

# MONDAY 05/05/2025

## Soup

### Cream of white beans & thyme

Per 100g: Energy 96kcal, Proteins 4.2g, Total Fats 3.3g, Saturated 0.5g, Carbohydrates 10.3g, Fiber 6.3g, Salt 0.02g

## Main

### Beef Bolognese

Per 100g: Energy 110kcal, Proteins 7.67g, Total Fats 6.96g, Saturated 2g, Carbohydrates 3.25g, Fiber 1.95g, Salt 0.03g

## Sides

### Pasta

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

### Sprouts

Energy 39kcal, Proteins 2.9g, Total Fats 0.3g, Carbohydrates 3.5g, Sugars 2g, Fiber 2.6g, Salt 0.02g

### 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 06/05/2025

## **Soup** **Cabbage & Potato**

Per 100g: Energy 61kcal, Proteins 1.9g, Total Fats 19g, Sautradas 0.6g, Carbohydrates 7.2g, Sugars 0.5g, Fiber 1.5g,

## **Main** **Cod with Cream**

Per 100g: Energy 139kcal, Proteins 4.9g, Total Fats 7.5g, Saturated 2.0g, Carbohydrates 10g, Sugars 1.4g, Fiber 0.9g, Salt 0.007

## **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

## **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

## **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 07/05/2025

## **Soup** **Leek Cream**

Per 100g: Energy 28kcal, Proteins 0.6g, Total Fats 0.8g, Saturated 0.2g, Carbohydrates 4.2g, Fiber 2g

## **Main** **Stuffed Meatloaf w/ Cheese & Mushroom Sauce**

Per 100g: Energy 230kcal, Proteins 15g, Total Fats 15g, Saturated 8g, Carbohydrates 5g, Sugars 2g, 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

## **Roasted cauliflower**

Energy 16kcal, Proteins 1.2g, Total Fats 0.2g, Carbohydrates 3.4g, Fiber 1.8g, Salt 0.01g;

## **Vegetable Mix**

Energy 32kcal, Proteins 1.5g, Total Fats 0.6g, Saturated 1g, Sugars 2g, , Carbohydrate 3.8g, Fiber 2.9g, Salt 0.04g

## **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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# THURSDAY 08/05/2025

## **Soup** **Pumpkin Cream**

Per 100g: Energy 34kcal, Proteins 0.6g, Total Fats 0.4g, Saturated 0.1g, Carbohydrates 2.1g, Sugars 1.8g, Fiber 0.8g, Salt 0.03g

## **Main** **Baked Chicken Thighs w/ BBQ Sauce**

Per 100g: Energy 200kcal, Proteins 18g, Total Fats 9g, Saturated 2g, Carbohydrates 10g, Sugars 5g, Fiber 1g, Salt 0.03g

## **Sides** **Noisette Sweet Potato**

Energy 141kcal, Proteins 2g, Total Fats 4.7g, Saturated 0.6g, Carbohydrates 21g, Sugars 1g, Fiber 1g

## **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 pumpkin**

Energy 45kcal, Proteins 0.72g, Total Fats 0.07g, Saturated 0.04g, Carbohydrates 4.9g, Fiber 1.1g, Salt 0.001g

## **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 09/05/2025

**Soup**  
**Broccoli Cream**

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**  
**Pizza Bar**

Per 100g: Energy 188kcal, Protein 8.5g, Total Fat 6.3g, Saturated 2.6g, Carbohydrates 24g, Sugars 4.5g, Fiber 1.3g, 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

**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

**Seasonal vegetables**

Energy 32kcal, Proteins 1.5g, Total Fats 0.6g, Saturated 1g, Sugars 2g, Carbohydrate 3.8g, Fiber 2.9g, Salt 0.04g

**Dessert**  
**Carrot and orange cake**

Per 100g: Energy 295kcal, Proteins 5.3g, Total Fats 14g, Saturated 2.6g, Carbohydrates 13.9g, Sugars 24g, Fibers 1.5g, Salt 0.03g

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