

Menu

| Monday | | |
|--------|------------|---------------------|
| 6-Nov | Soup | Spinach Soup |
| | Main Dish | Brazilian Rumpsteak |
| | Side Dish | Roast Potatoes |
| | Vegetables | Green Beans |
| | Dessert | Fruit |

| Monday | | |
|--------|-----------------|---|
| 13-Nov | Soup | Green Bean Soup |
| | Main Dish | Bolognaise |
| | Secondary Dish | Fish w/ Cheese Sauce |
| | Vegetarian Dish | Fusilli w/ 3 Cheese & Dried Cherry Tomato |
| | Side Dish | Mashed Potatoes |
| | Vegetables | Broccoli |
| | Dessert | Fruit |

| Monday | | |
|--------|-----------------|------------------------|
| 20-Nov | Soup | Zucchini Soup |
| | Main Dish | Chicken Drumsticks |
| | Secondary Dish | Potato Salad w/ Cod |
| | Vegetarian Dish | Mexican Bowl w/ Seitan |
| | Side Dish | Roast Sweet Potatoes |
| | Vegetables | Spinach Purée |
| | Dessert | Fruit |

| Monday | | |
|--------|-----------------|---|
| 27-Nov | Soup | Spinach Soup |
| | Main Dish | Brazilian Rumpsteak |
| | Secondary Dish | Spaghetti w/ Salmon, Arugula & Tomato Sauce |
| | Vegetarian Dish | Vegetarian Enchilada |
| | Side Dish | Roast Potatoes |
| | Vegetables | Green Beans |
| | Dessert | Fruit |

| Monday | | |
|--------|-----------------|---|
| 4-Dec | Soup | Green Bean Soup |
| | Main Dish | Bolognaise |
| | Secondary Dish | Fish w/ Cheese Sauce |
| | Vegetarian Dish | Fusilli w/ 3 Cheese & Dried Cherry Tomato |
| | Side Dish | Mashed Potatoes |
| | Vegetables | Broccoli |
| | Dessert | Fruit |

| Monday | | |
|--------|-----------------|------------------------|
| 11-Dec | Soup | Zucchini Soup |
| | Main Dish | Chicken Drumsticks |
| | Secondary Dish | Potato Salad w/ Cod |
| | Vegetarian Dish | Mexican Bowl w/ Seitan |
| | Side Dish | Roast Sweet Potatoes |
| | Vegetables | Spinach Purée |
| | Dessert | Fruit |

| Monday | | |
|--------|-----------------|---|
| 18-Dec | Soup | Spinach Soup |
| | Main Dish | Brazilian Rumpsteak |
| | Secondary Dish | Spaghetti w/ Salmon, Arugula & Tomato Sauce |
| | Vegetarian Dish | Vegetarian Enchilada |
| | Side Dish | Roast Potatoes |
| | Vegetables | Green Beans |
| | Dessert | Fruit |

| Monday | | |
|--------|-----------------|---------|
| 1-Jan | Soup | |
| | Main Dish | |
| | Secondary Dish | |
| | Vegetarian Dish | HOLIDAY |
| | Side Dish | |
| | Vegetables | |
| | Dessert | |

| Monday | | |
|--------|-----------------|------------------------|
| 8-Jan | Soup | Zucchini Soup |
| | Main Dish | Chicken Drumsticks |
| | Secondary Dish | Potato Salad w/ Cod |
| | Vegetarian Dish | Mexican Bowl w/ Seitan |
| | Side Dish | Roast Sweet Potatoes |
| | Vegetables | Spinach Purée |
| | Dessert | Fruit |

| Monday | | |
|--------|-----------------|---|
| 15-Jan | Soup | Spinach Soup |
| | Main Dish | Brazilian Rumpsteak |
| | Secondary Dish | Spaghetti w/ Salmon, Arugula & Tomato Sauce |
| | Vegetarian Dish | Vegetarian Enchilada |
| | Side Dish | Roast Potatoes |
| | Vegetables | Green Beans |
| | Dessert | Fruit |

| Monday | | |
|--------|-----------------|---|
| 22-Jan | Soup | Green Bean Soup |
| | Main Dish | Bolognaise |
| | Secondary Dish | Fish w/ Cheese Sauce |
| | Vegetarian Dish | Fusilli w/ 3 Cheese & Dried Cherry Tomato |
| | Side Dish | Mashed Potatoes |
| | Vegetables | Broccoli |
| | Dessert | Fruit |

| Tuesday | | |
|---------|------------|-----------------|
| 7-Nov | Soup | Chickpea Soup |
| | Main Dish | Baked Hake |
| | Side Dish | Boiled Potatoes |
| | Vegetables | Broccoli |
| | Dessert | Fruit |

| Tuesday | | |
|---------|-----------------|----------------------------|
| 14-Nov | Soup | Vegetables Soup |
| | Main Dish | Penne w/ Salmon Stroganoff |
| | Secondary Dish | Chicken Steak w/ Mustard |
| | Vegetarian Dish | Eggmuffin |
| | Side Dish | Included |
| | Vegetables | Greek Vegetables |
| | Dessert | Fruit |

| Tuesday | | |
|---------|-----------------|-------------------------------------|
| 21-Nov | Soup | Chicken Soup w/ Noodles |
| | Main Dish | Tuna Rice |
| | Secondary Dish | Rigattoni w/ Chicken, Tomato & Feta |
| | Vegetarian Dish | Mushrooms and Tomato Sauce Gnocchis |
| | Side Dish | Included |
| | Vegetables | roast Zucchini |
| | Dessert | Fruit |

| Tuesday | | |
|---------|-----------------|---|
| 28-Nov | Soup | Chickpea Soup |
| | Main Dish | Baked Hake |
| | Secondary Dish | Spaghetti w/ Salmon, Arugula & Tomato Sauce |
| | Vegetarian Dish | Vegetarian Enchilada |
| | Side Dish | Roast Potatoes |
| | Vegetables | Broccoli |
| | Dessert | Fruit |

| Tuesday | | |
|---------|-----------------|----------------------------|
| 5-Dec | Soup | Vegetables Soup |
| | Main Dish | Penne w/ Salmon Stroganoff |
| | Secondary Dish | Chicken Steak w/ Mustard |
| | Vegetarian Dish | Eggmuffin |
| | Side Dish | Included |
| | Vegetables | Greek Vegetables |
| | Dessert | Fruit |

| Tuesday | | |
|---------|-----------------|-------------------------------------|
| 12-Dec | Soup | Chicken Soup w/ Noodles |
| | Main Dish | Tuna Rice |
| | Secondary Dish | Rigattoni w/ Chicken, Tomato & Feta |
| | Vegetarian Dish | Mushrooms and Tomato Sauce Gnocchis |
| | Side Dish | Included |
| | Vegetables | roast Zucchini |
| | Dessert | Fruit |

| Tuesday | | |
|---------|-----------------|-----------------------------|
| 19-Dec | Soup | Chickpea Soup |
| | Main Dish | Baked Hake |
| | Secondary Dish | Chicken Scallops |
| | Vegetarian Dish | Lentils w/ Tofu & Mushrooms |
| | Side Dish | Boiled Potatoes |
| | Vegetables | Broccoli |
| | Dessert | Fruit |

| Tuesday | | |
|---------|-----------------|---------|
| 2-Jan | Soup | |
| | Main Dish | |
| | Secondary Dish | |
| | Vegetarian Dish | HOLIDAY |
| | Side Dish | |
| | Vegetables | |
| | Dessert | |

| Tuesday | | |
|---------|-----------------|-------------------------------------|
| 9-Jan | Soup | Chicken Soup w/ Noodles |
| | Main Dish | Tuna Rice |
| | Secondary Dish | Rigattoni w/ Chicken, Tomato & Feta |
| | Vegetarian Dish | Mushrooms and Tomato Sauce Gnocchis |
| | Side Dish | Included |
| | Vegetables | roast Zucchini |
| | Dessert | Fruit |

| Tuesday | | |
|---------|-----------------|-----------------------------|
| 16-Jan | Soup | Chickpea Soup |
| | Main Dish | Baked Hake |
| | Secondary Dish | Chicken Scallops |
| | Vegetarian Dish | Lentils w/ Tofu & Mushrooms |
| | Side Dish | Boiled Potatoes |
| | Vegetables | Broccoli |
| | Dessert | Fruit |

| Tuesday | | |
|---------|-----------------|----------------------------|
| 23-Jan | Soup | Vegetables Soup |
| | Main Dish | Penne w/ Salmon Stroganoff |
| | Secondary Dish | Chicken Steak w/ Mustard |
| | Vegetarian Dish | Eggmuffin |
| | Side Dish | Included |
| | Vegetables | Greek Vegetables |
| | Dessert | Fruit |

| Wednesday | | |
|-----------|------------|------------------------------|
| 8-Nov | Soup | Broccoli Soup |
| | Main Dish | Turkey Ham & Mushrooms Pizza |
| | Side Dish | Included |
| | Vegetables | Greek Salad |
| | Dessert | Mango Mousse |

| Wednesday | | |
|-----------|-----------------|----------------------------|
| 15-Nov | Soup | Carrot Soup w/ Coriander |
| | Main Dish | Duck Rice |
| | Secondary Dish | Tuna w/ Eggs Pizza |
| | Vegetarian Dish | Vegetarian "Meatballs" |
| | Side Dish | Included |
| | Vegetables | Stewed Peas |
| | Dessert | Banana & Strawberry Mousse |

| Wednesday | | |
|-----------|-----------------|--|
| 22-Nov | Soup | Red Bean Soup |
| | Main Dish | Turkey Steak |
| | Secondary Dish | Fish Lasagna |
| | Vegetarian Dish | Pad Thai (Rice Noodles w/ Thai Vegetables) |
| | Side Dish | Rice Noodles |
| | Vegetables | Boiled Chinese Vegetables |
| | Dessert | Strawberry Jelly |

| Wednesday | | |
|-----------|-----------------|------------------------------|
| 29-Nov | Soup | Broccoli Soup |
| | Main Dish | Turkey Ham & Mushrooms Pizza |
| | Secondary Dish | Tricolor Spaghetti w/ Tuna |
| | Vegetarian Dish | Chickpeas w/ Pumpkin Curry |
| | Side Dish | Included |
| | Vegetables | Greek Salad |
| | Dessert | Mango Mousse |

| Wednesday | | |
|-----------|-----------------|----------------------------|
| 6-Dec | Soup | Carrot Soup w/ Coriander |
| | Main Dish | Duck Rice |
| | Secondary Dish | Tuna w/ Eggs Pizza |
| | Vegetarian Dish | Vegetarian "Meatballs" |
| | Side Dish | Included |
| | Vegetables | Stewed Peas |
| | Dessert | Banana & Strawberry Mousse |

| Wednesday | | |
|-----------|-----------------|--|
| 13-Dec | Soup | Red Bean Soup |
| | Main Dish | Turkey Steak w/ Cream |
| | Secondary Dish | Fish Lasagna |
| | Vegetarian Dish | Pad Thai (Rice Noodles w/ Thai Vegetables) |
| | Side Dish | Rice Noodles |
| | Vegetables | Boiled Chinese Vegetables |
| | Dessert | Strawberry Jelly |

| Wednesday | | |
|-----------|-----------------|---------|
| 20-Dec | Soup | |
| | Main Dish | |
| | Secondary Dish | |
| | Vegetarian Dish | HOLIDAY |
| | Side Dish | |
| | Vegetables | |
| | Dessert | |

| Wednesday | | |
|-----------|-----------------|----------------------------|
| 3-Jan | Soup | Carrot Soup w/ Coriander |
| | Main Dish | Duck Rice |
| | Secondary Dish | Tuna w/ Eggs Pizza |
| | Vegetarian Dish | Vegetarian "Meatballs" |
| | Side Dish | Included |
| | Vegetables | Stewed Peas |
| | Dessert | Banana & Strawberry Mousse |

| Wednesday | | |
|-----------|-----------------|--|
| 10-Jan | Soup | Red Bean Soup |
| | Main Dish | Turkey Steak w/ Cream |
| | Secondary Dish | Fish Lasagna |
| | Vegetarian Dish | Pad Thai (Rice Noodles w/ Thai Vegetables) |
| | Side Dish | Rice Noodles |
| | Vegetables | Boiled Chinese Vegetables |
| | Dessert | Strawberry Jelly |

| Wednesday | | |
|-----------|-----------------|------------------------------|
| 17-Jan | Soup | Broccoli Soup |
| | Main Dish | Turkey Ham & Mushrooms Pizza |
| | Secondary Dish | Tricolor Spaghetti w/ Tuna |
| | Vegetarian Dish | Chickpeas w/ Pumpkin Curry |
| | Side Dish | Included |
| | Vegetables | Greek Salad |
| | Dessert | Mango Mousse |

| Wednesday | | |
|-----------|-----------------|----------------------------|
| 24-Jan | Soup | Carrot Soup w/ Coriander |
| | Main Dish | Duck Rice |
| | Secondary Dish | Tuna w/ Eggs Pizza |
| | Vegetarian Dish | Vegetarian "Meatballs" |
| | Side Dish | Included |
| | Vegetables | Stewed Peas |
| | Dessert | Banana & Strawberry Mousse |

| Thursday | | |
|----------|------------|----------|
| 9-Nov | Soup | |
| | Main Dish | |
| | Side Dish | |
| | Vegetables | HALF DAY |
| | Dessert | |

| Thursday | | |
|----------|-----------------|-------------------|
| 16-Nov | Soup | Watercress Soup |
| | Main Dish | Fish Fingers |
| | Secondary Dish | Mac & Cheese |
| | Vegetarian Dish | Vegetarian Chilli |
| | Side Dish | White Rice |
| | Vegetables | roast Carrot |
| | Dessert | Fruit |

| Thursday | | |
|----------|-----------------|---------|
| 23-Nov | Soup | |
| | Main Dish | |
| | Secondary Dish | |
| | Vegetarian Dish | HOLIDAY |
| | Side Dish | |
| | Vegetables | |
| | Dessert | |

| Thursday | | |
|----------|-----------------|----------------------------------|
| 30-Nov | Soup | Cauliflower & Coriander Soup |
| | Main Dish | Steamed Fish |
| | Secondary Dish | Chicken Stroganoff |
| | Vegetarian Dish | Tofu w/ Corn Bread and Coriander |
| | Side Dish | Mashed Potatoes |
| | Vegetables | roast Pumpkin |
| | Dessert | Fruit |

| Thursday | | |
|----------|-----------------|-------------------|
| 7-Dec | Soup | Watercress Soup |
| | Main Dish | Fish Fingers |
| | Secondary Dish | Mac & Cheese |
| | Vegetarian Dish | Vegetarian Chilli |
| | Side Dish | White Rice |
| | Vegetables | roast Carrot |
| | Dessert | Fruit |

| Thursday | | |
|----------|-----------------|----------------------------------|
| 14-Dec | Soup | Watercress Soup |
| | Main Dish | Hake Fillets |
| | Secondary Dish | Typical Dish |
| | Vegetarian Dish | Spinach & Cottage Cheese Lasagna |
| | Side Dish | Mashed Potatoes |
| | Vegetables | roast Carrot |
| | Dessert | Fruit |

| Thursday | | |
|----------|-----------------|---------|
| 21-Dec | Soup | |
| | Main Dish | |
| | Secondary Dish | |
| | Vegetarian Dish | HOLIDAY |
| | Side Dish | |
| | Vegetables | |
| | Dessert | |

| Thursday | | |
|----------|-----------------|-------------------|
| 4-Jan | Soup | Watercress Soup |
| | Main Dish | Fish Fingers |
| | Secondary Dish | Mac & Cheese |
| | Vegetarian Dish | Vegetarian Chilli |
| | Side Dish | White Rice |
| | Vegetables | roast Carrot |
| | Dessert | Fruit |

| Thursday | | |
|----------|-----------------|-----------------|
| 11-Jan | Soup | Watercress Soup |
| | Main Dish | Hake Fillets |
| | Secondary Dish | Stewed Lamb |
| | Vegetarian Dish | Typical Dish |
| | Side Dish | Mashed Potatoes |
| | Vegetables | roast Carrot |
| | Dessert | Fruit |

| Thursday | | |
|----------|-----------------|----------------------------------|
| 18-Jan | Soup | Cauliflower & Coriander Soup |
| | Main Dish | Steamed Fish |
| | Secondary Dish | Chicken Stroganoff |
| | Vegetarian Dish | Tofu w/ Corn Bread and Coriander |
| | Side Dish | Mashed Potatoes |
| | Vegetables | roast Pumpkin |
| | Dessert | Fruit |

| Thursday | | |
|----------|-----------------|-------------------|
| 25-Jan | Soup | Watercress Soup |
| | Main Dish | Fish Fingers |
| | Secondary Dish | Mac & Cheese |
| | Vegetarian Dish | Vegetarian Chilli |
| | Side Dish | White Rice |
| | Vegetables | roast Carrot |
| | Dessert | Fruit |

| Friday | | |
|--------|------------|--------------|
| 10-Nov | Soup | Lentils Soup |
| | Main Dish | Bolognaise |
| | Side Dish | Pasta |
| | Vegetables | roast Carrot |
| | Dessert | Fruit |

| Friday | | |
|--------|-----------------|--|
| 17-Nov | Soup | White Bean Soup |
| | Main Dish | Veal Hamburger |
| | Secondary Dish | Codfish w/ Potatoes, Egg and Green Beans (Gomes de Sá) |
| | Vegetarian Dish | Vegetarian Cassoulet |
| | Side Dish | Roast Potatoes |
| | Vegetables | roast Pumpkin |
| | Dessert | Fruit |

| Friday | | |
|--------|-----------------|---------|
| 24-Nov | Soup | |
| | Main Dish | |
| | Secondary Dish | |
| | Vegetarian Dish | HOLIDAY |
| | Side Dish | |
| | Vegetables | |
| | Dessert | |

| Friday | | |
|--------|-----------------|---------|
| 1-Dec | Soup | |
| | Main Dish | |
| | Secondary Dish | |
| | Vegetarian Dish | HOLIDAY |
| | Side Dish | |
| | Vegetables | |
| | Dessert | |

November Menu

| | | | | nutrition facts | | | | symbols | | | | | |
|-----------|-----------------|---|---|-----------------------------------|-----|-----------|----------|---------|-------|-----------------|-----------------|-------------------|--|
| 6-Nov | | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | semi-vegetarian | semi-vegetarian | 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 Sauce | 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 | | ✓ | ✓ | | |
| 7-Nov | | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | semi-vegetarian | semi-vegetarian | 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 | | | 7 | 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 | | ✓ | ✓ | | |
| 8-Nov | | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | semi-vegetarian | semi-vegetarian | 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 | 51 | 1,41 | 4,34 | 1,61 | | ✓ | | |
| | Dessert | Mango Mousse | 1 | | 7 | 91 | 2,98 | 2,12 | 14,48 | | ✓ | | |
| 9-Nov | | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | semi-vegetarian | semi-vegetarian | Go Natural Recipe | |
| Thursday | Soup | HALF DAY | | | | | | | | | | | |
| | Main Dish | | | | | | | | | | | | |
| | Secondary Dish | | | | | | | | | | | | |
| | Vegetarian Dish | | | | | | | | | | | | |
| | Side Dish | | | | | | | | | | | | |
| | Vegetables | | | | | | | | | | | | |
| | Dessert | | | | | | | | | | | | |
| 10-Nov | | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | semi-vegetarian | semi-vegetarian | 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

November Menu

nutrition facts

symbols

| 13-Nov | | | Contains the following allergens: | Calories | Prot (gr) | Lip (gr) | CH (gr) | veg | SOY | EGG | 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 | | ✓ | ✓ | |

| 14-Nov | | | Contains the following allergens: | Calories | Prot (gr) | Lip (gr) | CH (gr) | veg | SOY | EGG | Go Natural Recipe |
|---------|-----------------|----------------------------|-----------------------------------|----------|-----------|----------|---------|-----|-----|-----|-------------------|
| Tuesday | Soup | Vegetables Soup | | 14 | 0,90 | 0,50 | 1,49 | ✓ | ✓ | ✓ | ✓ |
| | Main Dish | Penne w/ Salmon Strogonoff | 2 10 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 | | ✓ | ✓ | |

| 15-Nov | | | Contains the following allergens: | Calories | Prot (gr) | Lip (gr) | CH (gr) | veg | SOY | EGG | 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 | | | | |

| 16-Nov | | | Contains the following allergens: | Calories | Prot (gr) | Lip (gr) | CH (gr) | veg | SOY | EGG | 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 | Typical Dish | | 0 | 0,00 | 0,00 | 0,00 | | ✓ | ✓ | |
| | 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 | | ✓ | ✓ | |

| 17-Nov | | | Contains the following allergens: | Calories | Prot (gr) | Lip (gr) | CH (gr) | veg | SOY | EGG | Go Natural Recipe |
|--------|-----------------|--|-----------------------------------|----------|-----------|----------|---------|-----|-----|-----|-------------------|
| Friday | Soup | White Bean Soup | | 97 | 5,82 | 2,31 | 12,90 | ✓ | ✓ | ✓ | ✓ |
| | Main Dish | Veal Hamburger | 2 10 7 | 220 | 17,09 | 14,12 | 5,87 | | ✓ | | |
| | Secondary Dish | Codfish w/ Potatoes, Egg and Green Beans | 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

November Menu

nutrition facts

symbols

| 20-Nov | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | 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 | | ✓ | ✓ | |

| 21-Nov | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | 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 | Rigattonni w/ Chicken, Tomato & Feta | 1 2 | 548 | 33,30 | 16,55 | 63,91 | | | | ✓ |
| | Vegetarian Dish | Mushrooms and Tomato Sauce Gnocchis | 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 | | ✓ | ✓ | |

| 22-Nov | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | 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 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 | | ✓ | ✓ | |

| 23-Nov | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | Go Natural Recipe |
|----------|-----------------|---------|-----------------------------------|----|-----------|----------|---------|-----|-------------|------------|-------------------|
| Thursday | Soup | HOLIDAY | | | | | | | | | |
| | Main Dish | | | | | | | | | | |
| | Secondary Dish | | | | | | | | | | |
| | Vegetarian Dish | | | | | | | | | | |
| | Side Dish | | | | | | | | | | |
| | Vegetables | | | | | | | | | | |
| | Dessert | | | | | | | | | | |

| 24-Nov | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | 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

November Menu

nutrition facts

symbols

| 27-Nov | | | 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 & To | 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 | | ✓ | ✓ | |

| 28-Nov | | | 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 | | ✓ | ✓ | |

| 29-Nov | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | Go Natural |
|-----------|-----------------|------------------------------|-----------------------------------|-----|-----------|----------|---------|-----|-------------|------------|------------|
| 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 | 51 | 1,41 | 4,34 | 1,61 | | | ✓ | |
| | Dessert | Mango Mousse | 1 7 | 91 | 2,98 | 2,12 | 14,48 | | | ✓ | |

| 30-Nov | | | 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 | Tipical Dish | | 0 | 0,00 | 0,00 | 0,00 | | ✓ | ✓ | |
| | Vegetarian Dish | Tofu w/ Corn Bread and Coriander | 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 | | ✓ | ✓ | |

| 1-Dec | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | Go Natural |
|--------|-----------------|---------|-----------------------------------|----|-----------|----------|---------|-----|-------------|------------|------------|
| 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

December Menu

nutrition facts

symbols

| 4-Dec | | | 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 To | 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 | | ✓ | ✓ | |

| 5-Dec | | | 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 10 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 | | ✓ | ✓ | |

| 6-Dec | | | 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 | | | | |

| 7-Dec | | | 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 | Tipical Dish | | 0 | 0,00 | 0,00 | 0,00 | | ✓ | ✓ | |
| | 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 | | ✓ | ✓ | |

| 8-Dec | | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | Go Natural |
|--------|-----------------|---------|-----------------------------------|----|-----------|----------|---------|-----|-------------|------------|------------|
| 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

December Menu

| | | | | nutrition facts | | | | symbols | | | |
|-----------|-----------------|--|------------|-----------------------------------|-----------|----------|---------|---------|-------------|------------|-------------------|
| | | | | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | Go Natural Recipe |
| 11-Dec | | | | Contains the following allergens: | | | | | | | |
| 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 | | ✓ | ✓ | |
| 12-Dec | | | | Contains the following allergens: | | | | | | | |
| 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 & Feta | 1 2 | 548 | 33,30 | 16,55 | 63,91 | | | | ✓ |
| | Vegetarian Dish | Mushrooms and Tomato Sauce Gnocchis | 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 | | ✓ | ✓ | |
| 13-Dec | | | | Contains the following allergens: | | | | | | | |
| 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 | | ✓ | ✓ | |
| 14-Dec | | | | Contains the following allergens: | | | | | | | |
| 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 | Typical Dish | | 0 | 0,00 | 0,00 | 0,00 | | ✓ | ✓ | |
| | 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 | | ✓ | ✓ | |
| 15-Dec | | | | Contains the following allergens: | | | | | | | |
| 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 12 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

December Menu

nutrition facts

symbols

| 18-Dec | | | Contains the following allergens: | Calories | Prot (gr) | Lip (gr) | CH (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 & Tomato | 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 | | ✓ | ✓ | |

| 19-Dec | | | Contains the following allergens: | Calories | Prot (gr) | Lip (gr) | CH (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 | | ✓ | ✓ | |

| 20-Dec | | | Contains the following allergens: | Calories | Prot (gr) | Lip (gr) | CH (gr) | veg | sem lactose | sem gluten | Go Natural |
|-----------|-----------------|----------|-----------------------------------|----------|-----------|----------|---------|-----|-------------|------------|------------|
| Wednesday | Soup | HALF DAY | | | | | | | | | |
| | Main Dish | | | | | | | | | | |
| | Secondary Dish | | | | | | | | | | |
| | Vegetarian Dish | | | | | | | | | | |
| | Side Dish | | | | | | | | | | |
| | Vegetables | | | | | | | | | | |
| | Dessert | | | | | | | | | | |

| 21-Dec | | | Contains the following allergens: | Calories | Prot (gr) | Lip (gr) | CH (gr) | veg | sem lactose | sem gluten | Go Natural |
|----------|-----------------|---------|-----------------------------------|----------|-----------|----------|---------|-----|-------------|------------|------------|
| Thursday | Soup | HOLIDAY | | | | | | | | | |
| | Main Dish | | | | | | | | | | |
| | Secondary Dish | | | | | | | | | | |
| | Vegetarian Dish | | | | | | | | | | |
| | Side Dish | | | | | | | | | | |
| | Vegetables | | | | | | | | | | |
| | Dessert | | | | | | | | | | |

| 22-Dec | | | Contains the following allergens: | Calories | Prot (gr) | Lip (gr) | CH (gr) | veg | sem lactose | sem gluten | Go Natural |
|--------|-----------------|---------|-----------------------------------|----------|-----------|----------|---------|-----|-------------|------------|------------|
| 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

January Menu

nutrition facts

symbols

| 1-Jan | | 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 | | | | | | | | | |

| 2-Jan | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | Go Natural Recipe |
|---------|-----------------|-----------------------------------|----|-----------|----------|---------|-----|-------------|------------|-------------------|
| Tuesday | Soup | HOLIDAY | | | | | | | | |
| | Main Dish | | | | | | | | | |
| | Secondary Dish | | | | | | | | | |
| | Vegetarian Dish | | | | | | | | | |
| | Side Dish | | | | | | | | | |
| | Vegetables | | | | | | | | | |
| | Dessert | | | | | | | | | |

| 3-Jan | | 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 | | | |

| 4-Jan | | 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 | Typical Dish | | 0 | 0,00 | 0,00 | 0,00 | | ✓ | ✓ |
| | 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 | | ✓ | ✓ |

| 5-Jan | | 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 | 220 | 17,09 | 14,12 | 5,87 | | ✓ | |
| | Secondary Dish | Codfish w/ Potatoes, Egg and Green Beans (Gome | 2 10 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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| 8-Jan | | | 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 | | ✓ | ✓ | |

| 9-Jan | | | 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 | | ✓ | ✓ | |

| 10-Jan | | | 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 | | ✓ | ✓ | |

| 11-Jan | | | 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 | Tipical Dish | | 0 | 0,00 | 0,00 | 0,00 | | ✓ | ✓ | |
| | 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 | | ✓ | ✓ | |

| 12-Jan | | | 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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| 15-Jan | | 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 | | ✓ | ✓ |

| 16-Jan | | 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 | | ✓ | ✓ |

| 17-Jan | | Contains the following allergens: | VE | Prot (gr) | Lip (gr) | HC (gr) | veg | sem lactose | sem gluten | Go Natural |
|-----------|-----------------|-----------------------------------|--------|-----------|----------|---------|-------|-------------|------------|------------|
| 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 | 51 | 1,41 | 4,34 | 1,61 | | | ✓ |
| | Dessert | Mango Mousse | 1 7 | 91 | 2,98 | 2,12 | 14,48 | | | ✓ |

| 18-Jan | | 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 | Tipical Dish | | 0 | 0,00 | 0,00 | 0,00 | | ✓ | ✓ |
| | Vegetarian Dish | Tofu w/ Corn Bread and Coriander | 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 | | ✓ | ✓ |

| 19-Jan | | 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 8 | 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

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| 22-Jan | | 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 To | 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 | | ✓ | ✓ |

| 23-Jan | | 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 10 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 | | ✓ | ✓ |

| 24-Jan | | 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 | | | |

| 25-Jan | | 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 | Tipical Dish | | 0 | 0,00 | 0,00 | 0,00 | | ✓ | ✓ |
| | 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 | | ✓ | ✓ |

| 26-Jan | | 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 10 7 | 220 | 17,09 | 14,12 | 5,87 | | ✓ | |
| | Secondary Dish | Codfish w/ Potatoes, Egg and Green B | 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