

MONDAY 03/11/2025

Soup
White beans
& thyme Cream

Energy (kcal): 130. Protein: 7g. Total Fat: 2g. Saturated fat: 0.3g. Carbohydrates: 20g. Sugars: 1g. Fiber: 6g. Salt: 0.3g

Main
Beef bolognese

Energy (kcal): 220. Protein: 18g. Total Fat: 14g. Saturated Fat: 5g. Carbohydrates: 8g. Sugars: 2g. Fiber: 1.5g. Salt: 0.8g

Vegan
Vegetable pie

Energy (kcal): 281 Fat (total): 20g Saturated fat: 9g Carbohydrates (total): 14g Of which sugars: 1.3g Fiber: 1.4g Protein: 10g Salt: 0.6g

Sides
Pasta

Energy (kcal): 200 Fat (total): 6.7g Saturated fat: 0.8g Carbohydrates (total): 30g Of which sugars: 1.5g Fiber: 3.4g Protein: 3.3g Salt: 0g

Roasted cauliflower and brussels sprouts

Energy (kcal): 33, Fat (total): 0.9g Saturated Fat: 0.2g Carbohydrates (total): 3.4g, of which sugars: 2.4g Fiber: 1.9g, Protein: 1.9g, Salt: 0.0g

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 04/11/2025

Soup

Kale & Potato

Energy (kcal): 48, Fat (total): 1.8g Saturated fat: 0.3g Carbohydrates (total): 5.6g, of which sugars: 1.5g Fiber: 1.1g, Protein: 1.8g, Salt: 0.5g

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

Vegano

Mushroom, Spinach & Pevide Gratin w/Vegan Cheese

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

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: 0.5g

Broccoli

Per 100g, Energy (kcal): 142 Fat (total): 0.5g Saturated fat: 0.1g Carbohydrates (total): 2.7g Of which sugars: 1.6g Fiber: 2.8g Protein: 3.3g Salt: 0g

Sweet corn

Energy (kcal): 84, Fat (total): 1.7g Saturated Fat: 0.3g Carbohydrates (total): 13g, of which sugars: 7.2g Fiber: 3.1g, Protein: 2.6g, Salt: 0

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 05/11/2025

Soup Leek cream

Energy (kcal): 60. Protein: 1.5g. Total Fat: 4g. Saturated Fat: 2g. Carbohydrates: 5g. Sugars: 2g. Fiber: 1.5g. Salt: 0.5g

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

Vegano Pasta 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

Sides Rice

Per 100g, Energy (kcal): 175, Fat (total): 2.3g Saturated Fat: 0.5g Carbohydrates (total): 35g, Of which sugars: 0g Fiber: 0.5g, Protein: 3.2g, Salt: 0g

Roasted cauliflower

Energy (kcal): 33, Fat (total): 0.9g Saturated Fat: 0.2g Carbohydrates (total): 3.4g, of which sugars: 2.4g Fiber: 1.9g, Protein: 1.9g, Salt: 0.0g

Vegetable Mix

Per 100g, Energy (kcal): 56, Fat (total): 3.2g Saturated fat: 0.23g Carbohydrates (total): 4.9g, Of which sugars: 0g Fiber: 1.7g, Protein: 1.5g, Salt: 0g

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 06/11/2025

Soup

Pumpkin Cream

Per 100g, Energy (kcal): 110 Fat (total): 1.1g Saturated fat: 5.2g Carbohydrates (total): 2.3g Of which sugars: 2g Fiber: 0.5g Protein: 1.4g Salt: 0.5g

Main

Roasted chicken legs with BBQ sauce

Per 100g, Energy (kcal): 177, Fat (total): 7.5g Saturated Fat: 2.1g Carbohydrates (total): 0g, of which sugars: 0g Fiber: 0g, Protein: 27g, Salt: 0.2g

Vegan

Tofu Curry w/ Vegetables

Energy (kcal): 139, Fat (total): 4.6g Saturated fat: 0.4g Carbohydrates (total): 16g, of which sugars: 3.8g Fiber: 2g, protein: 7.1g, salt: 0.1g

Sides

Baked potato wedges

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: 0.5g

Roasted pumpkin

Per 100g, Energy (kcal): 104, Fat (total): 0.1g Saturated fat: 0.1g Carbohydrates (total): 3.5g, Of which sugars: 1.1g Fiber: 2.8g, Protein: 1.1g, Salt: 0g

Rice

Per 100g, Energy (kcal): 175, Fat (total): 2.3g Saturated Fat: 0.5g Carbohydrates (total): 35g, Of which sugars: 0g Fiber: 0.5g, Protein: 3.2g, Salt: 0g

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 07/11/2025

Soup
Broccoli

Energy (kcal): 26 Fat (total): 0.5g Saturated fat: 0.2g Carbohydrates (total): 3.8g Of which sugars: 1.2g Fiber: 1g Protein: 1.7g Salt: 0.3g

Main
Grilled Salmon w/ Herbs

Energia (kcal): 138, Gordura (total): 4.6g Gordura saturada: 2.1g Hidratos de carbono (total): 12g, dos quais açúcares: 1.8g Fibra: 1.9g, proteína: 8g, sal: 0.5g

Vegan
Spinach Burger

Per 100g, Energy (kcal): 97 Fat (total): 1.7g Saturated fat: 0.3g Carbohydrates (total): 14g Of which sugars: 3.3g Fiber: 4g Protein: 4.5g Salt: 0.5g

Sides
Rice

Per 100g, Energy (kcal): 175, Fat (total): 2.3g Saturated Fat: 0.5g Carbohydrates (total): 35g, Of which sugars: 0g Fiber: 0.5g, Protein: 3.2g, Salt: 0g

Vegetable Mix

Per 100g, Energy (kcal): 56, Fat (total): 3.2g Saturated fat: 0.23g Carbohydrates (total): 4.9g, Of which sugars: 0g Fiber: 1.7g, Protein: 1.5g, Salt: 0g

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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