

MONDAY 09/12/2025

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

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

TUESDAY 10/12/2025

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

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 11/12/2025

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

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 12/12/2025

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

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 13/12/2025

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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