

April

				nutrition facts				symbols			
23-Apr				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Monday	Soup	Carrot Soup w/ Coriander		83,69	1,29	6,03	6,3	✓	✓	✓	✓
	Main Dish	Duck Rice		289,13	14,47	6,19	42,67		✓		
	Secondary Dish	Squid w/ Pink Sauce		97,01	6,81	6,7	2,2		✓	✓	
	Vegetarian Dish	Scrambled Eggs		103,58	5,97	8,5	0,83	✓		✓	
	Side Dish	Mashed Potatoes		106,01	1,8	4,88	13,15			✓	
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	
24-Apr				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Tuesday	Soup	Chicken Soup w/ Noodles		74,5	5,45	2,04	8,45		✓		
	Main Dish	Salmon Burger		180,17	9,77	15,65	0,08		✓	✓	✓
	Secondary Dish	Chilli Turkey		181,4	24,68	4,32	9,98		✓	✓	
	Vegetarian Dish	Czech Fuzilli (Fuzilli w/ Mozzarella Cheese & Basil)		456,19	19,17	20,44	49,65	✓			✓
	Side Dish	White Rice		139,94	2,75	0,22	30,76		✓	✓	
	Vegetables	Corn & Lettuce Salad		14,25	0,53	0,37	1,87		✓	✓	
	Dessert	Strawberry Jelly		8,65	1,44	0,1	0,77		✓	✓	
25-Apr				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Wednesday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
26-Apr				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Thursday	Soup	Pumpkin Soup		81,11	1,18	1,68	9,29	✓	✓	✓	✓
	Main Dish	Noodles w/ Fish		314,56	20,38	12,24	29,67		✓		
	Secondary Dish	Beef Steak		252	27,29	15,01	0		✓	✓	
	Vegetarian Dish	Vegetarian Moussaka		404,73	32,15	16,56	27,65	✓			✓
	Side Dish	Pasta w/ Asian Vegetables		216,25	7,16	3,9	37,22		✓		
	Vegetables	Broccoli		24,6	1,86	0,06	3,24		✓	✓	
	Dessert	Mango Mousse		91,36	2,98	2,12	14,48			✓	
27-Apr				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Friday	Soup	Zucchini Soup		62,73	2,22	4,55	3,36	✓	✓	✓	✓
	Main Dish	Turkey Roll		121,64	18,24	1,97	7,53				
	Secondary Dish	Tuna w/ Eggs Pizza		318,5	18,1	13,4	30,32				
	Vegetarian Dish	Spinach & Cottage Cheese Lasagna		427,74	18,44	26,91	32,5	✓			✓
	Side Dish	Carrot Rice		173,45	3,26	1,61	35,42		✓	✓	
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	
Drinks				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi 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	✓	✓	✓	
Available every day	Water			0	0	0	0		✓	✓	

April

				nutrition facts				symbols			
30-Apr				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Monday	Soup	Spinach Soup		47,9	2,18	2,83	3,46	✓	✓	✓	✓
	Main Dish	Chicken Drumsticks		383,44	75,55	8,43	1,36		✓	✓	
	Secondary Dish	Hake w/ Italian Sauce		181,78	21,71	9,87	1,79			✓	
	Vegetarian Dish	Vegetables and Egg Spaghetti		406,03	23,04	10,43	52,25	✓	✓		
	Side Dish	Pasta		198,35	6,59	0,82	39,67		✓		
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	
1-May				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Tuesday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
2-May				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Wednesday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
3-May				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Thursday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
4-May				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Friday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
Drinks				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi 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	✓	✓	✓	
Available every day	Water			0	0	0	0		✓	✓	