



MONDAY 09/12/2024

Soup

Cream of white beans & thyme

Energy (kcal): 130. Protein: 7g. Total Fat: 2g. Saturated fat: 0.3g. Carbohydrates: 20g. Sugars: 1g. Fiber: 6g. Salt: 0.3g

Main

Beef stroganoff

Energy (kcal): 150. Protein: 15g. Total fat: 10.8g. Carbohydrates: 3g. Saturated Fat: 5g. Sugars: 1g. Fiber: 0.5g. Salt: 0.5g

International

Chicken legs w/ lemon and herbs

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

Vegetarian

Asian Fried Rice w/ Vegetables

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

Compound Salads

Coleslaw

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

Pasta w/ Tomato & Vegetables

Per 100g, Energy (kcal): 108 Fat (total): 3.7g Saturated fat: 1.5g Carbohydrates (total): 13g Of which sugars: 3.2g Fiber: 2.1g Protein: 4.3g Salt: 0.14g

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sweet corn Per 100g, Energy (kcal): 84 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 11g Of which sugars: 6.8g Fiber: 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 Fiber: 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 Fiber: 2.8g, Protein: 0.5g, Salt: 0g
Tomatoes Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat: 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g Fiber: 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 Fiber: 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 Fiber: 1.3g Protein: 1.5g Salt: 0g

Sides

Jasmin Rice

Per 100g, Energy (kcal): 175, Fat (total): 2.3g Saturated Fat: 0.5g Carbohydrates (total): 35g, Of which sugars: 0g Fiber: 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 Fiber: 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 Fiber: 5.3g, Protein: 5.3g, Salt: 0g

Dessert

Fruit Pot

Energy (kcal): 64 Fat (total): 0.5g Saturated fat: 0g Carbohydrates (total): 14g of which sugars: 14g Fiber: 1.4g Protein: 0.7g Salt: 0g

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM.



TUESDAY 10/12/2024

Soup

Carrot cream

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

Main

Breaded fish fillets

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

International

Teriyaki Chicken w/ Pasta

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

Vegetarian

Aubergine Parmigiana

Energy (kcal): 180. Total Fat: 12g. Saturated Fat: 4g. Carbohydrates: 12g. Sugars: 3g. Fiber: 3g. Protein: 8g. Salt: 0.8g

Compound Salads

Quinoa w/ Mushrooms

Per 100g, Energy (kcal): 123 Fat (total): 2.4g Saturated fat: 0.4g Carbohydrates (total): 17g Of which sugars: 1.7g Fiber: 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 Fiber: 0.8g Protein: 2.7g Salt: 0.52g

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sweet corn Per 100g, Energy (kcal): 84 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 11g Of which sugars: 6.8g Fiber: 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 Fiber: 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 Fiber: 2.8g, Protein: 0.5g, Salt: 0g

Tomatoes Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat: 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g Fiber: 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 Fiber: 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 Fiber: 1.3g Protein: 1.5g Salt: 0g

Sides

Seasonal vegetables w/ BBQ sauce

Steamed broccoli

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

Sweet corn

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

Dessert

Fruit Pot

Energy (kcal): 64 Fat (total): 0.5g Saturated fat: 0g Carbohydrates (total): 14g of which sugars: 14g Fiber: 1.4g Protein: 0.7g Salt: 0g

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WEDNESDAY 11/12/2024

Soup Courgette

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

Main Stewed veal with carrots and mushrooms

Energy (kcal): 240. Protein: 26g. Total fat: 15g. Saturated Fat: 6g. Carbohydrates: 4g. Sugars: 2g. Fiber: 1g. Salt: 0.5g

International Turkey in Korma Sauce

Energy (kcal): 122, Fat (total): 5.1g Saturated fat: 1.2g Carbohydrates (total): 4g, of which sugars: 2.7g Fiber: 0.7g, Protein: 15g, Salt: 0.2g

Vegetarian Pasta w/ Tomato & Mozzarella

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

Compound Salads Potato Salad

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

Tuna & Black Peas

Energy (kcal): 150. Protein: 15g. Total Fat: 7g. Saturated fat: 1.5g. Carbohydrates: 10g. Sugars: 2g. Fiber: 3g. Salt: 0.5g

Raw Salads Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sweet corn Per 100g, Energy (kcal): 84 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 11g Of which sugars: 6.8g Fiber: 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 Fiber: 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 Fiber: 2.8g, Protein: 0.5g, Salt: 0g
Tomatoes Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat: 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g Fiber: 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 Fiber: 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 Fiber: 1.3g Protein: 1.5g Salt: 0g

Sides Diced potatoes

Per 100g, Energy (kcal): 149 Fat (total): 3.8g Saturated fat: 0.5g Carbohydrates (total): 24g Of which sugars: 31.7g Fiber: 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 Fiber: 1.9g, Protein: 1.9g, Salt: 0g

Vegetable Mix

Dessert Fruit Pot

Energy (kcal): 64 Fat (total): 0.5g Saturated fat: 0g Carbohydrates (total): 14g of which sugars: 14g Fiber: 1.4g Protein: 0.7g Salt: 0g

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THURSDAY | 12/12/2024

Soup Pumpkin Cream

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

Main Chicken steaks with tomato and basil sauce

Energy: (kca) 143. Protein: 26g. Total Fat: 2.9g. Saturated fat: 1.0g. Carbohydrates: 1.5g. Sugars: 0.5g. Fiber: 0.3g. Salt: 0.73 g

International Creamy Salmon Penne

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

Vegetarian Roasted Pepper Frittata

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

Compound Salads Quinoa salad

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

Fennel and Roasted Peach

Per 100g, Energy (kcal): 119 Fat (total): 7g Saturated fat: 0.9g Carbohydrates (total): 8g Of which sugars: 1.3g Fiber: 2.6g Protein: 2.7g Salt: 0.14g

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sweet corn Per 100g, Energy (kcal): 84 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 11g Of which sugars: 6.8g Fiber: 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 Fiber: 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 Fiber: 2.8g, Protein: 0.5g, Salt: 0g
Tomatoes Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat: 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g Fiber: 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 Fiber: 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 Fiber: 1.3g Protein: 1.5g Salt: 0g

Sides

Potato Sticks

Per 100g, Energy (kcal): 149 Fat (total): 3.8g Saturated fat: 0.5g Carbohydrates (total): 24g Of which sugars: 31.7g Fiber: 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 Fiber: 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 Fiber: 2.8g, Protein: 1.1g, Salt: 0g

Dessert Fruit Pot

Energy (kcal): 64 Fat (total): 0.5g Saturated fat: 0g Carbohydrates (total): 14g of which sugars: 14g Fiber: 1.4g Protein: 0.7g Salt: 0g

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FRIDAY 13/12/2024

Soup

Leek cream

Energy (kcal): 60. Protein: 1.5g. Total Fat: 4g. Saturated Fat: 2g. Carbohydrates: 5g. Sugars: 2g. Fiber: 1.5g. Salt: 0.5g

Main

Chicken Carbonara

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

International

Beef Bolognese

Per 100g, Energy (kcal): 110 Fat (total): 4.9g Saturated fat: 1.5g Carbohydrates (total): 2.8g Of which sugars: 2.6g Fiber: 0.6g Protein: 13g Salt: 0.5g

Vegetarian

Chickpea & Pumpkin Curry

Energy (kcal): 101 Fat (total): 8.2g Saturated fat: 4g Carbohydrates (total): 3.1g Of which sugars: 1.6g Fiber: 3.1g Protein: 3.8g Salt: 1.2g

Compound Salads

Orange & Olives

Per 100g, Energy (kcal): 120 Fat (total): 12g Saturated fat: 1.5g Carbohydrates (total): 7.1g Of which sugars: 4.55g Fiber: 2g Protein: 0.9g Salt: 1.1g

Pasta salad

Per 100g, Energy (kcal): 108 Fat (total): 3.7g Saturated fat: 1.5g Carbohydrates (total): 13g Of which sugars: 3.2g Fiber: 2.1g Protein: 4.3g Salt: 0.14g

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sweet corn Per 100g, Energy (kcal): 84 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 11g Of which sugars: 6.8g Fiber: 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 Fiber: 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 Fiber: 2.8g, Protein: 0.5g, Salt: 0g
 Tomatoes Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat: 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g Fiber: 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 Fiber: 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 Fiber: 1.3g Protein: 1.5g Salt: 0g

Sides

French fries

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

Seasonal vegetables

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

Dessert

Carrot and orange cake

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

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