

march

				nutrition facts				symbols			
27-Feb				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										
28-Feb				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
1-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Bean Soup		208,89	11,98	6,63	25,15	✓	✓	✓	✓
	Main Dish	Hake		109,48	15,64	4,55	1,36		✓	✓	
	Secondary Dish	Chicken Rice w/ Peas		322,38	17,13	6,92	46,61		✓	✓	
	Vegetarian Dish	Penne w/ Roast Eggplant		373,32	11,11	9,92	57,56	✓			✓
	Side Dish	Boiled Potatoes		115,88	3,25	0	24,96	✓	✓	✓	
	Vegetables	Carrot & Peas		66,87	4,29	2,57	6,74	✓	✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
2-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup	Pumpkin Soup		81,11	1,18	1,68	9,29	✓	✓	✓	✓
	Main Dish	Veal Hamburger		203,18	26,78	10,41	0,48		✓		
	Secondary Dish	Squid w/ Pink Sauce		97,01	6,81	6,7	2,2		✓	✓	
	Vegetarian Dish	Spinach & Cottage Cheese Lasagna		427,74	18,44	26,91	32,5	✓			✓
	Side Dish	Dark Rice		177,34	3,45	2,29	34,68	✓	✓		
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Pineapple		44	0,5	0,2	9,5	✓	✓	✓	
3-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	Vegetable Soup		57,09	1,49	3,36	5,63	✓	✓	✓	✓
	Main Dish	Saffron Rice w/ Fish		459,51	16,4	21,93	48,22		✓	✓	
	Secondary Dish	Chicken Lasagna		405,1	28,8	16,48	40,69				
	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)		281,82	7,19	6,84	49,73	✓	✓		✓
	Side Dish	Included		0	0	0	0		✓	✓	
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Yogurt Cake		290,89	5,67	8,24	48,26	✓			✓
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	✓	✓	✓	✓
Available every day	Water			0	0	0	0	✓	✓	✓	

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				nutrition facts				symbols			
6-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	Green Bean Soup		50,37	2,29	2,7	4,06	✓	✓	✓	✓
	Main Dish	Turkey Steak w/ Mustard		195,08	21,04	10,55	4,41				
	Secondary Dish	Fuzilli w/ Shrimps & Watercress Pesto		384,26	17,23	11,88	52,82				✓
	Vegetarian Dish	Vegetarian Paella		219,56	7,37	2,87	40,09	✓	✓	✓	
	Side Dish	Roast Potatoes		172,47	3,63	4,83	27,79	✓	✓	✓	
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
7-Mar				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	Codfish w/ Cream		276,41	16,92	10,11	29,26				
	Secondary Dish	Duck w/ Mushrooms and Oatmeal Crumble		328,61	17,18	19,48	19,7				
	Vegetarian Dish	Fuzilli Vegetables Bolognaise		327,67	10,81	9,75	49,63	✓			✓
	Side Dish	Dark Rice		177,34	3,45	2,29	34,68	✓	✓		
	Vegetables	Broccoli		24,6	1,86	0,06	3,24	✓	✓	✓	
	Dessert	Grapes		76,71	0,3	0,5	18,6	✓	✓	✓	
8-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
9-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup	Watercress Soup		42,9	1,69	2,55	3,28	✓	✓	✓	✓
	Main Dish	Shepherd's Pie w/ Hake		225,91	8,94	11,69	20,32			✓	
	Secondary Dish	Sautéed Oatmeal w/ Chicken		372,97	22,33	13,57	38,98		✓		
	Vegetarian Dish	Vegetarian Rice Cake		539,98	20,32	26,42	53,46	✓			
	Side Dish	Included		0	0	0	0		✓	✓	
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
10-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	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	Fish Curry		154,86	18,74	6,3	5,93		✓	✓	✓
	Vegetarian Dish	Scrambled Eggs w/ Cauliflower		118,21	9,23	7,99	1,94	✓		✓	
	Side Dish	Rice		139,94	2,75	0,22	30,76	✓	✓	✓	
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	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	✓	✓	✓	✓
Available every day	Water			0	0	0	0	✓	✓	✓	

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				nutrition facts				symbols			
13-Mar				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	Noodles w/ Fish		314,56	20,38	12,24	29,67		✓		
	Secondary Dish	Duck Rice		289,13	14,47	6,19	42,67		✓		
	Vegetarian Dish	Vegetarian Cassoulet		154,94	8,17	3,59	22,37	✓	✓		
	Side Dish	Rice		139,94	2,75	0,22	30,76	✓	✓		
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
14-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Green Bean Soup		50,37	2,29	2,7	4,06	✓	✓	✓	✓
	Main Dish	Turkey Roll		121,64	18,24	1,97	7,53				
	Secondary Dish	Squid w/ Pink Sauce		97,01	6,81	6,7	2,2		✓	✓	
	Vegetarian 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	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Strawberry Jelly		8,65	1,44	0,1	0,77		✓	✓	
15-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup	Zucchini Soup		62,73	2,22	4,55	3,36	✓	✓	✓	✓
	Main Dish	Salmon Burguer		180,17	9,77	15,65	0,08		✓	✓	
	Secondary Dish	Chilli Turkey		181,4	24,68	4,32	9,98		✓	✓	
	Vegetarian Dish	Oatmeal w/ Roast Vegetables & Eggs		290,49	14,94	12,8	27,83	✓	✓		
	Side Dish	Rice		139,94	2,75	0,22	30,76	✓	✓	✓	
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Banana & Strawberry Mousse		145,58	3,2	5,89	19,8	✓			
16-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup	Carrot Soup w/ Coriander		83,69	1,29	6,03	6,3	✓	✓	✓	✓
	Main Dish	Fuzilli Chicken Bolognaise		281,57	11,77	4,31	49,27		✓		✓
	Secondary Dish	Codfish Patties		91,56	9,05	2,02	9,07		✓		
	Vegetarian Dish	Vegetarian Enchilada		481,74	31,64	15,21	49,1	✓			
	Side Dish	Dark Rice		177,34	3,45	2,29	34,68	✓	✓		
	Vegetables	Carrot & Peas		66,87	4,29	2,57	6,74	✓		✓	
	Dessert	Yogurt		55,2	4,83	1,73	5,06	✓	✓	✓	
17-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	Broccoli Soup		93,5	3,39	5,49	6,27	✓	✓	✓	✓
	Main Dish	Penne w/ Salmon Strogonoff		469,88	15,13	19,78	56,68		✓		✓
	Secondary Dish	Chicken Lasagna		405,1	28,8	16,48	40,69				
	Vegetarian Dish	Vegetarian "Meatballs"		154,79	9,78	9,18	4,56	✓	✓		
	Side Dish	Carrot Rice		173,45	3,26	1,61	35,42	✓	✓	✓	
	Vegetables	Stewed Peas		87,95	3,07	6,01	5,16	✓	✓	✓	
	Dessert	Yogurt Cake		290,89	5,67	8,24	48,26	✓			✓
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	✓	✓	✓	✓
Available every day	Water			0	0	0	0	✓	✓	✓	

march

				nutrition facts				symbols			
20-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	Bean Soup		208,89	11,98	6,63	25,15	✓	✓	✓	✓
	Main Dish	Turkey Steak w/ Mustard		195,08	21,04	10,55	4,41				
	Secondary Dish	Baked Hake w/ Vegetables & Cheese		296,88	19,24	12,91	27,66				
	Vegetarian Dish	Couscous w/ Roast Vegetables		320,83	10,74	12,17	44,55	✓			✓
	Side Dish	Dark Rice		177,34	3,45	2,29	34,68	✓	✓		
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
21-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Cauliflower & Coriander Soup		53,08	4,15	1,42	5,14	✓	✓	✓	✓
	Main Dish	Codfish w/ Sweet Potatoes (Gomes de Sá)		205,23	12,39	7,67	21,38		✓	✓	
	Secondary Dish	Chicken Rice w/ Peas		322,38	17,13	6,92	46,61		✓	✓	
	Vegetarian Dish	Vegetarian Moussaka		404,73	32,15	16,56	27,65	✓			
	Side Dish	Included		0	0	0	0		✓	✓	
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Grapes		76,71	0,3	0,5	18,6	✓	✓	✓	
22-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Wednesday	Soup										
	Main Dish										
	Secondary Dish										
	Vegetarian Dish										
	Side Dish										
	Vegetables										
	Dessert										
23-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Thursday	Soup	Pumpkin Soup		81,11	1,18	1,68	9,29	✓	✓	✓	✓
	Main Dish	Hake		109,48	15,64	4,55	1,36		✓	✓	
	Secondary Dish	Chicken Teriyaki		119,42	19,05	1,12	8,45		✓		✓
	Vegetarian Dish	Scrambled Eggs w/ Zucchini		113,15	8,77	7,79	1,82	✓		✓	
	Side Dish	Rice		139,94	2,75	0,22	30,76	✓	✓	✓	
	Vegetables	Thai Vegetables		58,29	0,75	5,34	2,01	✓	✓		
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
24-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	Vegetable Soup		57,09	1,49	3,36	5,63	✓	✓	✓	✓
	Main Dish	Turkey Ham & Mushrooms Pizza		256,31	13,98	8,36	30,57				
	Secondary Dish	Fish Curry		154,86	18,74	6,3	5,93		✓	✓	✓
	Vegetarian Dish	Penne w/ Roast Eggplant		373,32	11,11	9,92	57,56	✓			✓
	Side Dish	Dark Rice		177,34	3,45	2,29	34,68	✓	✓		
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	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	✓	✓	✓	✓
Available every day	Water			0	0	0	0	✓	✓	✓	

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				nutrition facts				symbols			
27-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Monday	Soup	Chicken Soup w/ Noodles		74,5	5,45	2,04	8,45		✓		
	Main Dish	Veal Meatballs		221,79	14,7	16,34	3,06		✓		
	Secondary Dish	Shepherd's Pie w/ Hake		225,91	8,94	11,69	20,32			✓	
	Vegetarian Dish	Peas w/ Boiled Eggs		197,34	18,15	8,85	11,25	✓	✓	✓	
	Side Dish	Dark Rice		177,34	3,45	2,29	34,68	✓	✓		
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Fruit		97,83	0,34	0,86	23,05	✓	✓	✓	
28-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Tuesday	Soup	Broccoli Soup		93,5	3,39	5,49	6,27	✓	✓	✓	✓
	Main Dish	Fish Lasagna		389,33	21,15	19,83	37,08		✓		
	Secondary Dish	Veal Hamburger		203,18	26,78	10,41	0,48		✓		
	Vegetarian Dish	Quinoa Salad w/Roast Pumpkin		266,76	7,97	7,47	37,03	✓			✓
	Side Dish	Rice		139,94	2,75	0,22	30,76	✓	✓	✓	
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Strawberry Jelly		8,65	1,44	0,1	0,77		✓	✓	
29-Mar				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	Chicken Drumsticks		383,44	75,55	8,43	1,36		✓	✓	
	Secondary Dish	Fish Crepes		320,5	21,93	12,33	27,42				
	Vegetarian Dish	Vegetarian Hamburger		153,79	10,35	8,85	5,03	✓	✓		
	Side Dish	Dark Rice		177,34	3,45	2,29	34,68	✓	✓		
	Vegetables	Carrot Purée		36,09	0,63	2,76	2,23	✓		✓	
	Dessert	Banana & Strawberry Mousse		145,58	3,2	5,89	19,8	✓			
30-Mar				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	Fuzilli w/ Hake Bolognese		313,99	15,49	6,06	49,72		✓		✓
	Secondary Dish	Turkey Roll		121,64	18,24	1,97	7,53				
	Vegetarian Dish	Tofu w/ Corn Bread and Coriander		316,34	13,44	15,5	29,93	✓	✓		
	Side Dish	Rice		139,94	2,75	0,22	30,76	✓	✓	✓	
	Vegetables	Assorted Salads		15,47	0,59	0,3	2,45		✓	✓	
	Dessert	Yogurt		55,2	4,83	1,73	5,06	✓	✓	✓	
31-Mar				Calories	Prot (gr)	Lip (gr)	CH (gr)	veg	sem lactose	sem gluten	Go Natural Recipe
Friday	Soup	Spinach Soup		47,9	2,18	2,83	3,46	✓	✓	✓	✓
	Main Dish	Chicken Strogonoff		103,3	15,43	3,6	2,11		✓		✓
	Secondary Dish	Sushi		242,06	8,93	7,97	33,16				✓
	Vegetarian Dish	Margherita Pizza		261,09	10,56	11,36	28,42	✓			
	Side Dish	Dark Rice		177,34	3,45	2,29	34,68	✓	✓		
	Vegetables	Greek Vegetables		26,99	0,71	2,06	1,42	✓	✓	✓	
	Dessert	Yogurt Cake		290,89	5,67	8,24	48,26	✓			✓
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	✓	✓	✓	✓
Available every day		Water		0	0	0	0	✓	✓	✓	