

## Menu

Monday	
28-Aug	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	HOLIDAY

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

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

Monday	
18-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Zucchini Soup Chicken Drumsticks Potato Salad w/ Cod Mexican Bowl w/ Seitan Roast Sweet Potatoes Spinach Purée Fruit

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

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

Monday	
9-Oct	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Zucchini Soup Chicken Drumsticks Potato Salad w/ Cod Mexican Bowl w/ Seitan Roast Sweet Potatoes Spinach Purée Fruit

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

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

Monday	
30-Oct	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Zucchini Soup Chicken Drumsticks Potato Salad w/ Cod Mexican Bowl w/ Seitan Roast Sweet Potatoes Spinach Purée Fruit

Tuesday	
29-Aug	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	HOLIDAY

Tuesday	
5-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Pumpkin Soup Codfish w/ Cream Chicken Scallops Lentils w/ Tofu & Mushrooms White Rice Carrot Purée Fruit

Tuesday	
12-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Vegetables Soup Penne w/ Salmon Strogonoff Chicken Steak w/ Mustard Eggmuffin White Rice Greek Vegetables Fruit

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

Tuesday	
26-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Pumpkin Soup Codfish w/ Cream Chicken Scallops Lentils w/ Tofu & Mushrooms White Rice Carrot Purée Fruit

Tuesday	
3-Oct	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Vegetables Soup Penne w/ Salmon Strogonoff Chicken Steak w/ Mustard Eggmuffin White Rice Greek Vegetables Fruit

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

Tuesday	
17-Oct	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Pumpkin Soup Codfish w/ Cream Chicken Scallops Lentils w/ Tofu & Mushrooms White Rice Carrot Purée Fruit

Tuesday	
24-Oct	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Vegetables Soup Penne w/ Salmon Strogonoff Chicken Steak w/ Mustard Eggmuffin White Rice Greek Vegetables Fruit

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

Wednesday	
30-Aug	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	HOLIDAY

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

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

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

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

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

Wednesday	
11-Oct	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	HALF DAY

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

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

Wednesday	
1-Nov	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	HOLIDAY

Thursday	
31-Aug	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	HOLIDAY

Thursday	
7-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Cauliflower & Coriander Soup Portuguese roast Fish Chicken Strogonoff Typical Dish Mashed Potatoes roast Pumpkin Fruit

Thursday	
14-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Chickpea Soup Fish Fingers Typical Dish Vegetarian Chilli White Rice Carrot & Peas Fruit

Thursday	
21-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Watercress Soup Hake Fillets Typical Dish Spinach & Cottage Cheese Lasagna Mashed Potatoes roast Carrot Fruit

Thursday	
28-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Cauliflower & Coriander Soup Portuguese roast Fish Typical Dish Tofu w/ Corn Bread and Coriander Mashed Potatoes roast Pumpkin Fruit

Thursday	
5-Oct	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	HOLIDAY

Thursday	
12-Oct	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	PARENT-TEACHER MEETINGS

Thursday	
19-Oct	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Cauliflower & Coriander Soup Portuguese roast Fish Chicken Strogonoff Typical Dish Mashed Potatoes roast Pumpkin Fruit

Thursday	
26-Oct	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Chickpea Soup Fish Fingers Typical Dish Vegetarian Chilli White Rice Carrot & Peas Fruit

Thursday	
2-Nov	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Watercress Soup Hake Fillets Typical Dish Spinach & Cottage Cheese Lasagna Mashed Potatoes roast Carrot Fruit

Friday	
1-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Carrot Soup w/ Coriander Veal Meatballs Codfish w/ Corn Bread and Potatoes Margherita Pizza Carrot Rice Boiled Cauliflower Fruit

Friday	
8-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Lentils Soup Bolognese Hake and Tomato Moqueca Vegetarian Moussaka White Rice roast Carrot Fruit

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

Friday	
22-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b>
	<b>Dessert</b>
	Carrot Soup w/ Coriander Veal Meatballs Codfish w/ Corn Bread and Potatoes Margherita Pizza Carrot Rice Boiled Cauliflower Fruit

Friday	
29-Sep	<b>Soup</b>
	<b>Main Dish</b>
	<b>Secondary Dish</b>
	<b>Vegetarian Dish</b>
	<b>Side Dish</b>
	<b>Vegetables</b> </

## August Menu

nutrition facts

symbols

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

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

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

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

1-Sep			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 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

## September Menu

nutrition facts

symbols

4-Sep			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		✓	✓	

5-Sep			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		✓	✓	

6-Sep			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (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			✓	

7-Sep			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (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	Tipical Dish		0	0,00	0,00	0,00		✓	✓	
	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		✓	✓	

8-Sep			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural
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

## September Menu

nutrition facts

symbols

11-Sep			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		✓	✓	

12-Sep			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 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		✓	✓	

13-Sep			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				

14-Sep			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		✓	✓	

15-Sep			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		✓	✓	

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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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18-Sep			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		✓	✓	

19-Sep			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		✓	✓	

20-Sep			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		✓	✓	

21-Sep			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	Tipical Dish		0	0,00	0,00	0,00		✓	✓	
	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		✓	✓	

22-Sep			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		✓	✓	

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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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25-Sep			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		✓	✓	

26-Sep			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		✓	✓	

27-Sep			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			✓	

28-Sep			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	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		✓	✓	




29-Sep			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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2-Oct					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					
3-Oct					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					
4-Oct					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					
5-Oct					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												
6-Oct					Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Friday	Soup	TEATCHER'S MEETINGS											
	Main Dish												
	Secondary Dish												
	Vegetarian Dish												
	Side Dish												
	Vegetables												
	Dessert												

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9-Oct			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		✓	✓	

10-Oct			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		✓	✓	

11-Oct			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										

12-Oct			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	Sem lactose	Sem gluten	Go Natural
Thursday	Soup	PARENT-TEATCHER MEETINGS									
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										

13-Oct			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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16-Oct			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem 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 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		✓	✓	

17-Oct			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	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		✓	✓	

18-Oct			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	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			✓	

19-Oct			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	1,00		✓	✓	
	Secondary Dish	Chicken Strogonoff	2 10 7	148	25,50	4,10	2,11		✓		✓
	Vegetarian Dish	Tipical Dish		0	0,00	0,00	0,00		✓	✓	
	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		✓	✓	

20-Oct			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	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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23-Oct				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		✓	✓	

24-Oct				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		✓	✓	

25-Oct				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				

26-Oct				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		✓	✓	

27-Oct				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	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		✓	✓	

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30-Oct			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		✓	✓	

31-Oct			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	Rigatoni 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		✓	✓	

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

2-Nov			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	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		✓	✓	

3-Nov			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		✓	✓	

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