

**MONDAY 10/11/2025**

**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

**Vegan**  
**Eggplant Parmigiana**

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

**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**

Energy (kcal): 64 Fat (total): 0.5g Saturated fat: 0g Carbohydrates (total): 14g of which sugars: 14g Fiber: 1.4g Protein: 0.7g

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TUESDAY 11/11/2025

**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

**Vegan**  
**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

**Guarnições**  
**Duo of Roasted Zucchini and Potato**

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**

Energy (kcal): 64 Fat (total): 0.5g Saturated fat: 0g Carbohydrates (total): 14g of which sugars: 14g Fiber: 1.4g Protein: 0.7g

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**WEDNESDAY 12/11/2025**

**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**

**Veal Pie with Mushrooms**

Per 100g: Energy 122g, Proteins 7.2g, Total Fats 4g, Saturated 1.6g, Carbohydrates 16.8g, Sugars 1g, Fiber 1g, Salt 0.3g

**Vegan**

**Chau Chau Rice w/ Tofu & Vegetables**

Per 100g: Energy 120kcal, Proteins 5g, Total Fats 3g, Saturated 0.5g, Carbohydrates 18g, Sugars 2g, Fiber 2g, Salt 0.2g

**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**

Energy (kcal): 64 Fat (total): 0.5g Saturated fat: 0g Carbohydrates (total): 14g of which sugars: 14g Fiber: 1.4g Protein: 0.7g

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THURSDAY 13/11/2025

**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**  
**Shredded Steer (pulled beef) w/ BBQ Sauce**

Per 100g: Energy 20kcal, Proteins 14g, Total Fats 10g, Saturated 3g, Carbohydrates 2g, Sugars 1g, Fiber 0.9g, Salt 0.09g

**Vegan**  
**Vegan Hummus and Cheese Pita Bread Stuffed with Broccoli and Olives**

Per 100g: Energy 252kcal, Proteins 6.5g, Total Fats 15.6g, Saturated 2.9g, Carbohydrates 17.3g, Sugars 2.2g, Fiber 5.1g, Salt 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

**Pea and Corn Mix**

Energy 79kcal, Proteins 3.83g, Total Fats 0.3g, Saturated 0.3g, Carbohydrates 16.81g, Sugars 7g, Fiber 3g, Salt 0.03g Roasted Tomato Energy 20kcal, Proteins 1.19, Total Fats 0.19, Carbohydrates 2.55g, Fiber 1.83g, Salt 0.03g

**Dessert**  
**Fruit cups**

Energy (kcal): 64 Fat (total): 0.5g Saturated fat: 0g Carbohydrates (total): 14g of which sugars: 14g Fiber: 1.4g Protein: 0.7g

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# FRIDAY 14/11/2025

## Soup Broccoli

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 Stewed Beef w/ Carrots

Per 100g: Energy 139kcal, Proteins 9.4g, Total Fats 7.4g, Saturated 2.5g, Carbohydrates 4g, Sugars 1g, Fiber 1g, Salt 0.03g

## Vegan Burritos with Soy Protein, Tomato and Avocado

Per 100g: Energy 140kcal, Proteins 6g, Total Fats 4g, Saturated 1g, Carbohydrates 20g, Fiber 2g, Salt 0.01g

## 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 Fruit cups

Energy (kcal): 64 Fat (total): 0.5g Saturated fat: 0g Carbohydrates (total): 14g of which sugars: 14g Fiber: 1.4g Protein: 0.7g

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