

## MONDAY

### Soup

#### Vegetable Cream

Per 100g, Energy (kcal): 110 Fat (total): 11g  
Saturated Fat: 5.2g Carbohydrates (total): 2.3g Of  
which sugars: 2g Fibre: 0.5g Protein: 1.4g Salt: 0.5g

### Main

#### Bolognese

Per 100g, Energy (kcal): 110 Fat (total): 4.9g Saturated Fat:  
1.5g Carbohydrates (total): 2.8g Of which sugars: 2.6g  
Fibre: 0.6g Protein: 1.3g Salt: 0.5g

### Sides

#### Penne Pasta

Energy(kcal): 156, Fat(total): 1.5g Saturated Fat: 0.3g  
Carbohydrates (total): 29g, Of which sugars: 0.6g Fibre: 1.9g,  
Protein: 6.6g, Salt: 0.04g

#### Carrots

Per 100g, Energy (kcal): 35, Fat (total): 0.5g Saturated  
Fat: 0.2g Carbohydrates (total): 5.8g, Of which sugars:  
5.4g Fibre: 2.8g, Protein: 0.5g, Salt: 0g

### Dessert

#### Fruit Pots

Per 100g, Energy (kcal): 64, Fat (total): 0.5g  
Saturated Fat: 0g Carbohydrates (total): 14g, Of  
which sugars: 14g Fibre: 1.4g, Protein: 0.7g, Salt: 0g

## TUESDAY

### Soup

#### Cream of Carrot

Per 100g, Energy (kcal): 110 Fat (total): 11g  
Saturated Fat: 5.2g Carbohydrates (total): 2.3g Of  
which sugars: 2g Fibre: 0.5g Protein: 1.4g Salt: 0.5g

### Main

#### Roasted Hake w/ Lemon Sauce

Per 100g, Energy (kcal): 100 Fat (total): 0.5g  
Saturated Fat: 0.1g Carbohydrates (total): 0g Of  
which sugars: 0g Fibre: 0g Protein: 24g Salt: 0.23g

### Sides

#### Potato Wedges

Per 100g, Energy (kcal): 172, Fat (total): 5.5g  
Saturated Fat: 2.5g Carbohydrates (total): 28g, Of  
which sugars: 0g Fibre: 0.8g, Protein: 2.8g, Salt: 0g

#### Broccoli

Per 100g, Energy (kcal): 142 Fat (total): 0.5g  
Saturated Fat: 0.1g Carbohydrates (total): 2.7g Of  
which sugars: 1.6g Fibre: 2.8g Protein: 3.3g Salt: 0g

### Dessert

#### Fruit Pots

Per 100g, Energy (kcal): 64, Fat (total): 0.5g  
Saturated Fat: 0g Carbohydrates (total): 14g, Of  
which sugars: 14g Fibre: 1.4g, Protein: 0.7g, Salt: 0g

## WEDNESDAY

### Soup

#### Courgette

Energy (kcal): 24 Fat (total): 0g Saturated Fat:  
0g Carbohydrates (total): 4g Of which sugars:  
2g Fibre: 0.8g Protein: 1g Salt: 0.3g

### Main

#### Beef and Carrot Stew

Per 100g, Energy (kcal): 109 Fat (total): 4.6g  
Saturated Fat: 1.5g Carbohydrates (total): 4.5g Of  
which sugars: 2g Fibre: 1.1g Protein: 12g Salt:  
0.65g

### Sides

#### Diced potatoes

Per 100g, Energy (kcal): 149 Fat (total): 3.8g  
Saturated Fat: 0.5g Carbohydrates (total): 24g Of  
which sugars: 31.7g Fibre: 3g Protein: 2.9g Salt: 0g

#### Cauliflower

Energy (kcal): 33, Fat (total): 0.9g Saturated Fat:  
0.2g Carbohydrates (total): 3.4g, Of which sugars:  
2.4g Fibre: 1.9g, Protein: 1.9g, Salt: 0g

### Dessert

#### Fruit Pots

Per 100g, Energy (kcal): 64, Fat (total): 0.5g  
Saturated Fat: 0g Carbohydrates (total): 14g, Of  
which sugars: 14g Fibre: 1.4g, Protein: 0.7g, Salt: 0g

## THURSDAY

### Soup

#### Pumpkin Cream

Per 100g, Energy (kcal): 110 Fat (total): 11g  
Saturated Fat: 5.2g Carbohydrates (total): 2.3g Of  
which sugars: 2g Fibre: 0.5g Protein: 1.4g Salt: 0.5g

### Main

#### White Fish Gujons

Per 100g, Energy (kcal): 220 Fat (total): 9.2g  
Saturated Fat: 1.2g Carbohydrates (total): 20g Of  
which sugars: 1.4g Fibre: 2g Protein: 14g Salt: 0.8g

### Sides

#### Rice

Per 100g, Energy (kcal): 175, Fat (total): 2.3g  
Saturated Fat: 0.5g Carbohydrates (total): 35g, Of  
which sugars: 0g Fibre: 0.5g, Protein: 3.2g, Salt: 0g

#### Roasted Pumpkin

Per 100g, Energy (kcal): 104, Fat (total): 0.1g  
Saturated Fat: 0.1g Carbohydrates (total): 3.5g, Of  
which sugars: 1.1g Fibre: 2.8g, Protein: 1.1g, Salt: 0g

### Dessert

#### Fruit Pots

Per 100g, Energy (kcal): 64, Fat (total): 0.5g  
Saturated Fat: 0g Carbohydrates (total): 14g, Of  
which sugars: 14g Fibre: 1.4g, Protein: 0.7g, Salt: 0g

## FRIDAY

### Soup

#### Spinach

Per 100g, Energy (kcal): 63 Fat (total): 1.4g  
Saturated Fat: 0.3g Carbohydrates (total): 5.7g Of  
which sugars: 1.4g Fibre: 6.2g Protein: 3.9g Salt:  
0.3g

### Main

#### Pasta Carbonara

Per 100g, Energy (kcal): 172 Fat (total): 8.3g  
Saturated Fat: 4.1g Carbohydrates (total): 17g Of  
which sugars: 1.2g Fibre: 0.8g Protein: 7g Salt: 0.5g

### Sides

#### Fusilli Pasta

Energy(kcal): 156, Fat(total): 1.5g Saturated Fat: 0.3g  
Carbohydrates (total): 29g, Of which sugars: 0.6g  
Fibre: 1.9g, Protein: 6.6g, Salt: 0.04g

#### Stir-Fry Seasonal Vegetables

Energy(kcal): 65, Fat(total): 3.6g Saturated Fat: 0.4g  
Carbohydrates (total): 6.1g, Of which sugars: 3.9g  
Fibre: 1g, Protein: 2g, Salt: 0

### Dessert

#### Carrot Cake

Per 100g, Energy (kcal): 246, Fat (total): 12g  
Saturated Fat: 1.3g Carbohydrates (total): 27g, Of  
which sugars: 14g Fibre: 3.5g, Protein: 4.3g, Salt:  
0.5g