

MONDAY 20/01/2025

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

Roasted chicken legs

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

Trims

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

Dessert

Fruit Cups

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

TUESDAY 21/01/2025

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

Roasted hake

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

Trims

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

Baked 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

Dessert

Fruit Cups

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

WEDNESDAY 22/01/2025

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 **Beef Stew with carrots**

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

Trims **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: 0.g

Dessert **Fruit Cups**

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.

THURSDAY 23/01/2025

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
Penne & Salmon

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

Trims
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 Cups

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 24/01/2025

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

Trims
Fusilli

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