

MONDAY 24/11/2025

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

Vegan

Vegetarian Pie

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

Sides

Pasta

Per 100g: Energy 125kcal, Carbohydrates 26g, Proteins 3.54g, Total Fats 3.54g, 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

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

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

TUESDAY 25/11/2025

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

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

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

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 26/11/2025

Soup
Cauliflower Cream

Per 100g: Energy 44kcal, Proteins 1.6g, Total Fats 1.5g, Saturated 0.5g, Carbohydrates 3.3g, Fiber 1.8g, Salt 0.01g

Main
Beef Meatballs

Per 100g: Energy 180kcal, Proteins 15g, Total Fats 13g, Saturated 9g, Carbohydrates 5g, Fiber 0.8g, Sugars 1g, Salt 0.04g

Vegano
Feijoada Vegan

Energia (kcal): 45 Gordura (total): 0.7g Gordura saturada: 0.1g Hidratos de carbono (total): 5.9g Dos quais açúcares: 3.3g Fibra: 1.9g Proteína: 2.8g Sal: 0.2g

Sides
Spaghetti

Per 100g: Energy 125kcal, Carbohydrates 26g, Proteins 3.54g, Total Fats 3.54g, Saturated 0.1g, Fiber 0.91g, Salt 0.4g

Peas

Energy 81kcal, Proteins 5.4g, Total Fats 0.4g, Carbohydrates 14.4g, Fibers 5.1g, Salt 0.08g

Steamed cauliflower

Energy 16kcal, Proteins 1.2g, Total Fats 0.2g, Carbohydrates 3.4g, Fiber 1.8g, 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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THURSDAY 27/11/2025

Soup
Pea Cream

Per 100g: Energy 64kcal, Proteins 3g, Total Fats 1g, Saturated 0.5g, Carbohydrates 10g, Fiber 1.98g, Sugars 1g, Salt 0.01

International
Fish Moqueca

Per 100g: Energy 130kcal, Proteins 8.21g, Total Fats 5.39g, Saturated 2.7g, Fiber 1.4g, Salt 0.02g

Vegan
Asian Noodles w/ Vegetables

Per 100g: Energy 150kcal, Proteins 2.1g, Total Fats 0.3g, Saturated 0.6g, Carbohydrates 3.9g, Sugars 2g, Fiber 2.8g, Salt 0.1g

Sides
White 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 Sweet Potatoes

Energy 89kcal, Proteins 1.2g, Total Fats 0.3g, Carbohydrates 19.6g, Fiber 2.3g, Salt 0.04g

Zucchini

Energy 16kcal, Proteins 1.2g, Total Fats 0.18g, Carbohydrates 2g, Fiber 1g, 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 28/11/2025

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 Chicken Lasagna

Per 100g: Energy 99kcal, Proteins 7g, Total Fats 2.5g, Saturated 1.3g, Carbohydrates 9.8g, Sugars 1.7g, Fiber 1.1g, Salt 0.2g

Vegan Roasted Pumpkin Risotto

Per 100g: Energy 92g, Protein 2.9g, Total Fats 2.5g, Saturated 0.4g, Carbohydrates 13g, Sugars 0.3g, Fiber 0.87g, Salt 0.2g

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

Black Beans

Energy 62kcal, Proteins 4.48g, Total Fats 0.5g, Carbohydrates 14g, Fiber 8.4g, Salt 0.001

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

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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