



MONDAY 28/04/2025

Soup Cauliflower Cream

Per 100g: Energy 44kcal, Proteins 1.6g, Total Fats 1.5g, Saturated 0.5g, Carbohydrates 3.3g, Fiber 1.8g, Salt 0.01g

Main Beef Meatballs

Per 100g: Energy 180kcal, Proteins 15g, Total Fats 13g, Saturated 9g, Carbohydrates 5g, Fiber 0.8g, Sugars 1g, Salt 0.04g

International Pasta Carbonara (w/ Chicken Ham in Cubes)

Per 100g: Energy 267kcal, Proteins 12g, Total Fats 10.5g, Saturated 2g, Carbohydrates 12g, Sugars 1g, Fiber 0.71g, Salt 0.03g

Vegetarian Vegan Feijoada

Per 100g: Energy 23kcal, Proteins 1.66g, Total Fats 0.61g, Saturated 0.1g, Carbohydrates 2.75g, Fiber 1.5g, Salt 0.03g

Composed Salads Penne, tomato cherry, mozzarella and molho
pesto Energy 180kcal, Proteins 6g, Total Fats 8g, Saturated 3g, Carbohydrates 20g, Sugars 2g, Fiber 1g, Salt 0.01g
Eggplant Caponata
Caponata Energy 40kcal, Proteins 0.8g, Total Fats 0.7g, Saturated 0.8g, Carbohydrates 4.5g, Fiber 1.9g, Salt 0.01g

Raw Salads

Sweet corn Energy 86kcal, Proteins 3.2g, Total Fats 1.18g, Saturated 0.2g, Carbohydrates 19g, Sugars 3.2g, Fiber 2.4g, Water 75g, Potassium 0.24g, Salt 1.06g, Magnesium 0.26g, Phosphorus 0.78g;
Cucumber Energy 15kcal, Water 95g, Proteins 0.65g, Total Fats 0.11g, Saturated 0.03g, Carbohydrates 1.7g, Sugars 0.02g, Fiber 0.5g, Potassium 0.14g, Magnesium 0.08g, Calcium 0.16g;
Carrot Energy 25kcal, Water 88g, Proteins 0.6g, Total Fats 0.2g, Saturated 0.03g, Carbohydrates 4.4g, Sugars 4.7g, Fiber 2.6g, Potassium 0.27g, Calcium 0.21g;
Tomato Energy 15kcal, Water 93.5g, Proteins 0.8g, Total Fats 0.17g, Saturated 0.02g, Carbohydrates 3.1g, Sugars 2.0g, Fiber 1.2g, Potassium 0.19g, Calcium 0.6g;
Red Onion Energy 39kcal, Carbohydrates 9g, Sugars 4g, Fiber 1.3g, Proteins 0.9g, Total Fats 0.08g, Saturated 0.03g, Potassium 0.14g, Calcium 0.31g;
Mixed Leaves Energy 12kcal, Carbohydrates 3g, Proteins 2g, Fats 0, Fiber 2g, Sugars 2g, Sodium 0.6g

Sides

Spaghetti Per 100g: Energy 125kcal, Carbohydrates 26g, Proteins 3.54g, Total Fats 3.54g, Saturated 0.1, Fiber 0.91, Salt 0.4
Peas Energy 81kcal, Proteins 5.4g, Total Fats 0.4g, Carbohydrates 14.4g, Fibers 5.1g, Salt 0.08g
Steamed cauliflower Energy 16kcal, Proteins 1.2g, Total Fats 0.2g, Carbohydrates 3.4g, Fiber 1.8g, Salt 0.01g;

Dessert Fruit Cups Per 100g: Energy 24kcal, Water 90g, Proteins 0.6g, Total Fats: 0.1g, Carbohydrates 5.7g, Sugars 6g, Fiber 0.9g

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TUESDAY 29/04/2025

Soup Pea Cream

Per 100g: Energy 64kcal, Proteins 3g, Total Fats 1g, Saturated 0.5g, Carbohydrates 10g, Fiber 1.98g, Sugars 1g, Salt 0.01

Main Turkey Stroganoff with Corn

Per 100g: Energy 220kcal, Proteins 14g, Total Fats 12g, Saturated 1g, Carbohydrates 14g, Sugars 1g, Fiber 1g, Salt 0.01g

International Fish Moqueca

Per 100g: Energy 130kcal, Proteins 8.21g, Total Fats 5.39g, Saturated 2.7g, Fiber 1.4g, Salt 0.02g

Vegetariano Asian Noodles w/ Vegetables

Per 100g: Energy 150kcal, Proteins 2.1g, Total Fats 0.3g, Saturated 0.6g, Carbohydrates 3.9g, Sugars 2g, Fiber 2.8g, Salt 0.1g

Composed Salads

Mix of Lettuce, Pineapple, Melon, Watermelon Energy 25kcal, Proteins 0.5g, Total Fats 0.1g, Carbohydrates 5g, Sugars 6g, Fiber 1g, Sodium 0.01g, **Lentils, Turkey Ham, Red Onion and Parsley** Energy 100kcal, Proteins 7g, Total Fats 1g, Saturated 0.5g, Carbohydrates 10g, Sugars 2g, Fiber 4g, Salt 0.02g

Raw Salads

Sweet corn Energy 86kcal, Proteins 3.2g, Total Fats 1.18g, Saturated 0.2g, Carbohydrates 19g, Sugars 3.2g, Fiber 2.4g, Water 75g, Potassium 0.24g, Salt 1.06g, Magnesium 0.26g, Phosphorus 0.78g; **Cucumber** Energy 15kcal, Water 95g, Proteins 0.65g, Total Fats 0.11g, Saturated 0.03g, Carbohydrates 1.7g, Sugars 0.02g, Fiber 0.5g, Potassium 0.14g, Magnesium 0.08g, Calcium 0.16g; **Carrot** Energy 25kcal, Water 88g, Proteins 0.6g, Total Fats 0.2g, Saturated 0.03g, Carbohydrates 4.4g, Sugars 4.7g, Fiber 2.6g, Potassium 0.27g, Calcium 0.21g; **Tomato** Energy 15kcal, Water 93.5g, Proteins 0.8g, Total Fats 0.17g, Saturated 0.02g, Carbohydrates 3.1g, Sugars 2.0g, Fiber 1.2g, Potassium 0.19g, Calcium 0.6g; **Red Onion** Energy 39kcal, Carbohydrates 9g, Sugars 4g, Fiber 1.3g, Proteins 0.9g, Total Fats 0.08g, Saturated 0.03g, Potassium 0.14g, Calcium 0.31g; **Mixed Leaves** Energy 12kcal, Carbohydrates 3g, Proteins 2g, Fats 0, Fiber 2g, Sugars 2g, Sodium 0.6g

Sides

White Rice Per 100g: Energy 130kcal, Proteins 2.5g, Total Fats 0.2g, Saturated 0.1g, Carbohydrates 28.1g, Fibers 0.4g, Salt 0.01g, Potassium 0.15g, Magnesium 0.02g, Phosphorus 0.18g, Iron 0.001g **Roasted Sweet Potatoes** Energy 89kcal, Proteins 1.2g, Total Fats 0.3g, Carbohydrates 19.6g, Fiber 2.3g, Salt 0.04g **Zucchini** Energy 16kcal, Proteins 1.2g, Total Fats 0.18g, Carbohydrates 2g, Fiber 1g, Salt 0.03g

Dessert Fruit Cups Per 100g: Energy 24kcal, Water 90g, Proteins 0.6g, Total Fats: 0.1g, Carbohydrates 5.7g, Sugars 6g, Fiber 0.9g

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WEDNESDAY 30/04/2025

Soup Vegetable Cream

Per 100g: Energy 26 kcal, Lipids 1.3g, Saturated 0.2g, Carbohydrates 2.8g, Sugars 2.4g, Fiber 0.8g, Proteins 0.5g, Salt 0.3g

Main Chicken Lasagna

Per 100g: Energy 99kcal, Proteins 7g, Total Fats 2.5g, Saturated 1.3g, Carbohydrates 9.8g, Sugars 1.7g, Fiber 1.1g, Salt 0.2g

International Grilled Veal

Per 100g: Energy 242g, Proteins 26g, Total Fats 15g, Saturated 3.3g, Carbohydrates 1g, Salt 0.05g, Iron 0.3g, Potassium 0.3g

Vegetarian Mushroom Risotto

Per 100g: Energy 92g, Protein 2.9g, Total Fats 2.5g, Saturated 0.4g, Carbohydrates 13g, Sugars 0.3g, Fiber 0.87g, Salt 0.2g

Composed Salads

Japanese with kale and ginger Energy 50kcal, Proteins 1g, Total Fats 3g, Saturated 0.5g, Carbohydrates 5g, Sugars 2g, Fiber 1.5g, Salt 0.3g
Quinoa, vegetables and oranges Energy 90kcal, Proteins 3g, Total Fats 2g, Saturated 0.5g, Carbohydrates 15g, Sugars 5g, Fiber 3g, Salt 0.05g

Raw Salads

Sweet corn Energy 86kcal, Proteins 3.2g, Total Fats 1.18g, Saturated 0.2g, Carbohydrates 19g, Sugars 3.2g, Fiber 2.4g, Water 75g, Potassium 0.24g, Salt 1.06g, Magnesium 0.26g, Phosphorus 0.78g;
Cucumber Energy 15kcal, Water 95g, Proteins 0.65g, Total Fats 0.11g, Saturated 0.03g, Carbohydrates 1.7g, Sugars 0.02g, Fiber 0.5g, Potassium 0.14g, Magnesium 0.08g, Calcium, 0.16g;
Carrot Energy 25kcal, Water 88g, Proteins 0.6g, Total Fats 0.2g, Saturated 0.03g, Carbohydrates 4.4g, Sugars 4.7g, Fiber 2.6g, Potassium 0.27g, Calcium 0.21g;
Tomato Energy 15kcal, Water 93.5g, Proteins 0.8g, Total Fats 0.17g, Saturated 0.02g, Carbohydrates 3.1g, Sugars 2.0g, Fiber 1.2g, Potassium 0.19g, Calcium 0.6g;
Red Onion Energy 39kcal, Carbohydrates 9g, Sugars 4g, Fiber 1.3g, Proteins 0.9g, Total Fats 0.08g, Saturated 0.03g, Potassium 0.14g, Calcium 0.31g;
Mixed Leaves Energy 12kcal, Carbohydrates 3g, Proteins 2g, Fats 0, Fiber 2g, Sugars 2g, Sodium 0.6g

Sides

Rice Per 100g: Energy 130kcal, Proteins 2.5g, Total Fats 0.2g, Saturated 0.1g, Carbohydrates 28.1g, Fibers 0.4g, Salt 0.01g, Potassium 0.15g, Magnesium 0.02g, Phosphorus 0.18g, Iron 0.001g
Black Beans Energy 62kcal, Proteins 4.48g, Total Fats 0.5g, Carbohydrates 14g, Fiber 8.4g, Salt 0.001g
Steamed Broccoli Per 100g: Energy 27kcal, Carbohydrates 4.4g, Fiber 3g, Proteins 2.7g, Total Fats 0.54g, Salt 0.1g, Calcium 0.56g, Iron 0.06g

Dessert Fruit Cups Per 100g: Energy 24kcal, Water 90g, Proteins 0.6g, Total Fats: 0.1g, Carbohydrates 5.7g, Sugars 6g, Fiber 0.9g

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FRIDAY 02/05/2025

Soup Broccoli

Per 100g: Energy 20g, Proteins 1g, Total Fats 0.6g, Saturated 0.1g, Carbohydrates 1.9g, Sugars 1g, Fiber 1.3g, Salt 0.5g

Main Stewed Beef w/ Carrots

Per 100g: Energy 139kcal, Proteins 9.4g, Total Fats 7.4g, Saturated 2.5g, Carbohydrates 4g, Sugars 1g, Fiber 1g, Salt 0.03g

International Chicken Yakisoba

Per 100g: Energy 121kcal, Proteins 8.8g, Total Fats 2.7g, Saturated 0.6g, Carbohydrates 14g, Sugars 0.3g, Fiber 1.5g, Salt 0.03g

Vegetarian Gnocchi w/ Cheese Sauce & Spinach

Per 100g: Energy 140kcal, Proteins 6g, Total Fats 4g, Saturated 1g, Carbohydrates 20g, Fiber 2g, Salt 0.01g

Composed Salads

Pasta w/ Herbs & Lemon Energy 74kcal, Proteins 2g, Total Fats 0.5g, Carbohydrates 10g, Sugars 1g, Fiber 2g, **Mexican Bean Salad** Energy 121kcal, Proteins 6.5g, Total Fats 5.26g, Saturated 1.7g, Carbohydrates 11g, Sugars 1g, Fiber 3.9g, Salt 0.04g

Raw Salads

Sweet corn Energy 86kcal, Proteins 3.2g, Total Fats 1.18g, Saturated 0.2g, Carbohydrates 19g, Sugars 3.2g, Fiber 2.4g, Water 75g, Potassium 0.24g, Salt 1.06g, Magnesium 0.26g, Phosphorus 0.78g; **Cucumber** Energy 15kcal, Water 95g, Proteins 0.65g, Total Fats 0.11g, Saturated 0.03g, Carbohydrates 1.7g, Sugars 0.02g, Fiber 0.5g, Potassium 0.14g, Magnesium 0.08g, Calcium 0.16g; **Carrot** Energy 25kcal, Water 88g, Proteins 0.6g, Total Fats 0.2g, Saturated 0.03g, Carbohydrates 4.4g, Sugars 4.7g, Fiber 2.6g, Potassium 0.27g, Calcium 0.21g; **Tomato** Energy 15kcal, Water 93.5g, Proteins 0.8g, Total Fats 0.17g, Saturated 0.02g, Carbohydrates 3.1g, Sugars 2.0g, Fiber 1.2g, Potassium 0.19g, Calcium 0.6g; **Red Onion** Energy 39kcal, Carbohydrates 9g, Sugars 4g, Fiber 1.3g, Proteins 0.9g, Total Fats 0.08g, Saturated 0.03g, Potassium 0.14g, Calcium 0.31g; **Mixed Leaves** Energy 12kcal, Carbohydrates 3g, Proteins 2g, Fats 0, Fiber 2g, Sugars 2g, Sodium 0.6g

Sides

Rice Per 100g: Energy 130kcal, Proteins 2.5g, Total Fats 0.2g, Saturated 0.1g, Carbohydrates 28.1g, Fibers 0.4g, Salt 0.01g, Potassium 0.15g, Magnesium 0.02g, Phosphorus 0.18g, Iron 0.001g; **Pea and Corn Mix** Energy 79kcal, Proteins 3.83g, Total Fats 0.3g, Saturated 0.3g, Carbohydrates 16.81g, Sugars 7g, Fiber 3g, Salt 0.03g; **Roasted Tomato** Energy 20kcal, Proteins 1.19, Total Fats 0.19, Carbohydrates 2.55g, Fiber 1.83g, Salt 0.03g

Dessert Chocolate Mousse

Per 100g: Energy 94.45kcal, Proteins 3.4g, Total Fats 12g, Saturated 7.2g, Carbohydrates 19g, Sugars 6g, Fiber 0.58g, Salt 0.04g

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