

MONDAY

Soup

Vegetable Cream

Per 100g, Energy (kcal): 110 Fat (total): 1.1g Saturated Fat: 5.2g Carbohydrates (total): 2.3g Of which sugars: 2g Fibre: 0.5g Protein: 1.4g Salt: 0.5g

Main

Chili con Carne

Per 100g, Energy (kcal): 125, Fat (total): 3.5g Saturated Fat: 1.5g Carbohydrates (total): 4.3g, Of which sugars: 2.9g Fibre: 1.1g, Protein: 9.3g, Salt: 0.2g

International

Roasted Chicken w/ Lemon & Herbs

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

Vegetarian

Huevos Rancheros

Per 100g, Energy (kcal): 104, Fat (total): 3.9g Saturated Fat: 0.5g Carbohydrates (total): 10g, Of which sugars: 2.1g Fibre: 4.1g, Protein: 4.8g, Salt: 0.4g

Sides

Jasmin 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

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

Peas

Per 100g, 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

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): 1.1g Saturated Fat: 5.2g Carbohydrates (total): 2.3g Of which sugars: 2g Fibre: 0.5g Protein: 1.4g Salt: 0.5g

Main

Cod à Brás

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

International

Teriyaki Chicken Noodles

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

Vegetarian

Asian Fried Rice

Per 100g, Energy (kcal): 97 Fat (total): 2.9g Saturated Fat: 0.4g Carbohydrates (total): 15g Of which sugars: 2.1g Fibre: 0.8g Protein: 2.2g Salt: 0g

Sides

BBQ Seasoned Wedges

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

Steamed 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

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

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

International

Portuguese "Chickanas"

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

Vegetarian

Tomato & Mozzarella Pasta

Per 100g, Energy (kcal): 180, Fat (total): 5.3g Saturated Fat: 1.2g Carbohydrates (total): 27g, Of which sugars: 5.1g Fibre: 1.1g, Protein: 6.3g, Salt: 0.4g

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

Roasted 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

Seasonal Green

Per 100g, Energy (kcal): 25, Fat (total): 0.7g Saturated Fat: 0.1g Carbohydrates (total): 1.6g, Of which sugars: 1.4g Fibre: 2.6g, 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): 1.1g Saturated Fat: 5.2g Carbohydrates (total): 2.3g Of which sugars: 2g Fibre: 0.5g Protein: 1.4g Salt: 0.5g

Main

Breaded Hake Fillets

Per 100g, Energy (kcal): 202 Fat (total): 12g Saturated Fat: 1.4g Carbohydrates (total): 10g Of which sugars: 0.5g Fibre: 0.7g Protein: 14g Salt: 0.7g

International

Traditional Duck Rice

Per 100g, Energy (kcal): 107 Fat (total): 2.1g Saturated Fat: 0.3g Carbohydrates (total): 14g Of which sugars: 3.4g Fibre: 2.8g Protein: 6.8g Salt: 0.1g

Vegetarian

Roasted Peppers Frittata

Per 100g, Energy (kcal): 127 Fat (total): 8.5g Saturated Fat: 3.8g Carbohydrates (total): 2.5g Of which sugars: 1.5g Fibre: 1g Protein: 9.7g Salt: 0.5g

Sides

Shoestring 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

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

MONDAY

Mixed Salads

Coleslaw

Per 100g, Energy (kcal): 108 Fat (total): 8.6g Saturated Fat: 0.6g Carbohydrates (total): 6.1g Of which sugars: 6.1g Fibre: 1.7g Protein: 0.8g Salt: 0.5g

Tomato & Vegetable Pasta

Per 100g, Energy (kcal): 108 Fat (total): 3.7g Saturated Fat: 1.5g Carbohydrates (total): 13g Of which sugars: 3.2g Fibre: 2.1g Protein: 4.3g 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

TUESDAY

Mixed Salads

Mushroom Quinoa

Per 100g, Energy (kcal): 123 Fat (total): 2.4g Saturated Fat: 0.4g Carbohydrates (total): 17g Of which sugars: 1.7g Fibre: 4.2g Protein: 6.3g Salt: 0.4g

Greek Salad

Per 100g, Energy (kcal): 133 Fat (total): 13g Saturated Fat: 3.3g Carbohydrates (total): 1.8g Of which sugars: 1.8g Fibre: 0.8g Protein: 2.7g Salt: 0.52g

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

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

Tuna & Black Eye Peas

Per 100g, Energy (kcal): 164 Fat (total): 10.9g Saturated Fat: 1.8g Carbohydrates (total): 7.3g Of which sugars: 0g Fibre: 3.6g Protein: 14.5g 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

THURSDAY

Mixed Salads

Quinoa Salad

Per 100g, Energy (kcal): 123 Fat (total): 2.4g Saturated Fat: 0.4g Carbohydrates (total): 17g Of which sugars: 1.7g Fibre: 4.2g Protein: 6.3g Salt: 0.4g

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

FRIDAY