

MONDAY 10/03/2025

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

Roast chicken

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

Sides

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

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

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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TUESDAY 11/03/2025

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
Grilled tuna

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

Sides
Cauliflower
Steamed peas

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

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 12/03/2025

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THURSDAY | 3/03/2025

Soup
Pumpkin Cream

Energy (kcal): 59, Fat (total): 1.9g Saturated fat: 0.4g Carbohydrates (total): 4.3g, of which sugars: 3.1g Fiber: 0.7g, Protein: 0.8g, Salt: 0.1g

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

Sides
Baked Potato
Green beans

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

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
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 | 4/03/2025

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

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

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

Per 100g, Energy (kcal): 157, Fat (total): 4.6g Carbohydrates (total): 25g, Protein: 3.2g, Salt: 0.1g

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