

november menu

				nutrition facts				symbols			
31-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
1-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish	PUBLIC HOLIDAY									
	Side Dish										
	Vegetables										
	Dessert										
2-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Carrot Soup w/ Coriander		83,69	1,29	6,03	6,3	✓	✓	✓	✓
	Main Dish	Turkey Chilli		181,4	24,68	4,32	9,98		✓	✓	
	Secondary Dish	Paella		248,91	14,8	5,1	35,02		✓	✓	
	Vegetarian Dish	Penne w/ Roast Eggplant		373,32	11,11	9,92	57,56	✓			✓
	Side Dish	Rice		191,06	3,75	0,3	42	✓		✓	
	Vegetables	Spinach Purée		38,12	1,61	1,54	4,23	✓		✓	
	Dessert	Grapes		76,71	0,3	0,5	18,6	✓	✓	✓	
3-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup	Vegetable Soup		57,09	1,49	3,36	5,63	✓	✓	✓	✓
	Main Dish	Hake		133,73	15,74	7,08	1,71			✓	
	Secondary Dish	Turkey Roll		121,64	18,24	1,97	7,53				
	Vegetarian Dish	Spinach & Cottage Cheese Lasagna		427,74	18,44	26,91	32,5	✓			✓
	Side Dish	Mashed Potatoes		106,01	1,8	4,88	13,15	✓		✓	
	Vegetables	Carrots & Peas		66,87	4,29	2,57	6,74	✓	✓	✓	
	Dessert	Crème Brûlée		117,68	4,71	2,86	18,44	✓			✓
4-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	Bean Soup		208,89	11,98	6,63	25,15	✓	✓	✓	✓
	Main Dish	Duck Rice		289,13	14,47	6,19	42,67		✓		
	Secondary Dish	Noodles w/ Fish		314,56	20,38	12,24	29,67		✓		
	Vegetarian Dish	Vegetarian Cassoulet		154,94	8,17	3,59	22,37	✓	✓		
	Side Dish	Rice		191,06	3,75	0,3	42	✓	✓	✓	
	Vegetables	Green Beans		16,6	1,27	0,2	2,53	✓	✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
Drinks				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Only one per day	Orangeade			70,8	0,38	0,13	16,84	✓	✓	✓	
	Lemonade			83,69	0,09	0,06	21,59	✓	✓	✓	✓
	Multi-Fruit Juice			67,01	0,27	0,13	16,07	✓	✓	✓	
	Green Tea w/ Wild Berries			42,24	0	0	10,73	✓	✓	✓	✓
	Black Tea w/ Strawberries			36,14	0,1	0,07	8,84	✓	✓	✓	✓
	Pineapple and Lime Tea			42,24	0	0	10,73	✓	✓	✓	✓
Available every day	Water			0	0	0	0	✓	✓	✓	

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				nutrition facts				symbols			
7-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	Zucchini Soup		62,73	2,22	4,55	3,36	✓	✓	✓	✓
	Main Dish	Fish Sticks		146,95	8,82	5,58	14,69		✓		
	Secondary Dish	Turkey Roll		121,64	18,24	1,97	7,53				
	Vegeterian Dish	Scrambled Eggs		103,58	5,97	8,5	0,83	✓		✓	
	Side Dish	Rice		191,06	3,75	0,3	42	✓	✓	✓	
	Vegetables	Broccoli		24,6	1,86	0,06	3,24	✓	✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
8-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Pumpkin Soup		81,11	1,18	1,68	9,29	✓	✓	✓	✓
	Main Dish	Chicken Lasagna		405,1	28,8	16,48	40,69				
	Secondary Dish	Russian Salad w/ Tuna		417,61	22,5	22,87	28,48			✓	
	Vegeterian Dish	Penne w/ Roast Eggplant		373,32	11,11	9,92	57,56	✓			✓
	Side Dish	Included		0	0	0	0		✓	✓	
	Vegetables	Salad Buffet		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Banana & Strawberry Mousse		145,58	3,2	5,89	19,8	✓			✓
9-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Cauliflower & Coriander Soup		53,08	4,15	1,42	5,14	✓	✓	✓	✓
	Main Dish	Tuna Pizza w/Eggs		318,5	18,1	13,4	30,32				
	Secondary Dish	Chicken Teriyaki		119,42	19,05	1,12	8,45		✓		✓
	Vegeterian Dish	Couscous w/ Roast Vegetables		320,83	10,74	12,17	44,55	✓			✓
	Side Dish	Rice		191,06	3,75	0,3	42	✓	✓	✓	
	Vegetables	Greek Vegetables		26,99	0,71	2,06	1,42	✓	✓	✓	
	Dessert	Strawberry Jello		8,65	1,44	0,1	0,77		✓	✓	✓
10-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup										
	Main Dish										
	Secondary Dish										
	Vegeterian Dish	HALF DAY									
	Side Dish										
	Vegetables										
	Dessert										
11-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	Chicken Soup w/ Noodles		74,5	5,45	2,04	8,45		✓		
	Main Dish	Hake		133,73	15,74	7,08	1,71			✓	
	Secondary Dish	Chicken Drumsticks		383,44	75,55	8,43	1,36		✓	✓	
	Vegeterian Dish	Czech Fuzilli (Fuzilli w/ Mozzarella Cheese & Basil)		456,19	19,17	20,44	49,65	✓			✓
	Side Dish	Mashed Potatoes		106,01	1,8	4,88	13,15	✓		✓	
	Vegetables	Carrots & Peas		66,87	4,29	2,57	6,74	✓	✓	✓	
	Dessert	Crème Brûlée		117,68	4,71	2,86	18,44	✓			✓
Drinks				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Only one per day	Orangeade			70,8	0,38	0,13	16,84	✓	✓	✓	
	Lemonade			83,69	0,09	0,06	21,59	✓	✓	✓	✓
	Multi-Fruit Juice			67,01	0,27	0,13	16,07	✓	✓	✓	
	Green Tea w/ Wild Berries			42,24	0	0	10,73	✓	✓	✓	✓
	Black Tea w/ Strawberries			36,14	0,1	0,07	8,84	✓	✓	✓	✓
	Pineapple and Lime Tea			42,24	0	0	10,73	✓	✓	✓	✓
Available every day		Water		0	0	0	0	✓	✓	✓	

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				nutrition facts				symbols			
14-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	Carrot Soup w/ Coriander		83,69	1,29	6,03	6,3	✓	✓	✓	✓
	Main Dish	Chicken Stroganoff		103,3	15,43	3,6	2,11		✓		✓
	Secondary Dish	Fuzilli w/ Shrimps & Watercress Pesto		384,26	17,23	11,88	52,82				✓
	Vegeterian Dish	Scrambled Eggs		103,58	5,97	8,5	0,83	✓		✓	
	Side Dish	Rice		191,06	3,75	0,3	42	✓	✓	✓	
	Vegetables	Greek Vegetables		26,99	0,71	2,06	1,42	✓	✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
15-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Zucchini Soup		62,73	2,22	4,55	3,36	✓	✓	✓	✓
	Main Dish	Noodles w/ Fish		314,56	20,38	12,24	29,67		✓		
	Secondary Dish	Chicken Hamburger		116,36	13,73	4,97	4,06		✓		
	Vegeterian Dish	Couscous w/ Roast Vegetables		320,83	10,74	12,17	44,55	✓			✓
	Side Dish	Pasta		198,35	6,59	0,82	39,67	✓	✓		
	Vegetables	Stewed Peas		87,95	3,07	6,01	5,16	✓	✓	✓	
	Dessert	Banana & Strawberry Mousse		145,58	3,2	5,89	19,8	✓			✓
16-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Chickpea Soup		141,71	7,17	6,02	14,54	✓	✓	✓	✓
	Main Dish	Penne w/ Chicken & Cherry Tomatoes		427,86	21,16	10,4	60,28		✓		✓
	Secondary Dish	Black-Eyed Beans Salad w/ Tuna		314,51	23,56	11,92	27,49		✓	✓	
	Vegeterian Dish	Broccoli Salad w/ Eggs & Curry Sauce		180,92	12,6	6,33	16,44	✓		✓	✓
	Side Dish	Pasta		198,35	6,59	0,82	39,67	✓	✓		
	Vegetables	Green Beans		16,6	1,27	0,2	2,53	✓	✓	✓	
	Dessert	Grapes		76,71	0,3	0,5	18,6	✓	✓	✓	
17-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup	Green Bean Soup		50,37	2,29	2,7	4,06	✓	✓	✓	✓
	Main Dish	Turkey Ham & Mushrooms Pizza		256,31	13,98	8,36	30,57				
	Secondary Dish	Squid w/ Pink Sauce		97,01	6,81	6,7	2,2		✓	✓	
	Vegeterian Dish	Czech Fuzilli (Fuzilli w/ Mozzarella Cheese & Basil)		456,19	19,17	20,44	49,65	✓			✓
	Side Dish	Rice		191,06	3,75	0,3	42	✓	✓	✓	
	Vegetables	Salad Buffet		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Crème Brûlée		117,68	4,71	2,86	18,44	✓			✓
18-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	Cauliflower & Coriander Soup		53,08	4,15	1,42	5,14	✓	✓	✓	✓
	Main Dish	Shepherd's Pie w/ Hake		226,62	8,98	11,75	20,32			✓	
	Secondary Dish	Veal Hamburger		203,18	26,78	10,41	0,48		✓		
	Vegeterian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)		281,82	7,19	6,84	49,73	✓	✓		✓
	Side Dish	Noisette Potatoes		235,2	4,2	9,6	31,2	✓	✓	✓	
	Vegetables	Carrot Purée		43,5	0,66	3,54	2,34	✓		✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
Drinks				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Only one per day	Orangeade			70,8	0,38	0,13	16,84	✓	✓	✓	
	Lemonade			83,69	0,09	0,06	21,59	✓	✓	✓	✓
	Multi-Fruit Juice			67,01	0,27	0,13	16,07	✓	✓	✓	
	Green Tea w/ Wild Berries			42,24	0	0	10,73	✓	✓	✓	✓
	Black Tea w/ Strawberries			36,14	0,1	0,07	8,84	✓	✓	✓	✓
	Pineapple and Lime Tea			42,24	0	0	10,73	✓	✓	✓	✓
Available every day		Water		0	0	0	0	✓	✓	✓	

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				nutrition facts				symbols			
21-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	Chickpea Soup		141,71	7,17	6,02	14,54	✓	✓	✓	✓
	Main Dish	Veal Hamburger		203,18	26,78	10,41	0,48		✓		
	Secondary Dish	Penne w/ Salmon Stroganoff		469,88	15,13	19,78	56,68		✓		✓
	Vegeterian Dish	Vegetarian Cassoulet		154,94	8,17	3,59	22,37	✓	✓		
	Side Dish	Dark Rice		177,34	3,45	2,29	34,68	✓	✓		
	Vegetables	Carrot Purée		43,5	0,66	3,54	2,34	✓		✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
22-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Watercress Soup		42,9	1,69	2,55	3,28	✓	✓	✓	✓
	Main Dish	Shepherd's Pie w/ Hake		226,62	8,98	11,75	20,32			✓	
	Secondary Dish	Turkey Steak w/ Cream		134,01	15,2	7,46	1,43			✓	
	Vegeterian Dish	Peas w/ Boiled Eggs		197,34	18,15	8,85	11,25	✓	✓	✓	
	Side Dish	Rice		191,06	3,75	0,3	42	✓	✓	✓	
	Vegetables	Spinach Purée		38,12	1,61	1,54	4,23	✓		✓	
	Dessert	Mango Mousse		112,03	2,59	4,32	15,18	✓		✓	
23-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Pumpkin Soup		81,11	1,18	1,68	9,29	✓	✓	✓	✓
	Main Dish	Turkey Roll w/ Egg		186,76	22,9	6,99	7,89				
	Secondary Dish	Sushi		242,06	8,93	7,97	33,16				✓
	Vegeterian Dish	Penne w/ Roast Eggplant		373,32	11,11	9,92	57,56	✓			✓
	Side Dish	Mashed Potatoes		106,01	1,8	4,88	13,15	✓		✓	
	Vegetables	Greek Vegetables		26,99	0,71	2,06	1,42	✓	✓	✓	
	Dessert	Pumpkin Cake		137,79	2,09	4,49	22,42	✓	✓		
24-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup			0	0	0	0		✓	✓	
	Main Dish			0	0	0	0		✓	✓	
	Secondary Dish			0	0	0	0		✓	✓	
	Vegeterian Dish	Thanksgiving		0	0	0	0		✓	✓	
	Side Dish			0	0	0	0		✓	✓	
	Vegetables			0	0	0	0		✓	✓	
	Dessert			0	0	0	0		✓	✓	
25-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup			0	0	0	0		✓	✓	
	Main Dish			0	0	0	0		✓	✓	
	Secondary Dish			0	0	0	0		✓	✓	
	Vegeterian Dish	Thanksgiving		0	0	0	0		✓	✓	
	Side Dish			0	0	0	0		✓	✓	
	Vegetables			0	0	0	0		✓	✓	
	Dessert			0	0	0	0		✓	✓	
Drinks				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Only one per day	Orangeade			70,8	0,38	0,13	16,84	✓	✓	✓	
	Lemonade			83,69	0,09	0,06	21,59	✓	✓	✓	✓
	Multi-Fruit Juice			67,01	0,27	0,13	16,07	✓	✓	✓	
	Green Tea w/ Wild Berries			42,24	0	0	10,73	✓	✓	✓	✓
	Black Tea w/ Strawberries			36,14	0,1	0,07	8,84	✓	✓	✓	✓
	Pineapple and Lime Tea			42,24	0	0	10,73	✓	✓	✓	✓
Available every day		Water		0	0	0	0	✓	✓	✓	

november menu

				nutrition facts				symbols			
28-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	Vegetable Soup		57,09	1,49	3,36	5,63	✓	✓	✓	✓
	Main Dish	Veal Meatballs		221,79	14,7	16,34	3,06		✓		
	Secondary Dish	Paella		248,91	14,8	5,1	35,02		✓	✓	
	Vegeterian Dish	Quinoa Salad w/ Roast Pumpkin		266,76	7,97	7,47	37,03	✓			✓
	Side Dish	Mashed Potatoes		106,01	1,8	4,88	13,15	✓		✓	
	Vegetables	Broccoli		24,6	1,86	0,06	3,24	✓	✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
29-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Chicken Soup w/ Noodles		74,5	5,45	2,04	8,45		✓		
	Main Dish	Fuzilli w/ Hake Bolognaise		313,99	15,49	6,06	49,72		✓		✓
	Secondary Dish	Chicken Teriyaki		119,42	19,05	1,12	8,45		✓		✓
	Vegeterian Dish	Pizza Margherita		261,09	10,56	11,36	28,42	✓			
	Side Dish	Rice		191,06	3,75	0,3	42	✓	✓	✓	
	Vegetables	Teriyaki Vegetables		58,29	0,75	5,34	2,01	✓	✓		
	Dessert	Strawberry Jello		8,65	1,44	0,1	0,77		✓	✓	✓
30-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Broccoli Soup		93,5	3,39	5,49	6,27	✓	✓	✓	✓
	Main Dish	Duck Rice		289,13	14,47	6,19	42,67		✓		
	Secondary Dish	Russian Salad w/ Tuna		417,61	22,5	22,87	28,48			✓	
	Vegeterian Dish	Spinach & Cottage Cheese Lasagna		427,74	18,44	26,91	32,5	✓			✓
	Side Dish	Included		0	0	0	0		✓	✓	
	Vegetables	Salad Buffet		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Yogurt Cake		186,62	3,61	5,34	30,86	✓			
1-Dec				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup										
	Main Dish										
	Secondary Dish										
	Vegeterian Dish										
	Side Dish										
	Vegetables										
	Dessert										
2-Dec				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup										
	Main Dish										
	Secondary Dish										
	Vegeterian Dish										
	Side Dish										
	Vegetables										
	Dessert										
Drinks				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Only one per day	Orangeade			70,8	0,38	0,13	16,84	✓	✓	✓	
	Lemonade			83,69	0,09	0,06	21,59	✓	✓	✓	✓
	Multi-Fruit Juice			67,01	0,27	0,13	16,07	✓	✓	✓	
	Green Tea w/ Wild Berries			42,24	0	0	10,73	✓	✓	✓	✓
	Black Tea w/ Strawberries			36,14	0,1	0,07	8,84	✓	✓	✓	✓
	Pineapple and Lime Tea			42,24	0	0	10,73	✓	✓	✓	✓
Available every day	Water			0	0	0	0	✓	✓	✓	