



MONDAY 17/03/2025

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

Sides

Carrot rice

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

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: 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

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TUESDAY | 8/03/2025

Soup

Chicken noodle 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

Steamed Perch

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

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

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 Cups

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 19/03/2025

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 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

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

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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THURSDAY 20/03/2025

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

Roasted Sea Bass

Energy (kcal): 127 Fat (total): 7.9g Saturated fat: 1.4g Carbohydrates (total): 1.8g Of which sugars: 1.6g Fiber: 2.5g Protein: 13g Salt: 0.9g

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

Vegetable Mix

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

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 21/03/2025

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
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

Sides
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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