



# TUESDAY 09/12/2025

## 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

## International Chicken & Vegetable Curry w/ Coconut Milk

Per 100g: Energy 181kcal, Proteins 23.62g, Total Fats 8.29g, Saturated 4.77g, Carbohydrates 2.54g, Sugars 1.73g, Fiber 0.82g, Salt 0.11g

## 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

## Composed Salads Quinoa w/ Roasted Vegetables

Per 100g: Energy 127kcal, Proteins 4.99g, Total Fats 5.38g, Saturated 0.6g, Carbohydrates 15.43g, Sugars 1.8g, Fiber 2.27g, Salt 0.43g

## Caesar Salad

Per 100g: Energy 160kcal, Proteins 5g, Total Fats 7.7g, Saturated 2.6g, Carbohydrates 6.5g, Sugars 1.3g, Fiber 0.78g, Salt 0.03g

## 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

### Duo of Roasted Zucchini

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,

### Batatas Assadas

Energia (kcal): 172 Gordura (total): 5.5g Gordura saturada: 2.5g Hidratos de carbono (total): 28g Dos quais açúcares: 0.8g Fibra: 4.3g Proteína: 2.8g Sal: 0.5g

## 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

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.



# WEDNESDAY 10/12/2025

## 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

## International

### Fish Paella with Vegetables

Per 100g: Energy 118kcal, Proteins 10.8g, Total Fats 2.6g, Saturated 1g, Carbohydrates 12.3g, Fiber 1g, Salt 0.1g

## 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

## Composed Salads

### Couscous w/ Seasonal Vegetables

Energy 147kcal, Proteins 1.76g, Total Fats 1g, Saturated 0.3g, Carbohydrates 5.13g, Sugars 1.9g, Fiber 2g, Salt 0.03g;

### Iceberg, Cheese, Tomato and Croutons

Energy 120kcal, Proteins 3g, Total Fats 5g, Saturated 2g, Carbohydrates 10g, Sugars 2g, Fiber 1.5g, 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): 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

### 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

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.



# THURSDAY | 11/12/2025

## 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

## International

### Fish Moqueca

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

## 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

## Composed Salads

### Roasted Beets & Balsamic

Energy 60kcal, Proteins 1g, Total Fats 2g, Saturated 0.5g, Carbohydrates 8g, Sugars 6g, Fiber 2g, Salt 0.01g

### Watermelon, Cucumber & Mint

Energy 20kcal, Proteins 0.8g, Carbohydrates 6g, Sugars 5g, Fiber 0.5g, 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

### 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

### Roasted Potatoes and Peas

Energia (kcal): 172 Gordura (total): 5.5g Gordura saturada: 2.5g Hidratos de carbono (total): 28g Dos quais açúcares: 0.8g Fibra: 4.3g Proteína: 2.8g Sal: 0.5g

### 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

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



# FRIDAY 12/12/2025

## 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 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 0.03

## International Pollo alla Cacciatora (Stewed Chicken w/ Peppers, Tomato and Olives)

Per 100g: Energy 224g, Proteins 19.1g, Total Fats 15.1g, Saturated 2g, Carbohydrates 1.8g, Fiber 3.5g, Salt 0.1g

## 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

## 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

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

### 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

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.