

MONDAY 17/11/2025

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

International

Pasta Carbonara (w/ Chicken Ham in Cubes)

Per 100g: Energy 267kcal, Proteins 12g, Total Fats 10.5g, Saturated 2g, Carbohydrates 12g, Sugars 1g, Fiber 0.71g, Salt 0.03g

Vegan

Vegan Feijoada

Per 100g: Energy 23kcal, Proteins 1.66g, Total Fats 0.61g, Saturated 0.1g, Carbohydrates 2.75g, Fiber 1.5g, Salt 0.03g

Composed Salads

Penne, tomato cherry, mozzarella and molho pesto

Energy 180kcal, Proteins 6g, Total Fats 8g, Saturated 3g, Carbohydrates 20g, Sugars 2g, Fiber 1g, Salt 0.01g

Eggplant Caponata Caponata

Energy 40kcal, Proteins 0.8g, Total Fats 0.7g, Saturated 0.8g, Carbohydrates 4.5g, Fiber 1.9g, Salt 0.01g

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): 1.1g 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
 , Fiber 2g, Sugars 2g, Sodium 0.6g

Sides

Spaghetti

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

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

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 | 8/11/2025

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

Main Grilled Chicken

Per 100g: Energy 242g, Proteins 26g, Total Fats 15g, Saturated 3.3g, Carbohydrates 1g, Salt 0.05g, Iron 0.3g, Potassium 0.3g

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

Composed Salads Mix of Lettuce, Pineapple, Melon, Watermelon Lentils, Turkey Ham, Red Onion and Parsley

Energy 25kcal, Proteins 0.5g, Total Fats 0.1g, Carbohydrates 5g, Sugars 6g, Fiber 1g, Sodium 0.01g,

Energy 100kcal, Proteins 7g, Total Fats 1g, Saturated 0.5g, Carbohydrates 10g, Sugars 2g, Fiber 4g, Salt 0.02g

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

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 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

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 19/11/2025

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

International Grilled Veal

Per 100g: Energy 242g, Proteins 26g, Total Fats 15g, Saturated 3.3g, Carbohydrates 1g, Salt 0.05g, Iron 0.3g, Potassium 0.3g

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

Composed Salads Japanese with kale and ginger

Energy 50kcal, Proteins 1g, Total Fats 3g, Saturated 0.5g, Carbohydrates 5g, Sugars 2g, Fiber 1.5g, Salt 0.3g

Quinoa, vegetables and oranges

Energy 90kcal, Proteins 3g, Total Fats 2g, Saturated 0.5g, Carbohydrates 15g, Sugars 5g, Fiber 3g, Salt 0.05g

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 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

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 20/11/2025

Soup

Roasted carrots

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

Chicken à Brás

Per 110g: Energy 84g, Proteins 11g, Total Fats 4g, Saturated 1g, Carbohydrates 1g, Sugars 1g, Fiber 1g, Salt 0.2g

International

Pasta with creamy pesto and salmon

Per 100g: Energy 250kcal, Proteins 10g, Total Fats 12g, Saturated 3g, Carbohydrates 20g, Sugars 2g, Fiber 1g, Salt 0.2g

Vegan

Fried Tofu w/ Salteed Vegetables

Per 100g: Energy 213g, Protein 3.3g, Total Fats 12g, Saturated 2.2g, Carbohydrates 20g, Sugars 1.4g, Fiber 1.2g, Salt 0.6g

Composed Salads

Classic Potato Salad

Energy 143g, Proteins 2.68g, Total Fats 7g, Saturated 1g, Carbohydrates 11.17g, Sugars 3g, Fiber 2g, Salt 0.1g

Mix of Green Leaves w/ Avocado & Chicken

Energy 120kcal, Proteins 8g, Total Fats 6g, Saturated 1g, Carbohydrates 5g, Fiber 2g, Salt 0.1g

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

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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

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

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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FRIDAY 21/11/2025

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

International Grilled Fish w/ Herbs

Per 100g: Energy 235kcal, Proteins 23g, Total Fats 14.5g, Saturated 3.5g, Carbohydrates 0.2g, Salt 0.09g

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

Composed Salads Pasta w/ Herbs & Lemon

Energy 74kcal, Proteins 2g, Total Fats 0.5g, Carbohydrates 10g, Sugars 1g, Fiber 2g

Mexican Bean Salad

Energy 121kcal, Proteins 6.5g, Total Fats 5.26g, Saturated 1.7g, Carbohydrates 11g, Sugars 1g, Fiber 3.9g, Salt 0.04g

Raw Salads

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

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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

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

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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