

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

Sides **Spaghetti**

Per 100g: Energy 125kcal, Carbohydrates 26g, Proteins 3.54g, Total Fats 3.54g, Saturated 0.1g, Fiber 0.91g, Salt 0.4g

Peas **Steamed cauliflower**

Energy 81kcal, Proteins 5.4g, Total Fats 0.4g, Carbohydrates 14.4g, Fibers 5.1g, Salt 0.08g

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

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

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 **Fish Moqueca**

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

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

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

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

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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