



# MONDAY 25/11/2024

## Soup

### Cauliflower cream

Energy (kcal): 38, Fat (total): 1.6g Saturated Fat: 0.9g Carbohydrates (total): 4.4g, of which sugars: 1g Fiber: 1g, Protein: 1.4g, Salt: 0.4g

## Main

### Roasted chicken thigh w/ lemon and oregano

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

## International

### Cod au gratin with spinach

Per 100g; Energy (kcal): 320. Fat (total): 13.0g. Saturated Fat: 3.1g. Carbohydrates: 20.3g. Proteins: 21.8g.

## Vegetarian

### Vegetarian Quiche

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

## Compound Salads

### 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 Fiber: 2g Protein: 0.9g Salt: 1.1g

### Beets & feta

Per 100g, Energy (kcal): 131 Fat (total): 5g Saturated fat: 2.5g Carbohydrates (total): 13g Of which sugars: 3.8g Fiber: 4.1g Protein: 6.5g 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

### Baked Potato

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

### 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

### 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

## Dessert

### Fruit Pot

Per 100g, 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 26/11/2024**

**Soup**  
**Caldo Verde**

Energy (kcal): 48, Fat (total): 1.8g Saturated fat: 0.3g Carbohydrates (total): 5.6g, of which sugars: 1.5g Fiber: 1.1g, Protein: 1.8g, Salt: 0.5g

**Main**  
**Roasted tuna w/ garlic and lemon sauce**

Energy (kcal): 150. Fat (total): 5.0g. Fat (saturated): 1.0g. Carbohydrates: 1.0g. Sugars: 0.5g. Fiber: 0.2g. Protein: 25.5g. Salt: 0.5g

**International**  
**Chilli con carne**

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

**Vegetarian**  
**Soy chili**

Energy (kcal): 189. Fat (total): 8g. Saturated fat: 1.5 g. Carbohydrates: 16g. Sugars: About 3g. Fiber: 5g. Salt: 0.5g Protein: 12g

**Compound Salads**  
**Caesar's Salad**  
**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**  
**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

**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

**Steamed 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**

Per 100g, 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 27/11/2024

## Soup Vegetable 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 Beef meatballs w/ mushroom sauce

Energy (kcal): 220. Protein: 18g. Total Fat: 14g. Saturated Fat: 5g. Carbohydrates: 8g. Sugars: 2g. Fiber: 1.5g. Salt: 0.8g

## International Thai chicken curry

Energy (kcal): 150. Protein: 15g. Total Fat: 8g. Saturated Fat: 3g. Carbohydrates: 10g. Sugars: 2g. Fiber: 2g. Salt: 0.7g

## Vegetarian Red Lentil Curry

Energy (kcal): 139, Fat (total): 4.6g Saturated fat: 0.4g Carbohydrates (total): 16g, of which sugars: 3.8g Fiber: 2g, protein: 7.1g, salt: 0.1g

## Compound Salads Pasta w/ Aromatic Herbs & Lemon

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

## Roasted butternut squash and broccoli

Energy (kcal): 81, Fat (total): 5.5g Saturated Fat: 0.9g Carbohydrates (total): 2.7g, of which sugars: 2.3g Fiber: 1.1g, Protein: 4.6g, Salt: 0g

## 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

## 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 vegetables

## Dessert Fruit Pot

Per 100g, 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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