



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

International Chau Chau Rice w/ Chicken & Vegetables

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

Vegetarian Vegetarian Pie

Per 100g: Energy 140kcal, Proteins 4.5g, Total Fats 4g, Saturated 2g, Carbohydrates 20g, Fiber 2g, Salt 0.02g

Composed Salads

Black-eyed Pea, Tuna, Tomato and Red Onion Salad Energy 163kcal, Proteins 14.5g, Total Fats 11g, Saturated 1.8g, Carbohydrates 7.2g, Fiber 3.6g, Salt 0.004g
Greek Salad Energy 117kcal, Proteins 3.6g, Total Fats 6.8g, Saturated 2.0g, Carbohydrates 9.2g, Sugars 2g, Fiber 1.7g, Salt 0.007g

Raw Salads

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;
Cucumber Energy 15kcal, Water 95g, Proteins 0.65g, Total Fats 0.11g, Saturated 0.03g, Carbohydrates 1.7g, Sugars 0.02g, Fiber 0.5g, Potassium 0.14g, Magnesium 0.08g, Calcium 0.16g;
Carrot 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;
Tomato Energy 15kcal, Water 93.5g, Proteins 0.8g, Total Fats 0.17g, Saturated 0.02g, Carbohydrates 3.1g, Sugars 2.0g, Fiber 1.2g, Potassium 0.19g, Calcium 0.6g;
Red Onion Energy 39kcal, Carbohydrates 9g, Sugars 4g, Fiber 1.3g, Proteins 0.9g, Total Fats 0.08g, Saturated 0.03g, Potassium 0.14g, Calcium 0.31g;
Mixed Leaves Energy 12kcal, Carbohydrates 3g, Proteins 2g, Fats 0, Fiber 2g, Sugars 2g, Sodium 0.6g

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 17/06/2025

Soup Cabbage & Potato

Per 100g: Energy 61kcal, Proteins 1.9g, Total Fats 19g, Saturated 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

International Turkey Roti at Low Temperature w/ Orange and Rosemary

Per 100g: Energy 110kcal, Proteins 22g, Total Fats 1.5g, Saturated 0.5g, Carbohydrates 2g, Fiber 0.5g, Salt 0.008g

Vegetarian Mushrooms, Spinach & Pevide Gratin

Per 100g: Energy 84kcal, Proteins 3g, Total Fats 1.7g, Saturated 0.5g, Carbohydrates 13g, Fiber 1.5g

Composed Salads Wild Rice w/ Carrot, Tomato, Red Onion, Cucumber & Honey Green Salad w/ Caesar Dressing

Energy 100kcal, Proteins 3g, Total Fats 0.5g, Saturated 0.2g, Carbohydrates 20g, Sugars 5g, Fiber 2g

Energy 120kcal, Proteins 2.5g, Total Fats 10g, Saturated 2g, Carbohydrates 3g, Fiber 1.5g, Salt 0.04g

Raw Salads

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; **Cucumber** Energy 15kcal, Water 95g, Proteins 0.65g, Total Fats 0.11g, Saturated 0.03g, Carbohydrates 1.7g, Sugars 0.02g, Fiber

0.5g, Potassium 0.14g, Magnesium 0.08g, Calcium, 0.16g; **Carrot** 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; **Tomato** Energy 15kcal, Water 93.5g, Proteins 0.8g, Total Fats 0.17g, Saturated 0.02g, Carbohydrates 3.1g, Sugars 2.0g, Fiber

1.2g, Potassium 0.19g, Calcium 0.6g; **Red Onion** Energy 39kcal, Carbohydrates 9g, Sugars 4g, Fiber 1.3g, Proteins 0.9g, Total Fats 0.08g, Saturated 0.03g, Potassium

0.14g, Calcium 0.31g; **Mixed Leaves** Energy 12kcal, Carbohydrates 3g, Proteins 2g, Fats 0, Fiber 2g, Sugars 2g, Sodium 0.6g

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

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

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

International Chicken Korma

Per 100g: Energy 139g, Proteins 7.3g, Total Fats 7.3g, Saturated 8.4g, Carbohydrates 5.1g, Sugars 3.5g, Fiber 3g, Sodium 0.01g

Vegetarian Broccoli, Tomato & Cheese Frittata

Per 100g: Energy 9kcal, Proteins 6g, Total Fats 5g, Saturated 2g, Carbohydrates 3g, Fiber 1g, Salt 0.02g

Composed Salads

Tomato & Mozzarella Pasta Energy 156kcal, Proteins 7g, Total Fats 9g, Saturated 3g, Carbohydrates 11g, Sugars 2g, Fiber 1.3g, Salt 0.07g

Rocket, Cherry Tomato, Ricotta & Girassol Seed Energy 120kcal, Proteins 5g, Total Fats 8g, Saturated 3g,

Carbohydrates 5g, Fiber 2g, Salt 0.02g

Raw Salads

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; **Cucumber** Energy 15kcal, "Agu 95g, Proteins 0.65g, Total Fats 0.11g, Saturated 0.03g, Carbohydrates 1.7g, Sugars 0.02g, Fiber 0.5g, Potassium

0.14g, Magnesium 0.08g, Calcium, 0.16g; **Carrot** 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; **Tomato** Energy 15kcal, Water 93.5g, Proteins 0.8g, Total Fats 0.17g, Saturated 0.02g, Carbohydrates 3.1g, Sugars 2.0g, Fiber 1.2g,

Potassium 0.19g, Calcium 0.6g; **Red Onion** Energy 39kcal, Carbohydrates 9g, Sugars 4g, Fiber 1.3g, Proteins 0.9g, Total Fats 0.08g, Saturated 0.03g, Potassium 0.14g,

Calcium 0.31g; **Mixed Leaves** Energy 12kcal, Carbohydrates 3g, Proteins 2g, Fats 0, Fiber 2g, Sugars 2g, Sodium 0.6g

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

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

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

Main Grilled Salmon w/ Herbs

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

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

Vegetarian Spinach Burger

Per 100g: Energy 176kcal, Proteins 21g, Total Fats 8.2g, Carbohydrates 3.6g

Composed Salads

Green apple, cream cheese creme

Energy 150kcal, Proteins 2g, Total Fats 12g, Saturated 6g, Carbohydrates 8g, Sugars 6g, Fiber 2g,

Salt 0.02g German Potato with Poultry Sausages

Energy 140kcal, Proteins 7g, Total Fats 8g, Saturated 3g, Carbohydrates 15g,

Sugars 3g, Fiber 2g, Salt 0.06g

Raw Salads

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; Cucumber

Energy 15kcal, Water 95g, Proteins 0.65g, Total Fats 0.11g, Saturated 0.03g, Carbohydrates 1.7g, Sugars 0.02g, Fiber 0.5g, Potassium

0.14g, Magnesium 0.08g, Calcium, 0.16g; Carrot

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; Tomato

Energy 15kcal, Water 93.5g, Proteins 0.8g, Total Fats 0.17g, Saturated 0.02g, Carbohydrates 3.1g, Sugars 2.0g, Fiber 1.2g,

Potassium 0.19g, Calcium 0.6g; Red Onion

Energy 39kcal, Carbohydrates 9g, Sugars 4g, Fiber 1.3g, Proteins 0.9g, Total Fats 0.08g, Saturated 0.03g, Potassium 0.14g,

Calcium 0.31g; Mixed Leaves

Energy 12kcal, Carbohydrates 3g, Proteins 2g, Fats 0, Fiber 2g, Sugars 2g, Sodium 0.6g

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

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