

			V.E (kcal)	F (g)	C.H (g)	P (g)
MONDAY (2/11)	REINFORCEMENT	Selection of seasonal fruits / Rice/corn cakes with cheese / Plain milk (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Bean and turnip greens cream soup	126	3,15	18,6	8,8
	MAIN COURSE	Chicken and mushroom stroganoff with pea rice (1,7,10,12)	166	6,2	15,3	11,7
	DIET	Turkey cutlets cooked with plain rice	160	1,5	5	18
	VEGETARIAN	Seitan stroganoff with mushrooms and pea rice (1,6,12)	213	5,5	31,3	8,5
	VEGETABLES	Steamed broccoli and carrots	66	0,7	13,8	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Rye roll with cheese or turkey ham / Yogurt with no added sugar (1,6,7,8,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6
TUESDAY (3/11)	REINFORCEMENT	Carrot sticks/Rice or corn cake with cheese/Plain milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Onion cream	51,5	6,4	24,7	8,3
	MAIN COURSE	Tuna pot pie (3,4,7)	189	10,0	17,5	10,9
	DIET	Steamed fish with boiled potatoes (4)	220	4,8	16,06	27,18
	VEGETARIAN	Quinoa salad with broccoli, feta, carrot, and parsley (1,6,7)	277	20	16	7
	VEGETABLES	Steamed eggplant and zucchini	50	0,7	9,5	2,5
	DESSERT	Selection of seasonal fruits/Crème brûlée (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	Rye roll with cheese or fruit preserve (100% fruit) / Yogurt with no added sugar (1,7,8)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6
WEDNESDAY (4/11)	REINFORCEMENT	Selection of seasonal fruits/Cereal roll with butter or cheese/100% fruit juice (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,50	9,2/48/7,76
	SOUP	Spinach cream	57	6,4	23,6	8,0
	MAIN COURSE	Oven-roasted turkey leg with penne (1,7,9)	94	4,3	6,5	6,5
	DIET	Grilled chicken strips with penne (1)	268	8,4	23,3	23,6
	VEGETARIAN	Eggplant stuffed with tofu, carrots, and corn, topped with a layer of melted cheese (6,7)	102	5	7,8	5,5
	VEGETABLES	Cooked spinach and carrots	48	0,6	9,5	3,8
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Maria-style/plain milk biscuits (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6
THURSDAY (5/11)	REINFORCEMENT	Selection of seasonal fruits / Sugar-free biscuits / Yogurt with no added sugar (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Lentil cream soup	167	3,6	21,05	9,7
	MAIN COURSE	Oven-baked crispy hake with carrot rice (1,3,4,12)	211	11,7	21,3	4,8
	DIET	Steamed gilt-head bream with plain boiled rice (4)	165	3,2	13	18
	VEGETARIAN	Baked tofu with lemon sauce, served with carrot rice (6)	78	4,9	2,9	5,3
	VEGETABLES	Steamed cauliflower and broccoli	54	0,7	10,4	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Small sandwich roll with cheese or turkey ham / Yogurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6
FRIDAY (6/11)	REINFORCEMENT	Small rye roll with butter or fat-free cheese / Yogurt with no added sugar (1,7)	154,2/209,2/42	3,1/11,4/0,2	22,9/22,6/5,2	7,8/2,5/4,6
	SOUP	Spinach and pumpkin cream soup	70,8	5,6	18,6	3,9
	MAIN COURSE	Beef (veal) lasagna and a mixed salad of lettuce and tomato (1,7)	205	12,4	9,2	7,7
	DIET	Braised turkey cutlets with cooked fusilli (1)	268	8,4	23,3	23,6
	VEGETARIAN	Vegetable lasagna (1,3,7)	265	10,5	32,4	8,1
	VEGETABLES	Cooked Savoy cabbage and carrots	57	0,5	11,8	3
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Rice/corn cake with fat-free cheese/Plain milk (7)	232/47	10,9/1,6	20,2/4,9	7,6/3,3

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.

Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

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(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

		V.E (kcal)	F (g)	C.H (g)	P (g)	
MONDAY (9/11)	REINFORCEMENT	Selection of seasonal fruits / Rice/corn cakes with cheese / Plain milk (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Zucchini cream soup	61	6,5	24,2	8,9
	MAIN COURSE	Pork loin stuffed with spinach and cooked fusilli (1,3,7,12)	282	16,1	0,2	34
	DIET	Steamed turkey cutlets with cooked fusilli (1)	352	13	37	21
	VEGETARIAN	Soy and vegetable stew with fusilli (1,6)	228	9,9	30,6	4,1
	VEGETABLES	Grilled bell pepper and courgette	45	0,7	8,3	2,3
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Rye roll/bun with cheese or butter / Yogurt with no added sugar (1,7)	154,2/209,2/42	3,1/11,4/0,2	22,9/22,6/5,2	7,8/2,5/4,6

		V.E (kcal)	F (g)	C.H (g)	P (g)	
TUESDAY (10/11)	REINFORCEMENT	Selection of seasonal fruits/Mixed-grain bread with butter or turkey (1,6,7,8,12)	62/159/210,8	0,4/3,3/12	13,7/21,8/21,5	0,9/3,7/9
	SOUP	Turnip greens cream soup	40	1,2	5,8	1
	MAIN COURSE	Oven-baked tilapia fillets with lemon sauce and cilantro rice (4)	282	16,8	20,8	11,3
	DIET	Poached forkbeard with cilantro rice (4)	189	1,2	20,5	17
	VEGETARIAN	Quinoa salad with chickpeas and a mix of vegetables (broccoli and carrots)	157	5,7	18,9	6
	VEGETABLES	Steamed peas and carrots	89	0,6	16,6	5,5
	DESSERT	Selection of seasonal fruits/Vanilla pudding (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	White milk/Rice or corn cakes with low-fat cheese (7)	47/232	1,6/10,9	4,9/20,2	3,3/7,6

		V.E (kcal)	F (g)	C.H (g)	P (g)	
WEDNESDAY (11/11)	REINFORCEMENT	Selection of seasonal fruits/Sugar-free cookies/Plain milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Green bean cream soup	93,5	5,9	22,9	6,8
	MAIN COURSE	Beef pot pie with mashed potatoes and sautéed vegetables (carrots and zucchini) (3,7)	245	12,4	15,2	7,7
	DIET	Grilled chicken strips with cooked penne (1)	200	5	8	21
	VEGETARIAN	Vegetable fritters with puree (1,3,7)	390	9,2	58,3	16,9
	VEGETABLES	Vegetables incorporated into the dish	---	---	---	---
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Small sandwich roll with cheese or turkey ham / Yogurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

		V.E (kcal)	F (g)	C.H (g)	P (g)	
THURSDAY (12/11)	REINFORCEMENT	Carrot sticks/Mixed-grain bread with cheese or butter/Yogurt (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	SOUP	Turnip greens cream soup	40	1,2	5,8	1
	MAIN COURSE	Codfish gratin with carrots, spinach, and shoestring potatoes (1,4,6,7)	308	21,4	14,7	14,4
	DIET	Grilled swordfish with boiled potatoes (4)	117,2	0,81	11,7	14,5
	VEGETARIAN	Soybeans with shoestring potatoes, carrots, and spinach (1,6,7)	434	21,4	30,4	29,3
	VEGETABLES	Vegetables incorporated into the dish	--	--	--	--
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	White milk/Maria-style biscuits (7)	47/232	1,6/10,9	4,9/20,2	3,3/7,6

		V.E (kcal)	F (g)	C.H (g)	P (g)	
FRIDAY (13/11)	REINFORCEMENT	Selection of seasonal fruits/Sugar-free cookies/Plain milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Pea cream soup	91,25	6,55	23,22	7,44
	MAIN COURSE	Roasted chicken leg with citrus sauce and spaghetti (1)	184	5,4	20	12,2
	DIET	Steamed turkey breast with boiled spaghetti (1)	260	3	10	45
	VEGETARIAN	Spaghetti with a stir-fry of mushrooms, seitan, and zucchini (1)	94	2,2	12,9	3,9
	VEGETABLES	Sautéed spinach and carrots	48	0,6	9,5	3,8
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Small sandwich roll with cheese or turkey ham / Yogurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.

Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

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(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

		V.E (kcal)	F (g)	C.H (g)	P (g)
MONDAY (16/11)	REINFORCEMENT	Selection of seasonal fruits/Cereal bread roll with butter or cheese/Yogurt (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9 0,9/2,48/7,76
	SOUP	Coriander cream	91	6,55	23,22 7,4
	MAIN COURSE	Beef burger with mashed potatoes (1,3,6,7,12)	294	16,2	24,5 17,4
	DIET	Steamed turkey cutlets with plain boiled rice	198	2,2	15,4 17,6
	VEGETARIAN	Spinach burger with oven-baked potatoes	338	12,8	47,6 6,1
	VEGETABLES	Steamed leeks and carrots	65	0,6	14 2,5
	DESSERT	Selection of seasonal fruits	62	0,4	13,7 0,9
	SNACK	Rice/corn cake with fat-free cheese/Plain milk (7)	232/47	10,9/1,6	20,2/4,9 7,6/3,3

		V.E (kcal)	F (g)	C.H (g)	P (g)
TUESDAY (17/11)	REINFORCEMENT	Selection of seasonal fruits/Sugar-free cookies/Plain milk (1,3,6)	62/232	0,4/10,9	13,7/20,2 0,9/7,6
	SOUP	Coriander cream	91	6,55	23,22 7,4
	MAIN COURSE	Tuna salad with black-eyed peas, egg, carrot, and potato (3,14)	215	5,1	34,1 7,9
	DIET	Baked hake with plain rice (4)	101	5	6 8
	VEGETARIAN	Vegetable and mushroom tortilla (1,3,6,7)	221	11,9	13,3 15
	VEGETABLES	Cooked broccoli and cauliflower	54	0,7	10,4 4,1
	DESSERT	Selection of seasonal fruits/Chocolate pudding (1,3,7)	62/96	0,4/1,4	13,7/18 0,9/2,9
	SNACK	Small sandwich roll with cheese or turkey ham / Yogurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2 7,8/7,3/4,6

		V.E (kcal)	F (g)	C.H (g)	P (g)
WEDNESDAY (18/11)	REINFORCEMENT	Carrot sticks/Mixed-grain bread with turkey ham/butter/unsweetened yogurt (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5 0,8/3,7/9
	SOUP	Lentil cream soup	167	3,6	21,05 9,7
	MAIN COURSE	Fried rice (chicken) and tomato salad (1,3,6)	451	29,1	28,7 17,7
	DIET	Grilled turkey steak with rice, tomato salad	274	8,3	24,8 24
	VEGETARIAN	Egg fried rice and tomato salad (1,3,6)	300	12,3	32,7 13,5
	VEGETABLES	Sautéed cabbage and carrots	55	0,4	11,5 2,8
	DESSERT	Selection of seasonal fruits	62	0,4	13,7 0,9
	SNACK	Maria-style/plain milk biscuits (1,3,7)	171/47	6,6/1,6	26,1/4,9 2,7/7,6

		V.E (kcal)	F (g)	C.H (g)	P (g)
THURSDAY (19/11)	REINFORCEMENT	Carrot sticks/Rice or corn cake with cheese/Plain milk (7)	36/232	0,3/10,9	6,1/20,2 0,8/7,6
	SOUP	Carrot cream	37	0,6	5,8 1,1
	MAIN COURSE	Fish pasta dish with broccoli and carrots (1,4)	449	8,6	35,3 38,8
	DIET	Boiled ling with potatoes and cauliflower (4)	333	9,7	32,1 28,6
	VEGETARIAN	Colorful broccoli salad (with carrot, onion, apple-like tomato, and cheese) (7)	356	6,4	49,7 12,2
	VEGETABLES	Steamed broccoli and carrots	66	0,7	13,8 4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7 0,9
	SNACK	Small sandwich roll with cheese or turkey ham / Yogurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2 7,8/7,3/4,6

		V.E (kcal)	F (g)	C.H (g)	P (g)
FRIDAY (20/11)	REINFORCEMENT	Selection of seasonal fruits/Sugar-free cookies/Plain milk (1,3,6)	62/232	0,4/10,9	13,7/20,2 0,9/7,6
	SOUP	Spinach soup	57	6,4	23,6 8,0
	MAIN COURSE	Spaghetti Bolognese with a salad of lettuce, tomato, and red cabbage (1,3,6,10)	187,9	6,7	17,9 13,6
	DIET	Cooked turkey leg with spaghetti (1)	225,3	4,5	28,4 16,8
	VEGETARIAN	Lentil Bolognese with a salad of lettuce, tomato, and red cabbage (1,3,6,10)	147	7	16 5
	VEGETABLES	Steamed cauliflower and broccoli	54	0,7	10,4 4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7 0,9
	SNACK	Small sandwich roll with cheese or turkey ham / Yogurt with no added sugar (1,6,7,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2 7,8/7,3/4,6

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.
 Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.
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 (1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

		V.E (kcal)	F (g)	C.H (g)	P (g)	
MONDAY (23/11)	REINFORCEMENT	Selection of seasonal fruits/Cereal bread roll with turkey ham or cheese (1,6,7,12)	62/143,2/154	0,4/1,7/3,02	13,7/23,14/22,9	0,9/7,32/7,76
	SOUP	Turnip and pumpkin cream soup	84,9	3,3	13,3	5,8
	MAIN COURSE	Meatballs braised in tomato and basil sauce, served with garlic rice	564	23,9	60,3	25,7
	DIET	Grilled chicken breast with plain rice (1)	225,3	4,5	28,4	16,8
	VEGETARIAN	Lentil patties with tomato and oregano sauce, served with garlic rice (1,6,10)	575	10,5	33,6	24,5
	VEGETABLES	Steamed cauliflower and broccoli	54	0,7	10,4	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Maria-style/plain milk biscuits (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

		V.E (kcal)	F (g)	C.H (g)	P (g)	
TUESDAY (24/11)	REINFORCEMENT	Carrot sticks/Rice or corn cake with cheese/100% fruit juice (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Onion cream	51,5	6,4	24,7	8,3
	MAIN COURSE	Salmon pasta dish with broccoli, carrots, and corn (1,4,6)	515	33,4	24	29,1
	DIET	Cooked redfish with plain rice (4)	101	5	6	8
	VEGETARIAN	Pasta stewed with lentils, zucchini, and white cabbage, seasoned with oregano (1,6,10)	254	4,8	39,5	11,2
	VEGETABLES	Cooked spinach and carrots	48	0,6	9,5	3,8
	DESSERT	Selection of seasonal fruits/Crème brûlée (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	SNACK	Rye roll with butter or 100% fruit spread / Yogurt with no added sugar (1,7,8)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

		V.E (kcal)	F (g)	C.H (g)	P (g)
WEDNESDAY (25/11)	REINFORCEMENT	Selection of seasonal fruits/Cereal bread roll with butter or cheese (1,7,8)			
	SOUP	Savoy cabbage soup			
	MAIN COURSE	Duck rice (6,7,12)			
	DIET	Steamed turkey cutlets with spaghetti (1)			
	VEGETARIAN	White beans stewed with tomato, mushrooms, and bell peppers, served with spaghetti (1,6,10)			
	VEGETABLES	Sautéed cabbage and carrots			
	DESSERT	Selection of seasonal fruits			
	SNACK	Rice/corn cake with fat-free cheese/Plain milk (7)			
		62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
		200,9	3,9	30,2	15,2
		486	24	35,7	30,9
		338	8,52	28,4	34,3
		565	14,3	75,8	23,3
		55	0,4	11,5	2,8
		62	0,4	13,7	0,9
		232/47	10,9/1,6	20,2/4,9	7,6/3,3

		V.E (kcal)	F (g)	C.H (g)	P (g)	
THURSDAY (26/11)	REINFORCEMENT	Carrot sticks/Rice or corn cake with cheese/Plain milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	SOUP	Leek cream soup	99	7,1	25,1	8,3
	MAIN COURSE	Tuna à Brás (3,4,6)	371	14,4	26,7	32,3
	DIET	Oven-baked swordfish with boiled sweet potato (4)	188	2,3	23	20,1
	VEGETARIAN	Quinoa salad with broccoli, feta, carrot, and parsley (1,6,7)	277	20	16	7
	VEGETABLES	Cooked Savoy cabbage and carrots	57	0,5	11,8	3
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Milk bread/Maria-style biscuits/Plain milk (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

		V.E (kcal)	F (g)	C.H (g)	P (g)	
FRIDAY (27/11)	REINFORCEMENT	Selection of seasonal fruits/Cereal bread roll with butter or cheese (1,6,7,12)	62/143,2/154	0,4/1,7/3,02	13,7/23,14/22,9	0,9/7,32/7,76
	SOUP	Turnip and pumpkin cream soup	84,9	3,3	13,3	5,8
	MAIN COURSE	Chicken carbonara with fusilli pasta (1,6,10)	374	12,5	48,7	15,8
	DIET	Braised turkey cutlets with fusilli pasta (1)	338	8,52	28,4	34,3
	VEGETARIAN	Soy carbonara with mushrooms and fusilli pasta (1,6,8,10,11)				
	VEGETABLES	Steamed cauliflower and broccoli	54	0,7	10,4	4,1
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Rye roll with cheese or turkey ham / Yogurt with no added sugar (1,6,7,8,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6

Salad (3 varieties): choices include tomato, lettuce, cucumber, carrot, corn, red cabbage, beetroot, black-eyed peas, mixed vegetable salad, sautéed vegetables, and collard greens.

Mid-morning/afternoon snack: accompanied by a drink (plain milk, 100% fruit juice, or no-added-sugar yogurt) and various types of bread and crackers.

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(1) gluten; (2) crustaceans; (3) eggs; (4) fish; (5) peanuts; (6) soy; (7) milk; (8) tree nuts; (9) celery; (10) mustard; (11) sesame; (12) sulphur dioxide and sulphites; (13) lupin; (14) molluscs.

			V.E (kcal)	F (g)	C.H (g)	P (g)
MONDAY (30/11)	REINFORCEMENT	Selection of seasonal fruits / Rice/corn cakes with cheese / Plain milk (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	SOUP	Savoy cabbage soup	200,9	3,9	30,2	15,2
	MAIN COURSE	Turkey pasta bake with broccoli and carrots (1,3,7,14)	206	8,5	18,7	13
	DIET	Steamed turkey cutlets with plain boiled rice (12)	293	5,5	25,9	24,9
	VEGETARIAN	Spinach and carrot pot pie	84	1,3	11,9	7,3
	VEGETABLES	Sautéed spinach and carrots	48	0,6	9,5	3,8
	DESSERT	Selection of seasonal fruits	62	0,4	13,7	0,9
	SNACK	Rye roll with cheese or turkey ham / Yogurt with no added sugar (1,6,7,8,12)	154,2/143,2/42	3,1/1,7/0,2	22,9/23,1/5,2	7,8/7,3/4,6