



					Menu				
	Monday		Tuesday		Wednesday		Thursday		Friday
Soup	Zucchini Soup	Soup	Chicken Soup w/ Noodles	Soup	Red Bean Soup	Soup	Watercress Soup	Soup	Carrot Soup w/ Coriander
Main Dish	Chicken Drumsticks	Main Dish	Tuna Rice	Main Dish	Turkey Steak w/Cream	Main Dish	Hake Fillets	Main Dish	Veal Meatballs
Secondary Dish Vegetarian Dish	Potato Salad w/ Cod Mexican Bowl w/ Seitan	Secondary Dish Vegetarian Dish	Rigatonni w/ Chicken, Tomato & Feta Mushrooms and Tomato Sauce Gnocchis	Secondary Dish Vegetarian Dish	Fish Lasagna Pad Thai (Rice Noodles w/ Thai Vegetables)	Secondary Dish Vegetarian Dish	Tipical Dish Spinach & Cottage Cheese Lasagna	Secondary Dish Vegetarian Dish	Codfish w/ Corn Bread and Potatoes Margherita Pizza
Side Dish	Roast Sweet Potatoes	Side Dish	Included	Side Dish	Rice Noodles	Side Dish	Mashed Potatoes	Side Dish	Carrot Rice
Vegetables	Spinach Purée	Vegetables	roast Zuchinni	Vegetables	Boiled Chinese Vegetables	Vegetables	roast Carrot	Vegetables	Boiled Cauliflower
Dessert	Fruit	Dessert	Fruit	Dessert	Strawberry Jelly	Dessert	Fruit	Dessert	Fruit
	Monday		Tuesday		Wednesday		Thursday		Friday
Soup	Spinach Soup	Soup	Pumpkin Soup	Soup	Broccoli Soup	Soup	Cauliflower & Coriander Soup	Soup	Lentills Soup
Main Dish	Brazilian Rumpsteak	Main Dish	Codfish w/ Cream	Main Dish	Turkey Ham & Mushrooms Pizza	Main Dish	Portuguese roast Fish	Main Dish	Bolognaise
Secondary Dish Vegetarian Dish	Spaghetti w/ Salmon, Arugula & Tomato Sauce Vegetarian Enchilada	Secondary Dish Vegetarian Dish	Chicken Scallops Lentils w/ Tofu & Mushrooms	Secondary Dish Vegetarian Dish	Tricolor Spaghetti w/ Tuna Chickpeas w/ Pumpkin Curry	Secondary Dish Vegetarian Dish	Chicken Strogonoff Tipical Dish	Secondary Dish Vegetarian Dish	Hake and Tomato Moqueca Vegetarian Moussaka
Side Dish	Noisette Potatoes	Side Dish	White Rice	Side Dish	White Rice	b Side Dish	Mashed Potatoes	ර් Side Dish	White Rice
Vegetables	Green Beans	Vegetables	Carrot Purée	Vegetables	Greek Salad	Vegetables	roast Pumpkin	Vegetables	roast Carrot
Dessert	Fruit	Dessert	Fruit	Dessert	Mango Mousse	Dessert	Fruit	Dessert	Fruit
	Monday		Tuesday		Wednesday		Thursday		Friday
Soup	Green Bean Soup	Soup	Vegetables Soup	Soup	Carrot Soup w/ Coriander	Soup	Chickpea Soup	Soup	White Bean Soup
Main Dish	Veal Bolognaise Lasagna	Main Dish	Penne w/ Salmon Strogonoff Chicken Steak w/ Mustard	Main Dish	Duck Rice	Main Dish	Fish Fingers	Main Dish	Veal Hamburger
Secondary Dish Vegetarian Dish	Fish w/ Cheese Sauce Fusilli w/ 3 Cheese & Dried Cherry Tomato	Secondary Dish Vegetarian Dish	Eggmuffin	Secondary Dish Vegetarian Dish	Tuna w/ Eggs Pizza Vegetarian "Meatballs"	Secondary Dish Vegetarian Dish	Tipical Dish Vegetarian Chilli	Secondary Dish Vegetarian Dish	Codfish w/ Potatoes, Egg and Green Beans (Gome Vegetarian Cassoulet
Side Dish	Mashed Potatoes	Side Dish	White Rice	Side Dish	Pasta	Side Dish	White Rice	Side Dish	Noisette Potatoes
Vegetables	Broccoli	Vegetables	Greek Vegetables	Vegetables	Stewed Peas	Vegetables	Carrot & Peas	Vegetables	roast Pumpkin
Dessert	Fruit	Dessert	Fruit	Dessert	Banana & Strawberry Mousse	Dessert	Fruit	Dessert	Fruit
	Monday		Tuesday		Wednesday		Thursday		Friday
Soup	Zucchini Soup	Soup	Chicken Soup w/ Noodles	Soup	Red Bean Soup	Soup	Watercress Soup	Soup	Carrot Soup w/ Coriander
Main Dish Secondary Dish	Chicken Drumsticks Potato Salad w/ Cod	Main Dish Secondary Dish	Tuna Rice Rigatonni w/ Chicken, Tomato & Feta	Main Dish Secondary Dish	Turkey Steak w/Cream Fish Lasagna	Main Dish Secondary Dish	Hake Fillets Tipical Dish	Main Dish  Secondary Dish	Veal Meatballs Codfish w/ Corn Bread and Potatoes
Vegetarian Dish	Mexican Bowl w/ Seitan	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis	Secondary Dish Vegetarian Dish Side Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)	Vegetarian Dish	Spinach & Cottage Cheese Lasagna	Vegetarian Dish	Margherita Pizza
Side Dish	Roast Sweet Potatoes	Side Dish	Included	Side Dish	Rice Noodles	Side Dish	Mashed Potatoes	Side Dish	Carrot Rice
Vegetables	Spinach Purée	Vegetables	roast Zuchinni	Vegetables	Boiled Chinese Vegetables	Vegetables	roast Carrot	Vegetables	Boiled Cauliflower
Dessert	Fruit	Dessert	Fruit	Dessert	Strawberry Jelly	Dessert	Fruit	Dessert	Fruit
	Monday		Tuesday		Wednesday		Thursday		Friday
Soup	Spinach Soup	Soup	Pumpkin Soup	Soup		Soup	Cauliflower & Coriander Soup	Soup	Lentills Soup
Main Dish Secondary Dish	Brazilian Rumpsteak	Main Dish	Codfish w/ Cream	Main Dish Secondary Dish		Main Dish Secondary Dish	Portuguese roast Fish Chicken Strogonoff	Main Dish Secondary Dish	Bolognaise
Vegetarian Dish	Spaghetti w/ Salmon, Arugula & Tomato Sauce Vegetarian Enchilada	Secondary Dish Vegetarian Dish	Chicken Scallops Lentils w/ Tofu & Mushrooms	Vegetarian Dish	PARENT-TEATCHER MEETINGS	Vegetarian Dish	Tipical Dish	Vegetarian Dish	Hake and Tomato Moqueca Vegetarian Moussaka
Side Dish	Noisette Potatoes	Side Dish	White Rice	Side Dish	PARENT-TEATCHER WILE TINGS	Side Dish	Mashed Potatoes	Side Dish	White Rice
Vegetables	Green Beans	Vegetables	Carrot Purée	Vegetables		Vegetables	roast Pumpkin	Vegetables	roast Carrot
Dessert	Fruit	Dessert	Fruit	Dessert		Dessert	Fruit	Dessert	Fruit
	Monday		Tuesday		Wednesday		Thursday		Friday
Soup	Green Bean Soup	Soup	Vegetables Soup	Soup	Carrot Soup w/ Coriander	Soup	Chickpea Soup	Soup	White Bean Soup
Main Dish Secondary Dish	Veal Bolognaise Lasagna Fish w/ Cheese Sauce	Main Dish ☐ Secondary Dish	Penne w/ Salmon Strogonoff Chicken Steak w/ Mustard	Main Dish  Recondary Dish	Duck Rice Tuna w/ Eggs Pizza	Main Dish  Secondary Dish	Fish Fingers Tipical Dish	Main Dish  Recondary Dish	Veal Hamburger Codfish w/ Potatoes, Egg and Green Beans (Gome
Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato	Vegetarian Dish	Eggmuffin	Vegetarian Dish	Vegetarian "Meatballs"	Vegetarian Dish	Vegetarian Chilli	Vegetarian Dish	Vegetarian Cassoulet
Side Dish	Mashed Potatoes	Side Dish	White Rice	Side Dish	Pasta	5 Side Dish	White Rice	Side Dish	Noisette Potatoes
Vegetables	Broccoli	Vegetables	Greek Vegetables	Vegetables	Stewed Peas	Vegetables	Carrot & Peas	Vegetables	roast Pumpkin
Dessert	Fruit	Dessert	Fruit	Dessert	Banana & Strawberry Mousse	Dessert	Fruit	Dessert	Fruit
	Monday		Tuesday		Wednesday		Thursday		Friday
Soup	Zucchini Soup	Soup	Chicken Soup w/ Noodles	Soup	Red Bean Soup	Soup	Watercress Soup	Soup	Carrot Soup w/ Coriander
Main Dish Secondary Dish	Chicken Drumsticks Potato Salad w/ Cod	Main Dish Secondary Dish	Tuna Rice Rigatonni w/ Chicken, Tomato & Feta	Main Dish Secondary Dish	Turkey Steak w/Cream Fish Lasagna	Main Dish Secondary Dish	Hake Fillets Tipical Dish	Main Dish Secondary Dish	Veal Meatballs Codfish w/ Corn Bread and Potatoes
Vegetarian Dish	Mexican Bowl w/ Seitan	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)	Vegetarian Dish	Spinach & Cottage Cheese Lasagna	Vegetarian Dish	Margherita Pizza
Side Dish	Roast Sweet Potatoes	Side Dish	Included	Side Dish	Rice Noodles	Side Dish	Mashed Potatoes	ର୍ଷ Side Dish	Carrot Rice
Vegetables	Spinach Purée	Vegetables	roast Zuchinni	Vegetables	Boiled Chinese Vegetables	Vegetables	roast Carrot	Vegetables	Boiled Cauliflower
Dessert	Fruit	Dessert	Fruit	Dessert	Strawberry Jelly	Dessert	Fruit	Dessert	Fruit
	Monday		Tuesday		Wednesday		Thursday		Friday
Soup	Spinach Soup	Soup	Pumpkin Soup	Soup	Broccoli Soup	Soup	Cauliflower & Coriander Soup	Soup	Lentills Soup
Main Dish Secondary Dish	Brazilian Rumpsteak Spaghetti w/ Salmon, Arugula & Tomato Sauce	Main Dish  Secondary Dish	Codfish w/ Cream Chicken Scallops	Main Dish Secondary Dish	Turkey Ham & Mushrooms Pizza Tricolor Spaghetti w/ Tuna	Main Dish	Portuguese roast Fish Tipical Dish	Main Dish Secondary Dish	Bolognaise Hake and Tomato Moqueca
Vegetarian Dish	Vegetarian Enchilada	Vegetarian Dish	Lentils w/ Tofu & Mushrooms	Secondary Dish Vegetarian Dish	Chickpeas w/ Pumpkin Curry	Secondary Dish Vegetarian Dish	Tofu w/ Corn Bread and Coriander	Yegetarian Dish	Vegetarian Moussaka
Side Dish	Noisette Potatoes	ත් Side Dish	White Rice	Side Dish	White Rice	Side Dish	Mashed Potatoes	Side Dish	White Rice
Vegetables	Green Beans	Vegetables	Carrot Purée	Vegetables	Greek Salad	Vegetables	roast Pumpkin	Vegetables	roast Carrot
Dessert	Fruit	Dessert	Fruit	Dessert	Mango Mousse	Dessert	Fruit	Dessert	Fruit
	Monday		Tuesday		Wednesday		Thursday		Friday
Soup	Green Bean Soup	Soup	Vegetables Soup	Soup	Carrot Soup w/ Coriander	Soup	Chickpea Soup	Soup	White Bean Soup
Main Dish Secondary Dish	Veal Bolognaise Lasagna Fish w/ Cheese Sauce	Main Dish Secondary Dish	Penne w/ Salmon Strogonoff Chicken Steak w/ Mustard	Main Dish Secondary Dish	Duck Rice	Main Dish Secondary Dish	Fish Fingers	Main Dish Secondary Dish	Veal Hamburger Codfish w/ Potatoes, Egg and Green Beans (Gome
Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato	Secondary Dish  Vegetarian Dish	Eggmuffin	Secondary Dish  Vegetarian Dish	Tuna w/ Eggs Pizza Vegetarian "Meatballs"	Secondary Dish  Vegetarian Dish	Mac & Cheese Tipical Dish	Vegetarian Dish	Vegetarian Cassoulet
Side Dish	Mashed Potatoes	Side Dish	White Rice	Side Dish	Pasta	Side Dish	White Rice	Side Dish	Noisette Potatoes
Vegetables	Broccoli	Vegetables	Greek Vegetables	Vegetables	Stewed Peas	Vegetables	Carrot & Peas	Vegetables	roast Pumpkin
Dessert	Fruit	Dessert	Fruit	Dessert	Banana & Strawberry Mousse	Dessert	Fruit	Dessert	Fruit
We use only vegetable c	cream because they have 30% less fat than those of animal origin								





#### January Menu

		nutrition facts						symbols					
		29-Jan	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	Sent	Go Natura		
	Soup	Zucchini Soup		50	1,78	3,64	2,69	~	~	~	~		
	Main Dish	Chicken Drumsticks		588	54,43	39,81	1,83		~	v			
lay	Secundary 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	~	~		~		
Ĭ	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		~	v			

		30-Jan	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg (Sem	sem	Go Natural Recipe
	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	~	v	•
ž	Secundary Dish	Rigatonni w/ Chicken, Tomato & Feta	1 2	548	33,30	16,55	63,91			~
Tuesday	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis	1 2	304	12,26	17,26	24,03	~		
2	Side Dish	Included		0	0,00	0,00	0,00	<b>~</b>	v	
	Vegetables	roast Zuchinni		55	0,90	5,17	1,19	~	v	
	Dessert	Fruit		98	0,34	0,86	23,05	•	v	

		31-Jan	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem ginten	Go Natural Recipe
	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		~	~	
Wednesday	Secundary Dish	Fish Lasagna	1 2 3 5	316	22,16	15,79	20,87				
nes	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)	11 7	284	7,45	6,82	50,01	~	~	~	•
Ned	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		e following gens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem Jactose	Sem	Go Natur Recipe
Soup	Watercress Soup			35	1,52	2,09	2,64	,	~	~	~
Main Dish	Hake Fillets	2	5	218	13,00	12,00	14,00	***************************************	~		
Secundary 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		v	~	

		2-Feb	Contains the following allergens:	VE	Prot (gr	Lip (gr)	HC (gr)	veg	Sem	gluteer	Go Natural Recipe
	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		~		
>	Secundary Dish	Codfish w/ Corn Bread and Potatoes	2 3 5 7	351	24,42	12,18	35,32		~		
Friday	Vegetarian Dish	Margherita Pizza	1 2	261	10,56	11,36	28,42	~			
ш	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:





#### February Menu

			nutrition facts						s	ymbols		
		5-Feb	Contains the follow	ving C	alories	:Prot (gr)	Lip (gr)	CH (gr)	veg	Sem lactose	sem ginter	Go Natura
	Soup	Spinach Soup			38	1,75	2,26	2,81	~	~	~	~
	Main Dish	Brazilian Rumpsteak			233	31,46	11,83	0,30		~	~	
ž	Secundary Dish	Spaghetti w/ Salmon, Arugula & Tomato S	2 5		592	21,13	22,70	73,06		~		•
Monday	Vegetarian Dish	Vegetarian Enchilada	1 2	7	418	28,85	13,31	40,67	~			v
Ĭ	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	Co	ntai	ns th allers	e follo gens:	wing	Calorie	sProt (gr)	Lip (gr)	CH (gr)	ve	g Sem lactose	gmten	Go Natural Recipe
	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				
ay	Secundary Dish	Chicken Scallops		2	3	12	7	481	18,82	1,10	7,00		•		
Tuesday	Vegetarian Dish	Lentils w/ Tofu & Mushrooms					7	190	9,37	10,04	13,99	~	~	~	
Ē	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	1					98	0,34	0,86	23,05		~	~	

	7-Feb	Contains alle	the following ergens:	Calorie	sProt (gr)	Lip (gr)	CH (gr)	veg	Sem	Sem	Go Natur Recipe
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				
Secundary	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	~	~	•	v
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			~	

	8-Feb	Contains the followin allergens:	<sup>g</sup> Calorie	sProt (gr)	Lip (gr)	CH (gr)	veg	Sem	Sem	Go Natur Recipe
Soup	Cauliflower & Coriander Soup		43	3,38	1,15	4,15	~	•	~	~
Main Dish	Portuguese roast Fish	5	99	11,49	5,29	1,00		~	~	
Secundary Dish	Chicken Strogonoff	2 10	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		,	~	

		9-Feb	Contains the following allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	Sem	Sem	Go Natural Recipe
	Soup	Lentills Soup		60	3,06	2,08	6,81	~	~	•	~
	Main Dish	Bolognaise		44	1,10	2,89	3,21		~	~	
>	Secundary Dish	Hake and Tomato Moqueca	5	272	21,23	13,85	15,05		~	~	~
Friday	Vegetarian Dish	Vegetarian Moussaka	1 2 7	405	32,15	16,56	27,65	~			~
Œ	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:





# February Menu

nutrition facts

symbols

		19-Feb	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem	Go Natural Recipe
	Soup	Green Bean Soup		41	1,90	2,17	3,37	~	~	<b>~</b>	~
	Main Dish	Veal Bolognaise Lasagna	1 2 3	479	26,34	28,73	26,68				
э́х	Secundary Dish	Fish w/ Cheese Sauce	1 5 7	185	23,58	9,44	1,22			~	
Monday	Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato	1 2	485	25,05	13,78	63,84	~			~
Š	Side Dish	Mashed Potatoes		108	1,75	3,49	16,58		~	<b>✓</b>	
	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	sem glútez	Go Natural Recipe
	Soup	Vegetables Soup		14	0,90	0,50	1,49	~	<b>&gt;</b>	~	~
	Main Dish	Penne w/ Salmon Strogonoff	2 5 7 10	592	19,79	26,03	67,12		~		~
ay	Secundary Dish	Chicken Steak w/ Mustard	1 2 7	229	30,30	10,72	2,78				
Tuesday	Vegetarian Dish	Eggmuffin	3 7	144	9,64	9,96	3,03	~	~	~	
T_	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	_	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem	Go Natural Recipe
	Soup	Carrot Soup w/ Coriander			67	1,04	4,82	5,08	<b>&gt;</b>	<	<b>~</b>	<b>&gt;</b>
	Main Dish	Duck Rice		7	271	13,42	6,03	39,52		<b>\</b>	~	
day	Secundary Dish	Tuna w/ Eggs Pizza	1 2 3	5	319	18,10	13,40	30,32				
Wednesday	Vegetarian Dish	Vegetarian "Meatballs"	2 3	7	155	9,78	9,18	4,56	~	<b>\</b>		<b>&gt;</b>
Wed	Side Dish	Pasta	2		198	6,59	0,82	39,67		<b>\</b>		
	Vegetables	Stewed Peas			88	3,07	6,01	5,16		<b>\</b>	~	
	Dessert	Banana & Strawberry Mousse	1 2	12	146	3,20	5,89	19,80				

		22-Feb		he following rgens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem	Go Natural Recipe
	Soup	Chickpea Soup			130	6,87	5,10	13,89	~	~	~	~
	Main Dish	Fish Fingers	2	5	147	8,82	5,58	14,69		~		
lay	Secundary Dish	Tipical Dish			0	0,00	0,00	0,00		~	~	
Thursday	Vegetarian Dish	Vegetarian Chilli		7	281	20,88	8,80	27,53	~	~	~	
Ę	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	sem glútes	Go Natural Recipe
	Soup	White Bean Soup		97	5,82	2,31	12,90	~	<	>	~
	Main Dish	Veal Hamburger	2 7	220	17,09	14,12	5,87		>		
>	Secundary Dish	Codfish w/ Potatoes, Egg and Green Beans (Gome	3 5 13	263	23,42	8,16	23,31		>	>	
Friday	Vegetarian Dish	Vegetarian Cassoulet		116	6,52	3,48	14,44	~	>	>	~
ш	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:





## February Menu

nutrition facts

symbols

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

	2	27-Feb	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	Sem	Go Natural
	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		~	~	~
ay	Secundary Dish	Rigatonni w/ Chicken, Tomato & Fe	1 2	548	33,30	16,55	63,91				~
Tuesday	Vegetarian Dish	Mushrooms and Tomato Sauce Gn	1 2	304	12,26	17,26	24,03	~			
Tu	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.	Go Natural
	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		~	<b>&gt;</b>	
day	Secundary Dish	Fish Lasagna	1 2 3 5	316	22,16	15,79	20,87				
Wednesday	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Ve	7 11	284	7,45	6,82	50,01	~	~	<b>&gt;</b>	~
Wed	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		~	<b>&gt;</b>	

		29-Feb	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem glüten	Go Natural
	Soup	Watercress Soup		35	1,52	2,09	2,64	~	~	<b>&gt;</b>	~
	Main Dish	Hake Fillets	2 5	218	13,00	12,00	14,00		~		
Thursday	Secundary Dish	Tipical Dish		0	0,00	0,00	0,00		~	~	
ırsd	Vegetarian Dish	Spinach & Cottage Cheese Lasagn	1 2 3	319	13,74	21,43	17,46	~			~
Ĕ	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
	Soup	Carrot Soup w/ Coriander		67	1,04	4,82	5,08	~	<b>~</b>	<b>&gt;</b>	<b>~</b>
	Main Dish	Veal Meatballs	2 12	222	14,70	16,34	3,06		~		
>	Secundary Dish	Codfish w/ Corn Bread and Potatoe	2 3 5 7	351	24,42	12,18	35,32		~		
Friday	Vegetarian Dish	Margherita Pizza	1 2	261	10,56	11,36	28,42	~			
ш	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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		4-Mar	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem glåten	Go Natural
	Soup	Spinach Soup		38	1,75	2,26	2,81	~	~	>	<b>&gt;</b>
	Main Dish	Brazilian Rumpsteak		233	31,46	11,83	0,30		~	>	
ξ	Secundary Dish	Spaghetti w/ Salmon, Arugula & Toma	2 5	592	21,13	22,70	73,06		~		<b>&gt;</b>
Monday	Vegetarian Dish	Vegetarian Enchilada	1 2 7	418	28,85	13,31	40,67	~			<b>&gt;</b>
Ĭ	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	Contain following a		VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem glaton	Go Natural
	Soup	Pumpkin Soup			33	0,46	2,33	2,55	~	~	<b>&gt;</b>	>
	Main Dish	Codfish w/ Cream	1 2	5 7	227	15,14	9,72	19,38				
ay	Secundary Dish	Chicken Scallops	2 3	7 12	481	18,82	1,10	7,00		~		
Tuesday	Vegetarian Dish	Lentils w/ Tofu & Mushrooms		7	190	9,37	10,04	13,99	~	~	~	
T	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 (g	r) HC (gr)	veg	Semilactose	sem glúten	Go Natural
	Soup									
	Main Dish									
day	Secundary Dish									
nes	Vegetarian Dish	PARENT-TEATCHER MEETINGS								
Wednesday	Side Dish									
	Vegetables									
	Dessert									

		7-Mar	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem gluten	Go Natural
	Soup	Cauliflower & Coriander Soup		43	3,38	1,15	4,15	<b>~</b>	<b>&gt;</b>	~	~
	Main Dish	Portuguese roast Fish	5	99	11,49	5,29	1,00		~	~	
day	Secundary Dish	Chicken Strogonoff	2 7	148	25,50	4,10	2,11		~		~
Thursday	Vegetarian Dish	Tipical Dish		0	0,00	0,00	0,00		~	~	
Ē	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 lactosc	sem gluten	Go Natural
	Soup	Lentills Soup		60	3,06	2,08	6,81	~	<	<b>&gt;</b>	~
	Main Dish	Bolognaise		44	1,10	2,89	3,21		<b>\</b>	~	
>	Secundary Dish	Hake and Tomato Moqueca	5	272	21,23	13,85	15,05		<b>&gt;</b>	~	~
Friday	Vegetarian Dish	Vegetarian Moussaka	1 2 7	405	32,15	16,56	27,65	~			~
ш	Side Dish	White Rice		140	2,75	0,22	30,76		<b>\</b>	~	
	Vegetables	roast Carrot		42	0,36	3,40	2,54		<	~	
	Dessert	Fruit		98	0,34	0,86	23,05		~	~	

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		11-Mar	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem ginten	Go Natural Recipe
	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				
Ş	Secundary Dish	Fish w/ Cheese Sauce	1 5 7	185	23,58	9,44	1,22			~	
Monday	Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry Tomato	1 2	485	25,05	13,78	63,84	~			~
Ĭ	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:		Prot (gr	Lip (gr)	HC (gr)	veg	Sem	sem	Go Natural Recipe
	Soup	Vegetables Soup		14	0,90	0,50	1,49	~	~	>	*
	Main Dish	Penne w/ Salmon Strogonoff	2 5 10	592	19,79	26,03	67,12		~		<b>&gt;</b>
ay	Secundary Dish	Chicken Steak w/ Mustard	1 2	229	30,30	10,72	2,78				
Tuesday	Vegetarian Dish	Eggmuffin	3	144	9,64	9,96	3,03	~	~	>	
T	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)	veg	Sem lactose	sem glaten	Go Natural Recipe
	Soup	Carrot Soup w/ Coriander		67	1,04	4,82	5,08	~	~	<b>&gt;</b>	~
	Main Dish	Duck Rice	7	271	13,42	6,03	39,52		~	>	
day	Secundary Dish	Tuna w/ Eggs Pizza	1 2 3 5	319	18,10	13,40	30,32				
nes	Vegetarian Dish	Vegetarian "Meatballs"	2 3 7	155	9,78	9,18	4,56	~	~		~
Wednesday	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	146	3,20	5,89	19,80				

		14-Mar	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem glüten	Go Natural Recipe
	Soup	Chickpea Soup		130	6,87	5,10	13,89	~	<b>&gt;</b>	<b>&gt;</b>	*
	Main Dish	Fish Fingers	2 5	147	8,82	5,58	14,69		<b>&gt;</b>		
ay	Secundary Dish	Tipical Dish		0	0,00	0,00	0,00		<b>&gt;</b>	>	
Thursday	Vegetarian Dish	Vegetarian Chilli	7	281	20,88	8,80	27,53	~	~	>	
Thı	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)	veg	Sem	sem gluten	Go Natural Recipe
	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		~		
≥	Secundary Dish	Codfish w/ Potatoes, Egg and Green Beans (Gomes de S	) F	263	23,42	8,16	23,31		~	~	
Friday	Vegetarian Dish	Vegetarian Cassoulet		116	6,52	3,48	14,44	~	~	~	~
ш	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	Contai following		Calories	Prot (gr	Lip (gr)	CH (gr)	veg	Sem	Sem	Go Natural
	Soup	Zucchini Soup			50	1,78	3,64	2,69	~	~	~	<b>&gt;</b>
	Main Dish	Chicken Drumsticks			588	54,43	39,81	1,83		~	~	
æ	Secundary Dish	Potato Salad w/ Cod	3	5	421	36,18	16,05	32,27		~	~	
Monday	Vegetarian Dish	Mexican Bowl w/ Seitan	2	7	390	24,46	12,01	42,78	~	~		~
Š	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	sem gluten	Go Natural
	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		<b>&gt;</b>	~	<b>&gt;</b>
ay	Secundary Dish	Rigatonni w/ Chicken, Tomato & Feta	1 2	548	33,30	16,55	63,91				<b>&gt;</b>
Tuesday	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchi	1 2	304	12,26	17,26	24,03	~			
Tu	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	sem	Go Natural
	Soup	Red Bean Soup		61	4,48	0,83	8,74	~	<b>&gt;</b>	<	~
	Main Dish	Turkey Steak w/Cream	7	143	23,89	4,74	0,99		>	<b>\</b>	
Wednesday	Secundary Dish	Fish Lasagna	1 2 3 5	316	22,16	15,79	20,87				
lnes	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetab	7 11	284	7,45	6,82	50,01	~	>	<b>&gt;</b>	~
Wed	Side Dish	Rice Noodles		147	2,90	0,41	33,21		>	<b>\</b>	
	Vegetables	Boiled Chinese Vegetables		21	1,56	0,16	2,76		>	<b>\</b>	
	Dessert	Strawberry Jelly		9	1,44	0,10	0,77		<b>&gt;</b>	<b>&gt;</b>	

		21-Mar	Contai following	ns the allergens:	Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	Sem lactose	sem gluten	Go Natural
	Soup	Watercress Soup			35	1,52	2,09	2,64	< -	~	<b>&gt;</b>	~
	Main Dish	Hake Fillets	2	5	218	13,00	12,00	14,00		~		
lay	Secundary Dish	Tipical Dish			0	0,00	0,00	0,00		~	~	
Thursday	Vegetarian Dish	Spinach & Cottage Cheese Lasagna	1 2 3		319	13,74	21,43	17,46	<b>&gt;</b>			~
Th	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
	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		>		
>	Secundary Dish	Codfish w/ Corn Bread and Potatoes	2 3 5 7	351	24,42	12,18	35,32		>		
Friday	Vegetarian Dish	Margherita Pizza	1 2	261	10,56	11,36	28,42	~			
ш	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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# April Menu

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		8-Apr	Contains the following allergens:		VE Prot (gr) Lip (gr) HC (gr)		veg	Sem	sem	Go Natural Recipe	
	Soup	Spinach Soup		38	1,75	2,26	2,81	~	<	~	~
	Main Dish	Brazilian Rumpsteak		233	31,46	11,83	0,30		>	~	
ay	Secundary Dish	Spaghetti w/ Salmon, Arugula & Tomato Sauce	2 5	592	21,13	22,70	73,06		>		~
Monday	Vegetarian Dish	Vegetarian Enchilada	1 2 7	418	28,85	13,31	40,67	~			~
Š	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		>	<b>✓</b>	

		9-Apr	Contains the following allergens:	VE	Prot (gr)	veg	Sem	sem glútez	Go Natural Recipe		
	Soup	Pumpkin Soup		33	0,46	2,33	2,55	<b>~</b>	<b>\</b>	~	<b>&gt;</b>
	Main Dish	Codfish w/ Cream	1 2 5 7	227	15,14	9,72	19,38				
ay	Secundary Dish	Chicken Scallops	2 3 7	481	18,82	1,10	7,00		>		
Tuesday	Vegetarian Dish	Lentils w/ Tofu & Mushrooms	7	190	9,37	10,04	13,99	~	>	~	
Tu	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	E Prot (gr) Lip (gr) HC (gr)			veg	Sem	sem gluten	Go Natural Recipe
	Soup	Broccoli Soup			75	2,73	4,39	5,05	~	<b>&gt;</b>	<b>~</b>	<
	Main Dish	Turkey Ham & Mushrooms Pizza	1 2	7	256	13,98	8,36	30,57				
day	Secundary Dish	Tricolor Spaghetti w/ Tuna	2	5 13	519	26,53	19,97	57,23		~		
Wednesday	Vegetarian Dish	Chickpeas w/ Pumpkin Curry			224	10,42	10,24	22,56	~	~	~	>
Wec	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	sem	Go Natural Recipe
	Soup	Cauliflower & Coriander Soup		43	3,38	1,15	4,15	<b>~</b>	<b>&gt;</b>	~	<b>&gt;</b>
	Main Dish	Portuguese roast Fish	5	99	11,49	5,29	1,00		~	~	
lay	Secundary Dish	Tipical Dish		0	0,00	0,00	0,00		~	~	
Thursday	Vegetarian Dish	Tofu w/ Corn Bread and Coriander	2 7 8 11	320	13,96	15,50	30,35	~	~		>
Ħ	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	sem glúten	Go Natural Recipe
	Soup	Lentills Soup		60	3,06	2,08	6,81	<	<b>&gt;</b>	~	~
	Main Dish	Bolognaise		44	1,10	2,89	3,21		~	~	
>	Secundary Dish	Hake and Tomato Moqueca	5	272	21,23	13,85	15,05		~	~	~
Friday	Vegetarian Dish	Vegetarian Moussaka	1 2 7	405	32,15	16,56	27,65	~			*
Œ	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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## April Menu

nutrition facts

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	1	5-Apr	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem	Go Natural
	Soup	Green Bean Soup		41	1,90	2,17	3,37	<	<b>~</b>	~	~
	Main Dish	Veal Bolognaise Lasagna	1 2 3	479	26,34	28,73	26,68				
ay.	Secundary Dish	Fish w/ Cheese Sauce	1 5 7	185	23,58	9,44	1,22			~	
Monday	Vegetarian Dish	Fusilli w/ 3 Cheese & Dried Cherry	1 2	485	25,05	13,78	63,84	~			>
Ĭ	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	Sem gluten	Go Natural
	Soup	Vegetables Soup		14	0,90	0,50	1,49	>	<	<b>&gt;</b>	~
	Main Dish	Penne w/ Salmon Strogonoff	2 5 7 10	592	19,79	26,03	67,12		~		~
ay	Secundary Dish	Chicken Steak w/ Mustard	1 2 7	229	30,30	10,72	2,78				
Tuesday	Vegetarian Dish	Eggmuffin	3 7	144	9,64	9,96	3,03	~	~	>	
Tu	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	Semilactose	sem gluten	Go Natural
	Soup	Carrot Soup w/ Coriander		67	1,04	4,82	5,08	~	<b>&gt;</b>	<	~
	Main Dish	Duck Rice	7	271	13,42	6,03	39,52		~	<b>&gt;</b>	
day	Secundary Dish	Tuna w/ Eggs Pizza	1 2 3 5	319	18,10	13,40	30,32				
səu	Vegetarian Dish	Vegetarian "Meatballs"	2 3 7	155	9,78	9,18	4,56	~	~		~
Wednesday	Side Dish	Pasta	2	198	6,59	0,82	39,67		~		
	Vegetables	Stewed Peas		88	3,07	6,01	5,16		~	<b>&gt;</b>	
	Dessert	Banana & Strawberry Mousse	1 2	146	3,20	5,89	19,80				

		18-Apr	fo		ins the allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem gluten	Go Natural
Sou	ıb	Chickpea Soup				130	6,87	5,10	13,89	~	~	<b>&gt;</b>	~
Mai	in Dish	Fish Fingers		2	5	147	8,82	5,58	14,69		~		
Sec	undary Dish	Mac & Cheese	1	2	7	594	34,43	22,25	62,54				~
Sec Veg Side	jetarian Dish	Tipical Dish				0	0,00	0,00	0,00		~	~	
Side	e Dish	White Rice				140	2,75	0,22	30,76		~	~	
Veg	jetables	Carrot & Peas				67	4,29	2,57	6,74		~	~	
Des	sert	Fruit				98	0,34	0,86	23,05		~	~	

		19-Apr	Contains the following allergens:	VE	Prot (gr)	Lip (gr)	HC (gr)	veg	Sem	sem gluten	Go Natural
	Soup	White Bean Soup		97	5,82	2,31	12,90	~	*	<b>&gt;</b>	<b>~</b>
	Main Dish	Veal Hamburger	2 7 10	220	17,09	14,12	5,87		>		
>	Secundary Dish	Codfish w/ Potatoes, Egg and Gree	3 5 13	263	23,42	8,16	23,31		>	<b>&gt;</b>	
Friday	Vegetarian Dish	Vegetarian Cassoulet		116	6,52	3,48	14,44	~	>	~	>
ш	Side Dish	Noisette Potatoes		235	4,20	9,60	31,20		<b>&gt;</b>	~	
	Vegetables	roast Pumpkin		12	0,18	0,79	1,02		>	<b>&gt;</b>	
	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: