

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

Chicken Korma
Energy(kcal): 122, Fat(total): 5.1g Saturated Fat: 1.2g
Carbohydrates (total): 4g, Of which sugars: 2.7g Fibre: 0.7g, Protein: 15g, Salt: 0.2g

International

Turkey Sausage
Energy (kcal): 298 Fat (total): 22g Saturated Fat: 8g
Carbohydrates (total): 9g Of which sugars: 1.5g Fibre: 2.3g
Protein: 15g Salt: 1.5g

w/ Caramelized Onions

Energy (kcal): 102 Fat (total): 5.3g Saturated Fat: 0.3g
Carbohydrates (total): 11g Of which sugars: 8.5g Fibre: 3g
Protein: 1.2g Salt: 0.4g

Vegetarian

Vegetarian Quiche
Energy (kcal): 281 Fat (total): 20g Saturated Fat: 9g
Carbohydrates (total): 14g Of which sugars: 1.3g Fibre: 1.4g
Protein: 10g Salt: 0.6g

Sides

Jasmine 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

Glazed Carrots

Energy (kcal): 125 Fat (total): 7.1g Saturated Fat: 2.5g
Carbohydrates (total): 15.6g Of which sugars: 5.9g Fibre: 5g
Protein: 0.6g Salt: 0.2g

Broccoli

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

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

International

Beef Burritos
Energy(kcal): 215, Fat(total): 7.3g Saturated Fat: 1.1g
Carbohydrates (total): 22g, Of which sugars: 2g Fibre: 3.2g, Protein:
10g, Salt: 0.5

w/ Guacamole

Energy(kcal): 130, Fat(total): 13g Saturated Fat: 2.7g
Carbohydrates (total): 1.3g, Of which sugars: 1.3g Fibre:
2.5g, Protein: 1.4g, Salt: 0.3g

Sour cream

Energy (kcal): 250 Fat (total): 25g Saturated Fat: 15g
Carbohydrates (total): 3.8g Of which sugars: 3.3g Fibre: 0g
Protein: 2.4g Salt: 0g

Vegetarian

Roasted Vegetables & Tofu Paella
Energy (kcal): 146 Fat (total): 2.3g Saturated Fat: 0.3g
Carbohydrates (total): 19g Of which sugars: 4g Fibre: 3g Protein:
7.6g Salt: 0.4g

Sides

Potato Wedges
Energy (kcal): 172 Fat (total): 5.5g Saturated Fat: 2.5g
Carbohydrates (total): 28g Of which sugars: 0.8g Fibre: 4.3g
Protein: 2.8g Salt: 0.5g

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

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

International

Boneless Crispy Chicken Thighs
Energy (kcal): 233g Fat (total): 12g Saturated Fat: 1.8g
Carbohydrates (total): 14g Of which sugars: 1.1g Fibre: 0.8g
Protein: 18g Salt: 1.2g

W/ Lemon and Garlic Sauce

Energy (kcal): 42 Fat (total): 3.5g Saturated Fat: 0.4g
Carbohydrates (total): 1.2g Of which sugars: 1.1g Fibre: 0g
Protein: 0.6g Salt: 1g

Vegetarian

Nut-free Pesto Pasta w/ Roasted Pumpkin
Energy(kcal): 136 Fat(total): 4.4g Saturated Fat: 1.6g
Carbohydrates (total): 19g, Of which sugars: 0.6g Fibre:
1.1g, Protein: 4.8g, Salt: 0.4g

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

Sautéed Spinach & Broccoli

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

Roasted Pumpkin

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
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

Roast Turkey Leg
Energy (kcal): 186 Fat (total): 8.5g Saturated Fat: 2.6g
Carbohydrates (total): 0g Of which sugars: 0g Fibre: 0g Protein:
27g Salt: 0.2g

with Yogurt Sauce & Herbs

Energy (kcal): 145 Fat (total): 12g Saturated Fat: 6.6g
Carbohydrates (total): 4.4g Of which sugars: 4.1g Fibre: 0g Protein:
5.3g Salt: 0.2g

International

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

Vegetarian

Vegan Thai Curry
Energy (kcal): 101 Fat (total): 8.2g Saturated Fat: 4g Carbohydrates
(total): 3.1g Of which sugars: 1.6g Fibre: 3.1g Protein: 3.8g Salt:
1.2g

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

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

Energy(kcal): 84, Fat(total): 1.7g Saturated Fat: 0.3g Carbohydrates
(total): 13g, Of which sugars: 7.2g Fibre: 3.1g, Protein: 2.6g, Salt: 0

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

MONDAY

Mixed Salads

Green Olives, Red Onion & orange
 Per 100g, Energy (kcal): 120 Fat (total): 12g
 Saturated Fat: 1.5g Carbohydrates (total): 7.1g
 Of which sugars: 4.55g Fibre: 2g Protein: 0.9g
 Salt: 1.1g

Beetroot & feta
 Per 100g, Energy (kcal): 131 Fat (total): 5g
 Saturated Fat: 2.5g Carbohydrates (total): 13g
 Of which sugars: 3.8g Fibre: 4.1g Protein: 6.5g
 Salt: 0.4g

Raw Salads

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

Cucumber
 Per 100g, Energy (kcal): 16 Fat (total): 0.6g Saturated Fat:
 0.2g Carbohydrates (total): 1.3g Of which sugars: 1.2g
 Fibre: 0.7g Protein: 1g Salt: 0g

Carrot
 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

Tomato
 Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat:
 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g
 Fibre: 1.3g Protein: 1.1g Salt: 0g

Red Onion
 Per 100g, Energy (kcal): 37 Fat (total): 0g Saturated Fat:
 0g Carbohydrates (total): 7.4g Of which sugars: 5.2g
 Fibre: 0.9g Protein: 1g Salt: 0g

Mixed Leaves
 Per 100g, Energy (kcal): 29 Fat (total): 0g Saturated Fat:
 1g Carbohydrates (total): 2.9g Of which sugars: 1.5g
 Fibre: 1.3g Protein: 1.5g Salt: 0g

TUESDAY

Mixed Salads

Kale Caesar
 Per 100g, Energy (kcal): 115 Fat (total): 7.1g
 Saturated Fat: 2.2g Carbohydrates (total): 8g Of
 which sugars: 1.7g Fibre: 1.8g Protein: 4.8g Salt:
 0.7g

Fennel & Roasted Peach
 Per 100g, Energy (kcal): 119 Fat (total): 7g
 Saturated Fat: 0.9g Carbohydrates (total): 8g Of
 which sugars: 1.3g Fibre: 2.6g Protein: 2.7g Salt:
 0.14g

Raw Salads

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

Cucumber
 Per 100g, Energy (kcal): 16 Fat (total): 0.6g Saturated Fat:
 0.2g Carbohydrates (total): 1.3g Of which sugars: 1.2g
 Fibre: 0.7g Protein: 1g Salt: 0g

Carrot
 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

Tomato
 Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat:
 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g
 Fibre: 1.3g Protein: 1.1g Salt: 0g

Red Onion
 Per 100g, Energy (kcal): 37 Fat (total): 0g Saturated Fat:
 0g Carbohydrates (total): 7.4g Of which sugars: 5.2g
 Fibre: 0.9g Protein: 1g Salt: 0g

Mixed Leaves
 Per 100g, Energy (kcal): 29 Fat (total): 0g Saturated Fat:
 1g Carbohydrates (total): 2.9g Of which sugars: 1.5g
 Fibre: 1.3g Protein: 1.5g Salt: 0g

WEDNESDAY

THURSDAY

Mixed Salads

Potato Salad
 Per 100g, Energy (kcal): 141 Fat (total): 8.7g
 Saturated Fat: 1.3g Carbohydrates (total): 14g
 Of which sugars: 1.3g Fibre: 0.8g Protein: 1.5g
 Salt: 0.4g

Aubergine Caponatta
 Per 100g, Energy (kcal): 110 Fat (total): 6.8g
 Saturated Fat: 0.9g Carbohydrates (total): 6.8g
 Of which sugars: 4g Fibre: 0.8g Protein: 0.2g Salt:
 0.6g

Raw Salads

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

Cucumber
 Per 100g, Energy (kcal): 16 Fat (total): 0.6g Saturated Fat:
 0.2g Carbohydrates (total): 1.3g Of which sugars: 1.2g
 Fibre: 0.7g Protein: 1g Salt: 0g

Carrot
 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

Tomato
 Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat:
 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g
 Fibre: 1.3g Protein: 1.1g Salt: 0g

Red Onion
 Per 100g, Energy (kcal): 37 Fat (total): 0g Saturated Fat:
 0g Carbohydrates (total): 7.4g Of which sugars: 5.2g
 Fibre: 0.9g Protein: 1g Salt: 0g

Mixed Leaves
 Per 100g, Energy (kcal): 29 Fat (total): 0g Saturated Fat:
 1g Carbohydrates (total): 2.9g Of which sugars: 1.5g
 Fibre: 1.3g Protein: 1.5g Salt: 0g

FRIDAY

Mixed Salads

Herb & lemon 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

Squash & roast broccoli
 Energy(kcal): 81, Fat(total): 5.5g Saturated Fat:
 0.9g Carbohydrates (total): 2.7g, Of which
 sugars: 2.3g Fibre: 1.1g, Protein: 4.6g, Salt: 0g

Raw Salads

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

Cucumber
 Per 100g, Energy (kcal): 16 Fat (total): 0.6g Saturated Fat:
 0.2g Carbohydrates (total): 1.3g Of which sugars: 1.2g
 Fibre: 0.7g Protein: 1g Salt: 0g

Carrot
 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

Tomato
 Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat:
 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g
 Fibre: 1.3g Protein: 1.1g Salt: 0g

Red Onion
 Per 100g, Energy (kcal): 37 Fat (total): 0g Saturated Fat:
 0g Carbohydrates (total): 7.4g Of which sugars: 5.2g
 Fibre: 0.9g Protein: 1g Salt: 0g

Mixed Leaves
 Per 100g, Energy (kcal): 29 Fat (total): 0g Saturated Fat:
 1g Carbohydrates (total): 2.9g Of which sugars: 1.5g
 Fibre: 1.3g Protein: 1.5g Salt: 0g