

## MONDAY

### Soup Cream of Vegetables

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 Roasted Turkey Breast

Energy (kcal): 155 Fat (total): 1.7g Saturated Fat: 0.6g Carbohydrates (total): 0g Of which sugars: 0g Fibre: 0g Protein: 35g Salt: 0.2g

### w/ Mushroom Sauce

Energy (kcal): 250 Fat (total): 17g Saturated Fat: 9.5g Carbohydrates (total): 17g Of which sugars: 2.4g Fibre: 1.3g Protein: 7.7g Salt: 0.2g

### International Fish (battered)

Energy (kcal): 244 Fat (total): 15g Saturated Fat: 1.3g Carbohydrates (total): 17g Of which sugars: 0.7g Fibre: 0.5g Protein: 10g Salt: 1.2g

### N' Chips

Energy (kcal): 200 Fat (total): 6.7g Saturated Fat: 0.8g Carbohydrates (total): 30g Of which sugars: 1.5g Fibre: 3.4g Protein: 3.3g Salt: 0g

### w/ Tartare Sauce

Energy (kcal): 298 Fat (total): 25g Saturated Fat: 1.6g Carbohydrates (total): 18g Of which sugars: 16g Fibre: 0.6g Protein: 1.3g Salt: 2.7g

### Vegetarian Katsu Tofu

Energy (kcal): 212 Fat (total): 10g Saturated Fat: 1.7g Carbohydrates (total): 12g Of which sugars: 0g Fibre: 0.5g Protein: 17g Salt: 0.4g

### / Curry Sauce

Energy (kcal): 51 Fat (total): 1.5g Saturated Fat: 0.2g Carbohydrates (total): 7.8g Of which sugars: 3.9g Fibre: 1.4g Protein: 0.8g Salt: 0.9g

### Sides

#### Steamed Carrot Rice

Energy (kcal): 100 Fat (total): 3g Saturated Fat: 0.4g Carbohydrates (total): 15g Of which sugars: Fibre: Protein: Salt:

#### Mushy peas

Energy (kcal): 86 Fat (total): 0.7g Saturated Fat: 1.6g Carbohydrates (total): 13g Of which sugars: 1.6g Fibre: 3.1g Protein: 5.8g Salt: 0.55g

#### Steamed 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: 0.2g

### 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 Canja

Energy (kcal): 44 Fat (total): 1.1g Saturated Fat: 0.2g Carbohydrates (total): 5.6g Of which sugars: 1.5g Fibre: 0.5g Protein: 2.9g Salt: 0.4g

### Main Steamed Barramundi

Energy (kcal): 154 Fat (total): 6.8g Saturated Fat: 1.5g Carbohydrates (total): 0g Of which sugars: 0g Fibre: 0g Protein: 23g Salt: 0.2g

### w/ Roasted Tomato Sauce

Energy (kcal): 70 Fat (total): 4.5g Saturated Fat: 0.6g Carbohydrates (total): 5.1g, Of which sugars: 5g Fibre: 1.3g Protein: 1.5g Salt: 0.2g

### International Teriyaki Chicken Thighs

Energy (kcal): 170 Fat (total): 5.5g Saturated Fat: 1.4g Carbohydrates (total): 6.1 Of which sugars: 5.3g Fibre: 0.5g Protein: 24g Salt: 0.6g

### Vegetarian Risotto w/ Mushrooms & Tofu

Energy (kcal): 131 Fat (total): 1.2g Saturated Fat: 0.3g Carbohydrates (total): 22g Of which sugars: 0.5g Fibre: 0.5g Protein: 5.7g Salt: 0.5g

### Sides

#### Roast Potatoes 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

#### 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: 0

#### Carrots

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

#### Roasted Pumpkins

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

## 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 Chicken Stroganoff

Energy (kcal): 102 Fat (total): 1.5g Saturated Fat: 0.3g Carbohydrates (total): 3.5g Of which sugars: 2.3g Fibre: 1g Protein: 18g Salt: 1g

### International Mac n' Cheese

Energy (kcal): 184 Fat (total): 8.6g Saturated Fat: 4.5g Carbohydrates (total): 18g Of which sugars: 2.7g Fibre: 1.1g Protein: 7.9g Salt: 0.4g

### Vegetarian Leek à Brás

Energy (kcal): 104 Fat (total): 6.4g Saturated Fat: 3.3g Carbohydrates (total): 6g Of which sugars: 3g Fibre: 1.3g Protein: 5.2g Salt: 0.3g

### Sides

#### Glazed Orange 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

#### Courgette

Energy (kcal): 17 Fat (total): 0.5g Saturated Fat: 0g Carbohydrates (total): 1.8g Of which sugars: 1.7g Fibre: 0.8g Protein: 0.8g Salt: 0

#### 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 Roasted Carrot

Energy (kcal): 24 Fat (total): 1.1g Saturated Fat: 0.1g Carbohydrates (total): 2.4g Of which sugars: 2.1g Fibre: 1g Protein: 0.5g Salt: 0.5g

### Main White Fish Moqueca

Energy (kcal): 143 Fat (total): 9.6g Saturated Fat: 1.7g Carbohydrates (total): 1.9g Of which sugars: 1.9g Fibre: 2.1g Protein: 11g Salt: 1.1g

### International Roasted Turkey Gyros

Energy (kcal): 126 Fat (total): 5.5g Saturated Fat: 0.8g Carbohydrates (total): 7.5g Of which sugars: 7g Fibre: 0.6g Protein: 11g Salt: 1.5g

#### w/ 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

#### Tuscan Cannellini Stew

Energy (kcal): 45 Fat (total): 0.7g Saturated Fat: 0.1g Carbohydrates (total): 5.9g Of which sugars: 3.3g Fibre: 1.9g Protein: 2.8g Salt: 0.2g

### 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

#### 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: 0

#### Stir-fried 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 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 Broccoli

Energy (kcal): 26 Fat (total): 0.5g Saturated Fat: 0.2g Carbohydrates (total): 3.8g Of which sugars: 1.2g Fibre: 1g Protein: 1.7g Salt: 0.3g

### Main Chicken Milanese

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

### International Meat Feast Pizza

Energy (kcal): 255 Fat (total): 10g Saturated Fat: 4g Carbohydrates (total): 27g Of which sugars: 1.8g Fibre: 2g Protein: 13g Salt: 1.1g

### Vegetarian Vegetarian Pizza

Energy (kcal): 200 Fat (total): 6g Saturated Fat: 2.7g Carbohydrates (total): 27g Of which sugars: 3.7g Fibre: 2g Protein: 7.8g Salt: 0.8g

### Sides

#### Crushed 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

#### 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

#### Garlic Bread

Energy(kcal): 348, Fat(total): 17g Saturated Fat: 8.6g Carbohydrates (total): 41g, Of which sugars: 2.8g Fibre: 2.7g, Protein: 7g, Salt: 1.2g

#### 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

#### Dark Chocolate Brownie

Energy(kcal): 513, Fat(total): 31g Saturated Fat: 16g Carbohydrates (total): 51g, Of which sugars: 44g Fibre: 1.7g, Protein: 6.7g, Salt: 0.4g

## MONDAY

### Mixed Salads

#### Tomato, Feta & Red Onion

Per 100g, Energy (kcal): 144 Fat (total): 11g Saturated Fat: 1.7g Carbohydrates (total): 9g Of which sugars: 4g Fibre: 3g Protein: 4g Salt: 0.2g

#### Pasta Salad

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

#### Roast vegetable 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

### Mediterranean 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

#### Broccoli Pasta w/ apple, yogurt and sultanas

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

### Rainbow slaw

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

### 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

#### Mushroom & herb couscous

Per 100g, Energy (kcal): 137 Fat (total): 1.5g Saturated Fat: 0.1g Carbohydrates (total): 25g Of which sugars: 3g Fibre: 1.9g Protein: 4.8g Salt: 0.69g

### Oriental noodle salad

Per 100g, Energy (kcal): 103 Fat (total): 1.8g Saturated Fat: 0.4g Carbohydrates (total): 14g Of which sugars: 5.2g Fibre: 2.4g Protein: 4.2g 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

## FRIDAY

### Mixed Salads

#### Garden salad with roast peppers & olives

Per 100g, Energy (kcal): 73 Fat (total): 2.7g Saturated Fat: 0.4g Carbohydrates (total): 2.9g Of which sugars: 3.2g Fibre: 1.9g Protein: 2.9g Salt: 0.18g

### Watermelon, Cucumber & Mint Salad

Per 100g, Energy (kcal): 45 Fat (total): 2.3g Saturated Fat: 0g Carbohydrates (total): 9g Of which sugars: 6g Fibre: 1g Protein: 1 Salt: 0.18g

### 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