



THURSDAY 06/03/2025

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

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

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

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

FRIDAY 07/03/2025

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

Sides
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

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