



MONDAY 03/11/2025

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

Vegan

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; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sweet corn Per 100g, Energy (kcal): 84 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 11g Of which sugars: 6.8g Fiber: 3.1g Protein: 2.6g Salt: 0g
Cucumber Per 100g, Energy (kcal): 16 Fat (total): 0.6g Saturated Fat: 0.2g Carbohydrates (total): 1.3g Of which sugars: 1.2g Fiber: 0.7g Protein: 1g Salt: 0g
Carrot Per 100g, Energy (kcal): 35, Fat (total): 0.5g Saturated Fat: 0.2g Carbohydrates (total): 5.8g, Of which sugars: 5.4g Fiber: 2.8g, Protein: 0.5g, Salt: 0g
Tomatoes Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat: 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g Fiber: 1.3g Protein: 1.1g Salt: 0g
Red onion per 100g, Energy (kcal): 37 Fat (total): 0g Saturated fat: 0g Carbohydrates (total): 7.4g Of which sugars: 5.2g Fiber: 0.9g Protein: 1g Salt: 0g
Mixed leaves Per 100g, Energy (kcal): 29 Fat (total): 0g Saturated fat: 1g Carbohydrates (total): 2.9g Of which sugars: 1.5g Fiber: 1.3g Protein: 1.5g Salt: 0g

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 04/11/2025

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

Vegan

Mushrooms, Spinach & Pevide Gratin w/ Vegan Cheese

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

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

Green Salad w/ Caesar Dressing

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

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sweet corn Per 100g, Energy (kcal): 84 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 11g Of which sugars: 6.8g Fiber: 3.1g Protein: 2.6g Salt: 0g
Cucumber Per 100g, Energy (kcal): 16 Fat (total): 0.6g Saturated Fat: 0.2g Carbohydrates (total): 1.3g Of which sugars: 1.2g Fiber: 0.7g Protein: 1g Salt: 0g
Carrot Per 100g, Energy (kcal): 35, Fat (total): 0.5g Saturated Fat: 0.2g Carbohydrates (total): 5.8g, Of which sugars: 5.4g Fiber: 2.8g, Protein: 0.5g, Salt: 0g
Tomatoes Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat: 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g Fiber: 1.3g Protein: 1.1g Salt: 0g
Red onion per 100g, Energy (kcal): 37 Fat (total): 0g Saturated fat: 0g Carbohydrates (total): 7.4g Of which sugars: 5.2g Fiber: 0.9g Protein: 1g Salt: 0g
Mixed leaves Per 100g, Energy (kcal): 29 Fat (total): 0g Saturated fat: 1g Carbohydrates (total): 2.9g Of which sugars: 1.5g Fiber: 1.3g Protein: 1.5g Salt: 0g

Sides

Baked Potato

Energy (kcal): 172 Fat (total): 5.5g Saturated fat: 2.5g Carbohydrates (total): 28g Of which sugars: 0.8g Fiber: 4.3g Protein: 2.8g Salt: 0.5

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 05/11/2025

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

Vegan Tacos with Soy Protein, Vegan Cheese, and Guacamole

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

Composed Salads Tomato & Mozzarella Pasta Rocket, Cherry Tomato, Ricotta & Girassol Seed

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

Energy 120kcal, Proteins 5g, Total Fats 8g, Saturated 3g, Carbohydrates 5g, Fiber 2g, Salt 0.02g

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sweet corn Per 100g, Energy (kcal): 84 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 11g Of which sugars: 6.8g Fiber: 3.1g Protein: 2.6g Salt: 0g
Cucumber Per 100g, Energy (kcal): 16 Fat (total): 0.6g Saturated Fat: 0.2g Carbohydrates (total): 1.3g Of which sugars: 1.2g Fiber: 0.7g Protein: 1g Salt: 0g
Carrot Per 100g, Energy (kcal): 35, Fat (total): 0.5g Saturated Fat: 0.2g Carbohydrates (total): 5.8g, Of which sugars: 5.4g Fiber: 2.8g, Protein: 0.5g, Salt: 0g
Tomatoes Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat: 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g Fiber: 1.3g Protein: 1.1g Salt: 0g
Red onion per 100g, Energy (kcal): 37 Fat (total): 0g Saturated fat: 0g Carbohydrates (total): 7.4g Of which sugars: 5.2g Fiber: 0.9g Protein: 1g Salt: 0g
Mixed leaves Per 100g, Energy (kcal): 29 Fat (total): 0g Saturated fat: 1g Carbohydrates (total): 2.9g Of which sugars: 1.5g Fiber: 1.3g Protein: 1.5g Salt: 0g

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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THURSDAY 06/11/2025

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

International Beef Quesadillas with Cheddar Cheese

Per 100g: Energy 200kcal, Proteins 10g, Total Fats 9g, Saturated 4g, Carbohydrates 18g, Sugars 2g, Fiber 1g, Salt 0.04g

Vegan Tofu Curry with Vegetables

Per 100g: Energy 218kcal, Proteins 16.7g, Total Fats 12.4g, Saturated 2.1g, Carbohydrates 7.1g, Sugars 3.8g, Fiber 2.6g

Composed Salads Iceberg Lettuce, Boiled Egg & Cocktail SauceCocktail

Energy 150kcal, Proteins 6g, Total Fats 12g, Saturated 4g, Carbohydrates 5g, Sugars 3g, Fiber 1g, Salt 0.02g

Tomato, Red Onion, Mozzarella & Basil Salad

Energy 80kcal, Proteins 4g, Total Fats 4g, Saturated 2g, Carbohydrates 5g, Sugar~ucars 3g, Fiber 1.5g, Salt 0.01g

Sweet corn;Cucumber;Carrot;Tomato;Red Onion;Mixed Leaves

Sweet corn Per 100g, Energy (kcal): 84 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 11g Of which sugars: 6.8g Fiber: 3.1g Protein: 2.6g Salt: 0g
Cucumber Per 100g, Energy (kcal): 16 Fat (total): 0.6g Saturated Fat: 0.2g Carbohydrates (total): 1.3g Of which sugars: 1.2g Fiber: 0.7g Protein: 1g Salt: 0g
Carrot Per 100g, Energy (kcal): 35, Fat (total): 0.5g Saturated Fat: 0.2g Carbohydrates (total): 5.8g, Of which sugars: 5.4g Fiber: 2.8g, Protein: 0.5g, Salt: 0g
Tomatoes Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat: 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g Fiber: 1.3g Protein: 1.1g Salt: 0g
Red onion per 100g, Energy (kcal): 37 Fat (total): 0g Saturated fat: 0g Carbohydrates (total): 7.4g Of which sugars: 5.2g Fiber: 0.9g Protein: 1g Salt: 0g
Mixed leaves Per 100g, Energy (kcal): 29 Fat (total): 0g Saturated fat: 1g Carbohydrates (total): 2.9g Of which sugars: 1.5g Fiber: 1.3g Protein: 1.5g Salt: 0g

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 07/11/2025

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 Tofu Salad

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

Sweet corn;Cucumber;Carrot;Tomato;Red Onion;Mixed Leaves

Sweet corn Per 100g, Energy (kcal): 84 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 11g Of which sugars: 6.8g Fiber: 3.1g Protein: 2.6g Salt: 0g
Cucumber Per 100g, Energy (kcal): 16 Fat (total): 0.6g Saturated Fat: 0.2g Carbohydrates (total): 1.3g Of which sugars: 1.2g Fiber: 0.7g Protein: 1g Salt: 0g
Carrot Per 100g, Energy (kcal): 35, Fat (total): 0.5g Saturated Fat: 0.2g Carbohydrates (total): 5.8g, Of which sugars: 5.4g Fiber: 2.8g, Protein: 0.5g, Salt: 0g
Tomatoes Per 100g, Energy (kcal): 30 Fat (total): 0.5g Saturated Fat: 0.1g Carbohydrates (total): 3.6g Of which sugars: 3.6g Fiber: 1.3g Protein: 1.1g Salt: 0g
Red onion per 100g, Energy (kcal): 37 Fat (total): 0g Saturated fat: 0g Carbohydrates (total): 7.4g Of which sugars: 5.2g Fiber: 0.9g Protein: 1g Salt: 0g
Mixed leaves Per 100g, Energy (kcal): 29 Fat (total): 0g Saturated fat: 1g Carbohydrates (total): 2.9g Of which sugars: 1.5g Fiber: 1.3g Protein: 1.5g Salt: 0g

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

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 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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