

MONDAY 26/05/2025

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

Chau Chau Rice w/ Chicken & Vegetables

Per 100g: Energy 195kcal, Proteins 5g, Total Fats 6.5g, Saturated 2g, Carbohydrates 27.1g, Fiber 1.5g

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

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

TUESDAY 27/05/2025

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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THURSDAY 29/05/2025

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 30/05/2025

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
Grilled Salmon w/ Herbs

Per 100g: Energy 235kcal, Proteins 23g, Total Fats 14.5g, Saturated 3.5g, Carbohydrates 0.2g, Salt 0.09g

Sides
Cauliflower

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

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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