

MONDAY

Soup

Cauliflower Cream

Energy(kcal): 38, Fat(total): 1.6g
Saturated Fat: 0.9g Carbohydrates
(total): 4.4g, Of which sugars: 1g Fibre:
1g, Protein: 1.4g, Salt: 0.4g

Main

Roasted Chicken

Per 100g, Energy (kcal): 177, Fat
(total): 7.5g Saturated Fat: 2.1g
Carbohydrates (total): 0g, Of which
sugars: 0g Fibre: 0g, Protein: 27g, Salt:
0.2g

Sides

Rice

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

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

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

Caldo Verde

Energy(kcal): 48, Fat(total): 1.8g
Saturated Fat: 0.3g Carbohydrates
(total): 5.6g, Of which sugars: 1.5g
Fibre: 1.1g, Protein: 1.8g, Salt: 0.5g

Main

Creamy Salmon Linguini

Energy(kcal): 138, Fat(total): 4.6g
Saturated Fat: 2.1g Carbohydrates
(total): 12g, Of which sugars: 1.8g
Fibre: 1.9g, Protein: 8g, Salt: 0.5g

Sides

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

Steamed Green Beans

Energy (kcal): 34, Fat (total): 0.5g
Saturated Fat: 0g Carbohydrates
(total): 3.8g, Of which sugars: 3g
Fibre: 4.1g, Protein: 2.1g, Salt: 0g

Dessert

Fruit Pots

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

Seasonal Vegetables

Energy(kcal): 22 Fat(total): 0.5g
Saturated Fat: 0g Carbohydrates
(total): 3.9g, Of which sugars: 3g Fibre:
0.7g, Protein: 0.6g, Salt: 0.2g

Main

Turkey Meatballs w/ tomato sauce

Energy (kcal): 148 Fat (total): 8.4g
Saturated Fat: 0.1g Carbohydrates
(total): 9.8g Of which sugars: 4.3g
Fibre: 1.2g Protein: 7.7g Salt: 0.5g

Sides

Fusilli

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

Garden Peas

Energy(kcal): 67, Fat(total):
0.7g Saturated Fat: 0.1g Carbohydrates
(total): 10g, Of which sugars: 5.4g
Fibre: 5.3g, Protein: 5.3g, Salt: 0g

Dessert

Fruit Pots

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

Corn Chowder

Energy(kcal): 65, Fat(total): 1.3g
Saturated Fat: 0.3g Carbohydrates
(total): 11g, Of which sugars: 4.9g
Fibre: 0.5g, Protein: 2g, Salt: 0.4g

Main

Hake and Broccoli Bake

Energy (kcal): 108 Fat (total): 4.6g
Saturated Fat: 2.5g Carbohydrates
(total): 3.9g Of which sugars: 1.7g
Fibre: 0.5g Protein: 13g Salt: 0.6g

Sides

Roasted New Potatoes

Energy(kcal): 75, Fat(total): 0g
Saturated Fat: 0g Carbohydrates
(total): 16g, Of which sugars:
0.8g Fibre: 1.6g, Protein 1.8g, Salt: 0.2g

Sauteed Spinach

Energy (kcal): 34 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

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

Tomato Soup

Energy(kcal): 31, Fat(total): 1.3g
Saturated Fat: 0.2g Carbohydrates
(total): 3.8g, Of which sugars: 3.5g
Fibre: 0.6g, Protein: 0.8g, Salt: 0.4g

Main

Braised Beef Lasagna

Energy (kcal): 226 Fat (total): 11g
Saturated Fat: 4.7g Carbohydrates
(total): 7.5g Of which sugars: 1.6g
Fibre: 0.5g Protein: 25g Salt: 0.3g

Sides

Roasted Sweet Potatoes

Energy(kcal): 126 Fat(total): 0.5g
Saturated Fat: 0.2g Carbohydrates
(total): 26g Of which sugars: 14g
Fibre: 5.2g, Protein: 1.6g, Salt: 0.1

Sweetcorn

Per 100g, Energy (kcal): 84 Fat (total):
1.7g Saturated Fat: 0.3g
Carbohydrates (total): 11g Of which
sugars: 6.8g Fibre: 3.1g Protein: 2.6g
Salt: 0g

Dessert

Rice Pudding

Energy(kcal): 237, Fat(total): 3.3g
Saturated Fat: 1.8g Carbohydrates (total):
46g, Of which sugars: 13g Fibre:
0.9g, Protein: 5.1g, Salt: 0