

# MONDAY 19/01/2026

**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

**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

**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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TUESDAY 20/01/2026

**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

**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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WEDNESDAY 21/01/2026

**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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THURSDAY 22/01/2026

**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

**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

**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**

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 23/01/2026

## 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 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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