

MONDAY 27/01/2025

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: 21.8 g.

Vegetarian

Vegetarian Quiche

Per 100g: 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

Coleslaw

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 w/ Tomato and Vegetables

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

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

Dessert

Fruit Cups

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



TUESDAY 28/01/2025

Soup **Caldo Verde**

Per 100g: 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**

Per 100g: 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**

Per 100g: 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**

Por 100g, Energia (kcal): 183 Gordura (total): 7,7g Hidratos de carbono (total): 8,2g Dos quais açúcares: 1.3g Fibra: 0,78g Proteína: 19,1g Sal: 0.1g

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 Cups**

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 29/01/2025

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

Per 100g: 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

Per 100g: Energy (kcal): 150. Protein: 15g. Total Fat: 8g. Saturated Fat: 3g. Carbohydrates: 10g. Sugars: 2g. Fiber: 2g. Salt: 0.7g

Vegetarian

Red Lentil Curry

Per 100g: 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

Per 100g: 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

Per 100g: 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

Per 100g: 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

Per 100g, Energy (kcal): 56, Fat (total): 3.2g Saturated fat: 0.23g Carbohydrates (total): 4.9g, Of which sugars: 0g Fiber: 1.7g, Protein: 1.5g, Salt: 0g

Dessert

Fruit Cups

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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THURSDAY 30/01/2025

Soup
Pumpkin Cream

Energy (kcal): 57, Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 4.8g, of which sugars: 3.4g Fiber: 0.9g, Protein: 0.8g, Salt: 0.3g

Main
Breaded hake fillets

Energy (kcal): 206 Fat (total): 12g Saturated fat: 2.5g Carbohydrates (total): 8.5g Of which sugars: 1.9g Fiber: 0.5g Protein: 22g Salt: 0.3g

International
Duck Rice

Per 100g, Energy (kcal): 212 Fat (total): 3.8g Saturated fat: 1.0g Carbohydrates (total): 17g Of which sugars: 1.9g Fiber: 0g Protein: 8.2g Salt: 0.9g

Vegetarian
Roasted Pepper Frittata

Energy (kcal): 140. Protein: 6g. Total Fat: 7g. Saturated Fat: 3g. Carbohydrates: 15g. Sugars: 3g. Fiber: 2g. Salt: 0.6g

Mixed Salads
Quinoa Salad

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

Fennel & Roasted Peach

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
Potato

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

Roasted sweet potatoes

Energy (kcal): 126 Fat (total): 0.5g Saturated fat: 0.2g Carbohydrates (total): 26g Of which sugars: 1.4g Fiber: 5.2g, Protein: 1.6g, Salt: 0.1

Green beans

Energy (kcal): 34, Fat (total): 0.5g Saturated Fat: 0g Carbohydrates (total): 3.8g, of which sugars: 3g Fiber: 4.1g, Protein: 2.1g, Salt: 0.0g

Dessert
Fruit Cups

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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FRIDAY 31/01/2025

Soup

Tomato and basil

Energy (kcal): 31, Fat (total): 1.3g Saturated fat: 0.2g Carbohydrates (total): 3.8g, of which sugars: 3.5g Fiber: 0.6g, Protein: 0.8g, Salt: 0.4g

Main

Beef Lasagna

Energy (kcal): 226 Fat (total): 11g Saturated fat: 4.7g Carbohydrates (total): 7.5g Of which sugars: 1.6g Fiber: 0.5g Protein: 25g Salt: 0.3g

International

Hot dogs (from Chicken)

Per 100g, Energy (kcal): 129 Fat (total): 3.9g Saturated fat: 1.1g Carbohydrates (total): 1.6g Of which sugars: 0.6g Fiber: 0g Protein: 22g Salt: 1.9g

Vegetarian

Vegetable Lasagna

Energy (kcal): 140. Protein: 6g. Total Fat: 7g. Saturated Fat: 3g. Carbohydrates: 15g. Sugars: 3g. Fiber: 2g. 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

Potato

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

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

Green beans

Energy (kcal): 34, Fat (total): 0.5g Saturated Fat: 0g Carbohydrates (total): 3.8g, of which sugars: 3g Fiber: 4.1g, Protein: 2.1g, Salt: 0g

Dessert

Mango Mousse

Por 100g, Energia (kcal): 157, Gordura (total): 4,6g Hidratos de carbono (total): 25g, Proteína: 3.2g, Sal: 0,1g

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