

Menu

Monday	
Soup	Zucchini Soup
Main Dish	Chicken Drumsticks
Secondary Dish	Potato Salad w/ Cod
Vegetarian Dish	Mexican Bowl w/ Seitan
Side Dish	Roast Sweet Potatoes
Vegetables	Spinach Purée
Dessert	Fruit

Monday	
Soup	Spinach Soup
Main Dish	Brazilian Rumpsteak
Secondary Dish	Spaghetti w/ Salmon, Arugula & Tomato Sauce
Vegetarian Dish	Vegetarian Enchilada
Side Dish	Noisette Potatoes
Vegetables	Green Beans
Dessert	Fruit

Monday	
Soup	Green Bean Soup
Main Dish	Veal Bolognese Lasagna
Secondary Dish	Fish w/ Cheese Sauce
Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato
Side Dish	Mashed Potatoes
Vegetables	Broccoli
Dessert	Fruit

Monday	
Soup	Zucchini Soup
Main Dish	Chicken Drumsticks
Secondary Dish	Potato Salad w/ Cod
Vegetarian Dish	Mexican Bowl w/ Seitan
Side Dish	Roast Sweet Potatoes
Vegetables	Spinach Purée
Dessert	Fruit

Monday	
Soup	Spinach Soup
Main Dish	Brazilian Rumpsteak
Secondary Dish	Spaghetti w/ Salmon, Arugula & Tomato Sauce
Vegetarian Dish	Vegetarian Enchilada
Side Dish	Noisette Potatoes
Vegetables	Green Beans
Dessert	Fruit

Monday	
Soup	Green Bean Soup
Main Dish	Veal Bolognese Lasagna
Secondary Dish	Fish w/ Cheese Sauce
Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato
Side Dish	Mashed Potatoes
Vegetables	Broccoli
Dessert	Fruit

Monday	
Soup	Zucchini Soup
Main Dish	Chicken Drumsticks
Secondary Dish	Potato Salad w/ Cod
Vegetarian Dish	Mexican Bowl w/ Seitan
Side Dish	Roast Sweet Potatoes
Vegetables	Spinach Purée
Dessert	Fruit

Monday	
Soup	Spinach Soup
Main Dish	Brazilian Rumpsteak
Secondary Dish	Spaghetti w/ Salmon, Arugula & Tomato Sauce
Vegetarian Dish	Vegetarian Enchilada
Side Dish	Noisette Potatoes
Vegetables	Green Beans
Dessert	Fruit

Monday	
Soup	Green Bean Soup
Main Dish	Veal Bolognese Lasagna
Secondary Dish	Fish w/ Cheese Sauce
Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato
Side Dish	Mashed Potatoes
Vegetables	Broccoli
Dessert	Fruit

Tuesday	
Soup	Chicken Soup w/ Noodles
Main Dish	Tuna Rice
Secondary Dish	Rigattoni w/ Chicken, Tomato & Feta
Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis
Side Dish	Included
Vegetables	roast Zucchini
Dessert	Fruit

Tuesday	
Soup	Pumpkin Soup
Main Dish	Codfish w/ Cream
Secondary Dish	Chicken Scallops
Vegetarian Dish	Lentils w/ Tofu & Mushrooms
Side Dish	White Rice
Vegetables	Carrot Purée
Dessert	Fruit

Tuesday	
Soup	Vegetables Soup
Main Dish	Penne w/ Salmon Strogonoff
Secondary Dish	Chicken Scallops
Vegetarian Dish	Eggmuffin
Side Dish	White Rice
Vegetables	Greek Vegetables
Dessert	Fruit

Tuesday	
Soup	Chicken Soup w/ Noodles
Main Dish	Tuna Rice
Secondary Dish	Rigattoni w/ Chicken, Tomato & Feta
Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis
Side Dish	Included
Vegetables	roast Zucchini
Dessert	Fruit

Tuesday	
Soup	Pumpkin Soup
Main Dish	Codfish w/ Cream
Secondary Dish	Chicken Scallops
Vegetarian Dish	Lentils w/ Tofu & Mushrooms
Side Dish	White Rice
Vegetables	Carrot Purée
Dessert	Fruit

Tuesday	
Soup	Vegetables Soup
Main Dish	Penne w/ Salmon Strogonoff
Secondary Dish	Chicken Steak w/ Mustard
Vegetarian Dish	Eggmuffin
Side Dish	White Rice
Vegetables	Greek Vegetables
Dessert	Fruit

Tuesday	
Soup	Chicken Soup w/ Noodles
Main Dish	Tuna Rice
Secondary Dish	Rigattoni w/ Chicken, Tomato & Feta
Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis
Side Dish	Included
Vegetables	roast Zucchini
Dessert	Fruit

Tuesday	
Soup	Pumpkin Soup
Main Dish	Codfish w/ Cream
Secondary Dish	Chicken Scallops
Vegetarian Dish	Lentils w/ Tofu & Mushrooms
Side Dish	White Rice
Vegetables	Carrot Purée
Dessert	Fruit

Tuesday	
Soup	Vegetables Soup
Main Dish	Penne w/ Salmon Strogonoff
Secondary Dish	Chicken Steak w/ Mustard
Vegetarian Dish	Eggmuffin
Side Dish	White Rice
Vegetables	Greek Vegetables
Dessert	Fruit

Wednesday	
Soup	Red Bean Soup
Main Dish	Turkey Steak w/Cream
Secondary Dish	Fish Lasagna
Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
Side Dish	Rice Noodles
Vegetables	Boiled Chinese Vegetables
Dessert	Strawberry Jelly

Wednesday	
Soup	Broccoli Soup
Main Dish	Turkey Ham & Mushrooms Pizza
Secondary Dish	Tricolor Spaghetti w/ Tuna
Vegetarian Dish	Chickpeas w/ Pumpkin Curry
Side Dish	White Rice
Vegetables	Greek Salad
Dessert	Mango Mousse

Wednesday	
Soup	Carrot Soup w/ Coriander
Main Dish	Duck Rice
Secondary Dish	Tuna w/ Eggs Pizza
Vegetarian Dish	Vegetarian "Meatballs"
Side Dish	Pasta
Vegetables	Stewed Peas
Dessert	Banana & Strawberry Mousse

Wednesday	
Soup	Red Bean Soup
Main Dish	Turkey Steak w/Cream
Secondary Dish	Fish Lasagna
Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
Side Dish	Rice Noodles
Vegetables	Boiled Chinese Vegetables
Dessert	Strawberry Jelly

Wednesday	
Soup	
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

Wednesday	
Soup	Carrot Soup w/ Coriander
Main Dish	Duck Rice
Secondary Dish	Tuna w/ Eggs Pizza
Vegetarian Dish	Vegetarian "Meatballs"
Side Dish	Pasta
Vegetables	Stewed Peas
Dessert	Banana & Strawberry Mousse

Wednesday	
Soup	Red Bean Soup
Main Dish	Turkey Steak w/Cream
Secondary Dish	Fish Lasagna
Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
Side Dish	Rice Noodles
Vegetables	Boiled Chinese Vegetables
Dessert	Strawberry Jelly

Wednesday	
Soup	Broccoli Soup
Main Dish	Turkey Ham & Mushrooms Pizza
Secondary Dish	Tricolor Spaghetti w/ Tuna
Vegetarian Dish	Chickpeas w/ Pumpkin Curry
Side Dish	White Rice
Vegetables	Greek Salad
Dessert	Mango Mousse

Wednesday	
Soup	Carrot Soup w/ Coriander
Main Dish	Duck Rice
Secondary Dish	Tuna w/ Eggs Pizza
Vegetarian Dish	Vegetarian "Meatballs"
Side Dish	Pasta
Vegetables	Stewed Peas
Dessert	Banana & Strawberry Mousse

Thursday	
Soup	Watercress Soup
Main Dish	Hake Fillets
Secondary Dish	Typical Dish
Vegetarian Dish	Spinach & Cottage Cheese Lasagna
Side Dish	Mashed Potatoes
Vegetables	roast Carrot
Dessert	Fruit

Thursday	
Soup	Cauliflower & Coriander Soup
Main Dish	Portuguese roast Fish
Secondary Dish	Chicken Strogonoff
Vegetarian Dish	Typical Dish
Side Dish	Mashed Potatoes
Vegetables	roast Pumpkin
Dessert	Fruit

Thursday	
Soup	Chickpea Soup
Main Dish	Fish Fingers
Secondary Dish	Typical Dish
Vegetarian Dish	Vegetarian Chilli
Side Dish	White Rice
Vegetables	Carrot & Peas
Dessert	Fruit

Thursday	
Soup	Watercress Soup
Main Dish	Hake Fillets
Secondary Dish	Typical Dish
Vegetarian Dish	Spinach & Cottage Cheese Lasagna
Side Dish	Mashed Potatoes
Vegetables	roast Carrot
Dessert	Fruit

Thursday	
Soup	Cauliflower & Coriander Soup
Main Dish	Portuguese roast Fish
Secondary Dish	Chicken Strogonoff
Vegetarian Dish	Typical Dish
Side Dish	Mashed Potatoes
Vegetables	roast Pumpkin
Dessert	Fruit

Thursday	
Soup	Chickpea Soup
Main Dish	Fish Fingers
Secondary Dish	Typical Dish
Vegetarian Dish	Vegetarian Chilli
Side Dish	White Rice
Vegetables	Carrot & Peas
Dessert	Fruit

Thursday	
Soup	Watercress Soup
Main Dish	Hake Fillets
Secondary Dish	Typical Dish
Vegetarian Dish	Spinach & Cottage Cheese Lasagna
Side Dish	Mashed Potatoes
Vegetables	roast Carrot
Dessert	Fruit

Thursday	
Soup	Cauliflower & Coriander Soup
Main Dish	Portuguese roast Fish
Secondary Dish	Typical Dish
Vegetarian Dish	Tofu w/ Corn Bread and Coriander
Side Dish	Mashed Potatoes
Vegetables	roast Pumpkin
Dessert	Fruit

Thursday	
Soup	Chickpea Soup
Main Dish	Fish Fingers
Secondary Dish	Mac & Cheese
Vegetarian Dish	Typical Dish
Side Dish	White Rice
Vegetables	Carrot & Peas
Dessert	Fruit

Friday	
Soup	Carrot Soup w/ Coriander
Main Dish	Veal Meatballs
Secondary Dish	Codfish w/ Corn Bread and Potatoes
Vegetarian Dish	Margherita Pizza
Side Dish	Carrot Rice
Vegetables	Boiled Cauliflower
Dessert	Fruit

Friday	
Soup	Lentils Soup
Main Dish	Bolognese
Secondary Dish	Hake and Tomato Moqueca
Vegetarian Dish	Vegetarian Moussaka
Side Dish	White Rice
Vegetables	roast Carrot
Dessert	Fruit

Friday	
Soup	White Bean Soup
Main Dish	Veal Hamburger
Secondary Dish	Codfish w/ Potatoes, Egg and Green Beans (Gomes de Sá)
Vegetarian Dish	Vegetarian Cassoulet
Side Dish	Noisette Potatoes
Vegetables	roast Pumpkin
Dessert	Fruit

Friday	
Soup	Carrot Soup w/ Coriander
Main Dish	Veal Meatballs
Secondary Dish	Codfish w/ Corn Bread and Potatoes
Vegetarian Dish	Margherita Pizza
Side Dish	Carrot Rice
Vegetables	Boiled Cauliflower
Dessert	Fruit

Friday	
Soup	Lentils Soup
Main Dish	Bolognese
Secondary Dish	Hake and Tomato Moqueca
Vegetarian Dish	Vegetarian Moussaka
Side Dish	White Rice
Vegetables	roast Carrot
Dessert	Fruit

Friday	
Soup	White Bean Soup
Main Dish	Veal Hamburger
Secondary Dish	Codfish w/ Potatoes, Egg and Green Beans (Gomes de Sá)
Vegetarian Dish	Vegetarian Cassoulet
Side Dish	Noisette Potatoes
Vegetables	roast Pumpkin
Dessert	Fruit

Friday	
Soup	Carrot Soup w/ Coriander
Main Dish	Veal Meatballs
Secondary Dish	Codfish w/ Corn Bread and Potatoes
Vegetarian Dish	Margherita Pizza
Side Dish	Carrot Rice
Vegetables	Boiled Cauliflower
Dessert	Fruit

Friday	
Soup	Lentils Soup
Main Dish	Bolognese
Secondary Dish	Hake and Tomato Moqueca
Vegetarian Dish	Vegetarian Moussaka
Side Dish	White Rice
Vegetables	roast Carrot
Dessert	Fruit

Friday	
Soup	White Bean Soup
Main Dish	Veal Hamburger
Secondary Dish	Codfish w/ Potatoes, Egg and Green Beans (Gomes de Sá)
Vegetarian Dish	Vegetarian Cassoulet
Side Dish	Noisette Potatoes
Vegetables	roast Pumpkin
Dessert	Fruit

January Menu

				nutrition facts				symbols			
				VE	Prot (gr)	Lip (gr)	HC (gr)	veg	semi-vegetarian	semi-plant	Go Natural Recipe
29-Jan				Contains the following allergens:							
Monday	Soup	Zucchini Soup			50	1,78	3,64	2,69	✓	✓	✓
	Main Dish	Chicken Drumsticks			588	54,43	39,81	1,83			
	Secondary Dish	Potato Salad w/ Cod	3 5		421	36,18	16,05	32,27		✓	
	Vegetarian Dish	Mexican Bowl w/ Seitan	2	7	390	24,46	12,01	42,78	✓	✓	✓
	Side Dish	Roast Sweet Potatoes			1	0,05	0,04	0,32		✓	
	Vegetables	Spinach Purée	1		38	1,61	1,54	4,23		✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	
30-Jan				Contains the following allergens:							
Tuesday	Soup	Chicken Soup w/ Noodles	2		60	4,36	1,63	6,76		✓	
	Main Dish	Tuna Rice		5	276	16,06	13,80	20,61		✓	✓
	Secondary Dish	Rigattoni w/ Chicken, Tomato & Feta	1 2		548	33,30	16,55	63,91			✓
	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis	1 2	12	304	12,26	17,26	24,03	✓		
	Side Dish	Included			0	0,00	0,00	0,00		✓	
	Vegetables	roast Zucchini			55	0,90	5,17	1,19		✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	
31-Jan				Contains the following allergens:							
Wednesday	Soup	Red Bean Soup			61	4,48	0,83	8,74	✓	✓	✓
	Main Dish	Turkey Steak w/Cream		7	143	23,89	4,74	0,99		✓	
	Secondary Dish	Fish Lasagna	1 2 3 5		316	22,16	15,79	20,87			
	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)		11 7	284	7,45	6,82	50,01	✓	✓	✓
	Side Dish	Rice Noodles			147	2,90	0,41	33,21		✓	
	Vegetables	Boiled Chinese Vegetables			21	1,56	0,16	2,76		✓	
	Dessert	Strawberry Jelly			9	1,44	0,10	0,77		✓	
1-Feb				Contains the following allergens:							
Thursday	Soup	Watercress Soup			35	1,52	2,09	2,64	✓	✓	✓
	Main Dish	Hake Fillets	2 5		218	13,00	12,00	14,00		✓	
	Secondary Dish	Tipical Dish			0	0,00	0,00	0,00		✓	
	Vegetarian Dish	Spinach & Cottage Cheese Lasagna	1 2 3		319	13,74	21,43	17,46	✓		✓
	Side Dish	Mashed Potatoes			108	1,75	3,49	16,58		✓	
	Vegetables	roast Carrot			42	0,36	3,40	2,54		✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	
2-Feb				Contains the following allergens:							
Friday	Soup	Carrot Soup w/ Coriander			67	1,04	4,82	5,08	✓	✓	✓
	Main Dish	Veal Meatballs	2		222	14,70	16,34	3,06		✓	
	Secondary Dish	Codfish w/ Corn Bread and Potatoes	2 3 12 5 7		351	24,42	12,18	35,32		✓	
	Vegetarian Dish	Margherita Pizza	1 2		261	10,56	11,36	28,42	✓		
	Side Dish	Carrot Rice			173	3,26	1,61	35,42		✓	
	Vegetables	Boiled Cauliflower			19	1,74	0,54	1,26		✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	

We use only vegetable cream because they have 30% less fat than those of animal origin

The allergens mentioned above refer to:

1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

February Menu

nutrition facts

symbols

5-Feb			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Monday	Soup	Spinach Soup		38	1,75	2,26	2,81	✓	✓	✓	✓
	Main Dish	Brazilian Rumpsteak		233	31,46	11,83	0,30		✓	✓	
	Secondary Dish	Spaghetti w/ Salmon, Arugula & Tomato S	2 5	592	21,13	22,70	73,06		✓		✓
	Vegetarian Dish	Vegetarian Enchilada	1 2 7	418	28,85	13,31	40,67	✓			✓
	Side Dish	Noisette Potatoes		235	4,20	9,60	31,20		✓	✓	
	Vegetables	Green Beans		17	1,27	0,20	2,53		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

6-Feb			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Tuesday	Soup	Pumpkin Soup		33	0,46	2,33	2,55	✓	✓	✓	✓
	Main Dish	Codfish w/ Cream	1 2 5 7	227	15,14	9,72	19,38				
	Secondary Dish	Chicken Scallops	2 3 12 7	481	18,82	1,10	7,00		✓		
	Vegetarian Dish	Lentils w/ Tofu & Mushrooms		190	9,37	10,04	13,99	✓	✓	✓	
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Carrot Purée	1 7	36	0,63	2,76	2,23			✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

7-Feb			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Wednesday	Soup	Broccoli Soup		75	2,73	4,39	5,05	✓	✓	✓	✓
	Main Dish	Turkey Ham & Mushrooms Pizza	1 2 7	256	13,98	8,36	30,57				
	Secondary Dish	Tricolor Spaghetti w/ Tuna	2 5 13	519	26,53	19,97	57,23		✓		
	Vegetarian Dish	Chickpeas w/ Pumpkin Curry		224	10,42	10,24	22,56	✓	✓	✓	✓
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Greek Salad	1 13 7	51	1,41	4,34	1,61			✓	
	Dessert	Mango Mousse		91	2,98	2,12	14,48			✓	

8-Feb			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Thursday	Soup	Cauliflower & Coriander Soup		43	3,38	1,15	4,15	✓	✓	✓	✓
	Main Dish	Portuguese roast Fish	5	99	11,49	5,29	1,00		✓	✓	
	Secondary Dish	Chicken Stroganoff	2 10 7	148	25,50	4,10	2,11		✓		✓
	Vegetarian Dish	Typical Dish		0	0,00	0,00	0,00		✓	✓	
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		✓	✓	
	Vegetables	roast Pumpkin		12	0,18	0,79	1,02		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

9-Feb			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Friday	Soup	Lentils Soup		60	3,06	2,08	6,81	✓	✓	✓	✓
	Main Dish	Bolognaise		44	1,10	2,89	3,21		✓	✓	
	Secondary Dish	Hake and Tomato Moqueca	5	272	21,23	13,85	15,05		✓	✓	✓
	Vegetarian Dish	Vegetarian Moussaka	1 2 7	405	32,15	16,56	27,65	✓			✓
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	roast Carrot		42	0,36	3,40	2,54		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

We use only vegetable cream because they have 30% less fat than those of animal origin

The allergens mentioned above refer to:

1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

February Menu

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19-Feb			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	Green Bean Soup		41	1,90	2,17	3,37	✓	✓	✓	✓
	Main Dish	Veal Bolognaise Lasagna	1 2 3	479	26,34	28,73	26,68				
	Secondary Dish	Fish w/ Cheese Sauce	1 5 7	185	23,58	9,44	1,22			✓	
	Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato	1 2	485	25,05	13,78	63,84	✓			✓
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		✓	✓	
	Vegetables	Broccoli		25	1,86	0,06	3,24		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

20-Feb			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Vegetables Soup		14	0,90	0,50	1,49	✓	✓	✓	✓
	Main Dish	Penne w/ Salmon Strogonoff	2 5 7 10	592	19,79	26,03	67,12		✓		✓
	Secondary Dish	Chicken Steak w/ Mustard	1 2 10 7	229	30,30	10,72	2,78				
	Vegetarian Dish	Eggmuffin	3 7	144	9,64	9,96	3,03	✓	✓	✓	
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Greek Vegetables		27	0,71	2,06	1,42		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

21-Feb			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Carrot Soup w/ Coriander		67	1,04	4,82	5,08	✓	✓	✓	✓
	Main Dish	Duck Rice	7	271	13,42	6,03	39,52		✓	✓	
	Secondary Dish	Tuna w/ Eggs Pizza	1 2 3 5	319	18,10	13,40	30,32				
	Vegetarian Dish	Vegetarian "Meatballs"	2 3 7	155	9,78	9,18	4,56	✓	✓		✓
	Side Dish	Pasta	2	198	6,59	0,82	39,67		✓		
	Vegetables	Stewed Peas		88	3,07	6,01	5,16		✓	✓	
	Dessert	Banana & Strawberry Mousse	1 2 12	146	3,20	5,89	19,80				

22-Feb			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup	Chickpea Soup		130	6,87	5,10	13,89	✓	✓	✓	✓
	Main Dish	Fish Fingers	2 5	147	8,82	5,58	14,69		✓		
	Secondary Dish	Typical Dish		0	0,00	0,00	0,00		✓	✓	
	Vegetarian Dish	Vegetarian Chilli	7	281	20,88	8,80	27,53	✓	✓	✓	
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Carrot & Peas		67	4,29	2,57	6,74		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

23-Feb			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	White Bean Soup		97	5,82	2,31	12,90	✓	✓	✓	✓
	Main Dish	Veal Hamburger	2 7 10	220	17,09	14,12	5,87		✓		
	Secondary Dish	Codfish w/ Potatoes, Egg and Green Beans (Gome	3 5 13	263	23,42	8,16	23,31		✓	✓	
	Vegetarian Dish	Vegetarian Cassoulet		116	6,52	3,48	14,44	✓	✓	✓	✓
	Side Dish	Noisette Potatoes		235	4,20	9,60	31,20		✓	✓	
	Vegetables	roast Pumpkin		12	0,18	0,79	1,02		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

We use only vegetable cream because they have 30% less fat than those of animal origin

The allergens mentioned above refer to:

1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

February Menu

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26-Feb			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Monday	Soup	Zucchini Soup		50	1,78	3,64	2,69	✓	✓	✓	✓
	Main Dish	Chicken Drumsticks		588	54,43	39,81	1,83		✓	✓	
	Secondary Dish	Potato Salad w/ Cod	3 5	421	36,18	16,05	32,27		✓	✓	
	Vegetarian Dish	Mexican Bowl w/ Seitan	2 7	390	24,46	12,01	42,78	✓	✓		✓
	Side Dish	Roast Sweet Potatoes		1	0,05	0,04	0,32		✓	✓	
	Vegetables	Spinach Purée	1	38	1,61	1,54	4,23			✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

27-Feb			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Tuesday	Soup	Chicken Soup w/ Noodles	2	60	4,36	1,63	6,76		✓		
	Main Dish	Tuna Rice	5	276	16,06	13,80	20,61		✓	✓	✓
	Secondary Dish	Rigattonni w/ Chicken, Tomato & F	1 2	548	33,30	16,55	63,91				✓
	Vegetarian Dish	Mushrooms and Tomato Sauce Gr	1 2 12	304	12,26	17,26	24,03	✓			
	Side Dish	Included		0	0,00	0,00	0,00		✓	✓	
	Vegetables	roast Zuchinni		55	0,90	5,17	1,19		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

28-Feb			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Wednesday	Soup	Red Bean Soup		61	4,48	0,83	8,74	✓	✓	✓	✓
	Main Dish	Turkey Steak w/Cream	7	143	23,89	4,74	0,99		✓	✓	
	Secondary Dish	Fish Lasagna	1 2 3 5	316	22,16	15,79	20,87				
	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Ve	11 7	284	7,45	6,82	50,01	✓	✓	✓	✓
	Side Dish	Rice Noodles		147	2,90	0,41	33,21		✓	✓	
	Vegetables	Boiled Chinese Vegetables		21	1,56	0,16	2,76		✓	✓	
	Dessert	Strawberry Jelly		9	1,44	0,10	0,77		✓	✓	

29-Feb			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Thursday	Soup	Watercress Soup		35	1,52	2,09	2,64	✓	✓	✓	✓
	Main Dish	Hake Fillets	2 5	218	13,00	12,00	14,00		✓		
	Secondary Dish	Tipical Dish		0	0,00	0,00	0,00		✓	✓	
	Vegetarian Dish	Spinach & Cottage Cheese Lasagn	1 2 3	319	13,74	21,43	17,46	✓			✓
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		✓	✓	
	Vegetables	roast Carrot		42	0,36	3,40	2,54		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

1-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Friday	Soup	Carrot Soup w/ Coriander		67	1,04	4,82	5,08	✓	✓	✓	✓
	Main Dish	Veal Meatballs	2	222	14,70	16,34	3,06		✓		
	Secondary Dish	Codfish w/ Corn Bread and Potatoes	2 3 5 7	351	24,42	12,18	35,32		✓		
	Vegetarian Dish	Margherita Pizza	1 2	261	10,56	11,36	28,42	✓			
	Side Dish	Carrot Rice		173	3,26	1,61	35,42		✓	✓	
	Vegetables	Boiled Cauliflower		19	1,74	0,54	1,26		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

We use only vegetable cream because they have 30% less fat than those of animal origin

The allergens mentioned above refer to:

1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

March Menu

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4-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Monday	Soup	Spinach Soup		38	1,75	2,26	2,81	✓	✓	✓	✓
	Main Dish	Brazilian Rumpsteak		233	31,46	11,83	0,30		✓	✓	
	Secondary Dish	Spaghetti w/ Salmon, Arugula & Toma	2 5	592	21,13	22,70	73,06		✓		✓
	Vegetarian Dish	Vegetarian Enchilada	1 2 7	418	28,85	13,31	40,67	✓			✓
	Side Dish	Noisette Potatoes		235	4,20	9,60	31,20		✓	✓	
	Vegetables	Green Beans		17	1,27	0,20	2,53		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

5-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Tuesday	Soup	Pumpkin Soup		33	0,46	2,33	2,55	✓	✓	✓	✓
	Main Dish	Codfish w/ Cream	1 2 5 7	227	15,14	9,72	19,38				
	Secondary Dish	Chicken Scallops	2 3 12 7	481	18,82	1,10	7,00		✓		
	Vegetarian Dish	Lentils w/ Tofu & Mushrooms		190	9,37	10,04	13,99	✓	✓	✓	
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Carrot Purée	1 7	36	0,63	2,76	2,23			✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

6-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Wednesday	Soup	PARENT-TEATCHER MEETINGS									
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										

7-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Thursday	Soup	Cauliflower & Coriander Soup		43	3,38	1,15	4,15	✓	✓	✓	✓
	Main Dish	Portuguese roast Fish	5	99	11,49	5,29	1,00		✓	✓	
	Secondary Dish	Chicken Strogonoff	2 10 7	148	25,50	4,10	2,11		✓		✓
	Vegetarian Dish	Tipical Dish		0	0,00	0,00	0,00		✓	✓	
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		✓	✓	
	Vegetables	roast Pumpkin		12	0,18	0,79	1,02		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

8-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Friday	Soup	Lentills Soup		60	3,06	2,08	6,81	✓	✓	✓	✓
	Main Dish	Bolognaise		44	1,10	2,89	3,21		✓	✓	
	Secondary Dish	Hake and Tomato Moqueca	5	272	21,23	13,85	15,05		✓	✓	✓
	Vegetarian Dish	Vegetarian Moussaka	1 2 7	405	32,15	16,56	27,65	✓			✓
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	roast Carrot		42	0,36	3,40	2,54		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

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The allergens mentioned above refer to:

- 1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

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11-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Monday	Soup	Green Bean Soup		41	1,90	2,17	3,37				
	Main Dish	Veal Bolognaise Lasagna	1 2 3	479	26,34	28,73	26,68				
	Secondary Dish	Fish w/ Cheese Sauce	1 5 7	185	23,58	9,44	1,22				
	Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato	1 2	485	25,05	13,78	63,84				
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58				
	Vegetables	Broccoli		25	1,86	0,06	3,24				
	Dessert	Fruit		98	0,34	0,86	23,05				
12-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Tuesday	Soup	Vegetables Soup		14	0,90	0,50	1,49				
	Main Dish	Penne w/ Salmon Strogonoff	2 5 7 10	592	19,79	26,03	67,12				
	Secondary Dish	Chicken Steak w/ Mustard	1 2 7 10	229	30,30	10,72	2,78				
	Vegetarian Dish	Eggmuffin	3 7	144	9,64	9,96	3,03				
	Side Dish	White Rice		140	2,75	0,22	30,76				
	Vegetables	Greek Vegetables		27	0,71	2,06	1,42				
	Dessert	Fruit		98	0,34	0,86	23,05				
13-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Wednesday	Soup	Carrot Soup w/ Coriander		67	1,04	4,82	5,08				
	Main Dish	Duck Rice	7	271	13,42	6,03	39,52				
	Secondary Dish	Tuna w/ Eggs Pizza	1 2 3 5	319	18,10	13,40	30,32				
	Vegetarian Dish	Vegetarian "Meatballs"	2 3 7	155	9,78	9,18	4,56				
	Side Dish	Pasta	2	198	6,59	0,82	39,67				
	Vegetables	Stewed Peas		88	3,07	6,01	5,16				
	Dessert	Banana & Strawberry Mousse	1 2 12	146	3,20	5,89	19,80				
14-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Thursday	Soup	Chickpea Soup		130	6,87	5,10	13,89				
	Main Dish	Fish Fingers	2 5	147	8,82	5,58	14,69				
	Secondary Dish	Typical Dish		0	0,00	0,00	0,00				
	Vegetarian Dish	Vegetarian Chilli	7	281	20,88	8,80	27,53				
	Side Dish	White Rice		140	2,75	0,22	30,76				
	Vegetables	Carrot & Peas		67	4,29	2,57	6,74				
	Dessert	Fruit		98	0,34	0,86	23,05				
15-Mar			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)				Go Natural Recipe
Friday	Soup	White Bean Soup		97	5,82	2,31	12,90				
	Main Dish	Veal Hamburger	2 7 10	220	17,09	14,12	5,87				
	Secondary Dish	Codfish w/ Potatoes, Egg and Green Beans (Gomes de S	3 5 13	263	23,42	8,16	23,31				
	Vegetarian Dish	Vegetarian Cassoulet		116	6,52	3,48	14,44				
	Side Dish	Noisette Potatoes		235	4,20	9,60	31,20				
	Vegetables	roast Pumpkin		12	0,18	0,79	1,02				
	Dessert	Fruit		98	0,34	0,86	23,05				

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18-Mar			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	Sem lactose	Sem gluten	Go Natural
Monday	Soup	Zucchini Soup		50	1,78	3,64	2,69	✓	✓	✓	✓
	Main Dish	Chicken Drumsticks		588	54,43	39,81	1,83		✓	✓	
	Secondary Dish	Potato Salad w/ Cod	3 5	421	36,18	16,05	32,27		✓	✓	
	Vegetarian Dish	Mexican Bowl w/ Seitan	2 7	390	24,46	12,01	42,78	✓	✓		✓
	Side Dish	Roast Sweet Potatoes		1	0,05	0,04	0,32		✓	✓	
	Vegetables	Spinach Purée	1	38	1,61	1,54	4,23			✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

19-Mar			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	Sem lactose	Sem gluten	Go Natural
Tuesday	Soup	Chicken Soup w/ Noodles	2	60	4,36	1,63	6,76		✓		
	Main Dish	Tuna Rice	5	276	16,06	13,80	20,61		✓	✓	✓
	Secondary Dish	Rigattoni w/ Chicken, Tomato & Feta	1 2	548	33,30	16,55	63,91				✓
	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchi	1 2 12	304	12,26	17,26	24,03	✓			
	Side Dish	Included		0	0,00	0,00	0,00		✓	✓	
	Vegetables	roast Zuchinni		55	0,90	5,17	1,19		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

20-Mar			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	Sem lactose	Sem gluten	Go Natural
Wednesday	Soup	Red Bean Soup		61	4,48	0,83	8,74	✓	✓	✓	✓
	Main Dish	Turkey Steak w/Cream	7	143	23,89	4,74	0,99		✓	✓	
	Secondary Dish	Fish Lasagna	1 2 3 5	316	22,16	15,79	20,87				
	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetab	11 7	284	7,45	6,82	50,01	✓	✓	✓	✓
	Side Dish	Rice Noodles		147	2,90	0,41	33,21		✓	✓	
	Vegetables	Boiled Chinese Vegetables		21	1,56	0,16	2,76		✓	✓	
	Dessert	Strawberry Jelly		9	1,44	0,10	0,77		✓	✓	

21-Mar			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	Sem lactose	Sem gluten	Go Natural
Thursday	Soup	Watercress Soup		35	1,52	2,09	2,64	✓	✓	✓	✓
	Main Dish	Hake Fillets	2 5	218	13,00	12,00	14,00		✓		
	Secondary Dish	Tipical Dish		0	0,00	0,00	0,00		✓	✓	
	Vegetarian Dish	Spinach & Cottage Cheese Lasagna	1 2 3	319	13,74	21,43	17,46	✓			✓
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		✓	✓	
	Vegetables	roast Carrot		42	0,36	3,40	2,54		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

22-Mar			Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	Sem lactose	Sem gluten	Go Natural
Friday	Soup	Carrot Soup w/ Coriander		67	1,04	4,82	5,08	✓	✓	✓	✓
	Main Dish	Veal Meatballs	2 12	222	14,70	16,34	3,06		✓		
	Secondary Dish	Codfish w/ Corn Bread and Potatoes	2 3 5 7	351	24,42	12,18	35,32		✓		
	Vegetarian Dish	Margherita Pizza	1 2	261	10,56	11,36	28,42	✓			
	Side Dish	Carrot Rice		173	3,26	1,61	35,42		✓	✓	
	Vegetables	Boiled Cauliflower		19	1,74	0,54	1,26		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

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The allergens mentioned above refer to:

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April Menu

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8-Apr			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	Spinach Soup		38	1,75	2,26	2,81	✓	✓	✓	✓
	Main Dish	Brazilian Rumpsteak		233	31,46	11,83	0,30		✓	✓	
	Secondary Dish	Spaghetti w/ Salmon, Arugula & Tomato Sauce	2 5	592	21,13	22,70	73,06		✓		✓
	Vegetarian Dish	Vegetarian Enchilada	1 2 7	418	28,85	13,31	40,67	✓			✓
	Side Dish	Noisette Potatoes		235	4,20	9,60	31,20		✓	✓	
	Vegetables	Green Beans		17	1,27	0,20	2,53		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

9-Apr			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Pumpkin Soup		33	0,46	2,33	2,55	✓	✓	✓	✓
	Main Dish	Codfish w/ Cream	1 2 5 7	227	15,14	9,72	19,38				
	Secondary Dish	Chicken Scallops	2 3 12 7	481	18,82	1,10	7,00		✓		
	Vegetarian Dish	Lentils w/ Tofu & Mushrooms		190	9,37	10,04	13,99	✓	✓	✓	
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Carrot Purée	1 7	36	0,63	2,76	2,23			✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

10-Apr			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Broccoli Soup		75	2,73	4,39	5,05	✓	✓	✓	✓
	Main Dish	Turkey Ham & Mushrooms Pizza	1 2 7	256	13,98	8,36	30,57				
	Secondary Dish	Tricolor Spaghetti w/ Tuna	2 5 13	519	26,53	19,97	57,23		✓		
	Vegetarian Dish	Chickpeas w/ Pumpkin Curry		224	10,42	10,24	22,56	✓	✓	✓	✓
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	Greek Salad	1 13	51	1,41	4,34	1,61			✓	
	Dessert	Mango Mousse	1 7	91	2,98	2,12	14,48			✓	

11-Apr			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup	Cauliflower & Coriander Soup		43	3,38	1,15	4,15	✓	✓	✓	✓
	Main Dish	Portuguese roast Fish	5	99	11,49	5,29	1,00		✓	✓	
	Secondary Dish	Typical Dish		0	0,00	0,00	0,00		✓	✓	
	Vegetarian Dish	Tofu w/ Corn Bread and Coriander	8 2 11 7	320	13,96	15,50	30,35	✓	✓		✓
	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		✓	✓	
	Vegetables	roast Pumpkin		12	0,18	0,79	1,02		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

12-Apr			Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	Lentils Soup		60	3,06	2,08	6,81	✓	✓	✓	✓
	Main Dish	Bolognaise		44	1,10	2,89	3,21		✓	✓	
	Secondary Dish	Hake and Tomato Moqueca	5	272	21,23	13,85	15,05		✓	✓	✓
	Vegetarian Dish	Vegetarian Moussaka	1 2 7 8	405	32,15	16,56	27,65	✓			✓
	Side Dish	White Rice		140	2,75	0,22	30,76		✓	✓	
	Vegetables	roast Carrot		42	0,36	3,40	2,54		✓	✓	
	Dessert	Fruit		98	0,34	0,86	23,05		✓	✓	

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1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks

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15-Apr				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Monday	Soup	Green Bean Soup			41	1,90	2,17	3,37	✓	✓	✓	✓
	Main Dish	Veal Bolognaise Lasagna	1 2 3		479	26,34	28,73	26,68				
	Secondary Dish	Fish w/ Cheese Sauce	1 5 7		185	23,58	9,44	1,22			✓	
	Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry	1 2		485	25,05	13,78	63,84	✓			✓
	Side Dish	Mashed Potatoes			108	1,75	3,49	16,58		✓	✓	
	Vegetables	Broccoli			25	1,86	0,06	3,24		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

16-Apr				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Tuesday	Soup	Vegetables Soup			14	0,90	0,50	1,49	✓	✓	✓	✓
	Main Dish	Penne w/ Salmon Strogonoff	2 5 7		592	19,79	26,03	67,12		✓		✓
	Secondary Dish	Chicken Steak w/ Mustard	1 2 10 7		229	30,30	10,72	2,78				
	Vegetarian Dish	Eggmuffin	3 7		144	9,64	9,96	3,03	✓	✓	✓	
	Side Dish	White Rice			140	2,75	0,22	30,76		✓	✓	
	Vegetables	Greek Vegetables			27	0,71	2,06	1,42		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

17-Apr				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Wednesday	Soup	Carrot Soup w/ Coriander			67	1,04	4,82	5,08	✓	✓	✓	✓
	Main Dish	Duck Rice		7	271	13,42	6,03	39,52		✓	✓	
	Secondary Dish	Tuna w/ Eggs Pizza	1 2 3 5		319	18,10	13,40	30,32				
	Vegetarian Dish	Vegetarian "Meatballs"	2 3 7		155	9,78	9,18	4,56	✓	✓		✓
	Side Dish	Pasta	2		198	6,59	0,82	39,67		✓		
	Vegetables	Stewed Peas			88	3,07	6,01	5,16		✓	✓	
	Dessert	Banana & Strawberry Mousse	1 2 12		146	3,20	5,89	19,80				

18-Apr				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Thursday	Soup	Chickpea Soup			130	6,87	5,10	13,89	✓	✓	✓	✓
	Main Dish	Fish Fingers	2 5		147	8,82	5,58	14,69		✓		
	Secondary Dish	Mac & Cheese	1 2 7		594	34,43	22,25	62,54				✓
	Vegetarian Dish	Tipical Dish			0	0,00	0,00	0,00		✓	✓	
	Side Dish	White Rice			140	2,75	0,22	30,76		✓	✓	
	Vegetables	Carrot & Peas			67	4,29	2,57	6,74		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

19-Apr				Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	sem lactose	sem gluten	Go Natural
Friday	Soup	White Bean Soup			97	5,82	2,31	12,90	✓	✓	✓	✓
	Main Dish	Veal Hamburger	2 7		220	17,09	14,12	5,87		✓		
	Secondary Dish	Codfish w/ Potatoes, Egg and Gree	3 5 13		263	23,42	8,16	23,31		✓	✓	
	Vegetarian Dish	Vegetarian Cassoulet			116	6,52	3,48	14,44	✓	✓	✓	✓
	Side Dish	Noisette Potatoes			235	4,20	9,60	31,20		✓	✓	
	Vegetables	roast Pumpkin			12	0,18	0,79	1,02		✓	✓	
	Dessert	Fruit			98	0,34	0,86	23,05		✓	✓	

We use only vegetable cream because they have 30% less fat than those of animal origin

The allergens mentioned above refer to:

1) Milk, 2) Gluten, 3) Egg, 4) Crustaceans, 5) Fish, 6) Peanuts, 7) Soybeans, 8) Nuts, 9) Celery, 10) Mustard, 11) Sesame, 12) Sulfur dioxide and sulphites, 13) Lupine, 14) Mollusks