

MONDAY 16/06/2025

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 17/06/2025

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 18/06/2025

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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FRIDAY 20/06/2025

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

International **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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