

october

				nutrition facts				symbols			
30-Sep				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Monday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
1-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Tuesday	Soup	Chickpea Soup		141,71	7,17	6,02	14,54	✓	✓	✓	✓
	Main Dish	Fish Fingers		146,95	8,82	5,58	14,69		✓		
	Secondary Dish	Stewed Lamb		251,48	24,95	14,03	6,16		✓	✓	
	Vegetarian Dish	Tofu w/ Corn Bread and Coriander		320,31	13,96	15,5	30,35	✓	✓		✓
	Side Dish	White Rice		139,94	2,75	0,22	30,76		✓	✓	
	Vegetables	Spinach Purée		38,12	1,61	1,54	4,23			✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	
2-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Wednesday	Soup	Pumpkin Soup		81,11	1,18	1,68	9,29	✓	✓	✓	✓
	Main Dish	Chicken Lasagna		477,88	26,36	15,48	57,35		✓		
	Secondary Dish	Noodles w/ Fish		314,56	20,38	12,24	29,67		✓		
	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis		359,74	14,96	20,12	28,52	✓			
	Side Dish	Included		0	0	0	0		✓	✓	
	Vegetables	Greek Vegetables		26,99	0,71	2,06	1,42		✓	✓	
	Dessert	Strawberry Jelly		8,65	1,44	0,1	0,77		✓	✓	
3-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Thursday	Soup	Broccoli Soup		93,5	3,39	5,49	6,27	✓	✓	✓	✓
	Main Dish	Salmon Burguer		180,17	9,77	15,65	0,08		✓	✓	✓
	Secondary Dish	Pizza W/ Turkey Ham and Mushrooms		256,31	13,98	8,36	30,57				
	Vegetarian Dish	Chickpeas w/ Pumpkin Curry		273,51	10,88	10,18	28,97	✓	✓	✓	✓
	Side Dish	White Rice		139,94	2,75	0,22	30,76		✓	✓	
	Vegetables	Chinese vegetables		56,29	2,94	2,85	3,33		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	
4-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Friday	Soup	Cauliflower & Coriander Soup		53,08	4,15	1,42	5,14	✓	✓	✓	✓
	Main Dish	Brazilian Rumpsteak		233,07	31,46	11,83	0,3		✓	✓	
	Secondary Dish	Fuzilli w/ Hake Bolognaise		289,8	11,49	5,25	49,47		✓		✓
	Vegetarian Dish	Mexican Bowl w/ Tofu		360,82	16,27	13,62	40,84	✓	✓	✓	✓
	Side Dish	Noisette Potatoes		235,2	4,2	9,6	31,2		✓	✓	
	Vegetables	Carrot Purée		36,09	0,63	2,76	2,23			✓	
	Dessert	Rice Pudding		133,08	4,25	2,26	23,97			✓	
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		✓	✓	

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				nutrition facts				symbols			
7-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Monday	Soup	Green Bean Soup		50,37	2,29	2,7	4,06	✓	✓	✓	✓
	Main Dish	Spaghetti Bolognese		203,18	26,78	10,41	0,48		✓		
	Secondary Dish	Seafood sticks w/ Pink Sauce		97,01	6,81	6,7	2,2		✓	✓	
	Vegetarian Dish	Vegetarian Enchilada		481,74	31,64	15,21	49,1	✓			✓
	Side Dish	White Rice		139,94	2,75	0,22	30,76		✓	✓	
	Vegetables	Stewed Peas		87,95	3,07	6,01	5,16		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	
8-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Tuesday	Soup	Summer Vegetables Soup		14,26	0,9	0,5	1,49	✓	✓	✓	✓
	Main Dish	Noodles w/ Fish		314,56	20,38	12,24	29,67		✓		
	Secondary Dish	Stewed Chicken		166,01	25,3	4,77	5,92		✓	✓	
	Vegetarian Dish	Vegetarian "Meatballs"		154,79	9,78	9,18	4,56	✓	✓		✓
	Side Dish	Wholemeal Pasta		175,51	7,01	0,5	35		✓		
	Vegetables	Broccoli		24,6	1,86	0,06	3,24		✓	✓	
	Dessert	Cocoa pudding		117,68	4,71	2,86	18,44				
9-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Wednesday	Soup	Carrot Soup w/ Coriander		83,69	1,29	6,03	6,3	✓	✓	✓	✓
	Main Dish	Turkey Roll		121,64	18,24	1,97	7,53				
	Secondary Dish	Hake		109,48	15,64	4,55	1,36		✓	✓	
	Vegetarian Dish	Oatmeal w/ Roast Vegetables & Eggs		290,49	14,94	12,8	27,83	✓	✓	✓	✓
	Side Dish	Oats		172,47	3,63	4,83	27,79		✓	✓	
	Vegetables	Zucchini		26,99	0,71	2,06	1,42		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	
10-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Thursday	Soup	White Bean Soup		144,13	8,14	3,9	18,71	✓	✓	✓	✓
	Main Dish	Pizza w/ Tuna & Egg		318,5	18,1	13,4	30,32				
	Secondary Dish	Turkey Steak w/ Mustard		195,08	21,04	10,55	4,41				
	Vegetarian Dish	Vegetarian Cassoulet		154,94	8,17	3,59	22,37	✓	✓		✓
	Side Dish	Couscous		139,94	2,75	0,22	30,76		✓	✓	
	Vegetables	Boiled beets		87,95	3,07	6,01	5,16		✓	✓	
	Dessert	Banana and Strawberry Mousse		145,58	3,2	5,89	19,8				
11-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Friday	Soup	Pumpkin Soup		81,11	1,18	1,68	9,29	✓	✓	✓	✓
	Main Dish	Spaghetti Bolognaise		281,57	11,77	4,31	49,27		✓		✓
	Secondary Dish	Green Salsa Hake		150,5	21,84	6,92	0,23		✓		✓
	Vegetarian Dish	Spinach & Cottage Cheese Lasagna		427,74	18,44	26,91	32,5	✓			✓
	Side Dish	Couscous		175,51	7,01	0,5	35		✓		
	Vegetables	Rost pumpkin		26,99	0,71	2,06	1,42		✓	✓	
	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		✓	✓	

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				nutrition facts				symbols			
14-Oct				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	Veal Hamburger		203,18	26,78	10,41	0,48		✓		
	Secondary Dish	Codfish Patties		91,56	9,05	2,02	9,07		✓		
	Vegetarian Dish	Czech Fuzilli (Fuzilli w/ Mozzarella Cheese & Basil)		456,19	19,17	20,44	49,65	✓			✓
	Side Dish	Carrot Rice		173,45	3,26	1,61	35,42		✓	✓	
	Vegetables	Leguminous mix		56,29	2,94	2,85	3,33		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	
15-Oct				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	Penne w/ Salmon Stroganoff		469,88	15,13	19,78	56,68		✓		✓
	Secondary Dish	Duck Rice		289,59	14,52	6,19	42,73		✓	✓	
	Vegetarian Dish	Vegetarian Burger		153,79	10,35	8,85	5,03	✓	✓		✓
	Side Dish	Wholemeal Pasta		175,51	7,01	0,5	35		✓		
	Vegetables	Romaine Vegetables		56,29	2,94	2,85	3,33		✓	✓	
	Dessert	Crème Brûlée		117,68	4,71	2,86	18,44				
16-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Wednesday	Soup	HALF DAY									
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
17-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Thursday	Soup	Watercress Soup		42,9	1,69	2,55	3,28	✓	✓	✓	✓
	Main Dish	Tuna Rice		275,92	16,06	13,8	20,61		✓	✓	✓
	Secondary Dish	Beef Steak		196,74	25,33	10,24	1,04		✓	✓	
	Vegetarian Dish	Pizza Margherita		261,09	10,56	11,36	28,42	✓			
	Side Dish	Wholemeal Pasta		175,51	7,01	0,5	35		✓		
	Vegetables	Green Beans		16,6	1,27	0,2	2,53		✓	✓	
	Dessert	Mango Mousse		91,36	2,98	2,12	14,48			✓	
18-Oct				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	Chicken Stroganoff		103,3	15,43	3,6	2,11		✓		✓
	Secondary Dish	Fish Lasagna		436,54	24,84	13,53	53,76				
	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)		284,14	7,45	6,82	50,01	✓	✓	✓	✓
	Side Dish	White Rice		139,94	2,75	0,22	30,76		✓	✓	
	Vegetables	Carrot cooked		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	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		✓	✓	

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				nutrition facts				symbols			
21-Oct				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	Penne w/ Chicken & Basil		478,13	23,41	13,37	63,91		✓		✓
	Secondary Dish	Hake w/ Italian Sauce		181,78	21,71	9,87	1,79			✓	
	Vegetarian Dish	Vegetarian Moussaka		404,73	32,15	16,56	27,65	✓			✓
	Side Dish	Boiled Potatoes		115,88	3,25	0	24,96		✓	✓	
	Vegetables	Carrot & Peas		66,87	4,29	2,57	6,74		✓	✓	
	Dessert	Yogurt		60	5,25	1,88	5,5			✓	
22-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Tuesday	Soup	Chickpea Soup		141,71	7,17	6,02	14,54	✓	✓	✓	✓
	Main Dish	Fish Fingers		146,95	8,82	5,58	14,69		✓		
	Secondary Dish	Stewed Lamb		251,48	24,95	14,03	6,16		✓	✓	
	Vegetarian Dish	Tofu w/ Corn Bread and Coriander		320,31	13,96	15,5	30,35	✓	✓		✓
	Side Dish	White Rice		139,94	2,75	0,22	30,76		✓	✓	
	Vegetables	Spinach Purée		38,12	1,61	1,54	4,23			✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	
23-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Wednesday	Soup	Pumpkin Soup		81,11	1,18	1,68	9,29	✓	✓	✓	✓
	Main Dish	Chicken Lasagna		477,88	26,36	15,48	57,35		✓		
	Secondary Dish	Noodles w/ Fish		314,56	20,38	12,24	29,67		✓		
	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis		359,74	14,96	20,12	28,52	✓			
	Side Dish	Wholemeal Pasta		175,51	7,01	0,5	35		✓		
	Vegetables	Greek Vegetables		26,99	0,71	2,06	1,42		✓	✓	
	Dessert	Strawberry Jelly		8,65	1,44	0,1	0,77		✓	✓	
24-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Thursday	Soup	Broccoli Soup		93,5	3,39	5,49	6,27	✓	✓	✓	✓
	Main Dish	Salmon Burger		180,17	9,77	15,65	0,08		✓	✓	✓
	Secondary Dish	Pizza W/ Turkey Ham and Mushrooms		256,31	13,98	8,36	30,57				
	Vegetarian Dish	Chickpeas w/ Pumpkin Curry		273,51	10,88	10,18	28,97	✓	✓	✓	✓
	Side Dish	White Rice		139,94	2,75	0,22	30,76		✓	✓	
	Vegetables	Chines vegetables		56,29	2,94	2,85	3,33		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	
25-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Friday	Soup	Cauliflower & Coriander Soup		53,08	4,15	1,42	5,14	✓	✓	✓	✓
	Main Dish	Brazilian Rumpsteak		233,07	31,46	11,83	0,3		✓	✓	
	Secondary Dish	Fuzilli w/ Hake Bolognaise		289,8	11,49	5,25	49,47		✓		✓
	Vegetarian Dish	Mexican Bowl w/ Tofu		360,82	16,27	13,62	40,84	✓	✓	✓	✓
	Side Dish	Noisette Potatoes		235,2	4,2	9,6	31,2		✓	✓	
	Vegetables	Carrot Purée		36,09	0,63	2,76	2,23			✓	
	Dessert	Rice Pudding		133,08	4,25	2,26	23,97			✓	
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		✓	✓	

october

				nutrition facts				symbols			
28-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Monday	Soup	Green Bean Soup		50,37	2,29	2,7	4,06	✓	✓	✓	✓
	Main Dish	Spaghetti Bolognese		203,18	26,78	10,41	0,48		✓		
	Secondary Dish	Seafood sticks w/ Pink Sauce		97,01	6,81	6,7	2,2		✓	✓	
	Vegetarian Dish	Vegetarian Enchilada		481,74	31,64	15,21	49,1	✓			✓
	Side Dish	White Rice		139,94	2,75	0,22	30,76		✓	✓	
	Vegetables	Stewed Peas		87,95	3,07	6,01	5,16		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	

29-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Tuesday	Soup	Summer Vegetables Soup		14,26	0,9	0,5	1,49	✓	✓	✓	✓
	Main Dish	Noodles w/ Fish		314,56	20,38	12,24	29,67		✓		
	Secondary Dish	Stewed Chicken		166,01	25,3	4,77	5,92		✓	✓	
	Vegetarian Dish	Vegetarian "Meatballs"		154,79	9,78	9,18	4,56	✓	✓		✓
	Side Dish	Wholemeal Pasta		175,51	7,01	0,5	35		✓		
	Vegetables	Broccoli		24,6	1,86	0,06	3,24		✓	✓	
	Dessert	Cocoa pudding		117,68	4,71	2,86	18,44				

30-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Wednesday	Soup	Carrot Soup w/ Coriander		83,69	1,29	6,03	6,3	✓	✓	✓	✓
	Main Dish	Turkey Roll		121,64	18,24	1,97	7,53				
	Secondary Dish	Hake		109,48	15,64	4,55	1,36		✓	✓	
	Vegetarian Dish	Oatmeal w/ Roast Vegetables & Eggs		290,49	14,94	12,8	27,83	✓	✓	✓	✓
	Side Dish	Roast Potatoes		172,47	3,63	4,83	27,79		✓	✓	
	Vegetables	Zucchini		26,99	0,71	2,06	1,42		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05		✓	✓	

31-Oct				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Thursday	Soup	White Bean Soup		144,13	8,14	3,9	18,71	✓	✓	✓	✓
	Main Dish	Sushi		242,06	8,93	7,97	33,16			✓	✓
	Secondary Dish	Turkey Steak w/ Mustard		195,08	21,04	10,55	4,41				
	Vegetarian Dish	Vegetarian Cassoulet		154,94	8,17	3,59	22,37	✓	✓		✓
	Side Dish	White Rice		139,94	2,75	0,22	30,76		✓	✓	
	Vegetables	Boiled beets		87,95	3,07	6,01	5,16		✓	✓	
	Dessert	Banana and Strawberry Mousse		145,58	3,2	5,89	19,8				

1-Nov				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	semi lactose	semi gluten	Go Natural Recipe
Friday	Soup	PUBLIC HOLIDAY									
	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		✓	✓	