



MONDAY 12/05/2025

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 **Shepherd's Pie**

Per 100g: Energy 110kcal, Total Fats 5.4g, Saturated 2g, Carbohydrates 8.4g, Fibers 0.6g, Sugars 0.8g, Proteins 5.9g, Salt 0.17g, Potassium 0.27g, Cholesterol, 0.19g

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

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

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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TUESDAY | 3/05/2025

Soup
Carrot Cream

Per 100g: Energy 29kcal, Proteins 0.6g, Total Fats 0.5g, Saturated 0.1g, Carbohydrates 4.3g, Sugars 1.4g, Fiber 1.4g, Salt 0.21g

Main
Tuna Rice

Per 100g: Energy 91kcal, Proteins 8g, Total Fats 1.9g, Saturated 0.3g, Carbohydrates 10.7g, Sugars 1.5g, Fiber 1.6g, Salt 0.4g

Sides
Duo of Roasted Zucchini and Pumpkin

Per 100g: Energy 24kcal, Proteins 1.4g, Total Fats 0.7g, Saturated 0.1g, Carbohydrates 10.8g, Sugars 2.5g, Fiber 2.5g, Salt 0.03g,

Pasta

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

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 14/05/2025

Soup Zucchini Cream

Per 100g: Energy 21kcal, Proteins 1g, Total Fats 0.8g, Saturated 0.5g, Carbohydrates 2g, Sugars 1g, Fiber 1g, Salt 0.03g

Main Brazilian Feijoada

Per 100g: Energy 117kcal, Proteins 5.3g, Total Fats 4.1g, Saturated 0.7g, Carbohydrates 10.73g, Sugars 0.77g, Fiber 3.83g, 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

Vinaigrette

Energy 41kcal, Proteins 0.87g, Total Fats 8.47g, Saturated 0.7g, Carbohydrates 4.78g, Sugars 1g, Fiber 1g, Sodium 0.07

Farofa

Energy 143kcal, Proteins 0.32g, Total Fats 3.2g, Saturated 2.26g, Carbohydrates 12.04g, Sugars 0.8g, Fiber 2.8g, Salt 0.1, Calcium 0.5g, Potassium 0.25g

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 15/05/2025

Soup

Chicken Noodles Soup

Per 100g: Energy 40kcal, Proteins 3g, Total Fats 0.9g, Saturated 0.3g, Carbohydrates 5.8g, Sugars 0.5g, Fiber 1g, Salt 0.2g

Main

Fish Paella with Vegetables

Per 100g: Energy 118kcal, Proteins 10.8g, Total Fats 2.6g, Saturated 1g, Carbohydrates 12.3g, Fiber 1g, Salt 0.1g

Sides

Cauliflower

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

Pea

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

Roasted Carrots

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

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 | 6/05/2025

Soup
Spinach Cream

Per 100g: Energy 49kcal, Proteins 1.72g, Total Fats 0.6g, Saturated 0.6g, Carbohydrates 3.75g, Fiber 0.2g, Salt 0.01g

Main
Pollo alla Cacciatora (Stewed Chicken w/ Peppers, Tomato and Olives)

Per 100g: Energy 224g, Proteins 19.1g, Total Fats 15.1g, Saturated 2g, Carbohydrates 1.8g, Fiber 3.5g, Salt 0.1g

Sides
Pasta

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

Carrots

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

Beetroot

Energy 32kcal, Proteins 1.3g, Total Fats 1.3g, Carbohydrates 7.2g, Fiber 1.9g, Salt 0.01g

Dessert
Mango Mousse

Per 100g: Energy 176kcal, Proteins 2.8g, Total Fats 7.2g, Saturated 5.5g, Carbohydrates 26g, Sugars 20g, Fibers 1.2g, Salt 0.22g

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