

MONDAY 23/06/2025

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 Creamy Chicken Pasta with Tomatoes & Spinach

Per 100g: Energy 120kcal, Proteins 9g, Carbohydrates 13g, Sugars 4g, Total Fats 3g, Saturated 1g, Fiber 1g, Salt 0.2g

International 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

Vegetarian Eggplant Parmigiana

Per 100g: Energy 157kcal, Carbohydrates 7.9g, Proteins 8.2g, Total Fats 9.5g, Saturated 4.5g, Fiber 3.1g, Sugars 4g

Composed Salads

Chickpea Salad w/ Tuna

Per 100g: Energy 177kcal, Protein 15g, Total Fats 9.8g, Saturated 1g, Carbohydrates 5.4g, Sugars 0.1g, Fiber 1.5g, Salt 0.4g

Greek Salad

Per 100g: Energy 117kcal, Total Fats 6.8g, Saturated 2.0g, Carbohydrates 9.2g, Sugars 2.0g, Proteins 3.6g, Fibers 1.7g, Salt 0.7g

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 **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 24/06/2025

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

International Chicken & Vegetable Curry w/ Coconut Milk

Per 100g: Energy 181kcal, Proteins 23.62g, Total Fats 8.29g, Saturated 4.77g, Carbohydrates 2.54g, Sugars 1.73g, Fiber 0.82g, Salt 0.11g

Vegetarian Soy Chili

Per 100g: Energy 102kcal, Proteins 5.6g, Total Fats 4.3g, Saturated 0.6g, Carbohydrates 7.5g, Sugars 1.8g, Fiber 2.7g, Salt 0.06g

Composed Salads

Quinoa w/ Roasted Vegetables Per 100g: Energy 127kcal, Proteins 4.99g, Total Fats 5.38g, Saturated 0.6g, Carbohydrates 15.43g, Sugars 1.8g, Fiber 2.27g, Salt 0.43g

Caesar Salad Per 100g: Energy 160kcal, Proteins 5g, Total Fats 7.7g, Saturated 2.6g, Carbohydrates 6.5g, Sugars 1.3g, Fiber 0.78g, Salt 0.03g

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

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 24/06/2025

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 Roasted Chicken Thighs w/ Lemon & Herbs

Per 100g: Energy 126kcal, Proteins 18g, Total Fats 9g, Saturated 2g, Salt 0.1g

International 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

Vegetarian Cream Cheese & Spinach Quiche

Per 100g: Energy 160kcal, Proteins 5.1g, Total Fats 12.4g, Saturated 2.2g, Carbohydrates 16g, Sugars 1.8g, Fiber 1.7g, Salt 0.4g

Composed Salads

Broccoli, Apple, Yogurt and Raisin Salad

Energy 85kcal, Proteins 2.5g, Total Fats 1.5g, Saturated 0.5g, Carbohydrates 16g,

Sugars 10g, Fiber 2.5g, Salt 0.05g

Tuna Niçoise Salad

Energy 52kcal, Proteins 3g, Total Fats 3g, Saturated 1g, Carbohydrates 4g, Fiber 1g, Salt 0.09g

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