

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>MONDAY (4/5)</b>	<b>REINFORCEMENT</b>	Seasonal fruit selection/Sugar-free biscuits/White milk (1,3,7)	62/232	0,4/10,96	13,7/20,2	0,9/7,56
	<b>SOUP</b>	French garlic cream	94	6,7	24,44	6,9
	<b>MAIN COURSE</b>	Baked turkey medallions with mashed potatoes (1,7)	278	5,4	30,4	26
	<b>DIET</b>	Braised chicken breast with fusilli and boiled baby carrots (1)	338	8,52	28,4	34,3
	<b>VEGETARIAN</b>	Oven-baked tofu and vegetable tortilla (1,6)	629	27,2	71,1	24,9
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or turkey ham/Unsweetened yogurt (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)	Fat (g)	H.C (g)	Protein (g)
<b>TUESDAY (5/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Mixed bread with butter or turkey/100% fruit juice (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
	<b>SOUP</b>	Cabbage cream	81,8	5,8	21,2	6,4
	<b>MAIN COURSE</b>	Hake à Gomes de Sá (3,4,7)	443,9	15	37,9	36,6
	<b>DIET</b>	Swordfish baked in the oven with mixed steamed vegetables and boiled sweet potato (4)	188	2,3	23	20,1
	<b>VEGETARIAN</b>	Crispy roasted vegetables with cornbread (1)	369	10,6	50,6	28,7
	<b>DESSERT</b>	Selection of seasonal fruits/Sugar-free gelatin	62/7	0,4/0	13,7/0,5	0,9/1,8
	<b>SNACK</b>	Corn cereals with no added sugar/Milk (1,7)	173	2,3	31	6,3
			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>WEDNESDAY (6/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Rice crackers/Corn with cheese/Unsweetened yogurt (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Caldo verde Soup (1,6,12)	86,2	3,3	11,8	6,2
	<b>MAIN COURSE</b>	Beef burger with spring rice (1,3,6,10,12)	378	18,5	26,0	25,5
	<b>DIET</b>	Steamed turkey steaks with plain rice and steamed broccoli	338	8,52	28,4	34,3
	<b>VEGETARIAN</b>	Mushroom feijoada (1,6,12)	238,1	5,81	22,48	9,9
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Sweet napkins/Yogurt without added sugar (1,7,8)	155//42	3,1//0,2	22,9//5,2	7,8//74,6
			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>THURSDAY (7/5)</b>	<b>REINFORCEMENT</b>	Carrot sticks/Mixed bread with cheese or butter/100% fruit juice (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	<b>SOUP</b>	Pumpkin cream	51,5	6,4	23,6	8
	<b>MAIN COURSE</b>	Grilled cuttlefish with smashed roasted potatoes (14)	253	6,14	25,4	22,9
	<b>DIET</b>	Boiled cod with plain rice and boiled spinach (4)	229,7	7,6	21,2	27,8
	<b>VEGETARIAN</b>	Quinoa salad with spinach, feta, carrot and tofu (6,7)	259,8	6,3	15,1	4
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Maria type biscuits/White Milk (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6
			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>FRIDAY (8/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Rice crackers/Corn with cheese/Milk (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Broccoli cream with parsley	81,8	5,8	21,2	6,4
	<b>MAIN COURSE</b>	Portuguese-style pork (12,14)	524,7	12,1	57,2	35,3
	<b>DIET</b>	Grilled beef steaks with elbow macaroni and boiled cauliflower (1)	274,9	2,1	36	26,1
	<b>VEGETARIAN</b>	Sausage with cabbage (1,6,7,10,12)	263	9,8	45	10,7
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Corn cereals with no added sugar/Milk (1,7)	173	2,3	31	6,3

\*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

**Salads (3 varieties):** Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.

Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

**Notes:** Menus may be subject to change depending on any needs. Prepared in accordance with the guidelines of circular no. 3097/DGE/2018 of the

Directorate-General for Education. The meal contains or may contain the following substances or products and their derivatives: (1) Gluten; (2)

Crustaceans; (3) Egg; (4) Fish; (5) Peanuts; (6) Soy; (7) Milk; (8) Nuts; (9) Celery; (10) Mustard; (11) Sesame; (12) Sulphur dioxide and sulfites; (13) Lupin;

(14) Mollusks

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>MONDAY (11/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Cereal bread with turkey ham or cheese/100% juice (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
	<b>SOUP</b>	Spinach cream	57	6,4	23,6	8,0
	<b>MAIN COURSE</b>	Crispy chicken with carrot rice (1,3,7,10)	246	3,3	48,4	4,5
	<b>DIET</b>	Grilled turkey steak with penne and cooked spinach (1)	386	8,9	46,5	33,2
	<b>VEGETARIAN</b>	Stir-fried soy and vegetables with carrot rice (6,12)	463	8,9	52	28
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Maria/White Milk type biscuits (1,3,7)	171/47	6,6/1,6	26,1/4,9	2,7/7,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>TUESDAY (12/5)</b>	<b>REINFORCEMENT</b>	Carrot sticks/Rice cracker/Corn with cheese/White milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	<b>SOUP</b>	Cauliflower cream	93,75	6	24,3	8,9
	<b>MAIN COURSE</b>	Tuna pudding with tomato and lettuce salad (1,3,4,12)	208,4	5,09	25,25	22,32
	<b>DIET</b>	Grilled perch with plain rice and green beans (4)	198,4	2,54	23,45	19,72
	<b>VEGETARIAN</b>	Vegetable ratatouille (eggplant, zucchini, carrot) (9)	288	5,7	43	16,78
	<b>DESSERT</b>	Selection of seasonal fruits/Egg pudding without added sugar (3,7)	62/22	0,4/0	13,7/5	0,9/0
	<b>SNACK</b>	Rye ball with butter or fruit jam 100%/Yogurt without 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)	Fat (g)	H.C (g)	Protein (g)
<b>WEDNESDAY (13/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Cereal bread with butter or cheese/100% fruit juice (1,7,8)	62/209/154	0,4/1,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	<b>SOUP</b>	Pea cream	91,25	6,55	23,22	7,44
	<b>MAIN COURSE</b>	Spaghetti Bolognese (1,7,9,12)	503	21,7	44,7	31,2
	<b>DIET</b>	Grilled chicken breast with spaghetti and cooked carrots (1)	225,3	4,5	28,4	16,8
	<b>VEGETARIAN</b>	Eggplant stuffed with soy, pumpkin and spinach (6,9)	207	12,35	15,5	11,5
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Corn cereals with no added sugar/Milk (1,7)	173	2,3	31	6,3

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>THURSDAY (14/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Sugar-free biscuits/White milk (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Zucchini cream	61	6,5	24,2	8,9
	<b>MAIN COURSE</b>	Cod with cream and lettuce and carrot salad (1,4,7,10)	466,2	10,3	53,1	34,5
	<b>DIET</b>	Boiled hake with plain rice and boiled cauliflower (1,4)	101,6	0,11	10,62	14,64
	<b>VEGETARIAN</b>	Colorful seitan rice with assorted vegetables (1,3,6,9,12)	412	10,9	51,1	25,4
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Mixed meatball with cheese or turkey ham/Unsweetened yogurt (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)	Fat (g)	H.C (g)	Protein (g)
<b>FRIDAY (15/5)</b>	<b>REINFORCEMENT</b>	Rye bread with butter or fat-free cheese/No added sugar yogurt (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
	<b>SOUP</b>	Green bean cream	93,5	5,9	22,9	6,8
	<b>MAIN COURSE</b>	Chicken fricassee with pasta (1,3,7,12)	435	11,5	49,6	30,9
	<b>DIET</b>	Grilled turkey breast with pasta and boiled green beans (1)	338	8,52	28,4	34,3
	<b>VEGETARIAN</b>	Green beans "Peixinhos da horta" (1,3,7)	484	28	45,3	22
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Corn cereals with no added sugar/Milk (1,7)	173	2,3	31	6,3

\*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

**Salads (3 varieties):** Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.  
 Cooked/sautéed vegetables: Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

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			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>MONDAY (18/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Rice crackers/Corn with cheese/100% fruit juice (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Broccoli cream	86,9	3,5	18,2	4,0
	<b>MAIN COURSE</b>	Xau xau rice (chicken) and tomato salad (1,3,6)	451	29,1	28,7	17,7
	<b>DIET</b>	Grilled turkey steak with plain rice and boiled pumpkin	274	8,3	24,8	24
	<b>VEGETARIAN</b>	Xau xau rice (egg) and tomato salad (1,3,6)	300	12,3	32,7	13,5
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or turkey ham/Unsweetened yogurt (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

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>TUESDAY (19/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Cereal bread with butter or cheese/White milk (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	<b>SOUP</b>	Bean and turnip cream	126	3,15	18,6	8,8
	<b>MAIN COURSE</b>	Tintureira salad with potato, turnip, pumpkin and cauliflower (4)	161	3	24	9
	<b>DIET</b>	Baked hake with sweet potato and boiled cauliflower (4)	101	5	6	8
	<b>VEGETARIAN</b>	Seitan with coriander, potato, pumpkin, turnip and cauliflower (1,6)	115	7	9	4
	<b>DESSERT</b>	Selection of seasonal fruits/Chocolate mousse (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	<b>SNACK</b>	Corn cereals with no added sugar/Milk (1,7)	173	2,3	31	6,3

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>WEDNESDAY (20/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Sugar-free biscuits/Sugar-free yogurt (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Carrot cream	56	6,4	24,9	8,4
	<b>MAIN COURSE</b>	Veal stew with pasta (1,12)	423	30,3	33,8	11,6
	<b>DIET</b>	Boiled turkey leg with pasta and boiled broccoli (1)	160	1,5	5	18
	<b>VEGETARIAN</b>	Vegetable stew with chickpeas, carrots, sweet potatoes, green beans (12)	567	24,4	74,9	13,8
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or turkey ham/Unsweetened yogurt (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

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>THURSDAY (21/5)</b>	<b>REINFORCEMENT</b>	Carrot sticks/Mixed bread with cheese or butter/White milk (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	<b>SOUP</b>	Lentil cream	167	3,6	21,05	9,7
	<b>MAIN COURSE</b>	Fish stew with peppers, lettuce, tomato and coriander salad (2,4,12,14)	177	6,0	26,0	5
	<b>DIET</b>	Boiled redfish with plain rice, carrots and boiled broccoli (4)	101	5	6	8
	<b>VEGETARIAN</b>	Stew of white beans, peppers, potatoes, carrots and a salad of lettuce, tomato and coriander	140	6	15	7
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	White milk/Rice crackers/Corn with low-fat cheese (7)	47/232	1,6/10,9	4,9/20,2	3,3/7,6

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>FRIDAY (22/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Rice crackers/Corn with cheese/100% fruit juice (7)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Chickpea cream	97,65	6,73	26,31	9,7
	<b>MAIN COURSE</b>	Roast turkey with honey and orange sauce baked in the oven with fusilli (1)	274	10,8	31,3	12,1
	<b>DIET</b>	Steamed chicken fillets with fusilli and boiled broccoli (1)	321	10,4	28,4	27,7
	<b>VEGETARIAN</b>	Baked tofu with honey and orange sauce with fusilli (1,6)	197	10,1	19,4	5,5
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Corn cereals with no added sugar/Milk (1,7)	173	2,3	31	6,3

\*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

**Salads (3 varieties):** Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.

**Cooked/sautéed vegetables:** Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

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Crustaceans; (3) Egg; (4) Fish; (5) Peanuts; (6) Soy; (7) Milk; (8) Nuts; (9) Celery; (10) Mustard; (11) Sesame; (12) Sulphur dioxide and sulfites; (13) Lupin; (14) Mollusks

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>MONDAY (25/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Cereal bread with butter or cheese/Milk (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	<b>SOUP</b>	Onion cream	51,5	6,4	24,7	8,3
	<b>MAIN COURSE</b>	Chicken curry with vegetables and spinach rice (1,7)	397,1	9,4	48,5	28,8
	<b>DIET</b>	Turkey cutlets with plain rice and cooked spinach (1)	331	5,8	42,6	24,9
	<b>VEGETARIAN</b>	Vegetable curry with spinach rice (1,3,6,7,12)	178,6	7,4	6,8	20,1
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	White milk/Biscuits with no added sugar (1,3,7)	47/171	1,6/6,6	4,9/26,1	7,6/2,7

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>TUESDAY (26/5)</b>	<b>REINFORCEMENT</b>	Carrot sticks/Rice cracker/Corn with cheese/White milk (7)	36/232	0,3/10,9	6,1/20,2	0,8/7,6
	<b>SOUP</b>	Green bean cream	93,5	5,9	22,9	6,8
	<b>MAIN COURSE</b>	Grilled salmon with sweet potato, broccoli and cooked carrots (4)	372,3	11,9	58,5	13
	<b>DIET</b>	Boiled hake with rice and mixed cooked vegetables (4)	272,2	2,1	36	26,1
	<b>VEGETARIAN</b>	Grilled seitan with sesame, potato, broccoli and cooked carrot (1,3,9)	420,9	6,72	56,36	30,86
	<b>DESSERT</b>	Selection of seasonal fruits/Creamy milk (1,3,7)	62/96	0,4/1,4	13,7/18	0,9/2,9
	<b>SNACK</b>	Mixed bread with turkey ham or butter/100% fruit juice (1,3,7)	132/47	3,5/0,5	20,8/11,2	4/0,5

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>WEDNESDAY (27/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Cereal bread with butter or cheese (1,7,8)	62/209/154	0,4/11,84/3,02	13,7/22,6/22,9	0,9/2,48/7,76
	<b>SOUP</b>	French garlic cream	68	1	12	2,0
	<b>MAIN COURSE</b>	Oven-baked chicken with herbs provence served with fusilli (1)	274	10,8	31,3	12,1
	<b>DIET</b>	Steamed turkey cutlets with fusilli and green beans (1)	321	10,4	28,4	27,7
	<b>VEGETARIAN</b>	Vegetables baked with cornbread (1)	197	10,1	19,4	5,5
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Corn cereals with no added sugar/Milk (1,7)	173	2,3	31	6,3

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>THURSDAY (28/5)</b>	<b>REINFORCEMENT</b>	Selection of seasonal fruits/Biscuits with no added sugar/100% juice (1,3,6)	62/232	0,4/10,9	13,7/20,2	0,9/7,6
	<b>SOUP</b>	Savoy soup	200,9	3,9	30,2	15,2
	<b>MAIN COURSE</b>	Cod gratin with spinach (1,2,4,7,14)	355,3	18,3	12,9	34,4
	<b>DIET</b>	Boiled perch with boiled potatoes and broccoli (4)	117,2	0,81	11,7	14,5
	<b>VEGETARIAN</b>	Gratin of chickpeas with vegetables (leek, zucchini and bell pepper) (1,6,8,11)	212,1	7,63	12,06	23,38
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Rye ball with cheese or turkey ham/Unsweetened yogurt (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

			V.E (kcal)	Fat (g)	H.C (g)	Protein (g)
<b>FRIDAY (29/5)</b>	<b>REINFORCEMENT</b>	Carrot sticks/Mixed bread with 100% fruit jam or butter (1,7,8)	36/155,8/210,8	0,3/3,26/12	6,1/21,8/21,5	0,8/3,7/9
	<b>SOUP</b>	Creamed spinach	57	6,4	23,6	8,0
	<b>MAIN COURSE</b>	Stewed peas with boiled eggs, veal cubes and white rice (3,12)	221	11,0	21,0	15
	<b>DIET</b>	Grilled turkey steak with rice, carrots, and cooked green beans	175	5,8	12,8	17,7
	<b>VEGETARIAN</b>	Stewed peas with carrots, broccoli and poached eggs (3,12)	176	8	21	5
	<b>DESSERT</b>	Selection of seasonal fruits	62	0,4	13,7	0,9
	<b>SNACK</b>	Corn cereals with no added sugar/Milk (1,7)	173	2,3	31	6,3

\*The snack and the reinforcement are always accompanied by a drink: **plain milk, 100% fruit juice or yogurt without added sugar.**

**Salads (3 varieties):** Tomato, lettuce, cucumber, grated carrot, corn, red cabbage, beetroot, black-eyed peas with cornbread and kale.

**Cooked/sautéed vegetables:** Broccoli, cauliflower, green beans, Brussels sprouts, mixed vegetables with potato and carrot.

**Notes:** Menus may be subject to change depending on any needs. Prepared in accordance with the guidelines of circular no. 3097/DGE/2018 of the Directorate-General for Education. The meal contains or may contain the following substances or products and their derivatives: (1) Gluten; (2) Crustaceans; (3) Egg; (4) Fish; (5) Peanuts; (6) Soy; (7) Milk; (8) Nuts; (9) Celery; (10) Mustard; (11) Sesame; (12) Sulphur dioxide and sulfites; (13) Lupin; (14) Mollusks