



# MONDAY 06/12/2024

## Soup

### Sweet potato cream

Energy (kcal): 80. Total Fat: 0.1g. Saturated Fat: 0g. Carbohydrates: 18.4g. Sugars: 6g. Fiber: 2.5g. Protein: 1.4g. Salt: 0.067g

## Main

### Roasted Turkey Breast w/ Yogurt Sauce

Roasted turkey leg Energy (kcal): 186 Fat (total): 8.5g Saturated fat: 2.6g Carbohydrates (total): 0g Of which sugars: 0g Fiber: 0g Protein: 27g Salt: 0.2g with Yogurt & Herbs Sauce Energy (kcal): 145 Fat (total): 12g Saturated fat: 6.6g Carbohydrates (total): 4.4g Of which sugars: 4.1g Fiber: 0g Protein: 5.3g Salt: 0.2g

## International

### Codfish à Brás

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

### Vegetables à Brás

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

## Compound Salads

### Tomato, Feta and Red Onion

Per 100g, Energy (kcal): 144 Fat (total): 11g Saturated fat: 1.7g Carbohydrates (total): 9g Of which sugars: 4g Fiber: 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 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

### Carrot rice

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

### Peas

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

### Steamed 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

## 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

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# TUESDAY 03/12/2024

## Soup

### Chicken Noodles Soup

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

## Main

### Roasted Perch w/ Tomato Sauce

Steamed Perch Energy (kcal): 154 Fat (total): 6.8g Saturated Fat: 1.5g Carbohydrates (total): 0g Of which sugars: 0g Fiber: 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 Fiber: 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 Fiber: 0.5g Protein: 24g Salt: 0.6g

## Vegetarian

### Risotto w/ Mushrooms & Seitan

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

## Compound Salads

### Quinoa & roasted vegetables

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

### Mediterranean 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

### Baked potato wedges

Energy (kcal): 172 Fat (total): 5.5g Saturated fat: 2.5g Carbohydrates (total): 28g Of which sugars: 0.8g Fiber: 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 Fiber: 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 Fiber: 2.8g, Protein: 0.5g, 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

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# WEDNESDAY 04/12/2024

## 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 Chicken stroganoff

Energy (kcal): 102 Fat (total): 1.5g Saturated fat: 0.3g Carbohydrates (total): 3.5g Of which sugars: 2.3g Fiber: 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 Fiber: 1.1g Protein: 7.9g Salt: 0.4g

## Vegetarian Bean and tofu stew

Energy (kcal): 140. Protein: 10g. Total Fat: 5g. Saturated fat: 0.8g. Carbohydrates: 15g. Sugars: 2g. Fiber: 5g. Salt: 0.4g

## Compound Salads Pasta with broccoli, apple, yogurt and raisins

Energy (kcal): 160. Protein: 6g. Total Fat: 4g. Saturated Fat: 1g. Carbohydrates: 26g. Sugars: 5g. Fiber: 3g. Salt: 0.3g.

## Rainbow Salad

Energy (kcal): 70. Protein: 2g. Total Fat: 4g. Saturated fat: 0.5g. Carbohydrates: 8g. Sugars: 5g. Fiber: 3g. Salt: 0.2g

## 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

### 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

### Courgette

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

### 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

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# THURSDAY 05/12/2024

## Soup

### Roasted carrots

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

## Main

### Fish Moqueca

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

## International

### 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 Fiber: 1.2g Protein: 7.7g Salt: 0.5g

## Vegetarian

### Vegetarian meatballs

Per 100g, Energy (kcal): 97 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 14g Of which sugars: 3.3g Fiber: 4g Protein: 4.5g Salt: 0.5g

## Compound Salads

### Couscous w/ Mushrooms & Herbs

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

### Oriental Pasta Salad

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

## 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

### Roasted sweet potatoes

Energy (kcal): 126 Fat (total): 0.5g Saturated fat: 0.2g Carbohydrates (total): 26g Of which sugars: 14g Fiber: 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 Fiber: 0.5g, Protein: 3.2g, 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

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# FRIDAY 06/12/2024

## **Soup Broccoli**

Energy (kcal): 26 Fat (total): 0.5g Saturated fat: 0.2g Carbohydrates (total): 3.8g Of which sugars: 1.2g Fiber: 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 Fiber: 0.8g Protein: 18g Salt: 1.2g

## **International Beef Pizza**

Energy (kcal): 255 Fat (total): 10g Saturated fat: 4g Carbohydrates (total): 27g Of which sugars: 1.8g Fiber: 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 Fiber: 2g Protein: 7.8g Salt: 0.8g

## **Compound Salads Green Salad with roasted peppers and olives**

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

## **Watermelon, Cucumber and Mint**

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

## **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 Fusilli**

Energy (kcal): 156, Fat (total): 1.5g Saturated Fat: 0.3g Carbohydrates (total): 29g, of which sugars: 0.6g Fiber: 1.9g, Protein: 6.6g, Salt: 0.04g

## **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**

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 Chocolate Mousse**

Energy (kcal): 315. Total Fat: 22g. Saturated Fat: 14g. Carbohydrates: 22g. Sugars: 19g. Fiber: 1g. Protein: 4g. Salt: 0.1g

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