32,15	16,56	✓			✓
	Side Dish	White Rice		140	2,75	0,22		✓	✓	
	Vegetables	roast Carrot		42	0,36	3,40		✓	✓	
	Dessert	Fruit		98	0,34	0,86		✓	✓	

We use only vegetable cream because they have 30% less fat than those of animal origin

The allergens mentioned above refer to:

1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

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17-Jun				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Monday	Soup	Green Bean Soup			41	1,90	2,17	3,37	✓	✓	✓	✓
	Main Dish	Veal Bolognaise Lasagna	1 2 3		479	26,34	28,73	26,68				
	Secondary Dish	Fish w/ Cheese Sauce	1 5 7		185	23,58	9,44	1,22			✓	
	Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry	1 2		485	25,05	13,78	63,84	✓			✓
	Side Dish	Mashed Potatoes			108	1,75	3,49	16,58		✓	✓	
	Vegetables	Broccoli			25	1,86	0,06	3,24		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

18-Jun				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Tuesday	Soup	Vegetables Soup			14	0,90	0,50	1,49	✓	✓	✓	✓
	Main Dish	Penne w/ Salmon Strogonoff	2 5 7		592	19,79	26,03	67,12		✓		✓
	Secondary Dish	Chicken Steak w/ Mustard	1 2 10 7		229	30,30	10,72	2,78				
	Vegetarian Dish	Eggmuffin	3 7		144	9,64	9,96	3,03	✓	✓	✓	
	Side Dish	White Rice			140	2,75	0,22	30,76		✓	✓	
	Vegetables	Greek Vegetables			27	0,71	2,06	1,42		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

19-Jun				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Wednesday	Soup	Carrot Soup w/ Coriander			67	1,04	4,82	5,08	✓	✓	✓	✓
	Main Dish	Duck Rice		7	271	13,42	6,03	39,52		✓	✓	
	Secondary Dish	Tuna w/ Eggs Pizza	1 2 3 5		319	18,10	13,40	30,32				
	Vegetarian Dish	Vegetarian "Meatballs"	2 3 7		155	9,78	9,18	4,56	✓	✓		✓
	Side Dish	Pasta	2		198	6,59	0,82	39,67		✓		
	Vegetables	Stewed Peas			88	3,07	6,01	5,16		✓	✓	
	Dessert	Banana & Strawberry Mousse	1 2 12		146	3,20	5,89	19,80				

20-Jun				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Thursday	Soup	Chickpea Soup			130	6,87	5,10	13,89	✓	✓	✓	✓
	Main Dish	Fish Fingers	2 5		147	8,82	5,58	14,69		✓		
	Secondary Dish	Mac & Cheese	1 2 7		594	34,43	22,25	62,54				✓
	Vegetarian Dish	Vegetarian Chilli		7	281	20,88	8,80	27,53	✓	✓	✓	
	Side Dish	White Rice			140	2,75	0,22	30,76		✓	✓	
	Vegetables	Carrot & Peas			67	4,29	2,57	6,74		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

21-Jun				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Friday	Soup	White Bean Soup			97	5,82	2,31	12,90	✓	✓	✓	✓
	Main Dish	Veal Hamburger	2 7		220	17,09	14,12	5,87		✓		
	Secondary Dish	Codfish w/ Potatoes, Egg and Gree	3 5 13		263	23,42	8,16	23,31		✓	✓	
	Vegetarian Dish	Vegetarian Cassoulet			116	6,52	3,48	14,44	✓	✓	✓	✓
	Side Dish	Noisette Potatoes			235	4,20	9,60	31,20		✓	✓	
	Vegetables	roast Pumpkin			12	0,18	0,79	1,02		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

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The allergens mentioned above refer to:

1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

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24-Jun			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Monday	Soup	Zucchini Soup		50	1,78	3,64	2,69	✓	✓	✓	✓
	Main Dish	Chicken Drumsticks		588	54,43	39,81	1,83		✓	✓	
	Secondary Dish	Potato Salad w/ Cod	3 5	421	36,18	16,05	32,27		✓	✓	
	Vegetarian Dish	Mexican Bowl w/ Seitan	2 7	390	24,46	12,01	42,78	✓	✓		✓
	Side Dish	Roast Sweet Potatoes		1	0,05	0,04	0,32		✓	✓	
	Vegetables	Spinach Purée	1	38	1,61	1,54	4,23			✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

25-Jun			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Tuesday	Soup	Chicken Soup w/ Noodles	2	60	4,36	1,63	6,76		✓		
	Main Dish	Tuna Rice	5	276	16,06	13,80	20,61		✓	✓	✓
	Secondary Dish	Rigattoni w/ Chicken, Tomato & Feta	1 2	548	33,30	16,55	63,91				✓
	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchi	1 2 12	304	12,26	17,26	24,03	✓			
	Side Dish	Included		0	0,00	0,00	0,00		✓	✓	
	Vegetables	roast Zucchini		55	0,90	5,17	1,19		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

26-Jun			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Wednesday	Soup	Red Bean Soup		61	4,48	0,83	8,74	✓	✓	✓	✓
	Main Dish	Turkey Steak w/Cream	7	143	23,89	4,74	0,99		✓	✓	
	Secondary Dish	Fish Lasagna	1 2 3 5	316	22,16	15,79	20,87				
	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)	11 7	284	7,45	6,82	50,01	✓	✓	✓	✓
	Side Dish	Rice Noodles		147	2,90	0,41	33,21		✓	✓	
	Vegetables	Boiled Chinese Vegetables		21	1,56	0,16	2,76		✓	✓	
	Dessert	Strawberry Jelly		9	1,44	0,10	0,77		✓	✓	

27-Jun			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Thursday	Soup	HALF DAY									
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										

28-Jun			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Friday	Soup	FÉRIAS									
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										

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