

# GUIDE

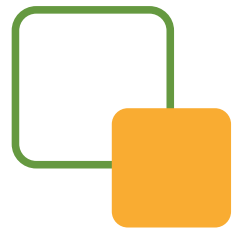
## TO HEALTHY EATING IN SCHOOLS AND KINDERGARTENS

### VOLUME II

An initiative of the “Masă și clasă” (“Food in School”) project,  
developed in partnership with ASP and inspired by Edenred







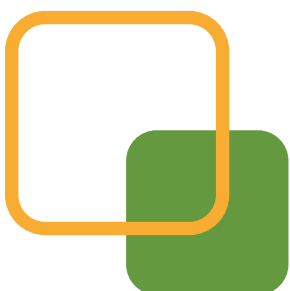
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**Masă și clasă**  
un program inspirat de Edenred





**Görkem Oran,**  
General Manager Edenred

*„At Edenred, we strongly believe that education - and this includes food education - is the best way to prepare for the future.*

*The research and experience of recent years has shown us ever more clearly that a healthy diet has a significant impact on*

*children's health, school performance and fair social integration. We have therefore chosen to support - not least by contributing to the development of this Guide - the long-term commitment of schools and kindergartens in Romania to improve the students' nutrition and, specifically, their ability to provide tasty, hot meals that are also nutritionally balanced.*

*For today's students are tomorrow's employees with responsible eating habits."*



**Christian Comșa**  
President of the Private Schools' Association (ASP)

*"The Healthy Recipe Guide for Schools and Kindergartens was created in response to the need to provide students with a balanced diet, by providing schools with recipe recommendations that meet the highest nutritional standards.*

*By this initiative, we not only aim to promote healthy eating, but also to encourage a greater involvement of the community in educating the future generations about taste and responsible food choices."*



**Alex Cirtu**  
Chef

*„Our children deserve the best start in life, and healthy eating plays a fundamental role in this area. Each meal, both at home and at school, helps form habits that will influence their long-term health.*

*School cafeteria chefs, principals or teachers, but also parents are essential partners in this process. By teaming up as a community we are able to provide children with balanced, tasty and nutritious meals. This guide is the tool we all share to achieve this goal day by day, ensuring proper nutrition and a healthy development.*

*For only together we can build a healthy and happy future for all our children!"*

*"Healthy eating is learned early on and is a priceless asset that we get and also use later in life. Healthy eating is a joy that children need to get familiar with and that should become second nature to them. Healthy eating will stick with them forever and will always remind them of the happy daily moments when they used to eat with their classmates at school. Let's help them in this endeavor and let the school do its much-needed part in this area too."*

**Corina-Aurelia Zugravu**

MD, Ph.D,

Professor of Food Hygiene and Nutrition, "Carol Davila" University of Medicine and Pharmacy, National Center for the Monitoring of Environmental Hazards, National Institute of Public Health, Bucharest, Romania.



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## Motivation and Necessity of this GUIDE ?



The current social setting is marked by growing concerns regarding childhood obesity and all the issues associated with unhealthy diets, both at global and national levels. The study carried out by NPHI (National Public Health Institute) in 2020, following the COSI (European Childhood Obesity Surveillance Initiative) protocol, showed that 3 out of 10 children aged 7-9 years are overweight or obese.

Therefore, according to INSP, a quality diet is "essential for reducing childhood illnesses, promoting optimal health and preventing chronic diseases in later life. Eating habits are formed during childhood and last a lifetime, which is why it is important to take early intervention in the community." (Intervention guide on healthy eating and physical activity in kindergartens and schools, promoted by INSP)

Activities aimed at promoting healthy eating among children and the role of prevention are crucial, and the release of a guide dedicated to school cafeterias - a first for Romania - is a vital step in supporting these efforts.

We hope that this guide will be a practical tool that will enable schools to make an active contribution to early nutrition education for children and provide practical guidance on healthy hot meals for students on a daily basis. Furthermore, we aim to educate the school community and raise the awareness of those involved in the process of feeding children (chefs, but also school principals, teachers, parents, caterers, etc.) on the benefits of a nutritionally balanced diet.

This guide is the result of extensive collaboration between nutritionists, physicians and chefs. Therefore, it is not just a simple recipe book, but a professional resource, scientifically backed by nutritional studies, which we hope will become a benchmark of best practices to be adopted by as many schools as possible throughout the country and made available free of charge to all public and private schools and kindergartens in Romania.

The first volume of the guide, which focuses on the multiculturalism of tastes, includes:

- 50 recipes for school cafeterias, consisting of a diversified menu of 5 meals (breakfast, morning snack, course lunch and afternoon snack), covering two weeks. The menu is optimized for 3 age groups: 3 - 6 years, 7 - 13 years and 13 -18 years.

This second volume, increasingly featuring local products, presents:

- 60 complete lunch recipes (morning snack, the course meal lunch, afternoon snack) covering a month's worth of varied meals. The menu is adapted for two age groups: 3 - 6 years and 7 - 13 years.





Both volumes focus on the values of a balanced nutrition and the appeal of taste or appearance, an adequate time frame for preparation and the affordability of the recipes. The recipes are true models of children's menus that meet benchmark professional standards, making it easy for schools to provide healthier and tastier hot meals for their students. We accepted the challenge to create and strengthen the children's perception that 'healthy eating' could be a preferable option for them.

This guide is part of the "Masă și clasă" ("Food in School")\* project, launched in 2023 by Edenred in partnership with the Private Schools Association (Asociația Școlilor Private - ASP) and the Education Values Association (Asociația pentru Valori în Educație - AVE) and adheres to the FOOD (Fighting Obesity through Offer & Demand) Program.

Coordinated by Edenred in 10 countries, FOOD is Europe's largest public-private partnership program aimed at supporting healthy eating habits among employees and, on a national level, among school and kindergarten students.

\*Awards: The "Food in School" project was awarded at the Romanian CSR Awards, Sustainable Companies 2024 Gala, in the Cross-sector partnership category.



## IS IT POSSIBLE TO COOK MORE DELICIOUS, APPEALING, HEALTHIER MEALS AND AT AFFORDABLE PRICES?



The pictured dishes and platings were made by school cafeteria staff using the recipes in the two volumes of the guide, during the nutrition training workshops, and represent a positive feedback we received during the “Masă și clasă” (“Food in School”) project.



This is the average cost of the Ingredients (food cost) required for daily lunches served at kindergarten and school, for children in the age categories 3-6 years and 7-12 years, calculated based on prices from December 2023 and March 2024.

### **Average prices for the first 2 weeks (December 2023):**

- Children 3-6 years: 8.22 RON/day
- Children 7-12 years: 9.83 RON/day

### **Average prices for the next 2 weeks (March 2024):**

- Children 3-6 years: 7.68 RON/day
- Children 7-12 years: 8.47 RON/day

These values reflect only the cost of the ingredients needed for the lunches, without including other expenses. Prices may vary depending on market conditions and the evolution of raw material costs.

# Professional Chefs „Food in Schools”

## ATTITUDE TOWARDS SELF

- Confidence
- Enthusiasm
- Self-development
- Satisfaction with a job well done

## ATTITUDE TOWARDS OTHERS

- Respect
- Empathy
- Cares about children

## ATTITUDE TOWARDS PROFESSION

- Seriousness | Discipline
- Creativity
- Good relations with the peers
- Lifelong learning | Curiosity

A PROFESSIONAL CHEF does not just prepare DELICIOUS FOOD,  
but generates POSITIVE EXPERIENCES and FEELINGS,  
thus contributing to THE CHILDREN'S HEALTH AND WELL-BEING.



## Dear School Canteen Chefs,

I think it is essential for us to remember that we are more than just chefs. We are architects that shape people's health and future. We do not simply hold spatulas and pans in our hands, but also the power to influence children's food choices, to shape their habits and to provide them with a sound food education. This is a huge responsibility, as well as a great opportunity to make a significant difference in the world. Change in children's lives starts with their teachers, parents and us - the chefs. Childhood is a crucial time during which eating habits are formed and reinforced. It is the time when children develop their food preferences and learn about the importance of eating healthy.

We may sometimes feel that chefs are not regarded with the same admiration as other professionals. Many of us have perhaps wondered at some point if our work really does have a significant impact or if we are just following recipes. The truth is that we are much more than that.

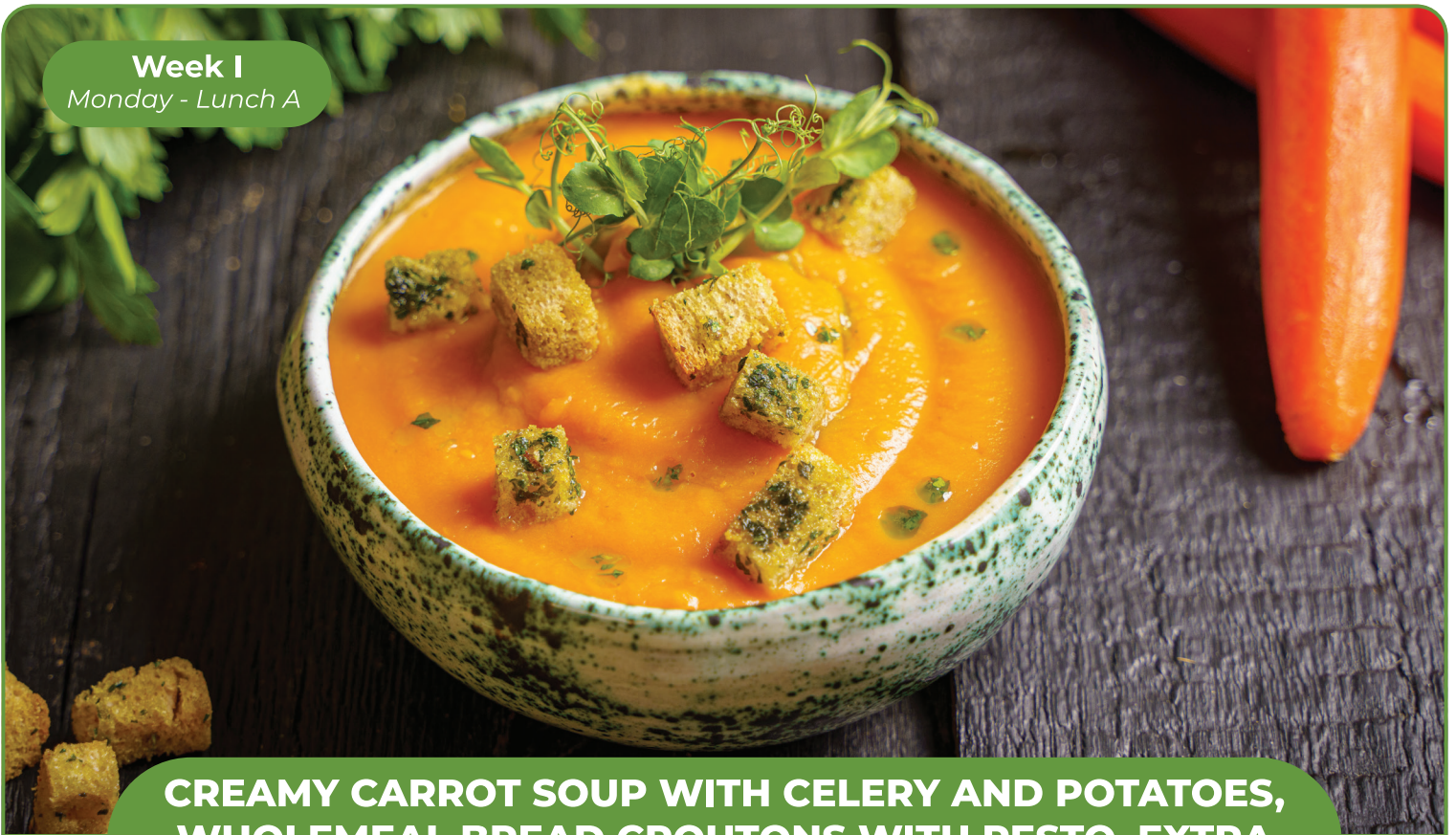
## **We are taste artists, health architects and educators of deliciousness.**

Moreover, I have noticed a shift in perspective in recent years. Due to the growing popularity of cooking shows and social media, our profession has become more and more appreciated and admired. There are children who want to become chefs, inspired by our passion and creativity.

This confirms that our work is not only important, but also inspiring for future generations.

Chef,  
**Alex Cîrțu**

**Week 1**  
Monday - Lunch A



## CREAMY CARROT SOUP WITH CELERY AND POTATOES, WHOLEMEAL BREAD CROUTONS WITH PESTO, EXTRA VIRGIN OLIVE OIL, GARLIC AND PARSLEY

10 servings

### Ingredients:

#### For the soup:

- Carrots – 645 g gross weight, 540 g gross weight for cooking, 415 g net weight
- Fresh celery – 75 g gross weight, 55 g gross weight for cooking, 50 g net weight
- White potatoes – 680 g gross weight, 570 g gross weight for cooking, 485 g net weight
- Yellow onions – 385 g gross weight, 295 g gross weight for cooking, 225 g net weight
- Salt – 2 g
- Water – 1335 ml gross weight, 300 ml net weight (after boiling)
- Olive oil – 20 ml

**Soup net weight (after cooling) – 1500 g**

#### For the food plating 1 serving = 165 g

- Carrot soup – 150 ml
- Croutons with parsley pesto – 15 g

#### For the pesto croutons:

- Wholemeal toast – 145 g gross weight for cooking, 110 g net weight
- Extra virgin olive oil – 15 ml
- Fresh parsley – 18 g gross weight, 14 g gross weight for cooking, 10 g net weight
- Salt – 1 g
- Grated Parmesan cheese - 30 g
- Fresh lemon juice – 5 ml
- Dried oregano – 0.5 g
- Dried basil – 0.5 g

**Net weight – 150 g**

#### Soup preparation:

- Wash thoroughly and peel the vegetables;
- Dice all the vegetables;
- Heat the oil in a large pot and sauté the vegetables;
- Add boiling water and cook over medium heat;
- Cook WITH THE LID ON, to minimize evaporation;
- The water content varies depending on the cooked amount, it does not increase proportionally;
- Drain the liquid separately and blend everything together;
- Gradually add the liquid until the optimal consistency is reached (it should run in a steady stream out of the spoon);
- Season to taste with salt; • If the soup thickens too much the next day, dilute with a little boiled water or vegetable stock!

#### Croutons preparation:

- Dice the wholemeal bread, then drizzle the cubes with extra virgin olive oil;
- Season with a little salt, basil and oregano;
- Remove the parsley stems and chop finely;
- Mix with the grated Parmesan cheese and with the croutons;
- Bake (in a thin layer) in a 2 cm deep 1/1 GN tray in the oven preheated to 160 degrees C, dry, for 8-10 min, until golden;
- Serve with the soup



## TURKEY BREAST WITH CHERRY TOMATOES, SCALLIONS AND OREGANO, BROWN RICE

10 servings

### Ingredients:

#### For the turkey breast:

- Turkey breast – 770 g gross weight, 700 g gross weight for cooking, 650 g net weight
- Cherry tomatoes – 770 g gross weight, 700 g gross weight for cooking, 500 g net weight
- Green onions – 100 g gross weight, 75 g gross weight for cooking, 50 g net weight
- Fresh oregano – 3 g gross weight, 2 g gross weight for cooking, 2 g net weight
- Extra virgin olive oil – 60 ml gross weight, 60 ml net weight
- Salt – 5 g • Pepper – 1 g

**Net weight – 1200 g**

#### For the food plating 1 serving = 220 g

- Turkey breast and tomatoes - 120 g
- Brown rice – 100 g

#### Turkey breast preparation:

- Finely chop the fresh oregano;
- Trim the turkey breast and cut it into slices;
- Cut pieces of baking paper to a 1/1 GN tray size;
- Fit the baking paper in a 1/1 GN tray no deeper than 6 cm;
- Place the turkey breast on the baking paper in a single layer and season it to taste with salt and pepper;
- Add the olive oil, the oregano and the previously chopped green onions and 'massage well';
- Wash the cherry tomatoes well, chop them and put them on top;
- Place another sheet of baking paper on top;
- Preheat the oven to 160 degrees C and cook the turkey for about 25-30 minutes, subject to oven performance;
- Remove the baking paper sheet on top and increase the temperature to 200 degrees C;
- Leave for about 5 more minutes until golden brown.

#### For the brown rice:

- Brown rice – 185 g gross weight, 185 g gross weight for cooking,
- Carrots – 195 g gross weight, 165 g gross weight for cooking, 150g net weight
- Red onion – 140 g gross weight, 125 g gross weight for cooking, 70 g net weight
- Zucchini – 420 g gross weight, 380 g gross weight for cooking, 280 g net weight
- Salt – 7 g
- Extra virgin olive oil – 40 ml gross weight, 40 ml net weight

**Net weight – 1000 g**

#### Rice preparation:

- Rinse the rice 3 times in salted water to remove some of the starch and soak for about an hour in separate 1/1 GN trays with water;
- Add salted water to a large pot;
- Place on the stove and when the water has boiled, add the whole rice;
- Drain well after it is done; • In the meantime, thoroughly wash, peel and dice the red onions, carrots and zucchini;
- Do not mix;
- Heat the oil in a large saucepan or pot and sauté the carrots first;
- When they turn translucent, add the onion and the zucchini;
- Once everything turned golden brown, add water and bring to a boil;
- When the stock has reduced, add the rice and stir;
- Stir for about 2 minutes, season with salt and empty the saucepan or pot;
- Cool the rice in the blast chiller on the 'Soft chilling' program (1 star)

**Week 1**  
Monday - Lunch C



## BANANA BREAD WITH DRIED APRICOTS AND PLUMS

10 servings

### Ingredients:

- Fresh bananas, very ripe – 545 g gross weight, 420 g gross weight for cooking, 380 g net weight
- Water – 25 ml gross weight, 20 ml net weight (after evaporation)
- Dried apricots (without sugar) – 45 g gross weight, 45 g gross weight for cooking, 40 g net weight
- Dried plums (without sugar) – 45 g gross weight, 45 g gross weight for cooking, 40 g net weight
- Salt – 1 g
- Baking powder – 2 g
- Wholegrain rice flour – 45 g gross weight, 45 g gross weight for cooking, 45 g net weight
- Wholegrain wheat flour – 55 g gross weight, 55 g gross weight for cooking, 50 g net weight
- Ginger powder – 0,1 g
- Ground cinnamon – 0,1 g
- Olive oil – 25 ml gross weight, 20 ml net weight
- Stevia powder - 7 g

**Total raw amount - 670 g**

**Cooked and chilled amount - 600 g**

**For assembly 1 portion = 60 g**

### Preparation:

- The riper the bananas are, the better they are for this recipe and you can thus cut down on the sweetener completely;
- Peel the bananas;
- Blend the ripe bananas in a blender/food processor along with the stevia, oil and spices;
- Mix together both flours, the baking powder and salt and incorporate them;
- Dice the plums and apricots - if the plums and apricots are dried, soak them for about 2-3 hours to make them softer and easier to cut, even in a food processor or cutter (especially if there is a larger quantity);
- Drain off any excess liquid;
- Tip: scale the pan in which you are baking it - the time may vary depending on how much batter you put in the pan.
- Bake for 50 minutes at 150-160 degrees C - time may vary depending on oven performance;
- Do the toothpick test;
- The banana bread will drop depending on how ripe the bananas are and the temperature at which it is placed in the blast chiller.

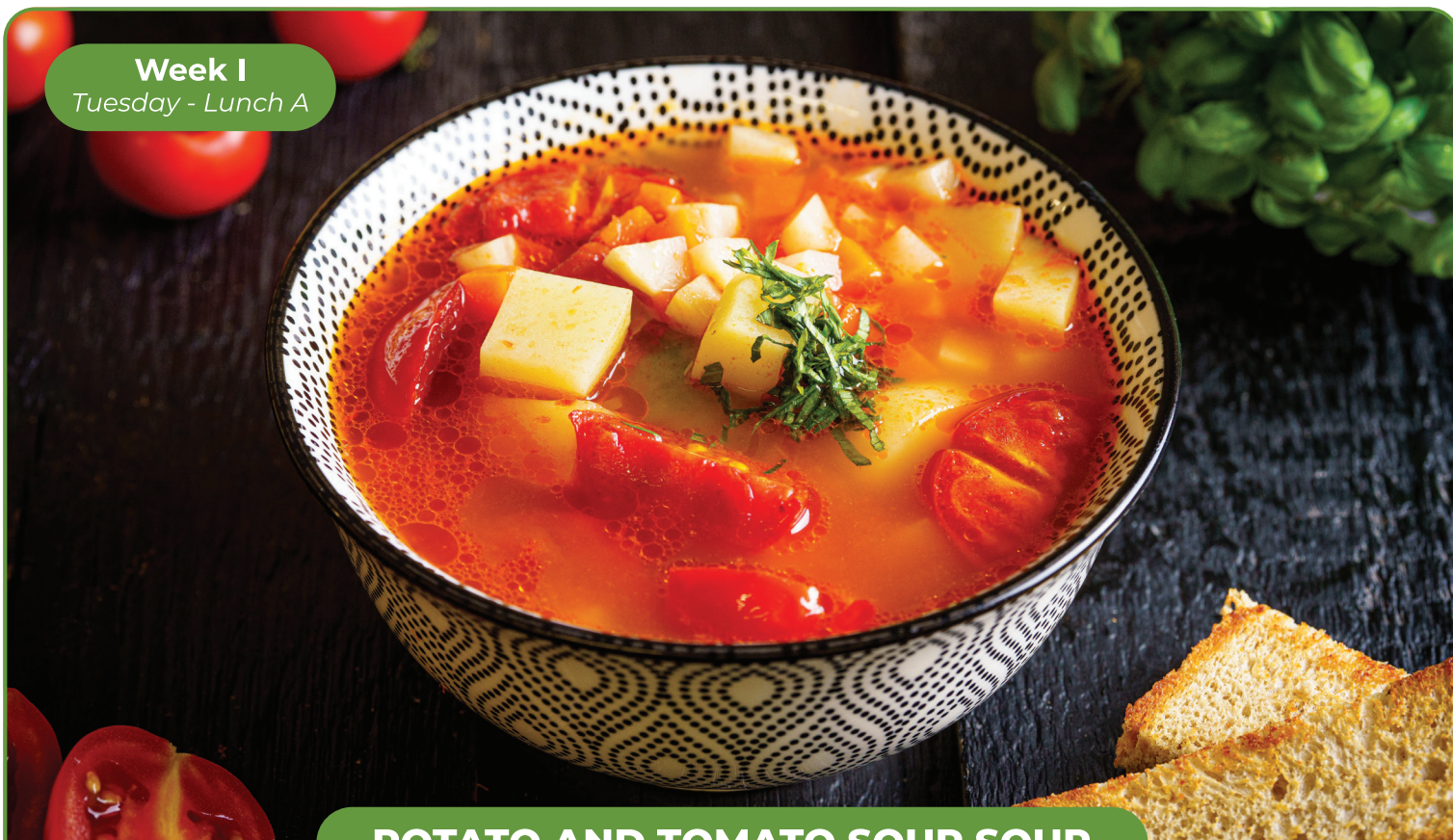
Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Creamy carrot soup with celery and potatoes, wholemeal bread croutons with extra virgin oil pesto, garlic and parsley	5.33 g proteins / 5.52 g fats (of which 1.18 g saturated) / 21.88 g carbohydrates (of which 1.28 g sugars) / 4.79 g fibers/0.44 g salt	1.75 g proteins / 1.82 g fats (of which 0.3 g saturated) / 7.19 g carbohydrates (of which 0.42 g sugars) / 1.57 g fibers/0.15 g salt	99.55 mg Ca / 26.47 mg Mg / 2.18 mg Fe / 0.02 mg Vit. D / 0.53 mg Zn	32.73 mg Ca / 8.7 mg Mg / 0.72 mg Fe / 0.01 mg Vit. D / 0.17 mg Zn	% Proteins: 13.46 % Carbs: 55.19 % Fats: 31.35	158.55	52.13	165	305	lactose, celery, traces of egg
Turkey breast with cherry tomatoes, green onions and oregano, brown rice	19.56 g proteins / 12.3 g fats (of which 1.69 g saturated) / 30.41 g carbohydrates (of which 10.25 g sugars) / 3.48 g fibers / 1.42 g salt	7.98 g proteins / 5.02 g fats (of which 0.69 g saturated) / 12.4 g carbohydrates (of which 4.18 g sugars) / 1.42 g fibers / 0.58 g salt	41.7 mg Ca / 60.28 mg Mg / 1.39 mg Fe / 0.07 mg Vit. D / 1.49 mg Zn	17.1 mg Ca / 24.59 mg Mg / 0.57 mg Fe / 0.03 mg Vit. D / 0.61 mg Zn	% Proteins: 25.19 % Carbs: 39.16 % Fats: 35.65	310.56	126.66	220	245	
Banana bread with dried apricots and plums	1.68 g proteins / 2.82 g fats (of which 0.33 g saturated) / 23.67 g carbohydrates (of which 4.14 g sugars) / 2.27 g fibers/0.08 g salt	2.51 g proteins / 4.21 g fats (of which 0.5 g saturated) / 35.36 g carbohydrates (of which 6.19 g sugars) / 3.39 g fibers/0.12 g salt	7.13 mg Ca / 20.9 mg Mg / 0.25 mg Fe / 0 mg Vit. D / 0.2 mg Zn	10.66 mg Ca / 31.23 mg Mg / 0.37 mg Fe / 0 mg Vit. D / 0.29 mg Zn	% Proteins: 5.31 % Carbs: 74.69 % Fats: 20	126.73	189.38	60	65	gluten, traces of gluten
Total values:	26.57 g proteins / 20.64 g fats (of which 3.2 g saturated) / 75.96 g carbohydrates (of which 15.67 g sugars) / 10.54 g fibers/1.94 g salt	12.24 g proteins / 11.05 g fats (of which 1.58 g saturated) / 54.9 g carbohydrates (of which 10.79 g sugars) / 6.38 g fibers/0.85 g salt	148.38 mg Ca / 107.65 mg Mg / 3.82 mg Fe / 0.09 mg Vit. D / 2.22 mg Zn	60.4 mg Ca / 64.52 mg Mg / 1.66 mg Fe / 0.04 mg Vit. D / 1.07 mg Zn	% Proteins: 17.84 % Carbs: 50.99 % Fats: 31.18	595.84	96.69	446	615	gluten, lactose, celery, traces of gluten, traces of egg

### Disclaimer for nutrition information

The basic products used in this guide have been selected from "FoodData Central, USDA's comprehensive source of food composition data with multiple distinct data types". For the products not included in this database and used in the recipes, the macronutrients and calories were calculated separately.

The nutritional facts provided here have been accurately calculated according to the available data, but to make them more practical and accessible, the macronutrients and calories have been slightly rounded up or down. However, it is important to note that there is a 2.5-5% variation allowed. Furthermore, there may be a marginal difference between the nutritional facts of the products in the guide and those of similar products from other brands used by those using the guide.

**Week 1**  
Tuesday - Lunch A



## POTATO AND TOMATO SOUR SOUP

10 servings

### Ingredients:

- White potatoes – 740 g gross weight, 670 g gross weight for cooking, 560 g net weight
- Parsley root – 60 g gross weight, 50 g gross weight for cooking, 50 g net weight
- Parsnip – 50 g gross weight, 45 g gross weight for cooking, 40 g net weight
- Celery – 65 g gross weight, 50 g gross weight for cooking, 50 g net weight
- Carrots – 65 g gross weight, 50 g gross weight for cooking, 45 g net weight
- Onions – 80 g gross weight, 65 g gross weight for cooking, 60 g net weight
- Canned tomatoes – 286 g gross weight, 286 g gross weight for cooking, 238 g net weight
- Fresh lovage – 1.3 g gross weight, 1.2 g gross weight for cooking, 1.2 g net weight
- Fresh fermented wheat bran (“borş”), liquid – 240 ml gross weight for cooking, 240 ml net weight
- Salt – 12 g
- Water – 540 ml gross weight for cooking, 240 ml net weight
- Bay leaves - 0.015 g (2 leaves)
- Dried thyme – 0.015 g (a pinch)
- Extra virgin olive oil – 65 ml

**Net weight – 1810 g**

### For serving:

- Wholemeal bread/bun – 300 g

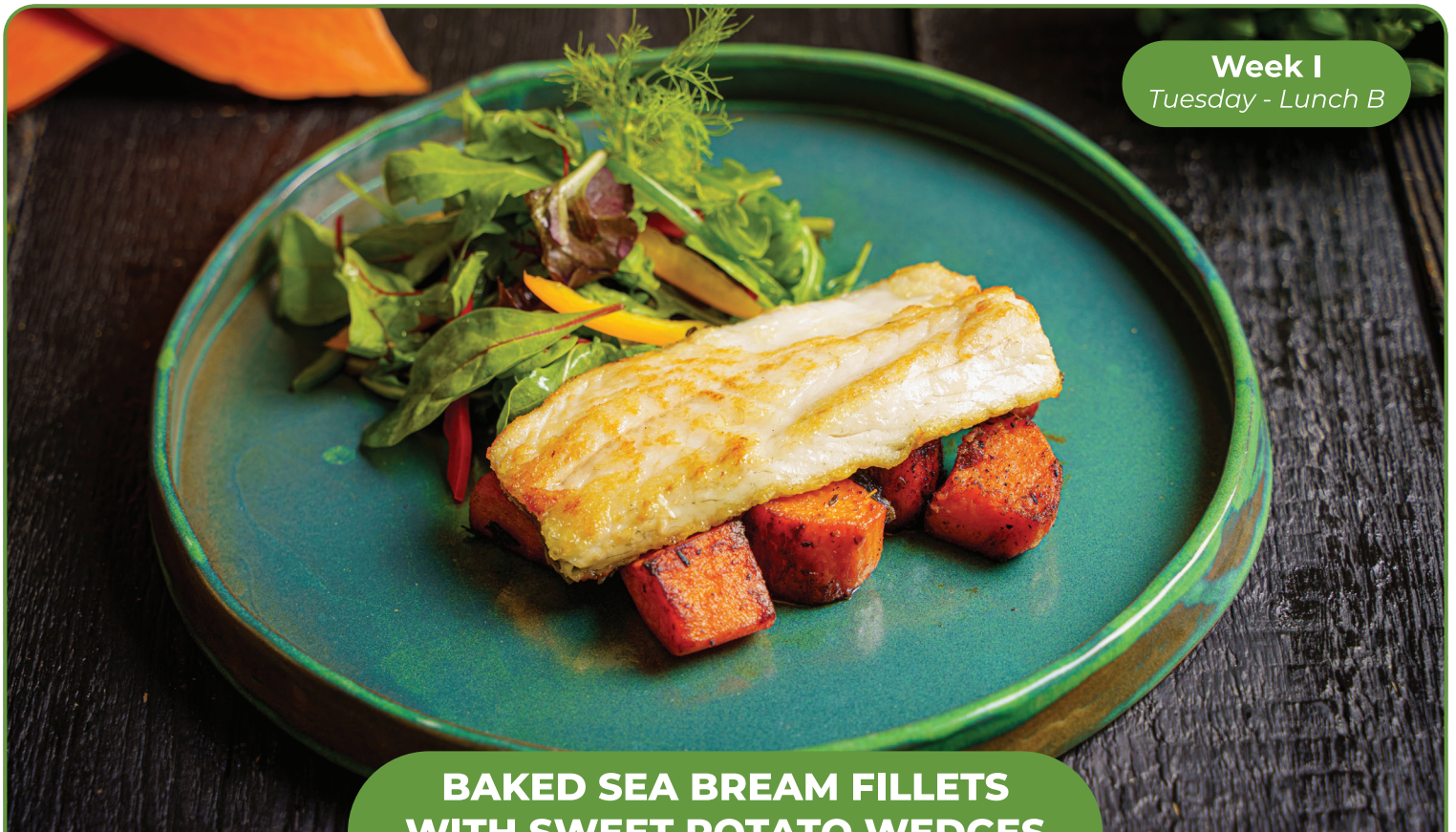
**Net weight – 300 g**

**For the food plating 1 serving = 210 g**

- Potato sour soup – 180 g
- Wholemeal bread – 30 g

### Preparation:

- Wash and peel the vegetables;
- Cut the potatoes into larger cubes and put them in a 1/1 GN tray filled with water so they won't oxidize;
- Dice the parsnip, celery, carrots and onions in a food processor and sauté them in a large pot or saucepan in oil until translucent;
- Cook on medium heat;
- Add salt;
- When 75% done, add the potatoes;
- Separately, bring the fermented wheat bran (“borş”) to a boil, adding a few thyme twigs and the bay leaves;
- When the potatoes are cooked, add the fermented wheat bran and the tomatoes, turn the heat to low and simmer together for about 10 minutes;
- Wash the lovage well and chop it finely, without the stems;
- Serve with lovage and wholemeal bread.



## **BAKED SEA BREAM FILLETS WITH SWEET POTATO WEDGES AND MIXED SALAD**

10 servings

### **Ingredients:**

- Sea bream fillet – 1200 g gross weight (covered with ice), 600 g gross weight for cooking (after defrosting and trimming), 500 g net (after cooking)
  - Salt – 2 g
  - Pepper – 0.1 g
  - Extra virgin olive oil – 30 ml
  - Dried thyme – 0.1 g
  - Fresh lemon juice – 20 ml
- Net weight – 500 g**

#### **For the food plating 1 serving = 175 g**

- Sea bream – 50 g
- Sweet potato wedges – 100 g
- Mixed salad with lemon – 25 g

#### **For the sweet potato wedges:**

- Sweet potatoes – 1400 g gross weight, 1.270 g gross weight for cooking, 1000 g net weight
  - Garlic powder – 1.5 g
  - Salt – 1 g
  - Extra virgin olive oil – 60 ml
  - Sweet paprika powder – 0.1 g
- Net weight – 1000 g**

#### **For the salad:**

- “Ready to eat” salad mix – 150 g gross weight for cooking, 150 g net weight
  - Fresh lemon juice – 30 ml
  - Extra virgin olive oil – 10 ml
  - Red bell pepper – 45 g gross weight for cooking, 40 g net weight
  - Yellow bell pepper – 35 g gross weight for cooking, 30 g net weight
  - Green bell pepper – 35 g gross weight for cooking, 30 g net weight
- Net weight – 250 g**

#### **Sea bream preparation:**

- Clean the scales (if any) from the sea bream fillets;
- Remove the bones with tweezers or make 2 V-shaped cuts in the center of the sea bream where the bones are and remove the bones;
- Place the sea bream in a 2 cm deep 1/1 GN tray lined with baking paper;
- Drizzle the fish with olive oil, a little lemon juice and season with salt, pepper and dried thyme;
- Preheat the oven to 160 degrees C and 30% steam and bake the fish for about 12 minutes.

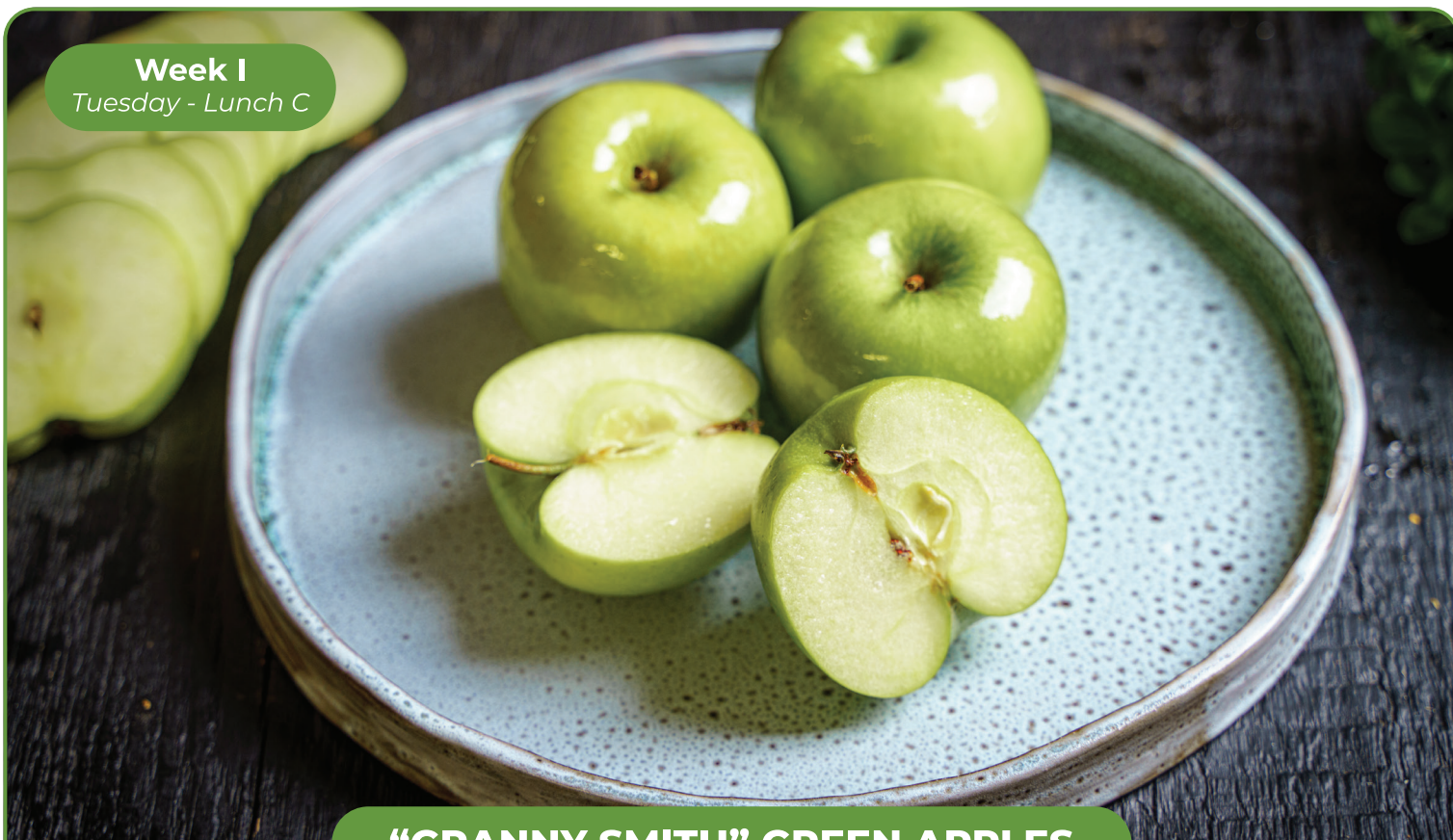
#### **Baked sweet potatoes preparation:**

- Wash the sweet potatoes well, peel and drizzle with olive oil;
- Season with garlic powder, sweet paprika powder and salt;
- Bake at 170 degrees C, dry, for about 18-20 minutes.

#### **Salad preparation:**

- Wash and julienne the multicolored peppers;
- Mix the olive oil with the fresh lemon juice;
- Assemble the salad in layers and drizzle with the dressing.

**Week 1**  
Tuesday - Lunch C



## “GRANNY SMITH” GREEN APPLES

For 1 serving – 130 g - 150 g

Apples have made the famous American slogan "one apple a day keeps the doctor away" axiomatic, as the anti-tumor, stomach and whole digestive tract protective action of apples is well known and proven today in modern nutrition.

Apples regulate the intestinal transit, they fight high cholesterol, diabetes and obesity, which makes them one of the world's top ten most efficient foods for keeping us and our children healthy.

They protect our children's teeth by forcing them to chew, which stimulates saliva production and reduces plaque, and by massaging the gums they prevent periodontal disease in the elderly. Apples are rich in antioxidants - polyphenols and flavonoids such as quercetin, which reduce the risk of liver and colon cancer and premature aging.

As they are rich in both soluble and insoluble fibers, on average 2g/100g, they easily appease the hunger of children and adults. The insoluble fibers fight constipation, while the soluble fibers, such as pectin, treat diarrhea, provided the apples are peeled and grated. A

perfect balance, which also boosts the body's immune function due to the beneficial effects of apples on the healthy intestinal flora.

Last but not least, apples provide our children with energy, as they are rich in vitamins such as C, A and the B complex, as well as in minerals and trace elements such as calcium, magnesium, potassium, iron, selenium and zinc. Moreover, they also protect against free radicals, due to their important anti-inflammatory action. Apples provide good hydration, since they are 90% water and are thus essential for the proper functioning of the metabolism of children - who get more easily dehydrated than adults. Moreover, they increase sleep quality due to their sedative properties.



Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Creamy zucchini soup with wholemeal croutons	3.69g proteins / 4.41g fats (of which 0.3g saturated) / 16.65g carbohydrates (of which 2.14g sugars) / 3.24g fibers / 0.61g salt	1.4g proteins / 1.68g fats (of which 0.11g saturated) / 6.33g carbohydrates (of which 0.82g sugars) / 1.23g fibers / 0.23g salt	26.16mg Ca / 19.23mg Mg / 1.4mg Fe / 0mg Vit. D	9.94mg Ca / 7.31mg Mg / 0.53mg Fe / 0mg Vit. D	% Proteins: 12.2 % Carbs: 55.02 % Fats: 32.78	12106	4601	215067	263102	lactose celery
Pork tenderloin with beans	25.42g proteins / 9.6g fats (of which 2.47g saturated) / 33.96g carbohydrates (of which 3.98g sugars) / 8.51g fibers / 2.87g salt	8.36g proteins / 3.16g fats (of which 0.81g saturated) / 11.18g carbohydrates (of which 1.31g sugars) / 2.8g fibers / 0.95g salt	133.43mg Ca / 109.01mg Mg / 5.33mg Fe / 0.35mg Vit. D	43.91mg Ca / 35.88mg Mg / 1.75mg Fe / 0.12mg Vit. D	% Proteins: 31.38 % Carbs: 41.93 % Fats: 26.68	32394	10661	2654252	3038452	
Sour cherry muffins	3.93g proteins / 8.62g fats (of which 1.59g saturated) / 22.24g carbohydrates (of which 1.39g sugars) / 1.09g fibers / 0.18g salt	5.98g proteins / 13.13g fats (of which 2.43g saturated) / 33.89g carbohydrates (of which 2.12g sugars) / 1.66g fibers / 0.27g salt	23.27mg Ca / 2.21mg Mg / 0.29mg Fe / 0.31mg Vit. D	35.46mg Ca / 3.37mg Mg / 0.45mg Fe / 0.48mg Vit. D	% Proteins: 8.62 % Carbs: 48.82 % Fats: 42.57	18223	27766	55407	6563	
<b>Total values:</b>	<b>33.04g proteins / 22.63g fats (of which 4.36g saturated) / 72.85g carbohydrates (of which 7.51g sugars) / 12.84g fibers / 3.66g salt</b>	<b>15.74g proteins / 17.97g fats (of which 3.35g saturated) / 51.4g carbohydrates (of which 4.25g sugars) / 5.69g fibers / 1.45g salt</b>	<b>182.86mg Ca / 130.45mg Mg / 7.02mg Fe / 0.66mg Vit. D</b>	<b>89.31mg Ca / 46.56mg Mg / 2.73mg Fe / 0.6 mg Vit. D</b>	<b>% Proteins: 21.07 % Carbs: 46.46 % Fats: 32.47</b>	<b>62723</b>	<b>9915</b>	<b>5358992</b>	<b>6325772</b>	<b>gluten lactose eggs celery traces of gluten</b>

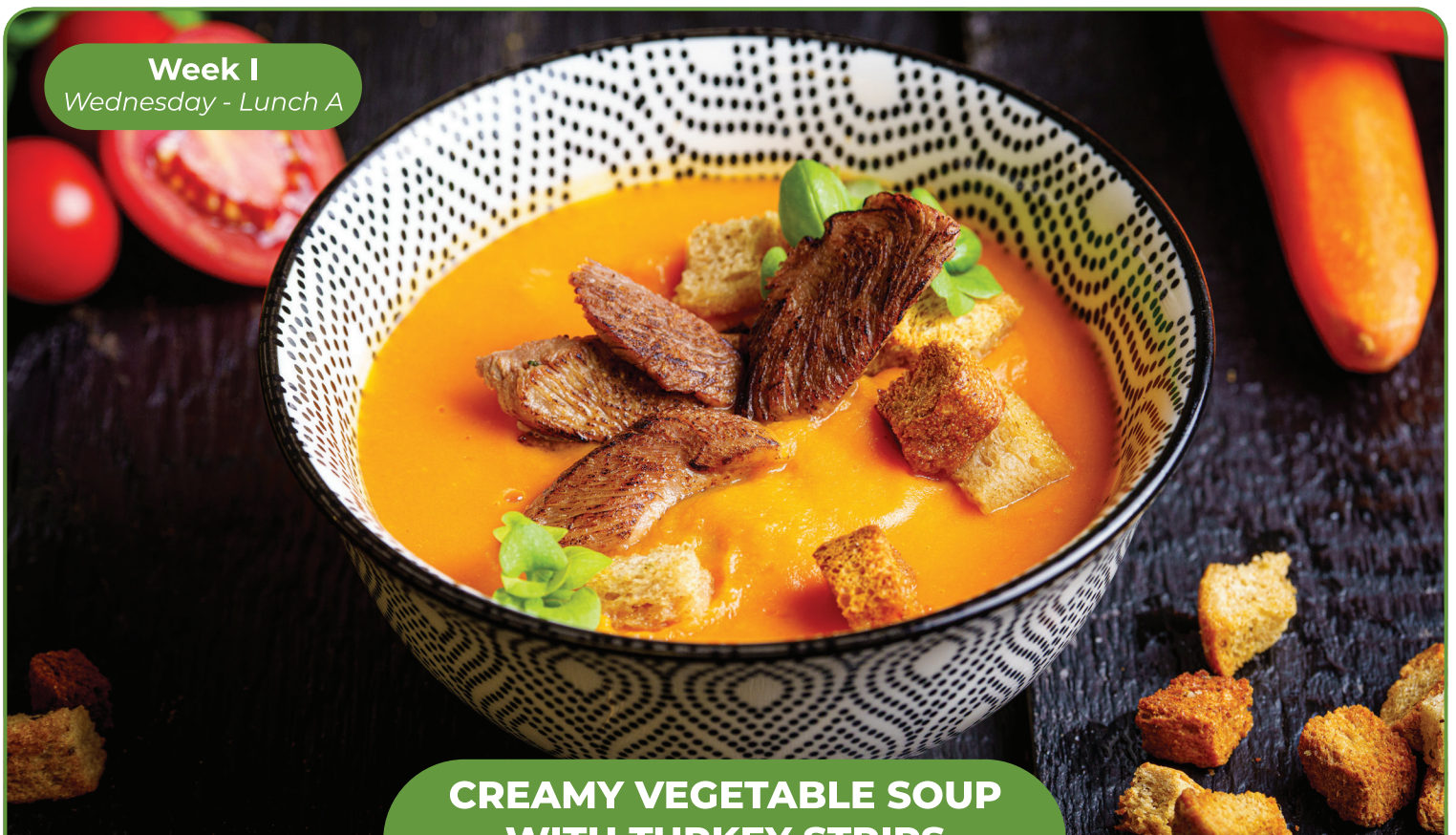
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**Week 1**

Wednesday - Lunch A



## CREAMY VEGETABLE SOUP WITH TURKEY STRIPS AND FLAVORED CROUTONS

10 servings

### Ingredients:

#### For the soup:

- Carrots – 120 g gross weight, 95 g gross weight for cooking, 80 g net weight
- Frozen yellow beans – 110 g gross weight, 100 g gross weight for cooking, 100 g net weight
- Onions – 125 g gross weight, 95 g gross weight for cooking 80 g net weight
- Canned tomatoes – 275 g gross weight, 275 g gross weight for cooking, 250 g net weight
- Parsley – 15 g gross weight, 10 g gross weight for cooking, 10 g net weight
- Thyme – 0.1 g
- Salt – 10
- Water – 2220 ml gross weight, 2220 ml for cooking, 740 ml net weight
- Extra virgin olive oil – 60 ml

**Net weight – 1330 g**

#### Preparation:

- Trim the turkey and cut into 1-2 finger-thick strips;
- Drizzle with oil and season with salt, pepper and thyme;
- Place in a no more than 6 cm deep 1/1 GN tray, add water and cook in the preheated oven at 155 degrees C and 40% steam for 50 minutes until the meat is tender;
- While the meat is cooking in the oven, wash and peel the vegetables;
- Dice the carrots and onions (into smaller pieces) - their shape is not really important because they will be blended;
- The vegetables can also be chopped in a food processor;
- Bring the water to a boil, then add the onions and carrots;
- When the vegetables are almost done, add the yellow beans;
- When all the vegetables are completely done, add the canned tomatoes and turn the heat to low;
- Drain the stock and blend the vegetables;
- Gradually add the stock to the blended vegetables until the desired consistency is reached;
- Take the turkey out of the oven and dice or slice;
- Chop the parsley and sprinkle on top;
- The consistency should be that of a creamy soup, to which the turkey and croutons are added;
- Dice the bread;
- Drizzle with olive oil and season with turmeric and salt;
- Bake in the oven in a 2 cm deep 1/1 GN tray, at 180 degrees C dry, for 8-10 minutes.

#### For the turkey thigh:

- Turkey thighs – 450 g gross weight, 390 g gross weight for cooking, 200 g net weight

**Net weight – 200 g**

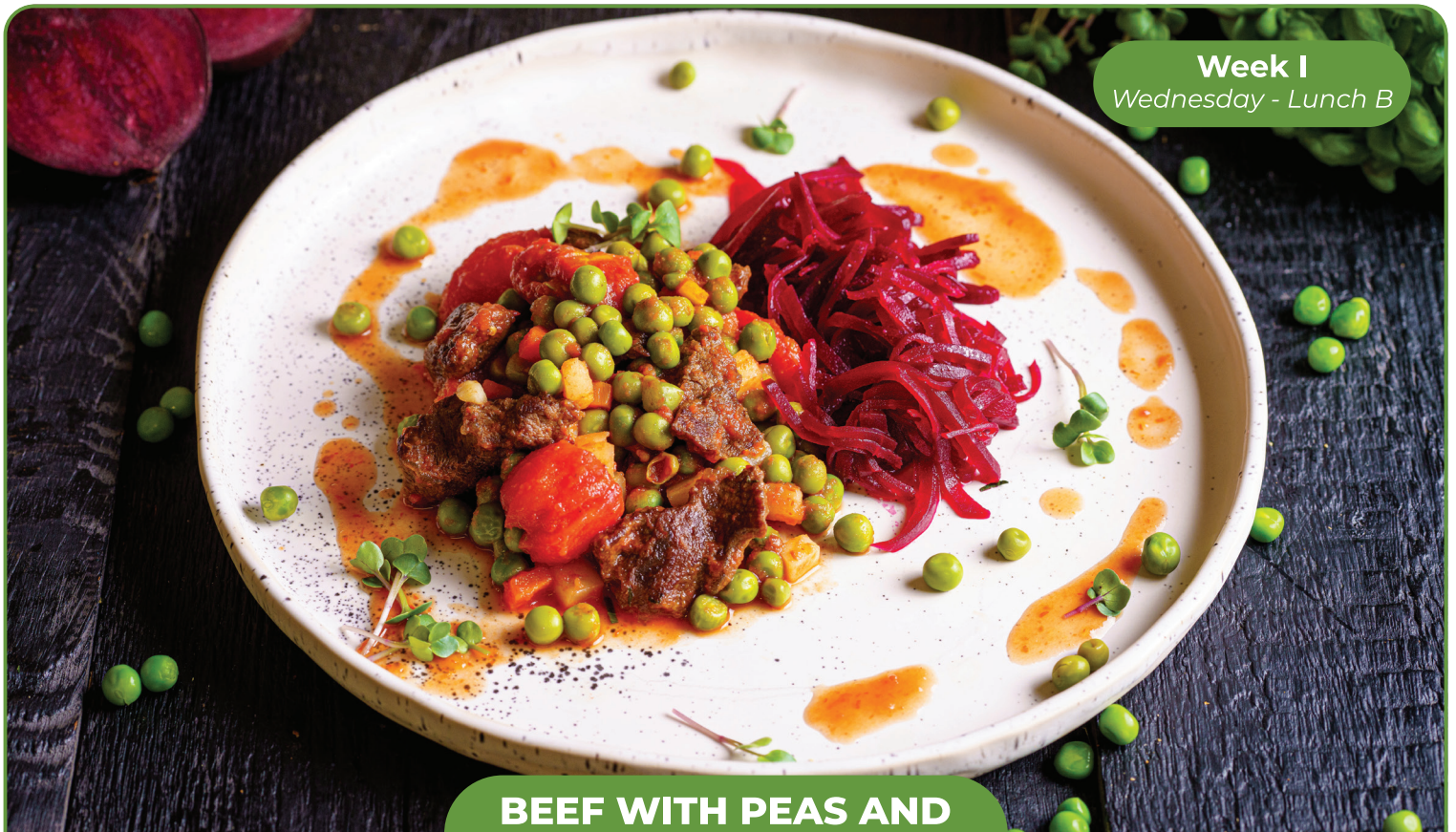
#### For the flavored croutons:

- Wholemeal bread – 360 g gross weight, 360 g gross weight for cooking, 300 g net weight
- Extra virgin olive oil – 15 ml
- Salt – 1 g
- Turmeric – 0.1 g

**Net weight – 300 g**

#### For the food plating 1 serving = 180 g

- Soup – 130 ml
- Turkey thigh – 20 g
- Flavored croutons – 30 g



## BEEF WITH PEAS AND BEET SALAD

10 servings

### Ingredients:

#### For the brisket:

- High quality beef short loin/sirloin – 780 g gross weight, 600 g gross weight for cooking, 400 g net weight
- Water – 3 liters
- Extra virgin olive oil – 10 ml
- Black pepper – 1 g
- Salt – 3 g

**Net weight – 400 g**

#### For the food plating 1 serving = 280 g

- Beef – 40 g
- Peas – 170 g
- Pickled beets – 70 g

#### Beef preparation:

- Trim the beef;
- Cook over low heat in water (in a large pot or in a saucepan) until the meat is tender.

#### Peas preparation:

- Meanwhile, wash, peel and dice the vegetables: shallots, celery, carrots and bell pepper;
- Heat the olive oil in a large pot or saucepan;
- Cook the carrots and celery first until translucent, then add the onions;
- Add water on top and leave to simmer;
- Add water if it reduces significantly;
- When the vegetables are almost done, add the frozen peas and leave to simmer (about 7-10 minutes);
- Then add the canned tomatoes, the ground cumin and salt to taste;
- Adjust the consistency of the food by using the beef stock;
- After about 8-10 minutes of simmering, remove from the stove.

#### For the peas:

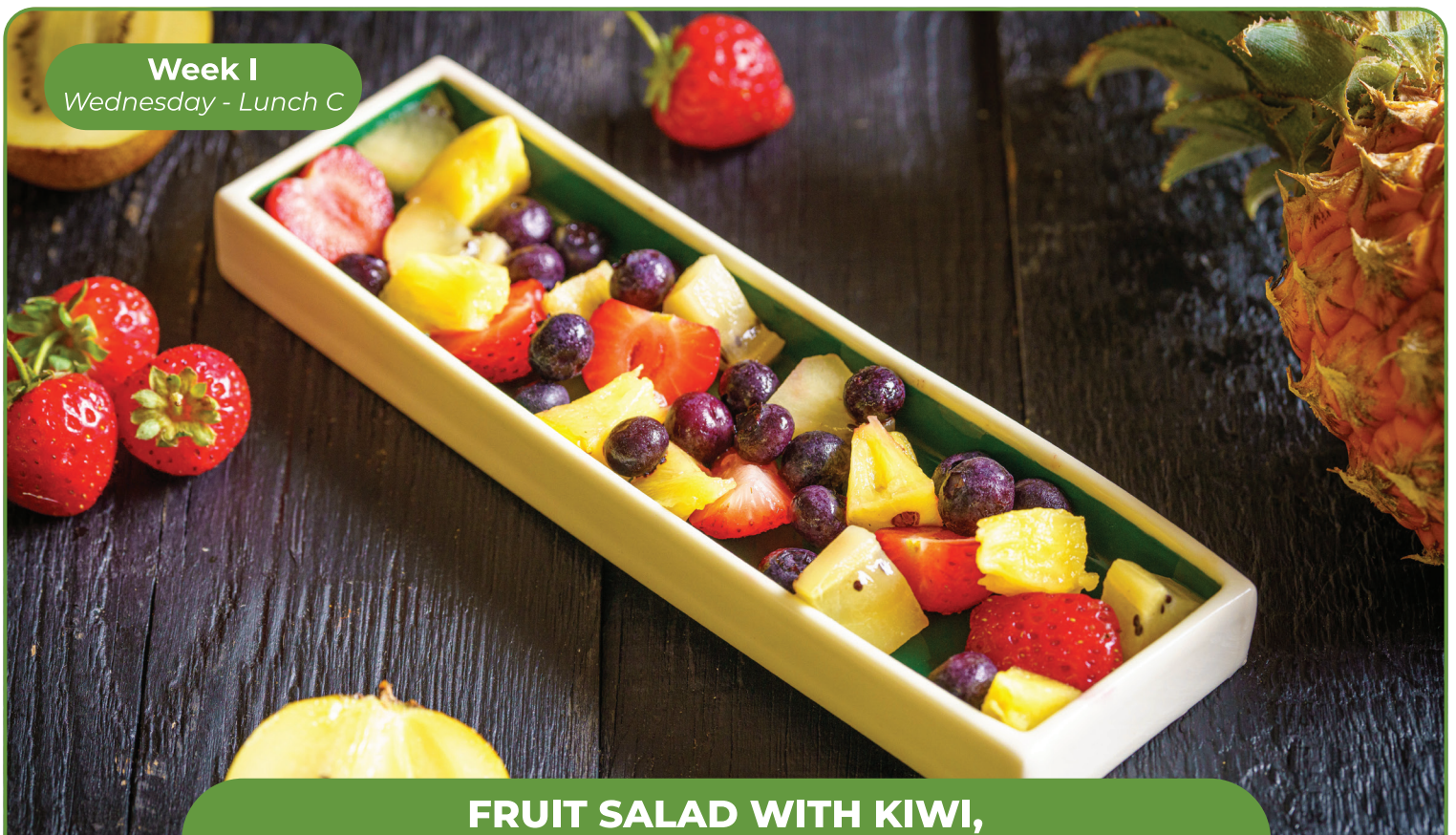
- Frozen peas – 1330 g gross weight, 1270 g gross weight for cooking, 1050 g net weight
  - Shallots – 75 g gross weight, 70 g gross weight for cooking, 50 g net weight
  - Carrots – 71 g gross weight, 58 g gross weight for cooking, 53 g net weight
  - Celery – 55 g gross weight, 40 g gross weight for cooking, 30 g net weight
  - Fresh red bell pepper – 45 g gross weight, 40 g gross weight for cooking, 35 g net weight
  - Fresh green bell pepper – 45 g gross weight, 40 g gross weight for cooking, 35 g net weight
  - Fresh yellow bell pepper – 45 g gross weight, 40 g gross weight for cooking, 35 g net weight
  - Canned tomatoes – 355 g gross weight, 264 g net weight
  - Ground cumin – 0.1 g
  - Salt – 10 g
  - Beef stock/water – 50 ml gross weight for cooking, 40 ml net weight
  - Olive oil – 85 ml
- Net weight – 1700 g**

#### Ingredients for the beet salad:

- Canned beets, julienne cut – 945 g gross weight, 700 g net weight
- Net weight – 700 g**

## Week 1

Wednesday - Lunch C



### FRUIT SALAD WITH KIWI, PINEAPPLE, STRAWBERRIES AND BLUEBERRIES

10 servings

#### Ingredients:

- Kiwi – 270 g gross weight, 200 g net weight for serving
- Fresh pineapple – 690 g gross weight, 300 g net weight for serving
- Fresh strawberries – 220 g gross weight, 200 g net weight for serving
- Fresh blueberries – 315 g gross weight, 300 g net weight for serving
- Date syrup – 20 g
- Fresh lime juice – 5 ml
- Bio lime zest – 0.1 g

**Net weight – 1000 g**

**For the food plating 1 serving = 100 g**

#### Preparation:

- Peel the pineapple and kiwi;
- Remove the pineapple core;
- Dice the pineapple and kiwi;
- Cut the strawberries into quarters or halves if small;
- Add the blueberries whole;
- Drizzle the fruit with lime juice;
- Grate some lime zest on top;
- Mix all the fruit;
- When assembled (in a bowl or on a plate), drizzle a few drops of date syrup on top.



Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Creamy vegetable soup with turkey strips and flavored croutons	16.49 g proteins / 8.4 g fats (of which 1.24 g saturated) / 32.06 g carbohydrates (of which 8.69 g sugars) / 1.33 g fibers / 1.67 g salt	4.53 g proteins / 2.31 g fats (of which 0.34 g saturated) / 8.8 g carbohydrates (of which 2.39 g sugars) / 0.37 g fibers / 0.46 g salt	25.58 mg Ca / 21.09 mg Mg / 0.94 mg Fe / 0.08 mg Vit. D / 0.87 mg Zn	7.03 mg Ca / 5.79 mg Mg / 0.26 mg Fe / 0.02 mg Vit. D / 0.24 mg Zn	% Proteins: 24.45 % Carbs: 47.53 % Fats: 28.02	269.81	74.1	180	365	gluten
Beef with peas and beet salad	22.21 g proteins / 11.7 g fats (of which 1.99 g saturated) / 34.01 g carbohydrates (of which 16.18 g sugars) / 7.56 g fibers / 1.99 g salt	3.48 g proteins / 1.84 g fats (of which 0.31 g saturated) / 5.34 g carbohydrates (of which 2.54 g sugars) / 1.19 g fibers / 0.31 g salt	63.65 mg Ca / 1.46 mg Mg / 3.71 mg Fe / 0 mg Vit. D / 3.41 mg Zn	9.99 mg Ca / 9.64 mg Mg / 0.58 mg Fe / 0 mg Vit. D / 0.54 mg Zn	% Proteins: 26.9 % Carbs: 41.2 % Fats: 31.9	330.18	51.81	280	635	Vinegar, celery
Fruit salad with kiwi, pineapple, strawberries and blueberries	0.8 g proteins / 0.3 g fats (of which 0.01 g saturated) / 14.48 g carbohydrates (of which 4.09 g sugars) / 1.84 g fibers / 0.01 g salt	0.78 g proteins / 0.3 g fats (of which 0.01 g saturated) / 14.13 g carbohydrates (of which 3.99 g sugars) / 1.8 g fibers / 0.01 g salt	18.53 mg Ca / 12.51 mg Mg / 0.27 mg Fe / 0 mg Vit. D / 0.13 mg Zn	18.07 mg Ca / 12.2 mg Mg / 0.26 mg Fe / 0 mg Vit. D / 0.13 mg Zn	% Proteins: 4.99 % Carbs: 90.72 % Fats: 4.29	63.85	62.29	100	105	kiwi
<b>Total values:</b>	<b>39.5 g proteins / 20.4 g fats (of which 3.24 g saturated) / 80.55 g carbohydrates (of which 28.96 g sugars) / 10.73 g fibers / 3.67 g salt</b>	<b>8.79 g proteins / 4.45 g fats (of which 0.66 g saturated) / 28.27 g carbohydrates (of which 8.92 g sugars) / 3.36 g fibers / 0.78 g salt</b>	<b>107.76 mg Ca / 95.06 mg Mg / 4.92 mg Fe / 0.08 mg Vit. D / 4.41 mg Zn</b>	<b>35.09 mg Ca / 27.63 mg Mg / 1.1 mg Fe / 0.02 mg Vit. D / 0.91 mg Zn</b>	<b>% Proteins: 23.8 % Carbs: 48.54 % Fats: 27.66</b>	<b>663.84</b>	<b>60.14</b>	<b>560</b>	<b>1105</b>	<b>gluten, kiwi, vinegar, celery</b>

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**Week 1**  
Thursday - Lunch A



## BEEF BORSCHT SOUP

10 servings

### Ingredients:

- Beef brisket – 375 g gross weight, 340 g for cooking, 200 g net weight  
**Net weight beef brisket – 200 g**

#### For the food plating 1 serving = 220 g

- Beef brisket – 20 g
- Sour soup – 200 g

### For the sour soup:

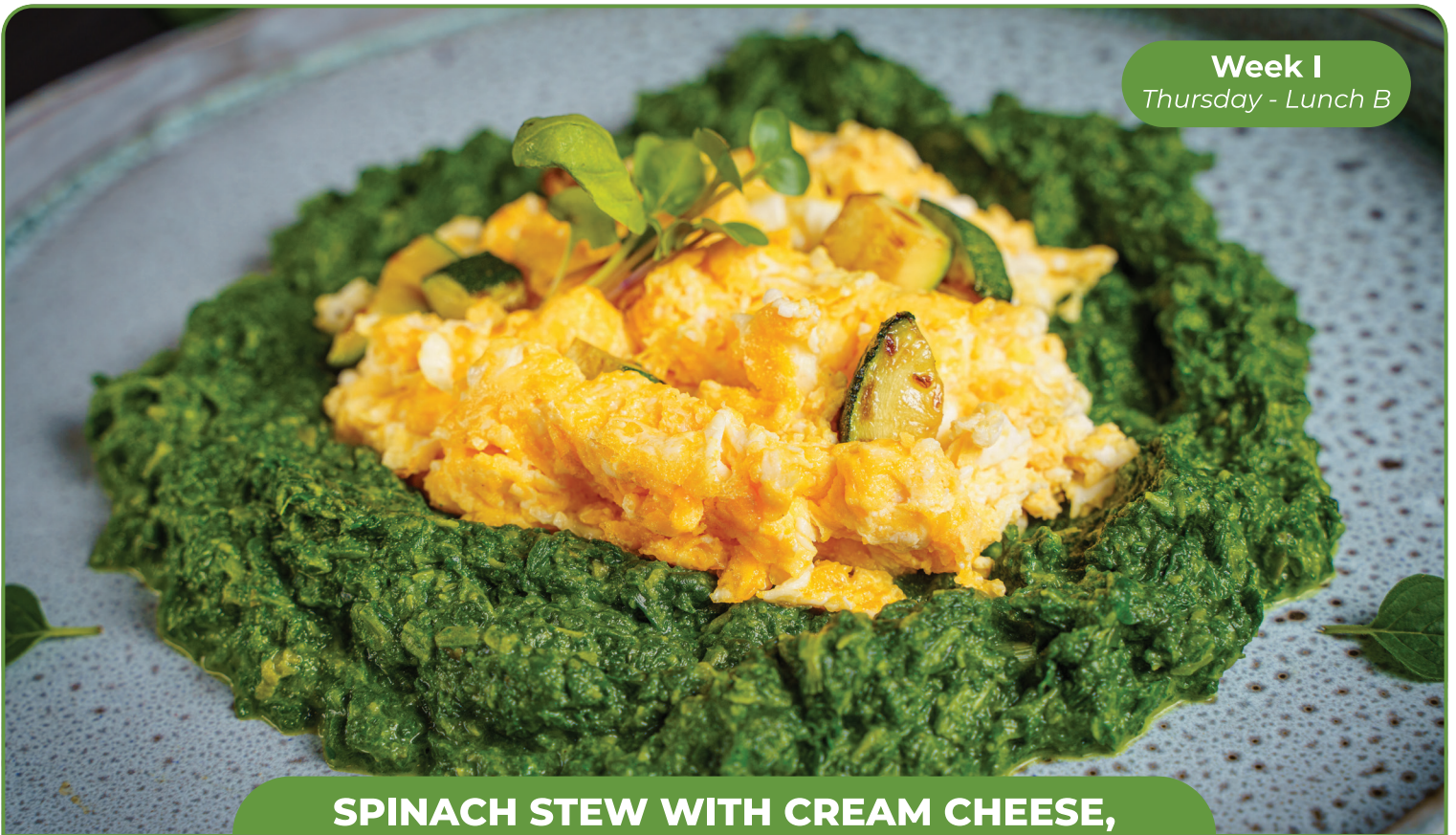
- Onions – 165 g gross weight, 125 g for cooking, 95 g net weight
- Carrots – 100 g gross weight, 80 g gross weight for cooking, 70 g net weight
- Bell peppers – 40 g gross weight, 35 g gross weight for cooking, 30 g net weight
- Green beans – 57 g gross weight, 57 g gross weight for cooking, 57 g net weight
- Celery root – 45 g gross weight, 35 g gross weight for cooking, 30 g net weight
- Parsnip – 65 g gross weight, 55 g gross weight for cooking, 45 g net weight
- Parsley – 10 g gross weight, 7 g gross weight for cooking, 7 g net weight

- Salt – 5 g
- Canned diced tomatoes – 260 g gross weight, 260 g gross weight for cooking, 220 g net weight
- Fermented wheat bran (“borş”) – 170 ml gross weight, 170 ml for cooking, 140 ml net weight
- Bay leaves – 0.006 g
- Thyme – 0.06 g
- Boiled water – 4.380 ml gross weight, 4.380 ml gross weight for cooking, 1.288 ml net weight

**Sour soup net weight – 2000 g**

### Preparation:

- Trim and cut the meat into larger pieces;
- Cook the beef in a large pot until tender; remove, allow to cool, then dice into small cubes; pour the soup over the sautéed vegetables;
- Peel and dice the onion in a food processor;
- Peel the carrots, celery and parsnip and dice them in a food processor;
- Dice the peppers in a food processor;
- Heat the olive oil in a stockpot or another large pot and sauté the onions and root vegetables;
- When the onions are translucent, add the water/beef stock;
- Lower the heat and allow to simmer with the lid on;
- After 15-20 minutes, add the peppers and green beans and allow to cook for another 5 minutes;
- Separately, bring the fermented wheat bran (“borş”) with the bay leaves and thyme to a boil;
- Then add it to the soup along with the diced tomatoes;
- Continue simmering for about 5 minutes, then remove from the stove;
- Season to taste with salt;
- Chop the parsley and serve with the sour soup.



## SPINACH STEW WITH CREAM CHEESE, GREEK YOGURT AND ZUCCHINI SCRAMBLE

10 servings

### Ingredients:

#### For the spinach:

- Frozen spinach – 1810 g gross weight, 1580 g gross weight for cooking, 1310 g net weight
- Extra virgin olive oil – 15 ml gross weight for cooking
- Fresh garlic – 8 g gross weight, 5 g gross weight for cooking, 5 g net weight
- Cream cheese – 80 g gross weight for cooking
- Greek yoghurt – 80 g gross weight for cooking
- Salt – 7 g

**Net weight spinach dish – 1505 g**

#### For the food plating 1 serving = 256 g

- Spinach dish – 151 g
- Scramble – 80 g
- Wholemeal flatbread – 25 g

#### Spinach dish preparation:

- Place the spinach in a 5 cm perforated 1/1 GN tray and thaw in the oven at 100 degrees C on steam, then drain;
- Peel and finely chop the garlic;
- Mix the yogurt and the cream cheese with a whisk;
- Add the oil to the saucepans; when it is hot, add the garlic and cook for 2 minutes, then add the spinach;
- Sauté the spinach for about 10-15 minutes;
- Gradually add 10% of the hot spinach over the dairy products and stir with a whisk, then stir in the spinach after the mixture has heated through and cook for another 2 minutes over low heat;

#### Zucchini scramble preparation:

- Wash and peel the zucchini, dice into 0.5cm cubes by hand or in a food processor;
- Sanitize the eggs;
- Place the eggs into a large bowl and whisk them with a mixer;
- Pass them through a sieve to avoid leftover shells;
- Heat the saucepan, add the oil and sauté the zucchini for 4-5 minutes, then add the eggs and lower the heat;
- With a large spatula, stir the uncooked eggs from the top to reach the bottom of the saucepan and cook them; caution: the eggs tend to stick;
- The scramble should be creamy, not dry;
- Lastly, add salt;
- Remove the scramble in a maximum 6 cm high GN 1/1 tray and chill in the blast chiller on the 'Soft chilling' program (1 star).

#### For the scramble:

- Whole eggs no. 0, 1 or 2 / pasteurized eggs no. 0, 1 or 2 – 575 g gross weight, 575 g gross weight for cooking, 480 g net weight
- Zucchini – 415 g gross weight, 395 g gross weight for cooking, 305 g net weight
- Extra virgin olive oil – 15 ml gross weight for cooking
- Salt – 4 g

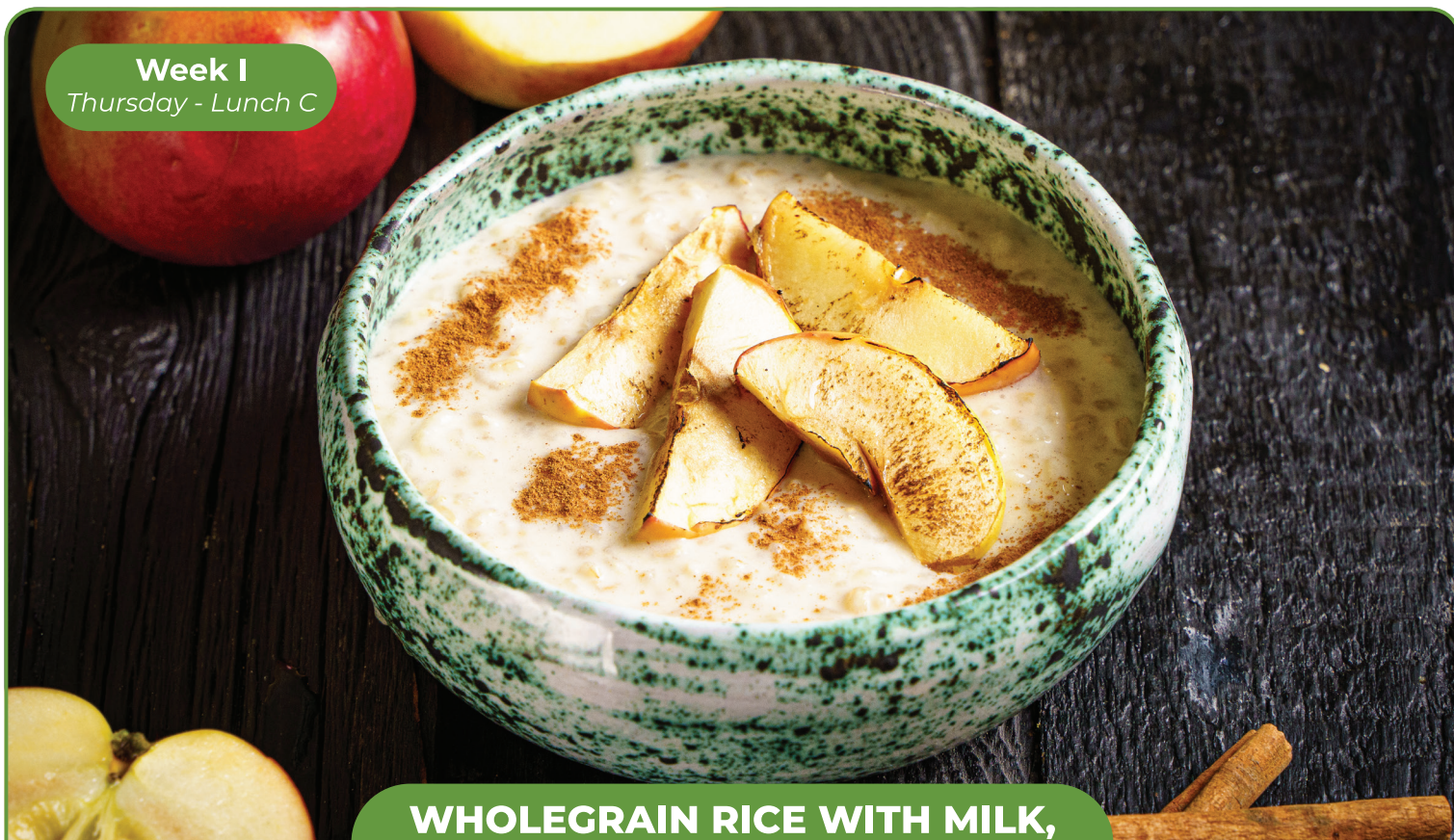
**Net weight scramble – 800 g**

#### Wholemeal flatbread:

- Wholemeal flatbread – 345 g gross weight, 345 g gross weight for cooking, 250 g net weight
- Sprayed oil – 0,5 ml gross weight for cooking
- Dried basil – 0,1 g gross weight for cooking

**Net weight flatbread – 250 g**

**Week 1**  
Thursday - Lunch C



## WHOLEGRAIN RICE WITH MILK, CINNAMON AND BAKED APPLE

10 servings

### Ingredients:

#### For the wholegrain rice with milk:

- Wholegrain rice (brown rice - can also be precooked) – 300 g gross weight, 300 g gross weight for cooking, 550 g net weight
- Milk – 2040 ml gross weight, 2040 ml gross weight for cooking, 850 ml net weight
- Water – 1400 ml gross weight, 1400 ml gross weight for cooking, 70 ml net weight
- Honey (to be added in the cold product) – 80 g gross weight for cooking

**Rice with milk net weight – 1550 g**

#### For the baked apple:

- Baked apple (red) – 470 g gross weight, 390 g gross weight for cooking, 300 g net weight
- Cinnamon - 0.5 g

**Baked apple net weight – 305 g**

### Preparation:

- Wash the rice three times;
- Soak it in cold water for at least 3 hours;
- Drain the water and cook in a large saucepan or pot over low heat, stirring constantly;
- After about 15-20 minutes, when the rice is done, the milk has reduced and thickened, remove from the stove;
- Add the honey when the dessert has cooled
- Cut the apple into quarters and remove the seeds;
- Line a 2 cm deep GN 1/1 tray with baking paper, sprinkle with cinnamon and place in the preheated oven at 160-200 degrees C, dry, depending on how ripe the apples are and their variety (about 6-8 minutes).

**For the food plating 1 serving = 185 g**

- Rice with milk – 155 g
- Ripe red apple, baked – 30 g

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Beef soup with fresh fermented wheat bran ("borş")	8.91 g proteins / 2.73 g fats (of which 0.58 g saturated) / 5.85 g carbohydrates (of which 2.1 g sugars) / 1.55 g fibers / 0.63 g salt	1.6 g proteins / 0.49 g fats (of which 0.1 g saturated) / 1.05 g carbohydrates (of which 0.38 g sugars) / 0.28 g fibers / 0.11 g salt	27.28 mg Ca / 15.76 mg Mg / 1 mg Fe / 0 mg Vit. D / 1.33 mg Zn	4.9 mg Ca / 2.83 mg Mg / 0.18 mg Fe / 0 mg Vit. D / 0.24 mg Zn	% Proteins: 42.62 % Carbs: 27.98 % Fats: 29.39	83.61	15.01	220	555	gluten, celery
Spinach dish with cream cheese, Greek yoghurt and zucchini scramble	15.37 g proteins / 15.48 g fats (of which 5.77 g saturated) / 23.3 g carbohydrates (of which 1.83 g sugars) / 5.39 g fibers / 1.86 g salt	4.95 g proteins / 4.98 g fats (of which 1.86 g saturated) / 7.5 g carbohydrates (of which 0.59 g sugars) / 1.74 g fibers / 0.6 g salt	135.61 mg Ca / 44.67 mg Mg / 2.04 mg Fe / 1.42 mg Vit. D / 1.59 mg Zn	43.66 mg Ca / 14.38 mg Mg / 0.66 mg Fe / 0.46 mg Vit. D / 0.51 mg Zn	% Proteins: 20.92 % Carbs: 31.7 % Fats: 47.38	294.02	94.65	255	310	gluten, lactose, eggs
Wholegrain rice with milk, cinnamon and baked apple	9.15 g proteins / 9.05 g fats (of which 4.24 g saturated) / 46.25 g carbohydrates (of which 16.78 g sugars) / 1.71 g fibers / 0.27 g salt	2.17 g proteins / 2.15 g fats (of which 1.01 g saturated) / 10.97 g carbohydrates (of which 3.98 g sugars) / 0.4 g fibers / 0.06 g salt	265.07 mg Ca / 35.25 mg Mg / 0.45 mg Fe / 0 mg Vit. D / 0.59 mg Zn	62.85 mg Ca / 8.36 mg Mg / 0.11 mg Fe / 0 mg Vit. D / 0.14 mg Zn	% Proteins: 12.08 % Carbs: 61.05 % Fats: 26.87	303.02	71.85	185	420	lactose
<b>ă</b> Total values:	33.43 g proteins / 27.26 g fats (of which 10.59 g saturated) / 75.4 g carbohydrates (of which 20.71 g sugars) / 8.65 g fibers / 2.76 g salt	8.72 g proteins / 7.62 g fats (of which 2.97 g saturated) / 19.52 g carbohydrates (of which 4.95 g sugars) / 2.42 g fibers / 0.77 g salt	427.96 mg Ca / 95.68 mg Mg / 3.49 mg Fe / 1.42 mg Vit. D / 3.51 mg Zn	111.41 mg Ca / 25.57 mg Mg / 0.95 mg Fe / 0.46 mg Vit. D / 0.89 mg Zn	% Proteins: 19.65 % Carbs: 44.31 % Fats: 36.04	680.65	52.79	660	1285	gluten, lactose, eggs, celery

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**Week 1**  
Friday - Lunch A



## MINISTRONE SOUP

10 servings

### Ingredients:

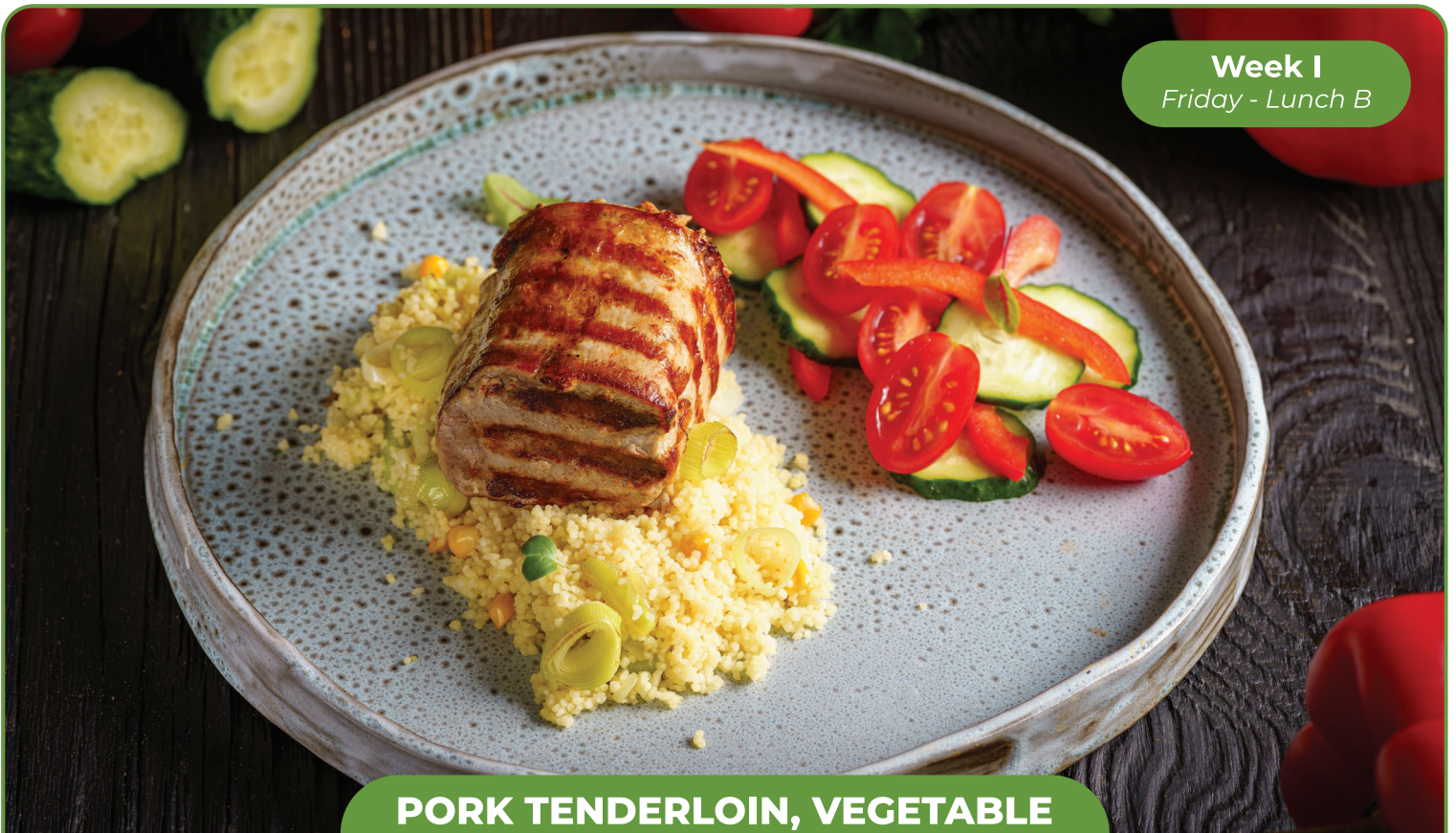
For the food plating 1 serving = 160 g

- Celery sticks – 75 g gross weight, 55 g gross weight for cooking, 45 g net weight
- Carrots – 120 g gross weight, 100 g gross weight for cooking, 90 g net weight
- Water – 2.000 ml gross weight, 2.000 ml gross weight for cooking, 630 ml net weight
- White potatoes – 130 g gross weight, 100 g gross weight for cooking, 90 g net weight
- Onions – 180 g gross weight, 135 g gross weight for cooking, 115 g net weight
- Dried red beans – 75 g gross weight (dried), 75 g gross weight for cooking, 170 g net weight
- Frozen green beans – 140 g gross weight, 125 g gross weight for cooking, 115 g net weight
- Fresh parsley – 7 g gross weight, 6 g gross weight for cooking, 6 g net weight
- Canned tomatoes – 245 g gross weight, 205 g net weight
- Olive oil – 35 ml
- Salt – 10 g
- Zucchini – 120 g gross weight, 110 g gross weight for cooking, 90 g net weight

**Net weight – 1600 g**

### Preparation:

- Carefully sort the red beans;
- Soak the beans overnight;
- Discard the soaking water;
- Cook the beans in water;
- Once the water has reached the boiling point, discard it, rinse the beans and boil them again in fresh water;
- Repeat this process 3 times. If there is not enough time, high quality canned beans can also be used;
- When reaching the fourth boil, peeled potatoes or mint can be added to the pot, along with a little baking soda, to absorb some of the gas that the beans give off and that can cause bloating;
- Dice the zucchini, celery sticks, carrots and potatoes in a food processor and set them aside;
- Heat the oil in a large saucepan/pot and sauté the celery sticks, the onions and the carrots;
- Add the water, the potatoes and bring to a boil covered with a lid;
- When everything is cooked to approx. 70%, add the zucchini and the cooked beans;
- Once everything is done, add the previously blended canned tomatoes and let them cook together for another 10 minutes;
- Lastly, add the finely chopped parsley.



## PORK TENDERLOIN, VEGETABLE COUSCOUS AND MIXED SALAD

10 servings

### Ingredients:

- Pork tenderloin – 780 g gross weight, 650 g gross weight for cooking, 500 g net weight
- Thyme – 5 g
- Olive oil – 10 ml
- Fresh garlic (Romania/Spain) – 15 g gross weight, 10 g gross weight for cooking, 7 g net weight
- Salt – 5 g

**Net weight – 500 g**

### For the mixed salad:

- Red bell pepper – 115 g gross weight, 100 g raw net weight for serving
- Fabio cucumber – 120 g gross weight, 100 g raw net weight for serving
- Fresh lemon juice – 3 ml
- Cherry tomatoes – 520 g gross weight, 500 g raw net weight for serving
- Extra virgin olive oil – 25 ml

**Net weight – 700 g**

### Preparation:

- Trim the pork tenderloin;
- Drizzle with olive oil;
- Season with salt and thyme;
- Heat the grill and lightly sear the pork tenderloin (just enough to get the grill stripes);
- Finely chop the garlic;
- Baste the pork tenderloin off the grill;
- Place the tenderloin in a 6 cm deep 1/1 GN tray, add a little water and cover it with a lid;
- Heat the oven to 160 degrees C with 30% humidity and cook the meat (depending on the size of the pork tenderloin) for about 30-35 minutes;
- Remove and allow to rest in the tray;
- Cut the meat into round slices.

### For the couscous:

- Wholegrain couscous – 320 g gross weight, 320 g gross weight for cooking, 970 g net weight (it rises)
- Couscous water – 560 ml
- Water for sautéing the vegetables – 115 ml
- Corn – 135 g gross weight, 115 g gross weight for cooking (drained), 95 g net weight
- Leek – 165 g gross weight, 125 g gross weight for cooking, 95 g net weight
- Extra virgin olive oil – 30 ml
- Fresh garlic (Romania/Spain) – 9 g gross weight, 7 g gross weight for cooking, 6 g net weight

● **Salt – 1 g**

**Net weight – 1200 g**

**For the food plating 1 serving = 240 g**

- **Pork tenderloin – 50 g**
- **Vegetable couscous – 120 g**
- **Salad mix – 70 g**

### Vegetable couscous preparation:

- Boil water with salt;
- Add the boiled water on top of the couscous, cover the pot and leave it for 10 minutes;
- Peel, wash and julienne the leeks, drain the corn and rinse it with cold water;
- Add the oil to the saucepan, heat and sauté the leeks until translucent. Add the corn and sauté for another 2 minutes, then add a little water (if needed) to cook the leeks and season;
- Add the vegetables to the couscous, stir and season if necessary.

### Salad mix preparation:

- Julienne the peppers, cut the cucumber in half lengthways and then slice, halve the tomatoes or cut them into quarters if they are large;
- Drizzle with lemon juice and oil.

**Week 1**  
Friday - Lunch C



## FRESH APRICOTS

For one serving - 2 pcs. (approx. 75 g)

Apricots, with their mere 50 kcal per serving (3 medium-sized fruits), are packed with nutritional virtues, producing anxiolytic and even slightly euphoric effects, and are a good source of plant-based vitamin A, beta-carotene, which helps protect children's eyes, skin, respiratory system and gastrointestinal lining, vitamin C, a general immunity and energy booster (along with the selenium in apricots), and B vitamins. Apricots are a fiber source, which protects the gastrointestinal lining and helps to prevent and treat constipation. When dried, apricots are popular with athletes thanks to their good taste and energizing effect, along with their high iron and copper content, a remedy against anemia and a solution for more efficient glucose breakdown in the billion cells in our body.



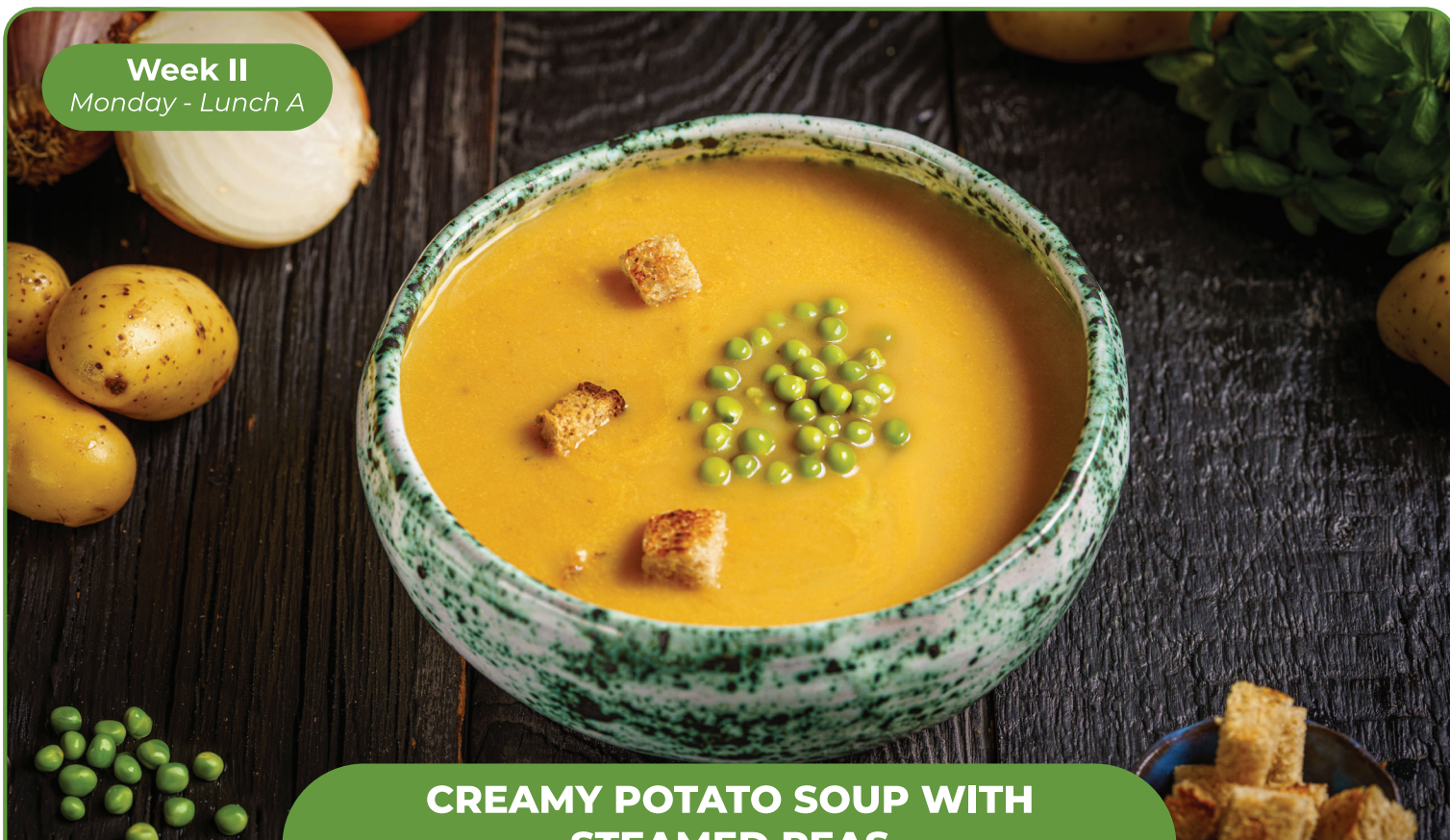
Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Minestrone soup	3.11 g proteins / 3.83 g fats (of which 0.52 g saturated) / 11.49 g carbohydrates (of which 2.26 g sugars) / 3.09 g fibers / 1.24 g salt	1.01 g proteins / 1.25 g fats (of which 0.17 g saturated) / 3.74 g carbohydrates (of which 0.74 g sugars) / 1.01 g fibers / 0.41 g salt	28.36 mg Ca / 15.74 mg Mg / 0.89 mg Fe / 0 mg Vit. D / 0.23 mg Zn	9.23 mg Ca / 5.12 mg Mg / 0.29 mg Fe / 0 mg Vit. D / 0.07 mg Zn	% Proteins: 13.38 % Carbs: 49.49 % Fats: 37.13	92.89	30.24	160	305	celery
Pork tenderloin, vegetable couscous and mixed salad	19.9 g proteins / 13.02 g fats (of which 2.74 g saturated) / 36.81 g carbohydrates (of which 7.43 g sugars) / 4.18 g fibers / 0.74 g salt	7.17 g proteins / 4.69 g fats (of which 0.99 g saturated) / 13.27 g carbohydrates (of which 2.68 g sugars) / 1.51 g fibers / 0.27 g salt	27.17 mg Ca / 30.39 mg Mg / 1.83 mg Fe / 0.33 mg Vit. D / 1.3 mg Zn	9.79 mg Ca / 10.96 mg Mg / 0.66 mg Fe / 0.12 mg Vit. D / 0.47 mg Zn	% Proteins: 23.13 % Carbs: 42.8 % Fats: 34.06	344.03	124.02	240	275	gluten
Fresh apricots	1.05 g proteins / 0.29 g fats (of which 0.02 g saturated) / 8.34 g carbohydrates (of which 6.93 g sugars) / 1.5 g fibers / 0 g salt	1.4 g proteins / 0.39 g fats (of which 0.03 g saturated) / 11.12 g carbohydrates (of which 9.24 g sugars) / 2 g fibers / 0 g salt	9.75 mg Ca / 7.5 mg Mg / 0.29 mg Fe / 0 mg Vit. D / 0.15 mg Zn	13 mg Ca / 10 mg Mg / 0.39 mg Fe / 0 mg Vit. D / 0.2 mg Zn	% Proteins: 10.45 % Carbs: 83.01 % Fats: 6.55	40.19	53.59	75	75	
Total values:	24.06 g proteins / 17.14 g fats (of which 3.28 g saturated) / 56.64 g carbohydrates (of which 16.62 g sugars) / 8.77 g fibers / 1.98 g salt	9.58 g proteins / 6.33 g fats (of which 1.19 g saturated) / 28.13 g carbohydrates (of which 12.66 g sugars) / 4.52 g fibers / 0.68 g salt	65.28 mg Ca / 53.63 mg Mg / 3.01 mg Fe / 0.33 mg Vit. D / 1.68 mg Zn	32.02 mg Ca / 26.08 mg Mg / 1.34 mg Fe / 0.12 mg Vit. D / 0.74 mg Zn	% Proteins: 20.17 % Carbs: 47.49 % Fats: 32.33	477.11	72.34	475	655	gluten, celery

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**Week II**  
Monday - Lunch A



## CREAMY POTATO SOUP WITH STEAMED PEAS AND WHOLEMEAL BREAD CROUTONS

10 servings

### Ingredients:

#### For the soup:

- White potatoes – 890 g gross weight, 685 g gross weight for cooking, 570 g net weight
- Parsnip – 160 g gross weight, 130 g gross weight for cooking, 100 g net weight
- Yellow onions – 170 g gross weight, 130 g gross weight for cooking, 100 g net weight
- Salt – 10 g
- Pepper – 1 g
- Olive oil – 10 ml gross weight for cooking
- Butter – 50 g gross weight for cooking
- Water – 1100 ml gross weight, 1100 ml for cooking, 560 ml net weight

**Soup net weight – 1400 g**

#### Preparation:

- Wash and peel the potatoes and parsnip;
- Peel the onions;
- Melt the butter, then add the olive oil in a large pot;
- Sauté the onions and the parsnip until slightly translucent. Cook the potatoes separately;
- Once they're golden brown, add water and turn the heat to low;
- Put the lid on and leave to simmer;
- Meanwhile, dice the toast;
- Drizzle with extra-virgin olive oil, add salt and dried basil on top and toss to mix;
- Bake in the oven at 160 degrees C dry, in a 2 cm 1/1 GN tray lined with baking paper, for 8-10 minutes until golden brown;
- Place the peas in a thin layer in a max. 6 cm deep 1/1 GN perforated sieve;
- Place in the preheated oven at 100 degrees C on 100% steam;
- Cook for about 8-10 minutes until tender;
- When the onions and parsnip in the pot are cooked, drain off the water and blend. Drain the boiled potatoes and mash them with a potato masher or large whisk. Do not blend or everything will turn into a paste!
- After mashing the potatoes, stir in the blended vegetables and slowly add a little water in which they have been cooking until the desired consistency is reached;
- Serve with peas and croutons.

#### For the peas:

- Peas – 165 g gross weight, 165 g gross weight for cooking, 150 g net weight
- Soup net weight – 150 g**

#### For the croutons:

- Wholemeal bread croutons – 195 g gross weight, 195 g gross weight for cooking, 150 g net weight
  - Extra virgin olive oil – 0.5 ml gross weight for cooking
  - Salt – 0.5 g
  - Dried basil – 0.07 g gross weight for cooking
- Croutons net weight – 100 g

For the food plating 1 serving = 170 g

- Potato soup – 140 g
- Peas – 15 g
- Croutons – 15 g



## WHOLE WHEAT PASTA BOLOGNESE WITH BEEF, TOMATOES AND CARROTS

10 servings

### Ingredients:

#### For the pasta:

- Whole wheat pasta – 460 g gross weight, 460 g gross weight for cooking, 1100 g net weight
- Salt – 1 g
- Sprayed oil – 5 ml gross weight for cooking

**Pasta net weight – 1000 g**

For the food plating 1 serving = 247 g

- Pasta – 110 g
- Bolognese sauce – 130 g

#### For the Bolognese sauce:

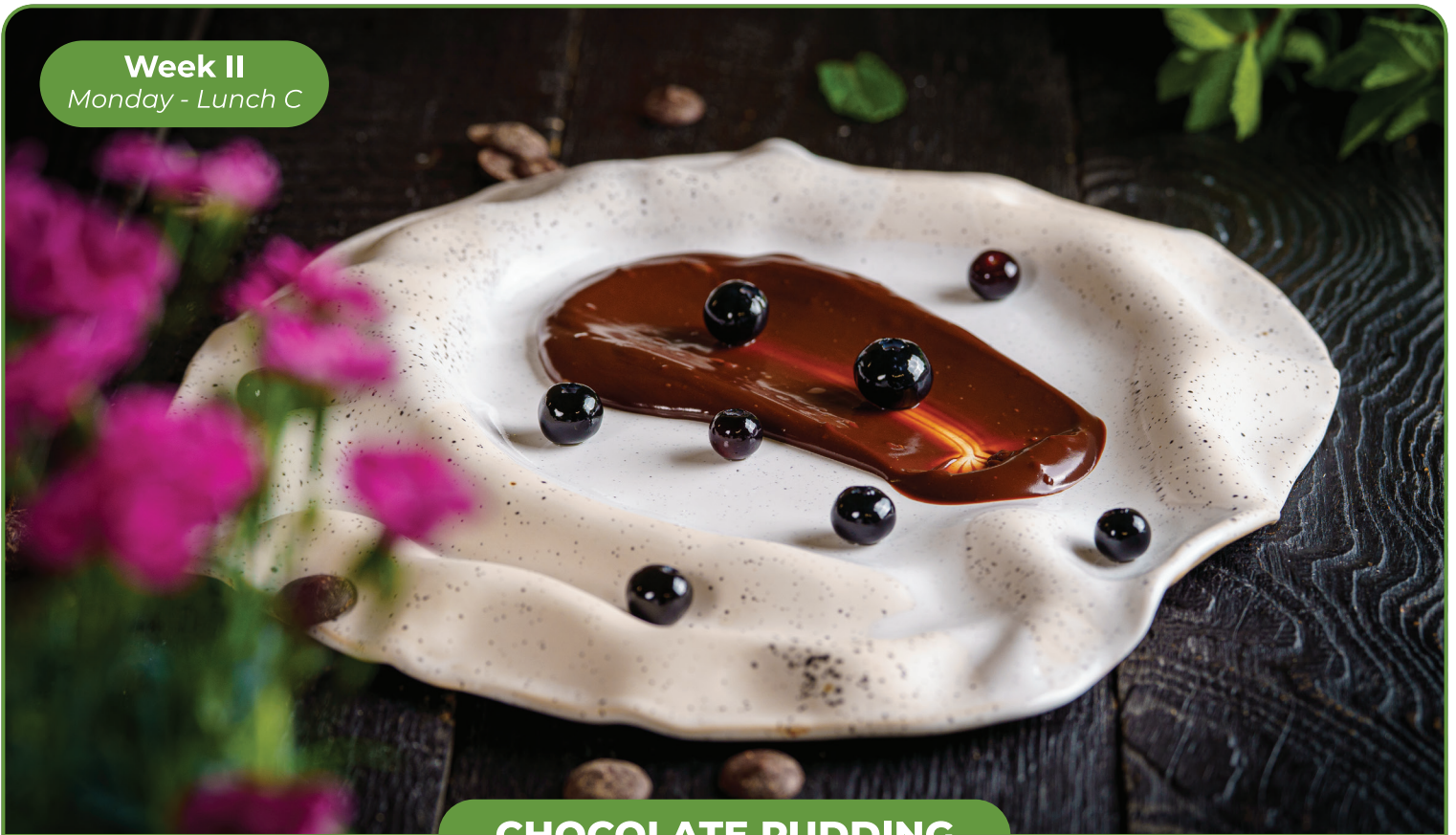
- (In-house) minced beef – 670 g gross weight, 560 g for cooking, 400 g net weight
- Canned tomatoes – 320 g gross weight, 320 g gross weight for cooking, 160 g net weight
- Onions – 195 g gross weight, 150 g gross weight for cooking, 100 g net weight
- Carrots – 200 g gross weight, 170 g gross weight for cooking, 130 g net weight
- Thyme – 0.5 g gross weight for cooking
- Oregano – 0.5 g gross weight for cooking
- Dried basil – 0.5 g gross weight for cooking
- Salt – 7 g
- Olive oil – 70 ml gross weight, 70 ml gross weight for cooking
- Water – 1220 ml gross weight, 1220 ml for cooking, 435 ml net weight

**Net weight Bolognese sauce – 1300 g**

### Preparation:

- Peel and wash the vegetables, mince the meat if it is not already minced;
- Dice the onion in a food processor;
- Grate the small carrot in a food processor;
- Heat the oil in the saucepan;
- Sauté the onions for 3-4 minutes, add the carrot, and when the onions are translucent, add the minced beef;
- Mix thoroughly to avoid any clumping of the meat;
- When the liquid reduces, add the seasoning;
- Add water and cook over a low heat;
- If the liquid reduces significantly, top up with water;
- Allow to cook for about 2 hours;
- After it has cooked for 2 hours, add the tomato sauce and simmer for another 30 minutes;
- First boil the salted water in the pasta pot - 1 liter of water for every 100 g of pasta;
- Only place the pasta in the pot when the water is boiling and cook it according directions on the package;
- Drain the pasta and toss with the Bolognese sauce;
- If the pasta still needs more sauce, add more of the water in which the pasta was cooked. This water is starchy and helps to thicken the sauce;
- Put the pasta on the plate.

**Week II**  
Monday - Lunch C



## CHOCOLATE PUDDING

10 servings

### Ingredients:

- Starch – 30 g for cooking
- Cocoa – 20 g for cooking
- Raw chocolate 60% – 70 g sugar free – 200 g for cooking
- Orange zest – 3 g for cooking
- Vanilla essence/extract – 0.5 g for cooking
- 1.5% cow milk – 840 ml gross weight, 840 ml for cooking, 700 ml net weight
- Stevia powder – 50 g for cooking

**Whole wheat spelt semolina with milk net weight – 1000 g**

- Fresh blueberries – 150 g for cooking

For the food plating 1 serving = 115 g

- Pudding – 100 g
- Blueberries – 15 g

### Preparation:

- Break the chocolate bar into small pieces;
- Mix the starch with a little milk and set aside;
- Add the stevia, the cocoa powder and the milk to a pot and place it on the stove;
- When it starts boiling, add the starch, stirring continuously with a whisk. Allow to cook until thick; Turn off the heat, add the vanilla essence, orange zest and chocolate. Whisk until the chocolate has melted and the mixture is smooth;
- Transfer the pudding into 10 or 15 cm deep 1/1 GN trays, then place cling film on the surface of the pudding to prevent the crust from sticking. Cool the pudding in the blast chiller once it has slightly cooled;
- After cooling, place the chocolate pudding in a dish with the fresh blueberries on top.

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Creamy potato soup with steamed peas and wholemeal bread croutons	4.78 g proteins / 6.25 g fats (of which 2.48 g saturated) / 22.61 g carbohydrates (of which 2 g sugars) / 4.74 g fibers / 1.16 g salt	1.93 g proteins / 2.53 g fats (of which 1 g saturated) / 9.14 g carbohydrates (of which 0.81 g sugars) / 0.34 g fibers / 0.47 g salt	34.01 mg Ca / 25.39 mg Mg / 2.6 mg Fe / 0.02 mg Vit. D / 0.48 mg Zn	13.74 mg Ca / 10.26 mg Mg / 1.05 mg Fe / 0.01 mg Vit. D / 0.19 mg Zn	% Proteins: 11.53 % Carbs: 54.54 % Fats: 33.93	165.81	67	170	245	lactose
Whole wheat pasta Bolognese with beef, tomatoes and carrots	23.26 g proteins / 9.38 g fats (of which 1.38 g saturated) / 37.26 g carbohydrates (of which 2.04 g sugars) / 6.4 g fibers / 1.04 g salt	7.68 g proteins / 3.1 g fats (of which 0.46 g saturated) / 12.31 g carbohydrates (of which 0.68 g sugars) / 2.12 g fibers / 0.35 g salt	30.12 mg Ca / 16.44 mg Mg / 1.72 mg Fe / 0 mg Vit. D / 3.36 mg Zn	9.95 mg Ca / 5.43 mg Mg / 0.57 mg Fe / 0 mg Vit. D / 1.11 mg Zn	% Proteins: 28.49 % Carbs: 45.64 % Fats: 25.86	326.55	107.88	240	305	gluten
Chocolate pudding	5.23 g proteins / 12.35 g fats (of which 1.11 g saturated) / 18.43 g carbohydrates (of which 4.15 g sugars) / 1 g fibers / 0.08 g salt	4.04 g proteins / 9.53 g fats (of which 0.85 g saturated) / 14.23 g carbohydrates (of which 3.2 g sugars) / 0.77 g fibers / 0.06 g salt	110.33 mg Ca / 21.69 mg Mg / 0.35 mg Fe / 0.92 mg Vit. D / 0.52 mg Zn	85.19 mg Ca / 16.74 mg Mg / 0.27 mg Fe / 0.71 mg Vit. D / 0.4 mg Zn	% Proteins: 10.16 % Carbs: 35.83 % Fats: 54.01	205.72	158.84	115	130	lactose, soy lecithin, traces of gluten
Total values:	33.27 g proteins / 27.98 g fats (of which 4.97 g saturated) / 78.3 g carbohydrates (of which 8.19 g sugars) / 12.14 g fibers / 2.28 g salt	13.65 g proteins / 15.16 g fats (of which 2.31 g saturated) / 35.68 g carbohydrates (of which 4.69 g sugars) / 4.81 g fibers / 0.88 g salt	174.46 mg Ca / 63.52 mg Mg / 4.67 mg Fe / 0.94 mg Vit. D / 4.36 mg Zn	108.88 mg Ca / 1.89 mg Fe / 0.72 mg Vit. D / 1.7 mg Zn	% Proteins: 19.06 % Carbs: 44.87 % Fats: 36.07	698.08	102.71	525	680	gluten, lactose, soy lecithin, traces of gluten

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## Week II

Tuesday - Lunch A



## ZUCCHINI SOUP WITH FERMENTED WHEAT BRAN ("BORŞ"), SOUR CREAM AND WHOLEMEAL BREAD

10 servings

### Ingredients:

- Zucchini – 250 g gross weight, 225 g gross weight for cooking, 150 g net weight
- Zucchini – 265 g gross weight, 240 g gross weight for cooking, 160 g net weight
- Carrots – 145 g gross weight, 120 g gross weight for cooking, 100 g net weight
- Parsnip – 72 g gross weight, 60 g gross weight for cooking, 50 g net weight
- Extra virgin olive oil – 30 ml
- Onions – 150 g gross weight, 130 g gross weight for cooking, 100 g net weight
- Fermented wheat bran ("borş") – 180 ml gross weight, 150 ml net weight
- Sour cream – 120 g gross weight for cooking, 100 g net weight
- Salt – 5 g
- Water – 3.000 ml for cooking, 1.200 ml net weight
- Fresh parsley – 35 g gross weight, 25 g gross weight for cooking, 20 g net weight
- Net weight – 2.000 g
- Wholemeal bread – 200 g gross weight, 200 g gross weight for cooking, 200 g net weight

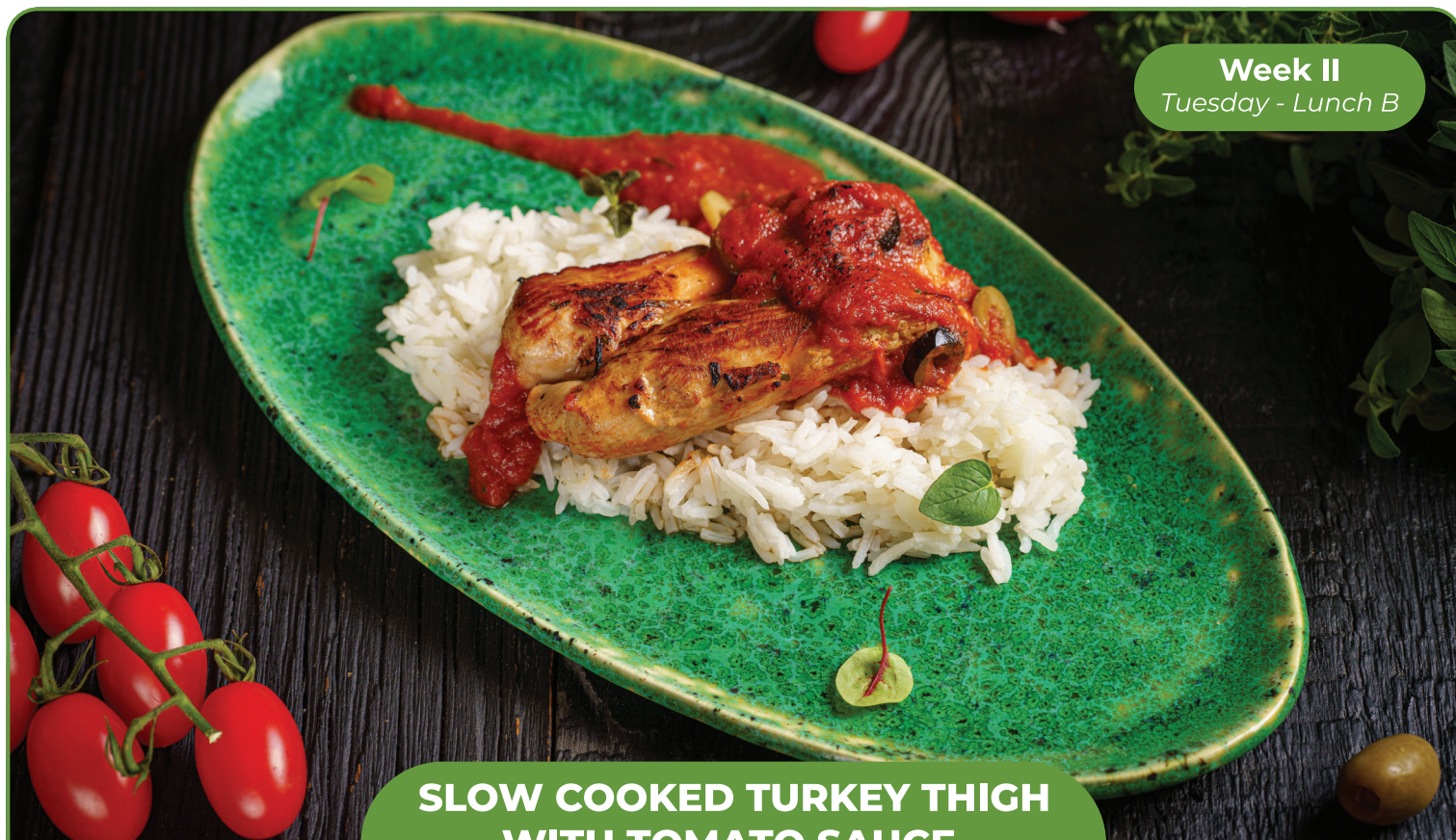
**Net weight – 200 g**

**For the food plating 1 serving = 221 g**

- Zucchini soup – 201 g
- Cooked hulled wheat ("arpacaş") – 20 g

### Preparation:

- Wash the carrots and parsnip thoroughly, peel and dice them;
- Dice the zucchini;
- Peel and dice the onion;
- Depending on the amount of vegetables, they can be chopped with a knife or in a food processor;
- Put the olive oil in a large pot and sauté the onions, parsnip and carrots;
- Add boiling water and simmer;
- When the vegetables are almost done, add the beforehand diced zucchini;
- Separately, bring the fermented wheat bran ("borş") to a boil and when all vegetables are done, add to the soup;
- Turn off the heat and leave to cool slightly (for about 15 minutes);
- Add cream in a separate bowl;
- Add a ladleful of stock over the sour cream and stir with a whisk;
- Gradually bring the cream to the same temperature as the soup;
- After adding about 8-10 ladlefuls of soup into the cream, put the mixture back into the pot;
- Season to taste with salt and add the chopped parsley.



## SLOW COOKED TURKEY THIGH WITH TOMATO SAUCE, OREGANO AND OLIVES

10 servings

### Ingredients:

#### For the turkey thigh:

- Turkey thigh – 1170 g gross weight, 1020 g gross weight for cooking, 600 g net weight

**Turkey thigh net weight – 600 g**

#### For the steamed rice:

- Indian Basmati rice (Jasmine), 1st quality - 490 g gross weight, 490 g gross weight for cooking, 1200 g net weight
- Water - 1160 ml gross weight for cooking
- Extra virgin olive oil – 10 ml gross weight for cooking

**Steamed rice net weight – 1200 g**

#### For the food plating 1 serving = 240 g

- Tomato sauce with olives – 60 g
- Steamed rice – 120 g
- Turkey thigh - 60 g

#### For the tomato sauce with olives:

- Dried oregano – 0.1 g gross weight for cooking
- Fresh garlic – 5 g gross weight, 5 g gross weight for cooking
- Extra virgin olive oil – 35 ml gross weight for cooking
- Kalamata olives without stones – 170 g gross weight (olives+brine),
- Celery – 75 g gross weight for cooking (drained), 70 g net weight
- Green olives without stones – 170 g gross weight for cooking (olives+brine), 70 g gross weight for cooking (drained), 70 g net weight
- Salt – 2 g
- Pepper – 0.1g
- Water – 120 ml gross weight for cooking, 90 ml net weight
- Canned tomatoes – 780 g gross weight, 555 g gross weight for cooking, 370 g net weight
- Inactive yeast flakes topping – 70 g

**Tomato sauce net weight – 600 g**

#### Turkey thigh with tomato sauce preparation:

- Trim the turkey thighs and slice into 2 finger-thick slices;
- Drizzle with olive oil;
- Finely chop the garlic;
- Season the meat with garlic, oregano, salt and pepper;
- Place in a 10 cm deep 1/1 GN tray and add water;
- Preheat the oven to 155 degrees C and 30% steam and cook until the meat is tender, about 1 hour and a half;
- Blend the canned tomatoes;
- Chop the kalamata and green olives and add to the canned tomatoes;
- Pour all this sauce into the tray and baste the turkey from time to time with it;
- Increase the temperature to 180 degrees C dry and leave there for about 10-12 minutes, until the turkey has turned golden brown and the gravy has reduced.

#### Rice preparation:

- Rinse the rice 3 times in salted water to eliminate some of the starch;
- Rinse then in 2 more batches of unsalted water and leave to soak for about 2 hours before cooking;
- Heat the salted water on the stove and when comes to a boil, add the rice (approx. 1 kg rice for every 7-8 liters of water);
- Stir occasionally with a skimmer to prevent sticking;
- Once it is done, pour it into a 6-10 cm deep perforated GN tray, rinse it very briefly (for a few seconds) with cold water and place it in the blast chiller on the 'Soft chilling' program (1 star) until cold;
- Season with salt and olive oil
- It can also be served hot with the turkey meat.

## Week II

Tuesday - Lunch C



## BAKED PEAR WITH HONEY

10 servings

### Ingredients:

#### For the pears:

- Williams pears – 1575 g gross weight, 1400 g gross weight for cooking, 1000 g net weight
- Ground cinnamon – 0.1 g gross weight for cooking
- Coconut oil – 10 ml gross weight for cooking

**Baked pears net weight – 1000 g**

#### For the food plating 1 serving = 110 g

- Baked pears – 100 g
- Honey – 10 g

#### Preparation:

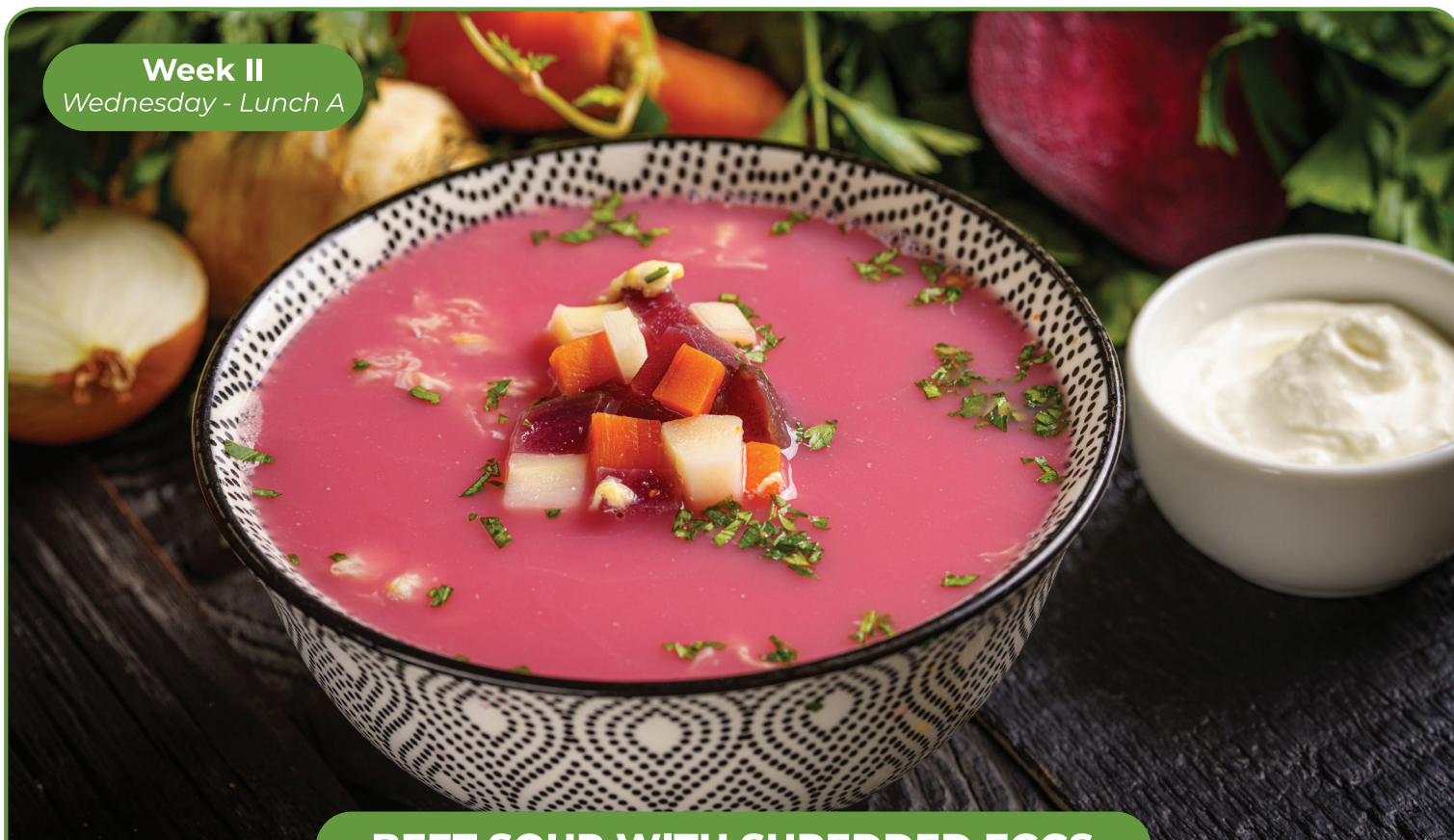
- Cut the pears into quarters and remove the seeds;
- Place them in a 2 cm deep 1/1 GN tray lined with baking paper, drizzle with coconut oil and sprinkle cinnamon on top, then cook in the preheated oven at 160 degrees C for about 8-10 min;
- The time varies depending on the type of pear, how ripe or juicy they are. They must be monitored closely!
- Cool in the blast chiller on the 'Soft chilling' program (1 star);
- Serve with honey.

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Zucchini soup with fermented wheat bran ("bors"), sour cream and wholemeal bread	5 g proteins / 6.86 g fats (of which 0.46 g saturated) / 20.63 g carbohydrates (of which 5.8 g sugars) / 1.44 g fibers / 0.81 g salt	1.19 g proteins / 1.64 g fats (of which 0.11 g saturated) / 4.93 g carbohydrates (of which 1.38 g sugars) / 0.34 g fibers / 0.19 g salt	20.17 mg Ca / 14.2 mg Mg / 0.43 mg Fe / 0 mg Vit. D / 0.26 mg Zn	4.82 mg Ca / 3.39 mg Mg / 0.1 mg Fe / 0 mg Vit. D / 0.06 mg Zn	% Proteins: 12.18 % Carbs: 50.23 % Fats: 37.59	164.27	39.23	220	420	gluten, lactose
Slow cooked turkey thigh with tomato sauce, oregano and olives and steamed rice	28.09 g proteins / 12.59 g fats (of which 1.87 g saturated) / 42.65 g carbohydrates (of which 2.55 g sugars) / 7.75 g fibers / 1.11 g salt	7.86 g proteins / 3.52 g fats (of which 0.52 g saturated) / 11.93 g carbohydrates (of which 0.71 g sugars) / 2.17 g fibers / 0.31 g salt	34.14 mg Ca / 39.48 mg Mg / 1.71 mg Fe / 0.2 mg Vit. D / 2.03 mg Zn	9.55 mg Ca / 11.05 mg Mg / 0.48 mg Fe / 0.06 mg Vit. D / 0.57 mg Zn	% Proteins: 28.36 % Carbs: 43.05 % Fats: 28.59	396.24	110.86	240	350	Warning! May contain seeds
Baked pear with honey	0.59 g proteins / 1.14 g fats (of which 0 g saturated) / 29.95 g carbohydrates (of which 8.21 g sugars) / 4.37 g fibers / 0 g salt	0.39 g proteins / 0.75 g fats (of which 0 g saturated) / 19.83 g carbohydrates (of which 5.44 g sugars) / 2.89 g fibers / 0 g salt	0.7 mg Ca / 0.21 mg Mg / 0.04 mg Fe / 0 mg Vit. D / 0.02 mg Zn	0.46 mg Ca / 0.14 mg Mg / 0.03 mg Fe / 0 mg Vit. D / 0.01 mg Zn	% Proteins: 1.79 % Carbs: 90.48 % Fats: 7.73	132.4	87.68	110	150	
Total values:	33.68 g proteins / 20.59 g fats (of which 2.33 g saturated) / 93.23 g carbohydrates (of which 16.56 g sugars) / 13.56 g fibers / 1.92 g salt	9.44 g proteins / 5.91 g fats (of which 0.63 g saturated) / 36.69 g carbohydrates (of which 7.53 g sugars) / 5.4 g fibers / 0.5 g salt	55.01 mg Ca / 53.89 mg Mg / 2.18 mg Fe / 0.2 mg Vit. D / 2.31 mg Zn	14.83 mg Ca / 14.58 mg Mg / 0.61 mg Fe / 0.06 mg Vit. D / 0.64 mg Zn	% Proteins: 19.44 % Carbs: 53.82 % Fats: 26.74	692.91	74.74	570	920	Warning! May contain seeds, gluten, lactose

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## BEET SOUP WITH SHREDDED EGGS

10 servings

### Ingredients:

- Fresh beets – 290 g gross weight, 240 g gross weight for cooking, 200 g net weight
- Onions – 160 g gross weight, 120 g gross weight for cooking, 100 g net weight
- Parsley root – 20 g gross weight, 15 g gross weight after peeling, 12 g net weight
- Celery – 35 g gross weight, 30 g gross weight for cooking, 25 g net weight
- Parsnip – 35 g gross weight, 30 g gross weight after peeling, 25 g net weight
- Carrots – 145 g gross weight, 120 g gross weight for cooking, 100 g net weight
- Fresh fermented wheat bran (“borş”) – 255 ml gross weight, 255 ml gross weight for cooking, 215 ml net weight
- (Chicken) eggs – 170 g gross weight, 170 g gross weight for cooking, 130 g net weight
- Parsley leaves – 17 g gross weight, 14 g gross weight for cooking, 12 g net weight
- Extra virgin olive oil – 5 ml gross weight for cooking
- Water – 1580 ml gross weight, 1580 ml for cooking, 930 ml net weight
- Salt – 8 g

**Beet soup net weight – 1750 g**

- Sour cream – 100 g

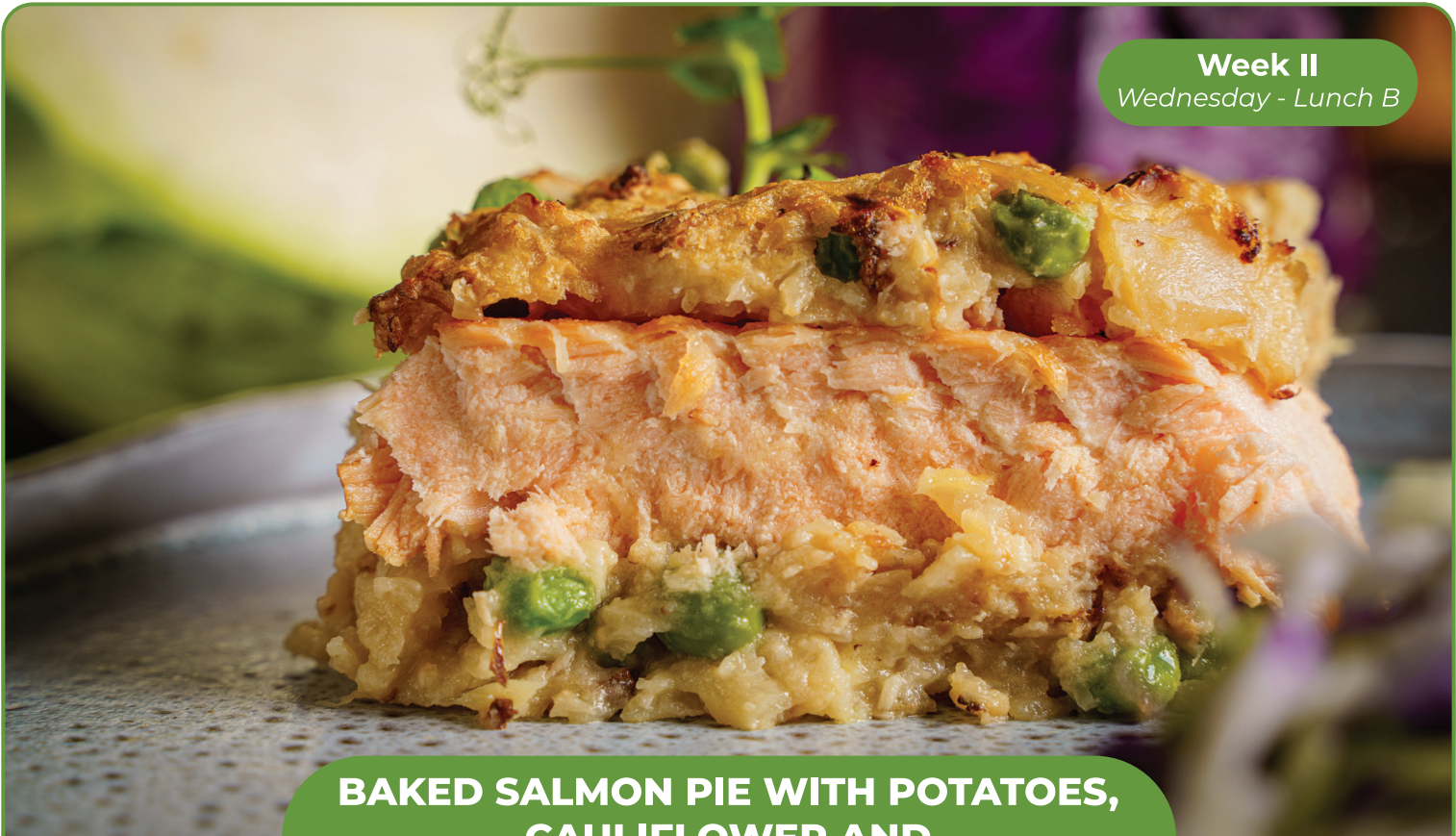
**Sour cream net weight – 100 g**

**For the food plating 1 serving = 185 g**

- Beet soup – 175 g
- Sour cream – 10 g

### Preparation:

- Wash and peel the beet, parsnip, parsley, celery and carrot;
- Dice the onion by hand or in a food processor;
- Heat the olive oil in a large pot and sauté all vegetables;
- When they have become translucent, add water, cover with the lid and simmer;
- Separately, bring the fermented wheat bran (“borş”) to a boil;
- Then add to the soup;
- Turn off the heat and leave the soup to cool for about 10 minutes;
- Beat the egg and add it on top with the chopped parsley;
- Add sour cream when serving.



## **BAKED SALMON PIE WITH POTATOES, CAULIFLOWER AND CABBAGE MIX SALAD**

10 servings

### **Ingredients:**

#### **For the mashed potatoes:**

- White potatoes – 600 g gross weight, 525 g gross weight for cooking, 450 g net weight
  - Frozen cauliflower – 430 g gross weight, 360 g gross weight for cooking, 300 g net weight
  - Salt – 5 g
  - Water – 105 ml gross weight, 105 ml gross weight for cooking, 50 ml net weight
  - Extra virgin olive oil – 5 ml gross weight for cooking
- Mashed potatoes net weight – 810 g

#### **For the salmon:**

- Frozen peas – 190 g gross weight, 160 g gross weight for cooking, 150 g net weight
- Fresh lemon juice – 8 ml gross weight for cooking
- Fresh salmon – 460 g gross weight, 380 g gross weight for cooking, 270 g net weight
- Salt – 10 g
- Pepper – 0.1g

**Salmon and peas net weight – 445 g**

#### **Turkey thigh with tomato sauce preparation:**

- Wash the potatoes thoroughly, peel them and boil them in salted water;
- Towards the end of the cooking process, add the (previously thawed) cauliflower florets;
- Drain the liquid separately and mash the vegetables with the masher;
- Allow to slightly cool at room temperature;
- Meanwhile, fillet the salmon, remove the skin and bones and cut into 1 cm cubes;
- Drizzle the salmon with lemon juice and olive oil and season with salt and pepper;
- Mix with the previously defrosted peas, parsley, mashed potatoes and cauliflower;
- Pour the entire composition in a 4 cm deep 1/1 GN tray lined with baking paper and bake in the preheated oven at 155 degrees C, on dry (or with maximum 10% humidity), for about 40 minutes;
- If needed, lightly brown the pie for 3-5 minutes at 200 C dry;
- When serving, use a spatula as the dish is slightly soft;
- Meanwhile, prepare the cabbage salad;
- Chop the white and red cabbage;
- Drizzle the cabbage with extra virgin olive oil and season to taste with salt and lemon;

#### **For the cabbage salad:**

- White cabbage – 310 g gross weight, 260 g gross weight for cooking, 200 g net weight
- Red cabbage – 310 g gross weight, 260 g gross weight for cooking, 200 g net weight
- Extra virgin olive oil – 5 ml gross weight for cooking
- Fresh lemon juice – 5 ml gross weight for cooking
- Salt – 0.5 g
- Black pepper – 0.01 g

**Cabbage salad net weight – 400 g**

#### **For the food plating 1 serving = 165 g**

- Salmon pie – 125 g
- Cabbage salad – 40 g

## Week II

Wednesday - Lunch C



# GRANOLA WITH STRAWBERRY COULIS AND GREEK YOGURT

10 servings

## Ingredients:

### For the puréed strawberries:

- Sugar free dark chocolate - 50 g for cooking
- Buckwheat flakes – 70 g for cooking
- Oat flakes – 250 g for cooking
- Coconut flakes – 10 g for cooking
- Cranberries – 100 g for cooking
- Sunflower seeds – 70 g for cooking

**Puréed strawberries net weight – 500 g**

### For the puréed strawberries:

- Frozen strawberries – 240 g gross weight, 240 g gross weight for cooking, 200 g net weight
- Vanilla essence – 0.1 g
- Water - 5 ml gross weight for cooking
- Maple syrup – 10 ml gross weight for cooking

**Puréed strawberries net weight – 200 g**

**Greek yoghurt net weight – 1250 g**

### For the food plating 1 serving = 195 g

- Greek yoghurt - 125 G
- Granola – 50 g
- Puréed strawberries - 20 g

## Preparation:

- Thaw the strawberries in a perforated GN tray (sieve);
- After draining, put them in a blender, add the maple syrup and vanilla essence and blend until smooth;
- Mix the cereals with the coconut flakes and the previously grated dark chocolate;
- Place the Greek yoghurt at the bottom, then add the puréed strawberries and the cereal mix.



Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Beet soup with shredded eggs	3.6 g proteins / 5.38 g fats (of which 0.62 g saturated) / 5.16 g carbohydrates (of which 0.76 g sugars) / 2.11 g fibers / 1.06 g salt	1.35 g proteins / 2.02 g fats (of which 0.29 g saturated) / 1.93 g carbohydrates (of which 0.29 g sugars) / 0.79 g fibers / 0.4 g salt	48.15 mg Ca / 27.87 mg Mg / 1.73 mg Fe / 0.42 mg Vit. D / 0.46 mg Zn	18.03 mg Ca / 10.44 mg Mg / 0.65 mg Fe / 0.16 mg Vit. D / 0.17 mg Zn	% Proteins: 17.25 % Carbs: 24.72 % Fats: 58.02	83.48	31.26	185	265	gluten, lactose, eggs, celery
Baked salmon pie with potatoes, cauliflower and cabbage mix salad	11.58 g proteins / 6.79 g fats (of which 1.31 g saturated) / 13.43 g carbohydrates (of which 1.61 g sugars) / 3.91 g fibers / 2.15 g salt	5.54 g proteins / 3.25 g fats (of which 0.63 g saturated) / 6.43 g carbohydrates (of which 0.77 g sugars) / 1.87 g fibers / 1.03 g salt	31.57 mg Ca / 20.64 mg Mg / 2.28 mg Fe / 0 mg Vit. D / 0.38 mg Zn	15.1 mg Ca / 9.87 mg Mg / 1.09 mg Fe / 0 mg Vit. D / 0.18 mg Zn	% Proteins: 28.75 % Carbs: 33.34 % Fats: 37.92	161.15	77.1	165	210	fish (may contain bones)
Granola with puréed strawberries and Greek yogurt	15.52 g proteins / 9.72 g fats (of which 4.24 g saturated) / 44.49 g carbohydrates (of which 6.59 g sugars) / 3.77 g fibers / 0.34 g salt	7.74 g proteins / 4.85 g fats (of which 2.11 g saturated) / 22.19 g carbohydrates (of which 3.29 g sugars) / 1.88 g fibers / 0.17 g salt	162.47 mg Ca / 51.77 mg Mg / 1.19 mg Fe / 0 mg Vit. D / 1.17 mg Zn	81.03 mg Ca / 25.82 mg Mg / 0.59 mg Fe / 0 mg Vit. D / 0.58 mg Zn	% Proteins: 18.96 % Carbs: 54.34 % Fats: 26.7	327.52	163.35	195	200	nuts, lactose
Total values:	30.7 g proteins / 21.89 g fats (of which 6.17 g saturated) / 63.08 g carbohydrates (of which 8.96 g sugars) / 9.79 g fibers / 3.55 g salt	14.63 g proteins / 10.12 g fats (of which 2.97 g saturated) / 30.55 g carbohydrates (of which 4.35 g sugars) / 4.54 g fibers / 1.6 g salt	242.19 mg Ca / 100.28 mg Mg / 5.2 mg Fe / 0.42 mg Vit. D / 2.01 mg Zn	114.16 mg Ca / 46.13 mg Mg / 2.33 mg Fe / 0.16 mg Vit. D / 0.93 mg Zn	% Proteins: 21.46 % Carbs: 44.1 % Fats: 34.43	572.15	84.57	545	675	nuts, gluten, lactose, eggs, fish (may contain bones), celery

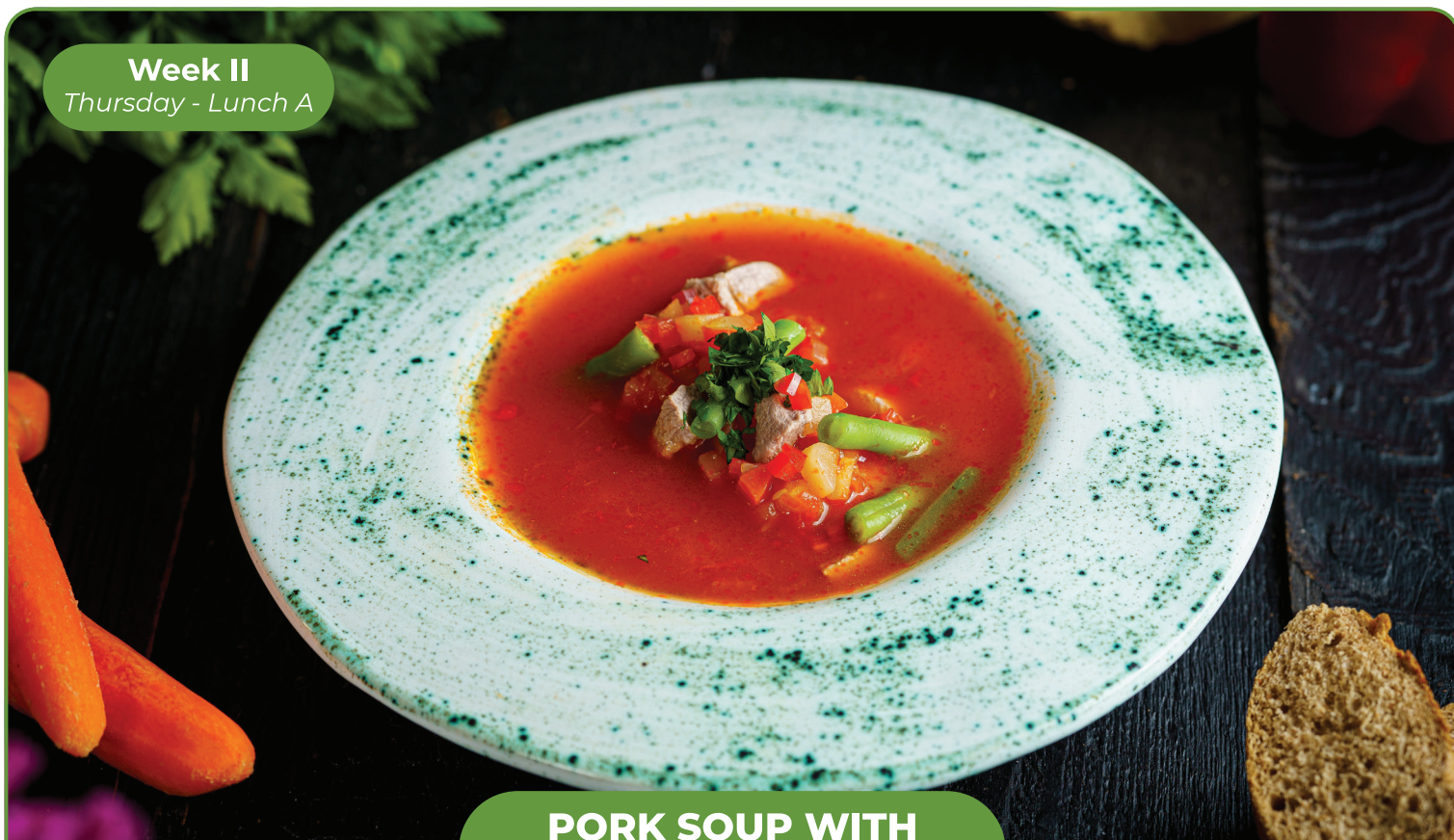
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## Week II

Thursday - Lunch A



## PORK SOUP WITH WHOLEMEAL BREAD

10 servings

### Ingredients:

#### For the sour soup:

- Fresh red bell pepper – 40 g gross weight, 35 g gross weight for cooking, 30 g net weight
- Fresh fermented wheat bran (“borş”) – 170 ml gross weight for cooking, 140 ml net weight
- Yellow onions – 160 g gross weight, 125 g gross weight for cooking, 100 g net weight
- Frozen green beans - 55 g net weight
- Carrots – 98 g gross weight, 82 g gross weight for cooking, 68 g net weight
- Fresh parsley – 9 g gross weight, 7 g gross weight for cooking, 7 g net weight
- Canned tomatoes – 780 g gross weight, 310 g gross weight for cooking, 260 g net weight
- Iodized salt - 5 g net weight
- Fresh celery – 45 g gross weight, 35 g gross weight for cooking, 30 g net weight
- Extra virgin olive oil – 30 ml net weight
- Water - 4350 ml gross weight for cooking, 1280 ml net weight

**Sour soup net weight – 2000 g**

#### Preparation:

- Trim the excess fat off the meat, then add it to the boil in a large pot;
- Skim as often as needed;
- Season with salt;
- Cook the meat over low heat with the lid on until tender;
- Peel the onions and dice them in a food processor;
- Peel the carrots, celery and parsnip and dice them in a food processor;
- Dice the peppers in a food processor;
- Finely chop the parsley;
- When the meat is done, take it out, let it rest for 10 minutes and cut into small cubes for the soup;

#### For the pork chops:

- Pork chops - 380 g gross weight, 360 g gross weight for cooking, 200 g net weight

**Pork chops net weight – 200 g**

#### For the wholemeal bread:

- Wholemeal bread - 300 g net weight

**Wholemeal bread net weight – 300 g**

#### For the food plating 1 serving = 250 g

- Soup – 200 ml
- Pork chops 50 g

- Heat the olive oil in a large pot or saucepan and sauté the onions and the root vegetables;
- Once the onions have turned translucent, add water/pork stock;
- Lower the heat and allow to simmer with the lid on;
- After 15-20 minutes, add the peppers and green beans and allow to cook for another 5 minutes;
- Separately, bring the fermented wheat bran (“borş”) to a boil;
- Then add it to the soup along with the diced tomatoes;
- Continue simmering for about 5 minutes, then remove from the stove;
- Season to taste with salt;
- Chop the parsley and serve with the soup;
- Serve with wholemeal bread.



## BAKED SEA BASS FILLET WITH STEAMED ZUCCHINI, POTATO, CAULIFLOWER AND CARROT PURÉE

10 servings

### Ingredients:

#### For the fish:

- Sea bass fillet – 1000 g gross weight (without bones + thawed) 650 g gross weight for cooking, 500 g net weight
- Salt – 1.5g
- Pepper – 0.1g
- Olive oil – 0.5 ml
- Corn – 200 g gross weight, 165 g gross weight for cooking, 150 g net weight

**Net weight – 500 g**

#### For the food plating 1 serving = 205 g

- Sea bass fillet – 65 g
- Mashed zucchini, cauliflower and potatoes - 110 g
- Steamed carrots – 30 g

#### For the mashed zucchini and potatoes:

- Zucchini – 825 g gross weight, 785 g gross weight for cooking, 490 g net weight
- Frozen cauliflower - 400 g gross weight, 320 g gross weight for cooking
- 150 g net weight
- White potatoes – 770 g gross weight, 640 g gross weight for cooking, 350 g net weight
- Salt – 7 g
- Olive oil – 30 ml
- Boiled water – 215 ml gross weight, 70 ml net weight

**Net weight – 1100 g**

#### For the steamed carrots:

- Carrots – 430 g gross weight, 360 g gross weight for cooking, 300 g net weight
- Iodized salt – 1 g gross weight for cooking
- Extra virgin olive oil – 15 ml gross weight for cooking

**Net weight – 300 g**

### Preparation:

- Thaw the sea bass fillets, remove the scales and bones;
- Drizzle with olive oil and season with salt and pepper;
- Place in a GN1/1 tray lined with baking paper and place a teaspoon of corn on top of each fillet;
- Put some baking paper on top and bake in the oven at 160 degrees C for 9-12 minutes, depending on their thickness;
- Peel the potato and bake in the oven at 160 degrees C, dry, in a GN1/1 tray lined with baking paper for approx. 25-30 minutes, until the fork goes in easily;
- Meanwhile, cut the zucchini into large cubes and remove the top;
- In the last 12 minutes of baking the potatoes, add the zucchini and cauliflower to the tray, next to the potatoes;
- Blend the cauliflower with the zucchini, adjusting the consistency with olive oil and boiled water;
- Mash the potatoes with a masher;
- Using a spatula, add the zucchini and the blended cauliflower to the potatoes and season to taste;
- Peel and wash the carrots, then cut them into 5 cm sticks;
- Season with oil and salt, spread on maximum 6 cm;
- GN 1/1 perforated sieves;
- Cook in the preheated oven on steam at 100 degrees C for about 10-12 minutes, until a fork can be easily inserted.

## Week II

Thursday - Lunch C

# BAKED WHOLEWHEAT PASTA PUDDING WITH CINNAMON AND HONEY

10 servings

### Ingredients:

- Whole wheat penne – 115 g gross weight, 115 g gross weight for cooking, 275 g net weight
  - Cottage cheese – 80 g gross weight, 80 g gross weight for cooking, 70 g net weight
  - Whey cheese – 80 g gross weight, 80 g gross weight for cooking, 70 g net weight
  - Eggs – 90 g gross weight, 90 g gross weight for cooking, 70 g net weight
  - Cinnamon – 0.1 g
  - Cow milk - 3.5 g gross weight, 30 g gross weight for cooking, 20 g net weight (after evaporation)
  - Vanilla extract - 1 g
- Net weight – 560 g**

### For the honey:

- Honey – 200 ml
  - Fresh lemon juice – 50 ml
- Net weight – 250 g**

### For the food plating 1 serving = 80 g

- Pasta pudding – 55 g
- Honey – 25 ml

### Preparation:

- Cook the pasta for 1-2 minutes less than the instructions on the box;
- Place in a 6 cm deep GN 1/1 tray;
- Crumble the urda cheese in a food processor;
- Add over the pasta along with the fresh cheese, the eggs, the milk and the vanilla extract;
- Preheat the oven to 160 degrees C, dry, and bake the pudding for about 45-50 mins, depending on your oven's performance;
- If you notice that all or part of the dish is getting burnt very quickly, lower the temperature by 10% or turn on the steam function at 30%;
- Cool in the blast chiller on the 'Soft chilling' program (1 star); allow to cool completely before serving;
- Mix the honey with the lemon juice;
- Pour over the portioned pudding.

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Pork soup, wholemeal bread	13.98 g proteins / 5.57 g fats (of which 0.44 g saturated) / 27.88 g carbohydrates (of which 7.72 g sugars) / 1.38 g fibers / 0.89 g salt	2.39g proteins / 0.95 g fats (of which 0.07 g saturated) / 4.76 g carbohydrates (of which 1.32 g sugars) / 0.24 g fibers / 0.15 g salt	22.55 mg Ca / 11.31 mg Mg / 0.57 mg Fe / 0 mg Vit. D / 0.16 mg Zn	3.85 mg Ca / 1.93 mg Mg / 0.1 mg Fe / 0 mg Vit. D / 0.03 mg Zn	% Proteins: 25.71 % Carbs: 51.27 % Fats: 23.02	217.55	37.18	250	585	gluten, celery
Baked sea bass fillet with steamed zucchini, potato, cauliflower and carrot purée	16.24 g proteins / 6.63 g fats (of which 1.02 g saturated) / 19.1 g carbohydrates (of which 3.43 g sugars) / 4.64 g fibers / 1.18 g salt	5.09 g proteins / 2.08 g fats (of which 0.32 g saturated) / 5.99 g carbohydrates (of which 1.07 g sugars) / 1.45 g fibers / 0.37 g salt	68.4 mg Ca / 41.53 mg Mg / 2.88 mg Fe / 0 mg Vit. D / 0.72 mg Zn	21.43 mg Ca / 13.01 mg Mg / 0.9 mg Fe / 0 mg Vit. D / 0.23 mg Zn	% Proteins: 32.31 % Carbs: 38 % Fats: 29.69	201.09	63.01	205	320	fish (may contain bones)
Baked wholewheat pasta pudding with cinnamon and honey	4.79 g proteins / 4.63 g fats (of which 1.73 g saturated) / 25.95 g carbohydrates (of which 17.16 g sugars) / 4.2 g fibers / 0.21 g salt	7.34 g proteins / 7.09 g fats (of which 2.65 g saturated) / 39.79 g carbohydrates (of which 26.32 g sugars) / 1.85 g fibers / 0.33 g salt	26.47 mg Ca / 14.15 mg Mg / 0.63 mg Fe / 0.23 mg Vit. D / 0.47 mg Zn	40.6 mg Ca / 21.7 mg Mg / 0.97 mg Fe / 0.36 mg Vit. D / 0.72 mg Zn	% Proteins: 11.63 % Carbs: 63.07 % Fats: 25.29	164.57	252.38	80	65	gluten, lactose, eggs
Total values:	35.01 g proteins / 16.83 g fats (of which 3.19 g saturated) / 72.93 g carbohydrates (of which 28.31 g sugars) / 7.22 g fibers / 2.28 g salt	14.82 g proteins / 10.12 g fats (of which 3.04 g saturated) / 50.54 g carbohydrates (of which 28.71 g sugars) / 3.54 g fibers / 0.85 g salt	117.42 mg Ca / 66.99 mg Mg / 4.08 mg Fe / 0.23 mg Vit. D / 1.35 mg Zn	65.88 mg Ca / 36.64 mg Mg / 1.97 mg Fe / 0.36 mg Vit. D / 0.98 mg Zn	% Proteins: 24.01 % Carbs: 50.02 % Fats: 25.97	583.21	60.15	535	970	gluten, lactose, eggs, fish (may contain bones), celery

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## CHICKEN SOUP WITH WHOLEWHEAT PASTA, CARROTS, CELERY, PARSLEY AND PARSNIP

10 servings

### Ingredients:

- Chicken thighs without skin and bones – 360 g gross weight, 310 g gross weight for cooking, 200 g net weight  
Chicken thighs net weight – 200 g
- Whole wheat pasta (preferably small pasta such as orecchiete) – 115 g gross weight, 115 g gross weight for cooking, 320 g net weight (boiled)
- Cooked pasta net weight – 320 g
- Carrots – 120 g gross weight, 100 g gross weight for cooking, 80 g net weight
- Celery – 90 g gross weight, 60 g gross weight for cooking, 50 g net weight
- Parsnip – 50 g gross weight, 40 g gross weight for cooking, 35 g net weight
- Onions – 140 g gross weight, 110 g gross weight for cooking, 0 g net weight (because it is discarded after cooking)
- Salt – 10 g
- Dried thyme – 0.2 g gross weight for cooking
- Water – 2.300 ml gross weight for cooking, 1280 ml net weight (stock)

*Vegetable soup net weight – 1500 g*

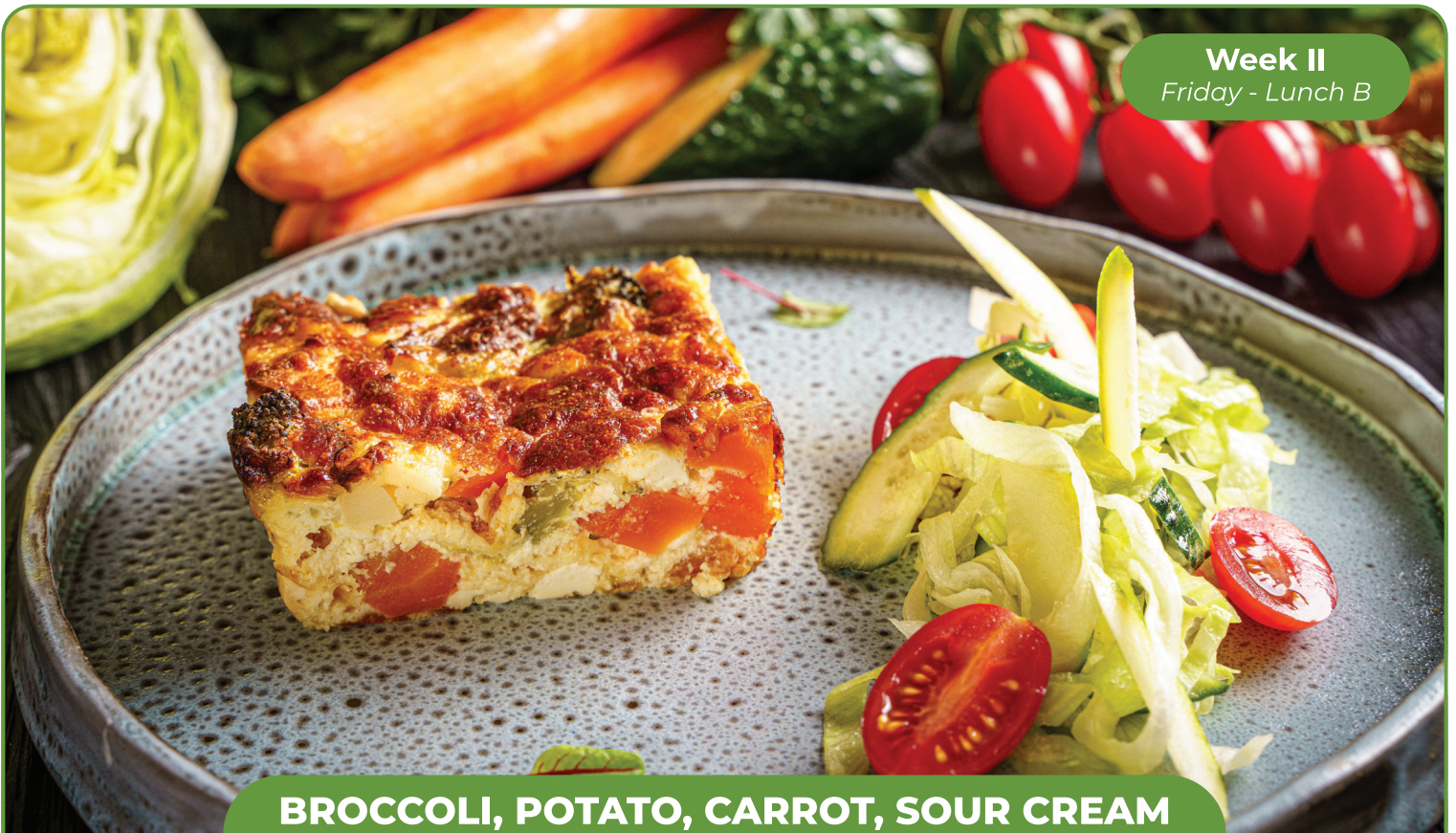
*Chicken soup with pasta net weight – 2020 g*

**For the food plating 1 serving = 200 g**

- Soup and vegetables – 150 g
- Cooked pasta – 30 g
- Boiled chicken – 20 g

### Preparation:

- Trim the chicken thighs, remove any connective tissues, tendon debris, small bones and excess fat;
- Heat the salted water in a large pot and add the chicken;
- This is so that the chicken produces as little scum as possible;
- If it is added in cold water, it should be constantly skimmed so that the soup is clear in the end (if it is internal policy to cook meat separately from vegetables, this is how it should be done);
- For a more intense taste flavor, simmer over a low heat, with the lid half closed, so that not too much of the liquid evaporates;
- Meanwhile, wash and peel the vegetables;
- Add the carrot, the parsnip and the onions whole and the celery in larger pieces;
- Season to taste with thyme and salt;
- Once the meat and root vegetables are done, discard the onions, transfer everything else to a chopping board, dice it and place it in separate GN trays (1 GN tray for the meat, 1 GN tray for the root vegetables);
- Cook the pasta separately in salted water according to the instructions on the box;
- When serving, add stock as a base and equal amounts of pasta, meat and root vegetables for each child;
- Optionally, add a parsley and/or dill topping;
- Serve with wholemeal bread;



## BROCCOLI, POTATO, CARROT, SOUR CREAM AND PARMESAN GRATIN

### Ingredients:

10 servings

- Frozen broccoli – 240 g gross weight, 200 g gross weight for cooking, 180 g net weight
  - Potatoes – 190 g gross weight, 155 g gross weight for cooking, 140 g net weight
  - Carrots – 138 g gross weight, 115 g gross weight for cooking, 100 g net weight
  - Sweet potatoes – 190 g gross weight, 155 g gross weight for cooking, 140 g net weight
  - Eggs – 160 g gross weight, 160 g gross weight for cooking, 135 g net weight
  - Fresh basil – 7 g gross weight, 5 g gross weight for cooking, 5 g net weight
  - Cooking cream without caragenan – 150 g gross weight, 150 g gross weight for cooking, 135 g net weight
  - Cow's feta cheese - 155 g gross weight, 140 g gross weight for cooking, 125 g net weight
  - Parmesan cheese – 55 g gross weight, 50 g gross weight for cooking, 45 g net weight
  - Salt – 1.5 g
- Net weight – 1000 g**

### Preparation:

- Preheat the oven on 100% steam at 100 degrees C;
- Wash the potatoes and carrots well, peel and dice them;
- Spread the broccoli on trays lined with baking paper;
- On separate trays, spread out the carrots, potatoes and sweet potatoes;
- Sprinkle a little salt on top;
- Cook the broccoli in the oven for 6-8 minutes (it should be al dente) and the carrots, potatoes and sweet potatoes for 20 minutes;
- Finely chop the broccoli;
- Allow to cool in a cool room or heat shock in the blast chiller;
- Meanwhile, crumble the feta and grate the Parmesan cheese;
- Break the eggs and blend with a mixer;
- Add the cooking cream, the feta cheese and the grated Parmesan cheese;
- Chop the basil and stir it in;
- Heat the oven to 160 degrees C and when it has reached this temperature put in the baking tray and bake for about 40-45 minutes until it is fully done;

### For the salad:

- Zucchini – 105 g gross weight, 100 g gross weight for cooking, 100 g net weight
- Cucumbers – 115 g gross weight, 100 g gross weight for cooking, 100 g net weight
- Cherry tomatoes – 440 g gross weight, 400 g gross weight for cooking, 400 g net weight
- "Ready to eat" iceberg lettuce – 116 g gross weight, 100 g gross weight for cooking, 100 g net weight
- Extra virgin olive oil – 15 ml
- Salt – 2 g
- Fresh lemon juice – 20 ml

**Net weight – 700 g**

### For the food plating 1 serving = 170 g

- Vegetables gratin – 100 g
- Salad – 70 g

- Allow to rest for about 15 minutes at room temperature and then place in the blast chiller on the "Soft chill" program;
- When it has cooled completely, take it out and cut it into equal-sized pieces;
- When reheated before serving, place the pieces on a tray lined with baking paper, 4-5 cm apart, and place in the oven at 100 degrees C for 10-15 minutes.

### Salad preparation:

- Cut the iceberg lettuce into strips;
- Wash the cucumbers and zucchini well, cut them in half lengthways and then slice them into very thin slices in a food processor;
- Cut the tomatoes in halves;
- Drizzle everything with extra virgin olive oil and season to taste with salt;
- Then add the lemon juice;
- Mix everything well.

**Week II**  
Friday - Lunch C



## WHOLEMEAL SPELT SEMOLINA WITH MILK, PINEAPPLE AND POMEGRANATE SEEDS

10 servings

### Ingredients:

#### For the whole wheat spelt semolina with milk:

- Whole wheat spelt semolina – 135 g gross weight, 135 g gross weight for cooking, 135 g net weight (it will rise and double its volume in hot liquid)
- 3.5% milk – 965 ml gross weight, 965 ml gross weight for cooking, 730 ml net weight
- Agave syrup – 100 ml
- Water – 300 ml gross weight, 300 ml gross weight for cooking, 230 ml net weight
- Vanilla essence/extract – 1.30 ml

Whole wheat spelt semolina with milk net weight – 1200 g

#### Fresh pineapple and pomegranate seeds:

- Pineapple – 690 g gross weight, 300 g net weight for serving  
*Pineapple net weight – 300 g*
- Pomegranate seeds - 70 g gross weight, 50 g raw for serving  
*Pomegranate seeds net weight – 300 g*

#### For the food plating 1 serving = 155 g

- Whole wheat spelt semolina with milk – 120 g
- Pineapple – 30 g
- Pomegranate seeds – 5 g

### Preparation:

- Bring the vanilla extract/essence and water to a boil in a large pot;
- When it starts boiling, gradually add the semolina;
- Cook for 10-15 minutes until creamy;
- Add the agave syrup;
- Cool to room temperature, covered - cool in the blast chiller on the 'Soft chilling' program, 1 star;
- Garnish with pineapple bits and pomegranate seeds.

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Chicken soup with wholewheat pasta, carrots, celery, parsley and parsnip	8.42 g proteins / 5.06 g fats (of which 1.12 g saturated) / 13.21 g carbohydrates (of which 0.95 g sugars) / 3.27 g fibers / 1.06 g salt	2.71 g proteins / 1.63 g fats (of which 0.36 g saturated) / 4.25 g carbohydrates (of which 0.31 g sugars) / 1.05 g fibers / 0.34 g salt	2.1.39 mg Ca / 31.26 mg Mg / 2.95 mg Fe / 0 mg Vit. D / 0.6 mg Zn	6.88 mg Ca / 10.06 mg Mg / 0.95 mg Fe / 0 mg Vit. D / 0.19 mg Zn	% Proteins: 25.5 % Carbs: 40 % Fats: 34.49	132.1	42.5	200	310	gluten, celery
Broccoli, potato, carrot, sour cream and Parmesan gratin	8.61 g proteins / 6.1 g fats (of which 1.55 g saturated) / 15.13 g carbohydrates (of which 6.34 g sugars) / 2.84 g fibers / 0.61 g salt	4.59 g proteins / 3.25 g fats (of which 0.82 g saturated) / 8.06 g carbohydrates (of which 3.38 g sugars) / 1.51 g fibers / 0.33 g salt	103.72 mg Ca / 24.35 mg Mg / 1.3 mg Fe / 0.42 mg Vit. D / 0.66 mg Zn	55.26 mg Ca / 12.97 mg Mg / 0.69 mg Fe / 0.23 mg Vit. D / 0.35 mg Zn	% Proteins: 22.98 % Carbs: 40.37 % Fats: 36.65	149.87	79.84	170	185	lactose, eggs, traces of eggs
Whole wheat spelt semolina with milk, pineapple and pomegranate seeds	5.18 g proteins / 4.1 g fats (of which 2.02 g saturated) / 26.55 g carbohydrates (of which 12.54 g sugars) / 1.83 g fibers / 0.13 g salt	2.78 g proteins / 2.2 g fats (of which 1.08 g saturated) / 14.27 g carbohydrates (of which 6.74 g sugars) / 0.99 g fibers / 0.07 g salt	126.1 mg Ca / 4.72 mg Mg / 0.04 mg Fe / 0 mg Vit. D / 0.05 mg Zn	67.76 mg Ca / 2.53 mg Mg / 0.02 mg Fe / 0 mg Vit. D / 0.03 mg Zn	% Proteins: 12.65 % Carbs: 64.83 % Fats: 22.52	163.82	88.03	155	185	gluten, lactose
<b>Total values:</b>	<b>22.21 g proteins / 15.26 g fats (of which 4.69 g saturated) / 54.89 g carbohydrates (of which 19.83 g sugars) / 7.94 g fibers / 1.8 g salt</b>	<b>10.08 g proteins / 7.08 g fats (of which 2.26 g saturated) / 26.58 g carbohydrates (of which 10.43 g sugars) / 3.55 g fibers / 0.74 g salt</b>	<b>251.21 mg Ca / 60.33 mg Mg / 4.29 mg Fe / 0.42 mg Vit. D / 1.31 mg Zn</b>	<b>129.9 mg Ca / 25.56 mg Mg / 1.66 mg Fe / 0.23 mg Vit. D / 0.57 mg Zn</b>	<b>% Proteins: 19.93 % Carbs: 49.25 % Fats: 30.81</b>	<b>445.79</b>	<b>65.11</b>	<b>525</b>	<b>680</b>	<b>gluten, lactose, eggs, celery, traces of eggs</b>

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## CREAMY VEGETABLE SOUP WITH SAVORY CROUTONS

10 servings

### Ingredients:

#### For the soup:

- Water: 2360 ml gross weight, 2360 ml gross weight for cooking, 1310 ml net weight
- Fresh red bell pepper: 65 g gross weight, 60 g gross weight for cooking, 50 g net weight
- White potatoes: 430 g gross weight, 360 g gross weight for cooking, 300 g net weight
- Yellow onions: 340 g gross weight, 260 g gross weight for cooking, 200 g net weight
- Zucchini: 275 g gross weight, 260 g gross weight for cooking, 200 g net weight
- Carrots: 200 g gross weight, 180 g gross weight for cooking, 150 g net weight
- Black pepper: 0.1 g
- Iodized salt: 8 g
- Fresh celery: 70 g gross weight, 55 g gross weight for cooking, 50 g net weight
- Extra virgin olive oil: 30 g gross weight, 30 g gross weight for cooking, 30 g net weight
- Butter 82%: 50 g gross weight, 50 g gross weight for cooking, 50 g net weight
- Powdered garlic: 5 g gross weight, 5 g gross weight for cooking, 5 g net weight

**Soup net weight (after cooling) – 2350 g**

#### For the croutons:

- Dried oregano: 0.1 g gross weight, 0.1 g gross weight for cooking
- Wholemeal toast: 260 g gross weight, 260 g gross weight for cooking, 200 g net weight
- Extra virgin olive oil: 5 g gross weight, 5 g gross weight for cooking

**Croutons net weight – 200 g**

For the food plating 1 serving = 255 g

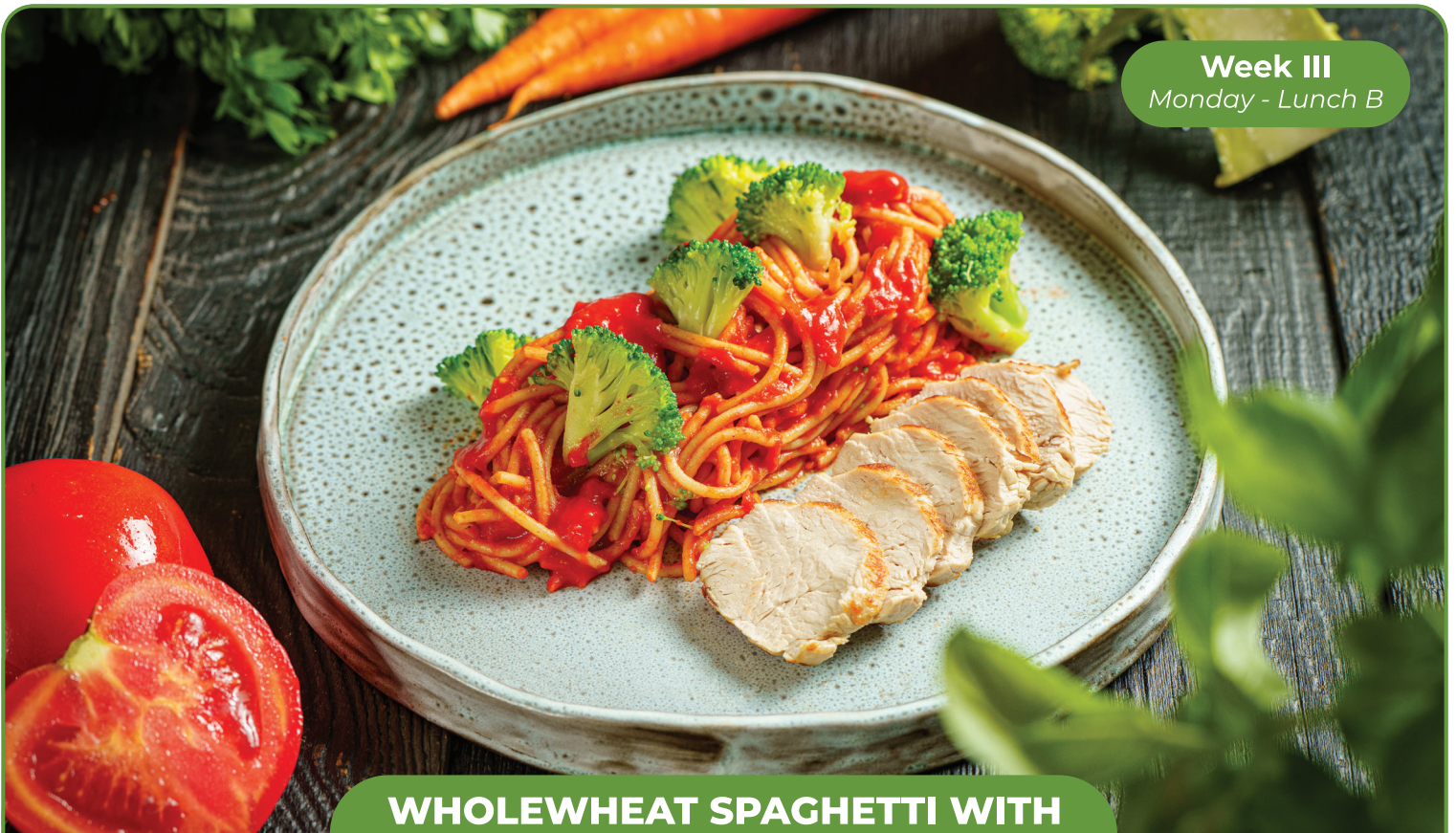
- Creamy vegetable soup – 235 g
- Flavored croutons – 20 g

### Soup preparation:

- Peel and wash all vegetables;
- Cut into large cubes, then heat the olive oil in a pot;
- Sauté the onion until translucent, then add the carrots and the celery;
- Sauté the vegetables until tender, then add the pepper, zucchini and garlic;
- Add the amount of water from the recipe and bring to a boil;
- Once the vegetables are done, remove some of the water to use as stock or to thin the soup;
- Blend the soup until creamy, season with salt and pepper; add more stock if necessary.

### Croutons preparation:

- Meanwhile, dice the bread and season with oregano and salt;
- Spread the bread on trays lined with baking paper;
- Drizzle with olive oil and bake in the preheated oven at 180 degrees C, dry, for 10 minutes (maximum 1.5 kg on the tray);
- Serve the soup with the prepared croutons.



## WHOLEWHEAT SPAGHETTI WITH TURKEY BREAST AND BROCCOLI

10 servings

### Ingredients:

#### For the pasta sauce:

- Water: 830 ml gross weight, 830 ml gross weight for cooking, 300 ml net weight
- Dried basil: 0.06 g gross weight, 0.06 g gross weight for cooking, 0.06 g net weight
- Yellow onions: 195 g gross weight, 150 g gross weight for cooking, 100 g net weight
- Carrots: 200 g gross weight, 170 g gross weight for cooking, 130 g net weight
- Oregano: 0.6 g gross weight, 0.6 g gross weight for cooking, 0.6 g net weight
- Canned tomatoes: 600 g gross weight, 600 g gross weight for cooking, 300 g net weight
- Iodized salt: 7 g
- Extra virgin olive oil: 70 g gross weight, 70 g gross weight for cooking, 70 g net weight
- Fresh garlic: 30 g gross weight, 25 g gross weight for cooking

**Sauce net weight – 905 g**

#### For the whole wheat spaghetti:

- Water - 10000 ml gross weight, 10000 ml gross weight for cooking
- Iodized salt - 1 g gross weight
- Wholewheat spaghetti - 400 g gross weight, 400 g gross weight for cooking, 1000 g net weight
- Extra virgin olive oil - 5 g gross weight, 5 g gross weight for cooking

**Spaghetti net weight – 1000g**

#### Pasta sauce preparation:

- Peel and wash the onions and the carrot;
- Dice and heat the olive oil;
- Sauté the onions until translucent and add the carrots, allowing them to get soft, then add the peeled tomatoes;
- Add the peeled tomatoes;
- Let the sauce simmer and season with garlic, basil and oregano;
- Blend the sauce after it has boiled and season to taste with salt and pepper;
- Add water with a pinch of salt to a pot/saucepan and bring to a boil.

#### Pasta preparation:

- Add the whole wheat pasta and cook according to the instructions on the box;
- Mix the pasta with the sauce.

#### For the turkey breast:

- Turkey breast - 715 g gross weight, 650 g gross weight for cooking, 500 g net weight
- Black pepper – 0.1 g
- Iodized salt - 5 g
- Extra virgin olive oil - 5 g gross weight, 5 g gross weight for cooking

**Turkey breast net weight – 500 g**

#### For the broccoli:

- Frozen broccoli - 650 g gross weight, 650 g gross weight for cooking, 500 g net weight
- Iodized salt - 1 g
- Extra virgin olive oil - 10 g gross weight, 10 g gross weight for cooking, 10 g net weight

**Broccoli net weight – 500 g**

For the food plating 1 serving = 290 g

- Pasta sauce - 90 g
- Wholewheat spaghetti - 100 g
- Turkey breast - 50 g
- Broccoli - 50 g

#### Turkey breast preparation:

- Trim and, if needed, debone the turkey breast;
- Season with salt, pepper and olive oil;
- Then place on covered trays and bake in the preheated oven at 160 degrees C, intermediate level, 40% humidity, for 45-50 minutes;
- Cut the turkey breast into slices.

#### Broccoli preparation:

- Put the broccoli in the tray and bake in the oven for 8-10 minutes at 90 degrees C, with steam;
- Break up the larger broccoli florets and season with salt, pepper and olive oil;
- Serve the spaghetti with sauce, adding the broccoli and turkey breast on top.

**Week III**  
Monday - Lunch C



## BAKED APPLE WITH CINNAMON

10 servings

### Ingredients:

#### For the baked apples:

- Red apples - 2185 g gross weight, 1820 g gross weight for cooking, 1400 g net weight
- Ground cinnamon - 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight

**Baked apple net weight – 1400g**

For the food plating 1 serving = 140 g

### Bakes apples preparation:

- Wash the apples, then cut them into 4 or 6 slices and remove all the seeds;
- Place the apple slices in a 2 cm deep 1/1 GN tray lined with baking paper;
- Sprinkle with cinnamon and place in the preheated oven;
- The oven temperature should range between 160-200 degrees C, dry, depending on the variety and how ripe the apples are;
- Cook for about 6-8 minutes if the apples are ripe, at 200 degrees C or 15 minutes at 160 degrees C if the apples are rawer (harder).

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Creamy vegetable soup with savory croutons	4.33g proteins / 8.93g fats (of which 2.81g saturated) / 21.49g carbohydrates (of which 1.76g sugars) / 4.24g fibers / 0.91g salt	1.11g proteins / 2.3g fats (of which 0.72g saturated) / 5.52g carbohydrates (of which 0.45g sugars) / 1.09g fibers / 0.23g salt	31.28mg Ca / 19.54mg Mg / 1.42mg Fe / 0.02mg Vit. D	8.04mg Ca / 5.02mg Mg / 0.36mg Fe / 0.01 mg Vit. D	% Proteins: 9.42 % Carbs: 46.81 % Fats: 43.77	183.63	47.19	255.31	389.12	lactose, celery
Wholewheat spaghetti with turkey breast and broccoli	23.73g proteins / 11.41g fats (of which 1.49g saturated) / 37.07g carbohydrates (of which 4.19g sugars) / 7.15g fibers / 1.88g salt	1.75g proteins / 0.84g fats (of which 0.11g saturated) / 2.73g carbohydrates (of which 0.31g sugars) / 0.53g fibers / 0.14g salt	73.51mg Ca / 45.56mg Mg / 1.89mg Fe / 0.07mg Vit. D	5.41mg Ca / 3.36mg Mg / 0.14mg Fe / 0mg Vit. D	% Proteins: 27.44 % Carbs: 42.87 % Fats: 29.69	345.86	25.47	291.526	1357.86	
Baked apple with cinnamon	0.55g proteins / 1.82g fats (of which 0g saturated) / 23.3g carbohydrates (of which 0g sugars) / 2.37g fibers / 0g salt	0.3g proteins / 1g fats (of which 0g saturated) / 12.8g carbohydrates (of which 0g sugars) / 1.3g fibers / 0g salt	0.1mg Ca / 0.01mg Mg / 0mg Fe / 0mg Vit. D	0.06mg Ca / 0mg Mg / 0mg Fe / 0mg Vit. D	% Proteins: 1.96 % Carbs: 83.39 % Fats: 14.65	111.78	61.41	140.01	182.01	
<b>Total values:</b>	<b>28.61g proteins / 22.16g fats (of which 4.3g saturated) / 81.86g carbohydrates (of which 5.95g sugars) / 13.76g fibers / 2.79g salt</b>	<b>3.16g proteins / 4.14g fats (of which 0.83g saturated) / 21.05g carbohydrates (of which 0.76g sugars) / 2.92g fibers / 0.37g salt</b>	<b>104.89mg Ca / 65.11mg Mg / 3.31mg Fe / 0.09mg Vit. D</b>	<b>13.51mg Ca / 8.38mg Mg / 0.5mg Fe / 0.01mg Vit. D</b>	<b>% Proteins: 17.85 % Carbs: 51.06 % Fats: 31.1</b>	<b>641.27</b>	<b>33.24</b>	<b>686.846</b>	<b>1928.99</b>	<b>gluten, lactose, celery</b>

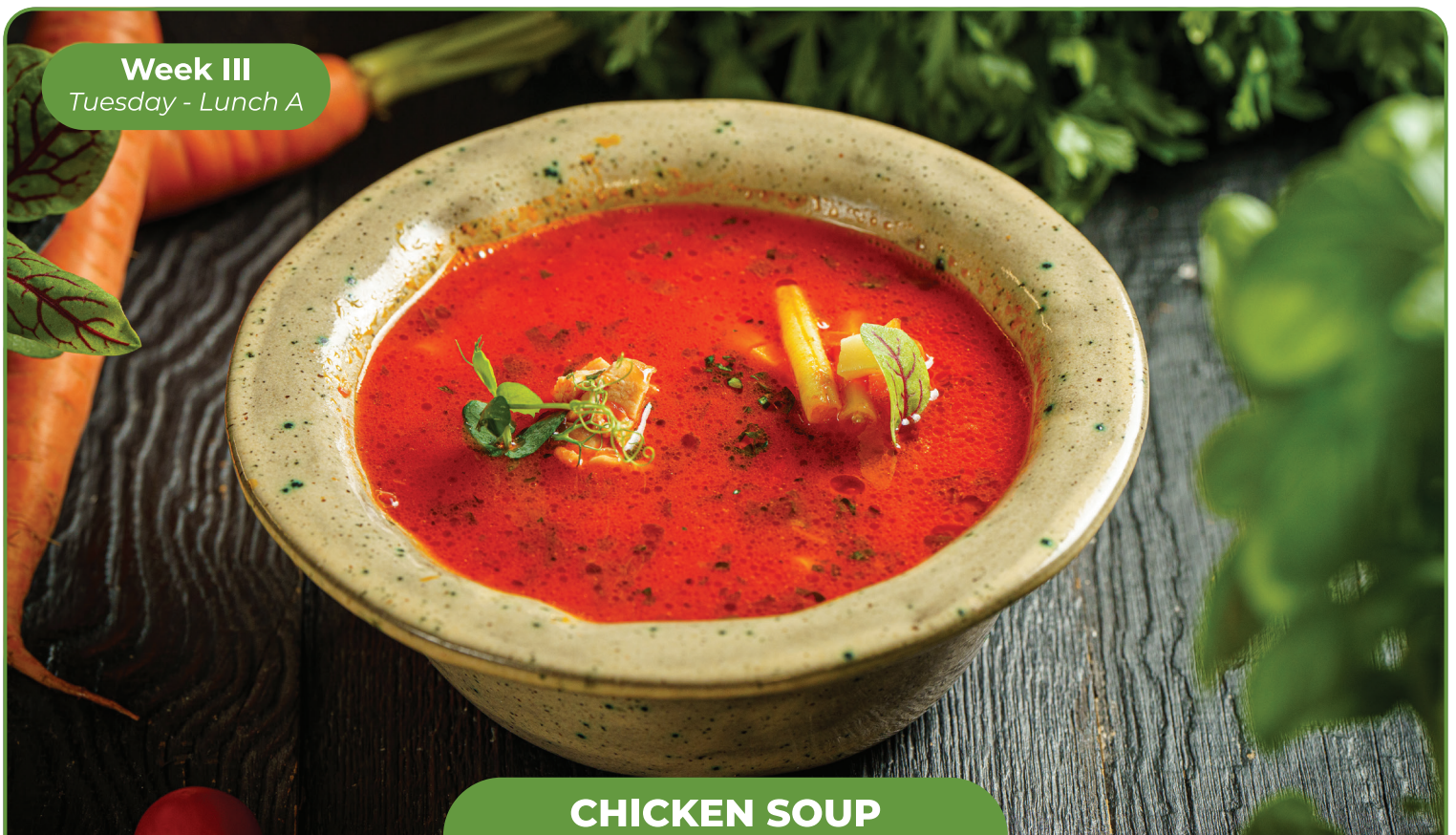
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## Week III

Tuesday - Lunch A



# CHICKEN SOUP WITH YELLOW BEANS

10 servings

## Ingredients:

### For the fermented wheat bran ("borş"):

- Water: 1800 ml gross weight, 1800 ml gross weight for cooking, 1300 ml net weight
- Fresh fermented wheat bran ("borş"): 170 ml gross weight, 170 ml gross weight for cooking, 140 ml net weight
- Yellow onions: 165 g gross weight, 125 g gross weight for cooking, 95 g net weight
- Frozen yellow beans: 65 g gross weight, 65 g gross weight for cooking, 60 g net weight
- Carrots: 100 g gross weight, 85 g gross weight for cooking, 70 g net weight
- Parsnip: 45 g gross weight, 35 g gross weight for cooking, 30 g net weight
- Fresh parsley: 10 g gross weight, 7 g gross weight for cooking, 7 g net weight
- Canned tomatoes: 310 g gross weight, 310 g gross weight for cooking, 260 g net weight
- Iodized salt: 6 g gross weight, 6 g gross weight for cooking, 6 g net weight
- Fresh celery: 45 g gross weight, 35 g gross weight for cooking, 25 g net weight
- Extra virgin olive oil: 17 g gross weight, 17 g gross weight for cooking, 17 g net weight

**Fermented wheat bran ("borş") net weight – 2000 g**

### Fermented wheat bran ("borş") preparation:

- Trim the excess fat off the meat, then add it to the boil in a large pot or saucepan;
- Skim as often as needed;
- Season with salt.
- Cook the meat over low heat with the lid on until tender;
- Peel the onions and dice them in a food processor;
- Peel the carrots, the celery and the parsnip and dice them in a food processor;
- Finely chop the parsley and lovage;
- When the meat is done, take it out, let it rest for 10 minutes.
- Then you can remove it from the bone (if using a bone-in cut),

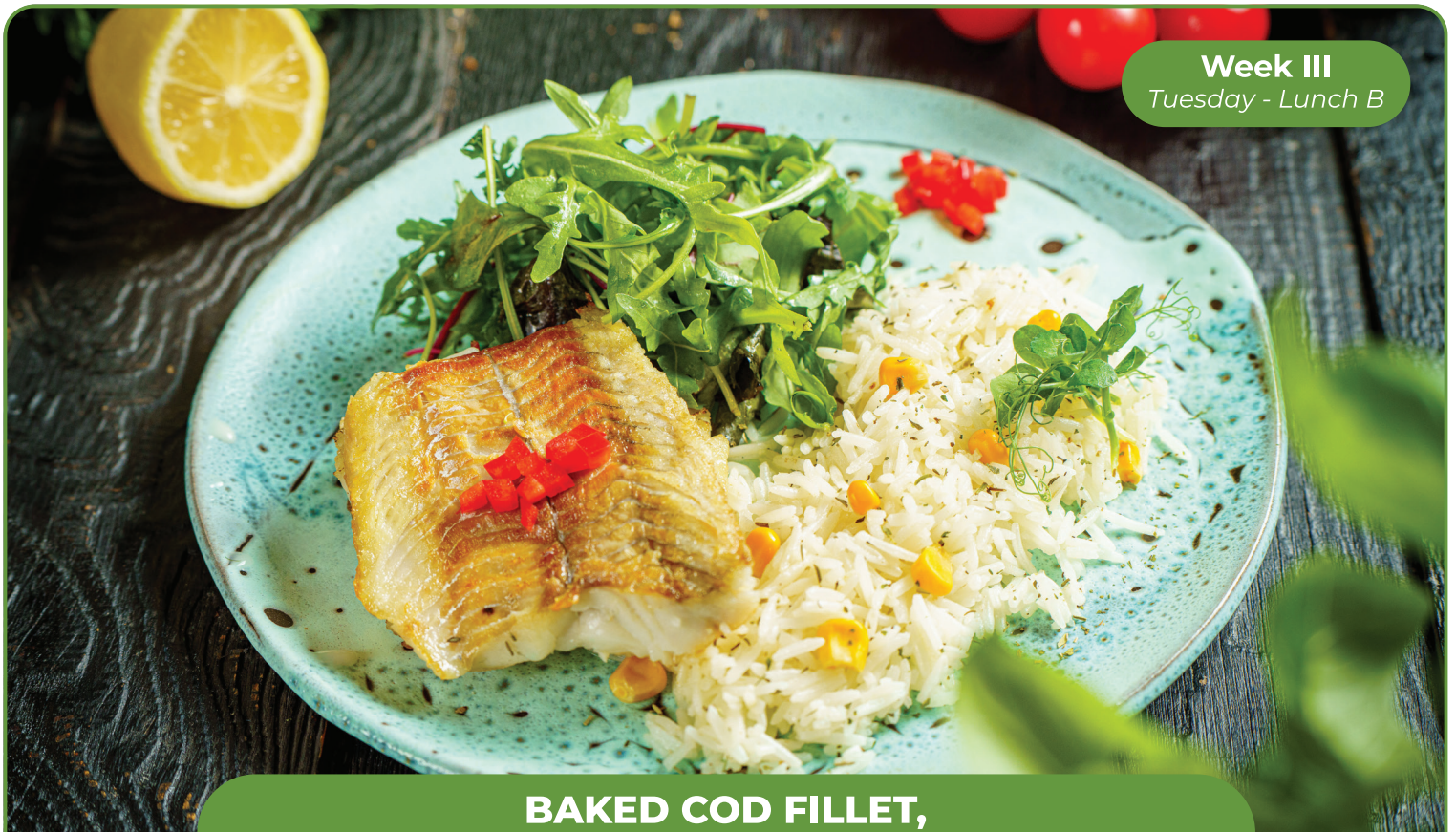
### For the chicken thighs:

- Water: 4400 ml gross weight, 4400 ml gross weight for cooking
  - Chicken thighs with bone: 390 g gross weight, 340 g gross weight for cooking, 200 g net weight
  - Iodized salt: 2 g gross weight, 2 g gross weight for cooking
- Croutons net weight – 200 g**

For the food plating 1 serving = 220 g

- Fermented wheat bran ("borş") – 200 g
- Chicken thighs - 20 g

- and dice it for the soup;
- Heat the olive oil in a
- large pot and sauté the onions;
- Add the carrots, the celery and the parsnip;
- Sauté the vegetables until tender, then add the chicken stock;
- Add water if needed;
- Once the vegetables are done, add the peeled tomatoes;
- Shortly after, add the yellow beans;
- Lower the heat and allow to simmer with the lid on;
- Separately, bring the fermented wheat bran ("borş") to a boil, then pour it into the soup;
- Add part of the previously washed and chopped greens;
- Season to taste with salt and pepper;
- Add the cut meat to the soup when serving;
- Serve the soup in a bowl, sprinkling some fresh herbs on top.



## BAKED COD FILLET, BASMATI RICE WITH CORN AND MIXED SALAD

10 servings

### Ingredients:

#### For the cod fillet:

- Cod fillets: 1050 g gross weight, 650 g gross weight for cooking, 500 g net weight
- Black pepper: 0.1 g
- Iodized salt: 0.4 g
- Extra virgin olive oil: 0.3 g gross weight, 0.3 g gross weight for cooking
- Lemon juice: 0.3 ml gross weight, 0.3 ml gross weight for cooking

**Sauce net weight – 500 g**

#### For the Basmati rice:

- Water: 1353 ml gross weight, 1353 ml gross weight for cooking, 0 ml net weight
- Basmati rice: 575 g gross weight, 575 g gross weight for cooking, 1400 g net weight
- Iodized salt: 0.3 g

**Spaghetti net weight – 1400g**

#### For the salad:

- Pikans salad mix: 200 g gross weight, 200 g gross weight for cooking, 200 g net weight

**Spaghetti net weight – 200g**

#### For the corn:

- Herbes de Provence: 0.5 g gross weight, 0.5 g gross weight for cooking
- Corn: 704 g gross weight, 440 g gross weight for cooking, 400 g net weight
- Extra virgin olive oil: 20 g gross weight, 20 g gross weight for cooking

**Turkey breast net weight – 400 g**

#### For the dressing:

- • Extra virgin olive oil: 100 g gross weight, 100 g gross weight for cooking, 100 g net weight
- • Lemon juice: 50 ml gross weight, 50 ml gross weight for cooking, 50 ml net weight

**Broccoli net weight – 150 ml**

### Preparation:

- Thaw the fillets, remove the scales and bones;
- Dice;
- Place the fish on the trays and season with salt and pepper;
- Drizzle with olive oil and a little lemon juice;
- Cook the fish in the preheated oven at 180 degrees C, dry, for 10-12 minutes;
- Bring water to a boil with a little salt and cook the basmati rice;
- Fry the corn with the herb mix in a frying pan;
- Mix with the cooked rice and season to taste with salt and pepper;
- In a measuring cup, use a blender to mix the olive oil and lemon juice, thus preparing the dressing for the salad mix;
- Serve the cod fillets with rice and mixed salad drizzled with dressing.

For the food plating 1 serving = 265 g

- • Cod fillets: 50 g
- • Basmati rice: 140 g
- • Corn: 40 g
- • Lemon dressing: 15 ml

## Week III

Tuesday - Lunch C



## BROWNIES WITH COCONUT FLAKE TOPPING

10 servings

### Ingredients:

#### For the brownie:

- Cocoa: 45 g gross weight, 45 g gross weight for cooking, 45 g net weight
- Orange zest: 1 g gross weight, 1 g gross weight for cooking, 1 g net weight
- rum essence: 2 ml gross weight, 2 ml gross weight for cooking, 2 ml net weight
- Vanilla essence/extract: 2 ml gross weight, 2 ml gross weight for cooking, 2 ml net weight
- White flour 550/650: 44 g gross weight, 44 g gross weight for cooking, 40 g net weight
- Whole wheat flour: 40 g gross weight, 40 g gross weight for cooking, 38 g net weight
- 1.5% cow milk: 45 ml gross weight, 45 ml gross weight for cooking, 35 ml net weight
- Whole eggs (tetra pack): 300 g gross weight, 300 g gross weight for cooking, 250 g net weight
- Baking powder: 3.5 g gross weight, 3.5 g gross weight for cooking, 3.5 g net weight
- Iodized salt: 0.2 g
- Stevia powder: 120 g gross weight, 120 g gross weight for cooking, 120 g net weight
- Extra virgin olive oil: 17 g gross weight, 17 g gross weight for cooking, 17 g net weight

**Brownie net weight - 550g**

#### For the coconut flakes:

- Coconut flakes: 3 g gross weight, 3 g gross weight for cooking, 3 g net weight

**Baked apple net weight – 3g**

#### For the honey syrup:

- Water: 3 ml gross weight, 3 ml gross weight for cooking, 3 ml net weight
- Honey: 3 g gross weight, 3 g gross weight for cooking, 3 g net weight

**Baked apple net weight – 3g**

For the food plating 1 serving = 55 g

- Brownies: 55 g
- Coconut flakes: 0.3 g
- Honey syrup: 0.5 ml

### Preparation:

- Blend the two types of flour together with cocoa, salt and baking powder;
- Separately, whisk the egg whites with the stevia;
- In another bowl, whisk the egg yolks, the milk, the oil, the vanilla extract, the rum essence, the lemon zest and the orange zest;
- Gradually incorporate the dry ingredients into the wet ingredients until smooth;
- Then, incorporate the whipped egg whites using a spatula;
- Pour the mixture into trays lined with baking paper, maximum 3 kg batter/6 cm GN tray;
- Cook in a dry oven heated to 160 degrees C for 45-50 minutes;
- Do the toothpick test;
- Remove and chill 3/4, then place in the blast chiller on "1 star"/"soft chill" and portion. Warning! Do not freeze!
- After cooling, portion and coat with the honey and water syrup;
- Sprinkle with coconut flakes.

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Chicken soup with wax beans	6.96g proteins / 5.04g fats (of which 0.26g saturated) / 5.72g carbohydrates (of which 2.22g sugars) / 1.49g fibers / 0.95g salt	0.94g proteins / 0.68g fats (of which 0.03g saturated) / 0.77g carbohydrates (of which 0.3g sugars) / 0.2g fibers / 0.13g salt	22.93mg Ca / 11.68mg Mg / 0.57mg Fe / 0mg Vit. D	3.1mg Ca / 1.58mg Mg / 0.08mg Fe / 0mg Vit. D	% Proteins: 28.99 % Carbs: 23.79 % Fats: 47.22	96.11	13	221.0918	739.1668	celery
Baked cod fillet, basmati rice with corn and mixed salad	18.1g proteins / 13.09g fats (of which 1.75g saturated) / 53.8g carbohydrates (of which 2.12g sugars) / 8.58g fibers / 0.35g salt	5.34g proteins / 3.86g fats (of which 0.52g saturated) / 15.87g carbohydrates (of which 0.63g sugars) / 2.53g fibers / 0.1g salt	1.82mg Ca / 11.76mg Mg / 0.27mg Fe / 0mg Vit. D	0.54mg Ca / 3.47mg Mg / 0.08mg Fe / 0mg Vit. D	% Proteins: 17.86 % Carbs: 53.08 % Fats: 29.05	405.4	119.57	265	339.05	fish (may contain bones)
Brownies with coconut flakes	5.7g proteins / 5.78g fats (of which 0.63g saturated) / 21.58g carbohydrates (of which 0.49g sugars) / 2.17g fibers / 0.27g salt	9.11g proteins / 9.23g fats (of which 1.01g saturated) / 34.49g carbohydrates (of which 0.79g sugars) / 3.47g fibers / 0.42g salt	27.56mg Ca / 25.59mg Mg / 1.14mg Fe / 0.74mg Vit. D	44.06mg Ca / 40.91mg Mg / 1.83mg Fe / 1.18mg Vit. D	% Proteins: 14.16 % Carbs: 53.57 % Fats: 32.27	161.1	257.52	55.765	62.559	gluten, lactose, eggs
Total values:	30.76g proteins / 23.91g fats (of which 2.64g saturated) / 81.4g carbohydrates (of which 4.83g sugars) / 12.24g fibers / 1.57g salt	15.39g proteins / 13.77g fats (of which 1.56g saturated) / 51.13g carbohydrates (of which 1.72g sugars) / 6.2g fibers / 0.65g salt	52.31mg Ca / 49.03mg Mg / 1.98mg Fe / 0.74mg Vit. D	47.7mg Ca / 45.96mg Mg / 1.99mg Fe / 1.18mg Vit. D	% Proteins: 18.57 % Carbs: 48.96 % Fats: 32.48	662.61	58.08	541.8568	1140.7758	gluten, lactose, eggs, fish (may contain bones), celery, traces of gluten

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## Week III

Wednesday- Lunch A



# CREAMY ROASTED PEPPER SOUP WITH CROUTONS

10 servings

## Ingredients:

### For the roasted pepper soup:

- Water: 2400 ml gross weight, 2400 ml gross weight for cooking, 800 ml net weight
- Fresh kapia pepper: 600 g gross weight, 520 g gross weight for cooking, 400 g net weight
- Smoked paprika: 0.2 g gross weight, 0.2 g gross weight for cooking, 0.2 g net weight
- White potatoes: 285 g gross weight, 240 g gross weight for cooking, 200 g net weight
- Yellow onions: 130 g gross weight, 100 g gross weight for cooking, 80 g net weight
- Dried thyme: 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
- Carrots: 120 g gross weight, 100 g gross weight for cooking, 80 g net weight
- Fresh parsley: 15 g gross weight, 10 g gross weight for cooking, 10 g net weight
- Canned tomatoes: 275 g gross weight, 275 g gross weight for cooking, 250 g net weight
- Iodized salt: 10 g
- Extra virgin olive oil: 60 g gross weight, 60 g gross weight for cooking, 60 g net weight
- Powdered garlic: 5 g gross weight, 5 g gross weight for cooking, 5 g net weight

**Soup net weight (after cooling) – 1900 g**

### Mod de preparare supă de ardei copt:

- Spread the peppers on the trays and drizzle with a little oil;
- Roast the peppers in the oven at 200 degrees C for 15-20 minutes;
- Remove from the oven and cover with cling film to make peeling easier;
- Peel the pepper;
- Peel and chop the rest of the vegetables - their shape doesn't really matter as they will be blended;
- The vegetables can also be chopped in a food processor;
- Heat the olive oil in a pot and sauté the onion and carrot;
- When the onions become translucent, add the carrots and the roasted peppers;
- Sauté together until the carrots soften, then add the garlic,

### For the croutons:

- Oregano: 0.01 g gross weight, 0.01 g gross weight for cooking
- Wholemeal bread: 240 g gross weight, 240 g gross weight for cooking, 200 g net weight
- Iodized salt: 1 g
- Extra virgin olive oil: 15 g gross weight, 15 g gross weight for cooking

**Croutons net weight – 200 g**

For the food plating 1 serving = 210 g

- Creamy vegetable soup – 190 g
- Flavored croutons – 20 g

- paprika and thyme;
- Add the water from the recipe;
- Then add the potatoes, the roasted peppers and simmer;
- When all the vegetables are completely done, add the canned tomatoes and turn the heat to low. Lastly, add the chopped parsley;
- Drain the liquid (but save it) and blend the vegetables;
- Gradually add the stock to the blended vegetables until the desired consistency is reached;
- Season to taste with salt.

### Croutons preparation:

- Dice the bread;
- Drizzle the cubes with olive oil and season with dried oregano and salt;
- Cook in 2 cm deep 1/1 GN trays, in the oven at 180 degrees C, dry, for 8-10 minutes.



## TURKEY BREAST WITH RATATOUILLE

10 servings

### Ingredients:

#### For the ratatouille:

- Fresh yellow bell pepper: 120 g gross weight, 100 g gross weight for cooking, 70 g net weight
- Fresh red bell pepper: 120 g gross weight, 100 g gross weight for cooking, 70 g net weight
- Fresh green bell pepper: 120 g gross weight, 103 g gross weight for cooking, 70 g net weight
- Dried basil: 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
- Red onion: 140 g gross weight, 125 g gross weight for cooking, 105 g net weight
- Dried thyme: 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
- Zucchini: 300 g gross weight, 275 g gross weight for cooking, 190 g net weight
- Canned chickpeas: 240 g gross weight, 150 g gross weight for cooking, 150 g net weight
- Black pepper: 0.07 g
- Canned tomatoes: 170 g gross weight, 170 g gross weight for cooking, 170 g net weight
- Iodized salt: 4 g
- Extra virgin olive oil: 60 g gross weight, 60 g gross weight for cooking, 60 g net weight
- Fresh garlic: 0.9 g gross weight, 0.8 g gross weight for cooking, 0.7 g net weight
- Fresh eggplants: 224 g gross weight, 204 g gross weight for cooking, 120 g net weight

**Sauce net weight – 1000 g**

#### Ratatouille preparation:

- Wash the fresh vegetables and dice them into medium sized cubes;
- Open the canned chickpeas and rinse them with cold water.
- Heat the olive oil in a frying pan/saucepan and sauté the onion until it becomes translucent.
- Add the chickpeas, garlic to taste, then the eggplants and the peeled tomatoes;
- When the eggplants are 50% done, add the pepper and the zucchini;
- Season to taste with salt and pepper;
- Serve the diced turkey breast with the ratatouille;

#### For the turkey breast:

- Dried thyme: 0.1 g gross weight, 0.1 g gross weight for cooking
- Turkey breast: 900 g gross weight, 800 g gross weight for cooking, 600 g net weight
- Black pepper: 0.5 g
- Iodized salt: 5 g
- Extra virgin olive oil: 30 g gross weight, 30 g gross weight for cooking

**Turkey breast net weight – 600 g**

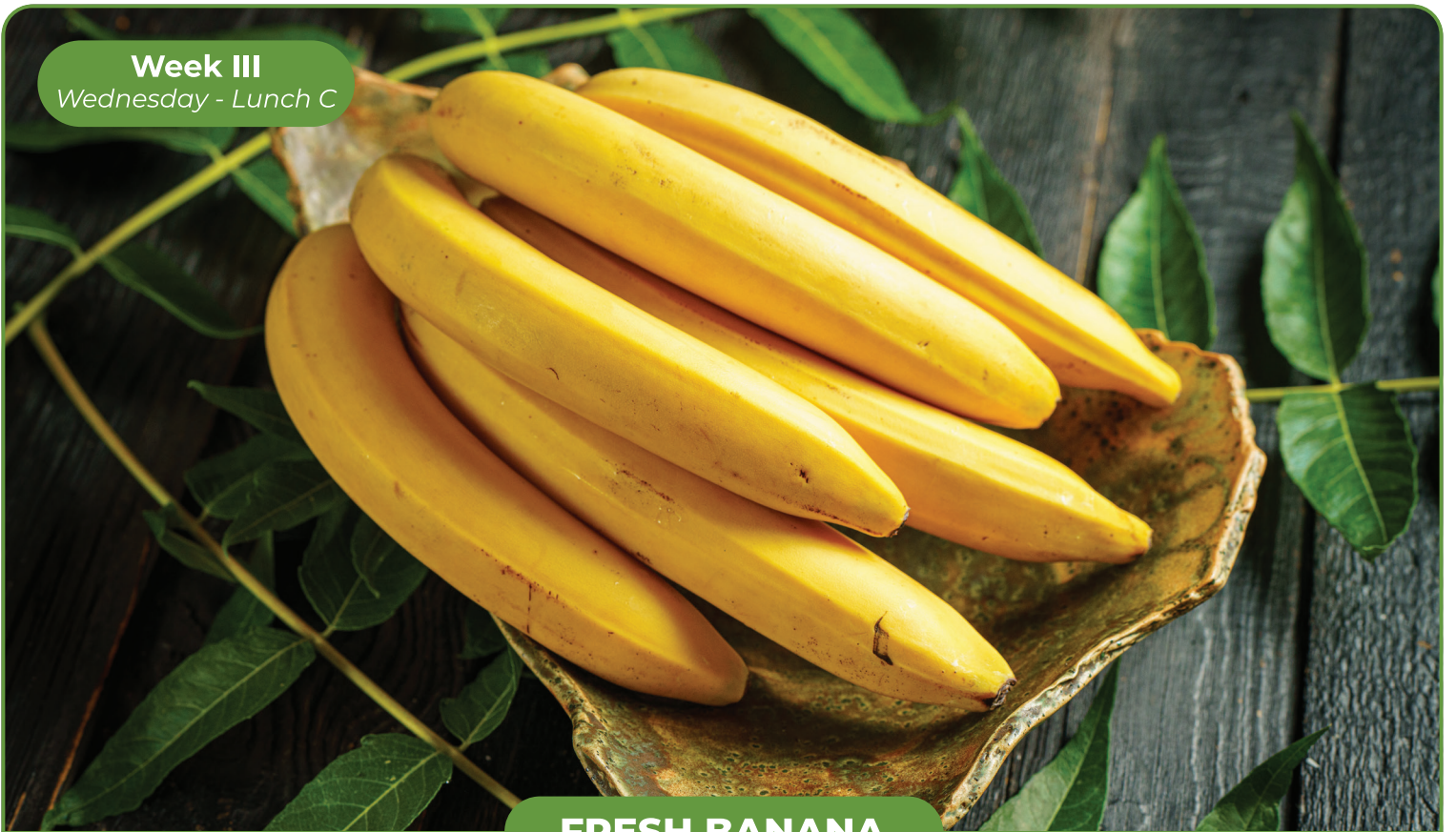
For the food plating 1 serving = 160 g

- Ratatouille: 100 g
- Turkey breast: 60 g

#### Turkey breast preparation:

- Trim the turkey breast and then cut into 20 cm large and 5 cm thick pieces;
- Cut into 20 cm large and 5 cm thick pieces;
- Season with salt, pepper, thyme and olive oil;
- Place in a GN tray covered with a lid and place in the preheated oven at 160 degrees C, medium 40% steam, for 45-50 minutes, then 5 minutes more uncovered

**Week III**  
Wednesday - Lunch C



## FRESH BANANA

10 servings

### Ingredients:

#### Bananas:

- Fresh banana: 1700 g gross weight, 1000 g gross weight for cooking, 1000 g net weight  
**Banana net weight (for 10 servings) – 1000 g**

For the assembly 1 serving = 100 g



Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Creamy roasted pepper soup with croutons	6.42g proteins / 7.82g fats (of which 1.06g saturated) / 28.3g carbohydrates (of which 6.16g sugars) / 2.76g fibers / 1.45g salt	1.62g proteins / 1.98g fats (of which 0.27g saturated) / 7.16g carbohydrates (of which 1.56g sugars) / 0.7g fibers / 0.37g salt	25.26mg Ca / 14.2mg Mg / 1.35mg Fe / 0mg Vit. D	6.39mg Ca / 3.59mg Mg / 0.34mg Fe / 0mg Vit. D	% Proteins: 12.26 % Carbs: 54.09 % Fats: 33.64	209.26	52.93	210.05	395.351	
Turkey breast with vegetable ratatouille	21.59g proteins / 11.83g fats (of which 1.69g saturated) / 9.84g carbohydrates (of which 2.11g sugars) / 2.97g fibers / 1.25g salt	10.06g proteins / 5.51g fats (of which 0.79g saturated) / 4.59g carbohydrates (of which 0.98g sugars) / 1.39g fibers / 0.58g salt	33.03mg Ca / 42.26mg Mg / 1.42mg Fe / 0.08mg Vit. D	15.39mg Ca / 19.69mg Mg / 0.66mg Fe / 0.04mg Vit. D	% Proteins: 37.19 % Carbs: 16.95 % Fats: 45.85	232.23	108.21	160.941	214.618	
Fresh banana	0.74g proteins / 0.29g fats (of which 0g saturated) / 23g carbohydrates (of which 0g sugars) / 1.7g fibers / 0g salt	0.74g proteins / 0.29g fats (of which 0g saturated) / 23g carbohydrates (of which 0g sugars) / 1.7g fibers / 0g salt	5mg Ca / 28mg Mg / 0mg Fe / 0mg Vit. D	5mg Ca / 28mg Mg / 0mg Fe / 0mg Vit. D	% Proteins: 3.03 % Carbs: 94.29 % Fats: 2.68	97.57	97.57	100	100	
<b>Total values:</b>	<b>28.75g proteins / 19.94g fats (of which 2.75g saturated) / 61.14g carbohydrates (of which 8.27g sugars) / 7.43g fibers / 2.7g salt</b>	<b>12.42g proteins / 7.78g fats (of which 1.06g saturated) / 34.75g carbohydrates (of which 2.54g sugars) / 3.79g fibers / 0.95g salt</b>	<b>63.29mg Ca / 84.46mg Mg / 2.77mg Fe / 0.08mg Vit. D</b>	<b>26.78mg Ca / 51.28mg Mg / 1mg Fe / 0.04mg Vit. D</b>	<b>% Proteins: 21.33 % Carbs: 45.37 % Fats: 33.29</b>	<b>539.06</b>	<b>75.93</b>	<b>470.991</b>	<b>709.969</b>	<b>gluten</b>

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## Week III

Thursday- Lunch A



# CREAMY ZUCCHINI SOUP WITH WHOLEMEAL CROUTONS

10 servings

## Ingredients:

### For the creamy zucchini soup:

- Water: 1250 ml gross weight, 1250 ml gross weight for cooking, 1100 ml net weight
- Dried basil: 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
- White potatoes: 430 g gross weight, 360 g gross weight for cooking, 300 g net weight
- Yellow onions: 320 g gross weight, 250 g gross weight for cooking, 190 g net weight
- Zucchini: 460 g gross weight, 440 g gross weight for cooking, 340 g net weight
- Oregano: 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
- Black pepper: 0.1 g
- Iodized salt: 6 g
- Cooking cream: 50 ml gross weight, 50 ml gross weight for cooking, 50 ml net weight
- Fresh celery: 57 g gross weight, 44 g gross weight for cooking,

40 g net weight

- Extra virgin olive oil: 17 g gross weight, 17 g gross weight for cooking, 17 g net weight
- Powdered garlic: 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight

**Soup net weight – 2000 g**

### For the garlic croutons:

- Dried oregano: 0.1 g gross weight, 0.1 g gross weight for cooking
- Wholemeal toast: 195 g gross weight, 195 g gross weight for cooking, 150 g net weight
- Extra virgin olive oil: 1 g gross weight, 1 g gross weight for cooking,

**Croutons net weight – 150 g**

For the food plating 1 serving = 215 g

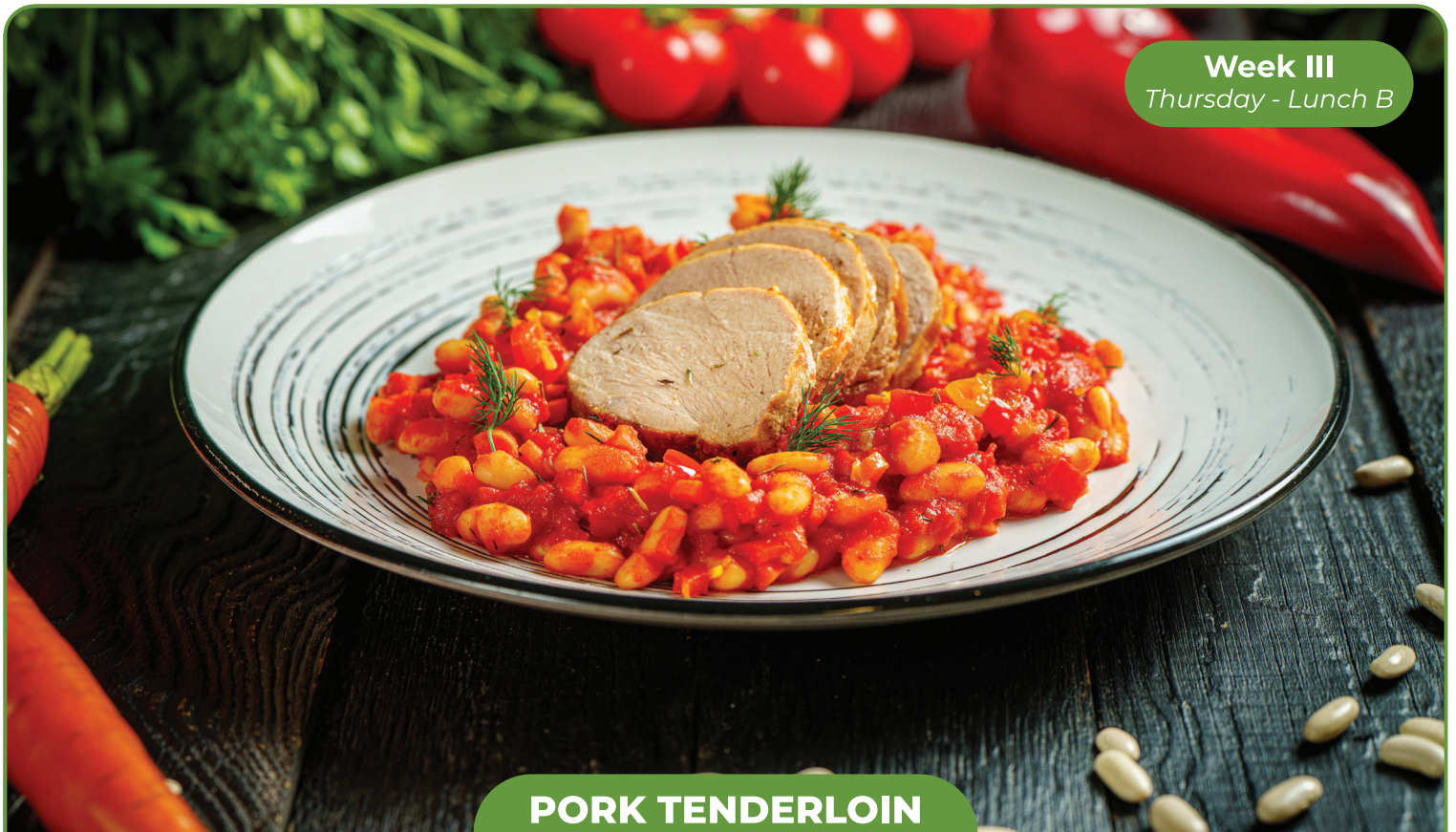
- Zucchini soup: 200 g
- Garlic croutons: 15 g

## Creamy zucchini soup preparation:

- Peel and wash all vegetables;
- Cut into large cubes, then heat the olive oil in a pot;
- Sauté the onion until translucent, then add the celery;
- Sauté until tender, then add the potatoes and zucchini;
- Add the amount of water from the recipe and bring to a boil;
- Once the vegetables are done, remove some of the water to use as stock or to thin the soup and add the cooking cream;
- Blend the soup until creamy, season with salt, basil and pepper. If needed, add more stock.

## Garlic croutons preparation:

- Dice the bread and season with oregano and salt;
- Spread the bread on trays lined with baking paper;
- Drizzle with olive oil and bake in preheated oven at 200 degrees C, dry, for 4-5 minutes.



## PORK TENDERLOIN WITH BEANS

10 servings

### Ingredients:

#### For the beans:

- Water: 500 ml gross weight, 500 ml gross weight for cooking, 100 ml net weight
- Fresh red bell pepper: 340 g gross weight, 325 g gross weight for cooking, 250 g net weight
- Yellow onions: 170 g gross weight, 130 g gross weight for cooking, 100 g net weight
- Dried thyme: 0.2 g gross weight, 0.2 g gross weight for cooking, 0.2 g net weight
- Dried white beans: 370 g gross weight, 370 g gross weight for cooking, 960 g net weight
- Bay leaves: 0.01 g gross weight, 0.01 g gross weight for cooking, 0.01 g net weight
- Fresh dill: 7 g gross weight, 6 g gross weight for cooking, 5 g net weight
- Carrots: 420 g gross weight, 350 g gross weight for cooking, 300 g net weight
- Canned tomatoes: 600 g gross weight, 600 g gross weight for

#### Beans preparation:

- Peel, wash and dice the fresh vegetables;
- Leave the beans to soak, then cook in water, changing it 3 times;
- Heat the olive oil in a frying pan/saucepan and sauté the onions;
- When the onions turn translucent, add the carrots, the bay leaves, the garlic and the thyme;
- Then, when the carrot has softened, add the red bell pepper, the peeled and blended tomatoes and the water;
- Cook until a thin gravy has formed, then add the beans and simmer until thick;
- Lastly, add the washed and finely chopped dill;
- Serve the beans with diced pork tenderloin.

cooking, 400 g net weight

- Iodized salt: 15 g
- Extra virgin olive oil: 25 g gross weight, 25 g gross weight for cooking, 25 g net weight
- Powdered garlic: 3 g gross weight, 3 g gross weight for cooking, 3 g net weight

**Sauce net weight – 2155 g**

#### For the pork tenderloin:

- Dried thyme: 0.1 g gross weight, 0.1 g gross weight for cooking
- Pork tenderloin: 840 g gross weight, 700 g gross weight for cooking, 500 g net weight
- Black pepper: 1 g gross weight, 1 g gross weight for cooking
- Iodized salt: 5 g gross weight, 5 g gross weight for cooking
- Extra virgin olive oil: 5 g gross weight, 5 g gross weight for cooking

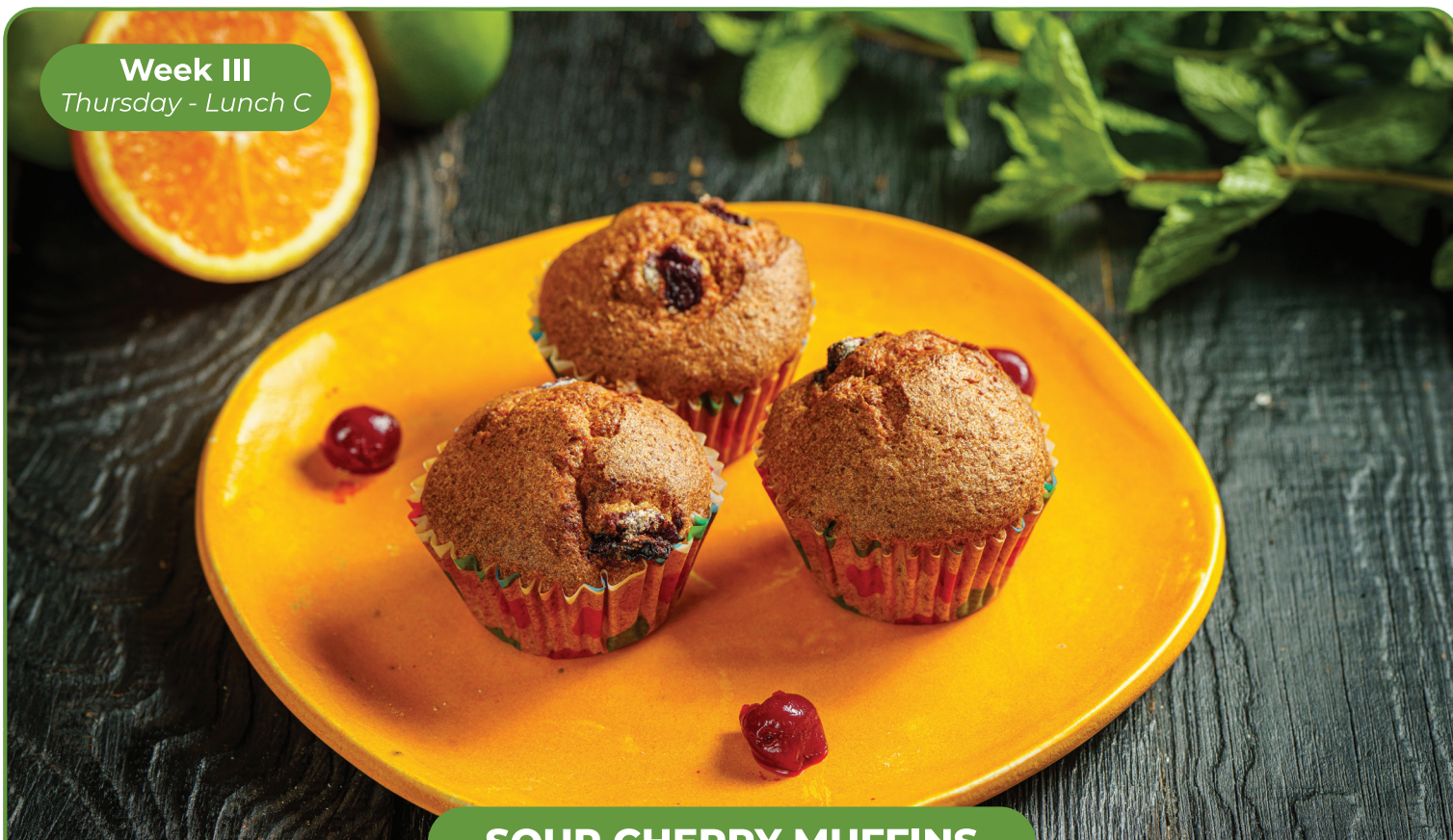
**Turkey breast net weight – 500 g**

#### Pork tenderloin preparation:

- Trim the pork tenderloin and season with salt, pepper, thyme and olive oil;
- Place in trays covered with lids and bake in the preheated oven at 160 degrees C, on medium, 40% steam, for 40 minutes, then uncovered for 8-10 minutes, until golden brown.

For the food plating 1 serving = 265 g

- Beans: 215 g
- Pork tenderloin: 50



## SOUR CHERRY MUFFINS

10 servings

### Ingredients:

#### For the sour cherry muffins:

- Orange zest: 0.5 g gross weight, 0.5 g gross weight for cooking, 0.5 g net weight
- rum essence: 1.5 ml gross weight, 1.5 ml gross weight for cooking, 1.4 ml net weight
- Vanilla essence/extract: 1.5 ml gross weight, 1.5 ml gross weight for cooking, 1.4 ml net weight
- White flour 550/650: 80 g gross weight, 80 g gross weight for cooking, 65 g net weight
- Whole wheat flour: 80 g gross weight, 80 g gross weight for cooking, 65 g net weight
- 3.5% cow milk: 125 ml gross weight, 125 ml gross weight for cooking, 110 ml net weight
- Eggs: 130 g gross weight, 130 g gross weight for cooking, 100 g net weight
- Baking powder: 2.5 g gross weight, 2.5 g gross weight for cooking, 2.5 g net weight
- Iodized salt: 0.5 g
- Stevia powder: 90 g gross weight, 90 g gross weight for cooking, 90 g net weight
- Extra virgin olive oil: 70 g gross weight, 70 g gross weight for cooking, 60 g net weight
- Frozen sour cherries: 85 g gross weight, 85 g gross weight for cooking, 65 g net weight

**Sour cherry muffins net weight - 555 g**

For the food plating 1 serving = 55 g

### Sour cherry muffins preparation:

- Mix the two types of flour with the baking powder;
- Separately, whisk the egg whites with the salt;
- In another bowl, whisk the egg yolks, the oil, the milk and the stevia;
- Add the vanilla extract, the rum essence, the lemon zest and the orange zest;
- Gradually incorporate the dry ingredients over the wet ingredients until smooth and add the frozen sour cherries; then, stir in the egg whites with a spatula;
- Thaw the cherries in the oven on a steamer at 50 degrees C; use a GN tray to collect the sour cherry juice;
- Pour the mixture into pans and bake in the preheated oven at 160 degrees C, dry, for 22-25 minutes;
- Do the toothpick test;
- WATER IN RECIPE = sour cherry juice;
- Spray the pans with oil, then coat them with whole wheat flour.

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Creamy zucchini soup with wholemeal croutons	3.69g proteins / 4.41g fats (of which 0.3g saturated) / 16.65g carbohydrates (of which 2.14g sugars) / 3.24g fibers / 0.61g salt	1.4g proteins / 1.68g fats (of which 0.11g saturated) / 6.33g carbohydrates (of which 0.82g sugars) / 1.23g fibers / 0.23g salt	26.16mg Ca / 19.23mg Mg / 1.4mg Fe / 0mg Vit. D	9.94mg Ca / 7.31mg Mg / 0.53mg Fe / 0mg Vit. D	% Proteins: 12.2 % Carbs: 55.02 % Fats: 32.78	12106	4601	215067	263102	lactose celery
Pork tenderloin with beans	25.42g proteins / 9.6g fats (of which 2.47g saturated) / 33.96g carbohydrates (of which 3.98g sugars) / 8.51g fibers / 2.87g salt	8.36g proteins / 3.16g fats (of which 0.81g saturated) / 11.18g carbohydrates (of which 1.31g sugars) / 2.8g fibers / 0.95g salt	133.43mg Ca / 109.01mg Mg / 5.33mg Fe / 0.35mg Vit. D	43.91mg Ca / 35.88mg Mg / 1.75mg Fe / 0.12mg Vit. D	% Proteins: 31.38 % Carbs: 41.93 % Fats: 26.68	32394	10661	2654252	3038452	
Sour cherry muffins	3.93g proteins / 8.62g fats (of which 1.59g saturated) / 22.24g carbohydrates (of which 1.39g sugars) / 1.09g fibers / 0.18g salt	5.98g proteins / 13.13g fats (of which 2.43g saturated) / 33.89g carbohydrates (of which 2.12g sugars) / 1.66g fibers / 0.27g salt	23.27mg Ca / 2.21mg Mg / 0.29mg Fe / 0.31mg Vit. D	35.46mg Ca / 3.37mg Mg / 0.45mg Fe / 0.48mg Vit. D	% Proteins: 8.62 % Carbs: 48.82 % Fats: 42.57	18223	27766	55407	6563	
<b>Total values:</b>	<b>33.04g proteins / 22.63g fats (of which 4.36g saturated) / 72.85g carbohydrates (of which 7.51g sugars) / 12.84g fibers / 3.16g salt</b>	<b>15.74g proteins / 17.97g fats (of which 3.35g saturated) / 51.4g carbohydrates (of which 4.25g sugars) / 5.69g fibers / 1.45g salt</b>	<b>182.86mg Ca / 130.45mg Mg / 7.02mg Fe / 0.66mg Vit. D</b>	<b>89.31mg Ca / 46.56mg Mg / 2.73mg Fe / 0.6 mg Vit. D</b>	<b>% Proteins: 21.07 % Carbs: 46.46 % Fats: 32.47</b>	<b>62723</b>	<b>9915</b>	<b>535899</b>	<b>6325772</b>	<b>gluten lactose eggs celery traces of gluten</b>

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## BEEF SOUP WITH WHOLEMEAL BREAD

10 servings

### Ingredients:

#### For the sour soup:

- Water: 4250 ml gross weight, 4250 ml gross weight for cooking, 1250 ml net weight
- Fresh red bell pepper: 45 g gross weight, 40 g gross weight for cooking, 30 g net weight
- Yellow onions: 165 g gross weight, 125 g gross weight for cooking, 95 g net weight
- Zucchini: 65 g gross weight, 60 g gross weight for cooking, 50 g net weight
- Frozen peas: 55 g gross weight, 55 g gross weight for cooking, 55 g net weight
- Carrots: 100 g gross weight, 85 g gross weight for cooking, 70 g net weight
- Parsnip: 65 g gross weight, 55 g gross weight for cooking, 45 g net weight
- Fresh parsley: 6 g gross weight, 5 g gross weight for cooking, 5 g net weight
- Canned tomatoes: 420 g gross weight, 420 g gross weight for cooking, 350 g net weight
- Iodized salt: 5 g

- Fresh celery: 45 g gross weight, 35 g gross weight for cooking, 30 g net weight

- Extra virgin olive oil: 17 g gross weight, 17 g gross weight for cooking, 17 g net weight

**Sour soup net weight – 2000 g**

#### For the beef:

- Beef brisket: 375 g gross weight, 340 g gross weight for cooking, 200 g net weight

**Croutons net weight – 200 g**

#### For the wholemeal bread:

- Wholemeal bread: 200 g gross weight, 200 g gross weight for cooking, 200 g net weight

**Croutons net weight – 200 g**

For the food plating 1 serving = 240 g

- Beef brisket: 20 g
- Sour soup: 200 g
- Wholemeal bread: 20 g

### Beef soup preparation:

- Cook the beef in cold water and a little salt. Beef bones can also be added for a more intense flavor;
- Once the meat is done, strain the stock and dice the meat;
- Peel, wash and dice all the fresh vegetables;
- Heat the olive oil in a pot and cook the onions until translucent;
- Then add the carrots and celery;
- Sauté until tender, then add the beef stock;
- Add water if needed;
- Add the peas, the zucchini and the peppers;
- Once the vegetables are done, add the peeled tomatoes;
- Season the soup to taste with salt and pepper;
- Serve with wholemeal bread.



## POLENTA WITH EGG, URDA CHEESE AND SOUR CREAM

10 servings

### Ingredients:

#### For the polenta:

- Water: 1425 ml gross weight, 1425 ml gross weight for cooking, 950 ml net weight
- Cornflour: 245 g gross weight, 245 g gross weight for cooking, 245 g net weight
- Iodized salt: 3 g
- Extra virgin olive oil: 8 g gross weight, 8 g gross weight for cooking, 8 g net weight

**Polenta net weight – 1200 g**

#### For the cream:

- 12% sour cream: 100 g gross weight, 100 g gross weight for cooking, 100 g net weight

**Sour cream net weight – 100 g**

#### For the urda cheese:

- Urda cheese: 350 g gross weight, 350 g gross weight for cooking, 350 g net weight

**Urda cheese net weight – 350 g**

#### For the eggs:

- Eggs: 500 g gross weight, 500 g gross weight for cooking, 400 g net weight

**Eggs net weight – 350 g**

#### For the food plating 1 serving = 205 g

- Polenta: 120 g
- Cream: 10 g
- Urda cheese: 35 g
- Eggs: 40 g

### Preparation:

- Boil the salted water in a large pot;
- When the water comes to a boil, gradually add the corn flour and stir constantly using a whisk;
- When all the corn flour is incorporated, turn down the heat and stir occasionally to keep it from sticking to the bottom of the pot;
- Prepare 5 cm deep 1/1 GN trays, spray them with oil, then pour the cooked polenta;
- Spread cling film over the polenta. This should adhere to the polenta (direct contact) so that it doesn't get a crust;
- Leave for about 15 minutes at room temperature and then place in the blast chiller on the "Soft chill" program (1 star);
- When the polenta has cooled and hardened, portion it and then heat in the oven at 100 degrees C with 100% steam;
- Crumble the urda cheese;
- Break the eggs on trays lightly greased with a little oil beforehand (approx. 8-10 eggs per tray) and cook in the oven at 100 degrees C, 100% steam, for 5-8 minutes;
- Serve the dish layered with the polenta at the bottom.



## WHOLEWHEAT SPAGHETTI WITH MILK

10 servings

### Ingredients:

#### For the whole wheat spaghetti with milk:

- Water: 800 ml gross weight, 800 ml gross weight for cooking, 400 ml net weight
- 3.5% cow milk: 2340 ml gross weight, 2340 ml gross weight for cooking, 1550 ml net weight
- Honey: 140 g gross weight, 140 g gross weight for cooking, 140 g net weight
- Iodized salt: 1 g
- Ground cinnamon: 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
- Wholewheat spaghetti: 170 g gross weight, 170 g gross weight for cooking, 400 g net weight

**Wholewheat spaghetti with milk net weight – 2500 g**

For the food plating 1 serving = 250 g

### Baked apples preparation:

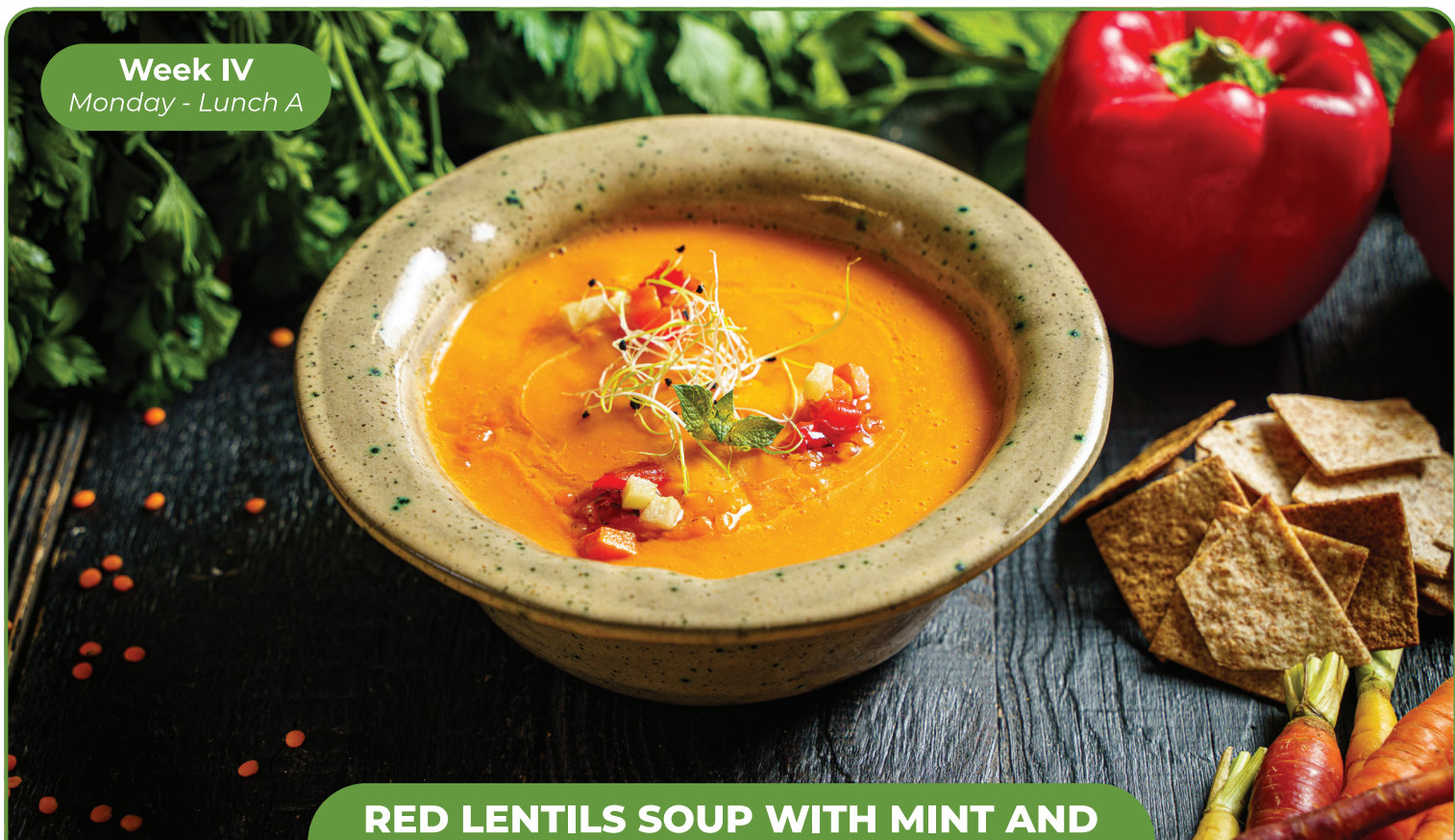
- Bring the milk and water to a boil in a pot;
- It takes 1 liter of water for 100 g of pasta;
- When it starts boiling, break the spaghetti in half and add them to the pot;
- When the pasta is done, turn off the heat, allow to cool down completely and add the honey, the vanilla essence and the orange zest;
- Serve the spaghetti with cinnamon sprinkled on top.

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Beef soup with wholemeal bread	13.14g proteins / 2.77g fats (of which 0.59g saturated) / 22.51g carbohydrates (of which 6.85g sugars) / 1.96g fibers / 0.96g salt	2.31g proteins / 0.49g fats (of which 0.1g saturated) / 3.96g carbohydrates (of which 1.21g sugars) / 0.35g fibers / 0.17g salt	31.03mg Ca / 19.72mg Mg / 1.25mg Fe / 0mg Vit. D	5.46mg Ca / 3.47mg Mg / 0.22mg Fe / 0mg Vit. D	% Proteins: 31.37 % Carbs: 53.73 % Fats: 14.9	167.58	29.47	240.104	568.6997	
Polenta with egg, urda cheese and sour cream	12.09g proteins / 8.87g fats (of which 3.37g saturated) / 21.28g carbohydrates (of which 0.02g sugars) / 0.46g fibers / 0.78g salt	4.6g proteins / 3.37g fats (of which 1.28g saturated) / 8.1g carbohydrates (of which 0.04g sugars) / 0.18g fibers / 0.3g salt	65.45mg Ca / 9.92mg Mg / 0.85mg Fe / 1.25 mg Vit. D	24.91mg Ca / 3.77mg Mg / 0.32mg Fe / 0.48 mg Vit. D	% Proteins: 22.68 % Carbs: 39.91 % Fats: 37.41	213.3	81.18	205.286	262.736	lactose, eggs
Wholewheat spaghetti with milk	9.93g proteins / 9.2g fats (of which 4.87g saturated) / 34.98g carbohydrates (of which 23.2g sugars) / 1.38g fibers / 0.4g salt	2.88g proteins / 2.67g fats (of which 1.41g saturated) / 10.14g carbohydrates (of which 6.73g sugars) / 0.4g fibers / 0.12g salt	295.83mg Ca / 0.29mg Mg / 0.06mg Fe / 0mg Vit. D	85.77mg Ca / 0.08mg Mg / 0.02mg Fe / 0mg Vit. D	% Proteins: 15.14 % Carbs: 53.32 % Fats: 31.54	262.41	76.08	250.01	344.91	gluten, lactose
Total values:	35.16g proteins / 20.84g fats (of which 8.83g saturated) / 78.77g carbohydrates (of which 30.07g sugars) / 3.8g fibers / 2.14g salt	9.79g proteins / 6.53g fats (of which 2.79g saturated) / 22.2g carbohydrates (of which 7.95g sugars) / 0.93g fibers / 0.59g salt	392.31mg Ca / 29.95mg Mg / 2.16mg Fe / 1.25mg Vit. D	116.14mg Ca / 7.32mg Mg / 0.56mg Fe / 0.48mg Vit. D	% Proteins: 21.86 % Carbs: 48.98 % Fats: 29.16	643.29	54.69	695.4	1176.3457	gluten, lactose, eggs, celery

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## RED LENTILS SOUP WITH MINT AND WHOLEMEAL FLATBREAD CHIPS

10 servings

### Ingredients:

#### For the soup:

- Water - 2050 ml gross weight, 2050 ml gross weight for cooking, 1150 ml net weight
- Yellow onions – 400 g gross weight, 325 g gross weight for cooking, 250 g net weight
- Red lentils - 145 g gross weight, 145 g gross weight for cooking, 415 g net weight
- Fresh mint - 0.5 g gross weight, 0.5 g gross weight for cooking, 0.5 g net weight
- Carrots – 300 g gross weight, 240 g gross weight for cooking, 200 g net weight
- Black pepper – 1 g
- Canned tomatoes – 400 g gross weight, 400 g gross weight for cooking, 330 g net weight
- Iodized salt - 10 g

- Fresh celery – 190 g gross weight, 145 g gross weight for cooking, 120 g net weight
- Extra virgin olive oil - 30 g gross weight, 30 g gross weight for cooking, 30 g net weight
- Garlic - 2.4 g gross weight, 2.1 g gross weight for cooking, 2 g net weight

**Soup net weight (after cooling) – 2500 g**

#### For the wholemeal flatbread chips:

- Wholemeal flatbread - 195 g gross weight, 195 g gross weight for cooking, 150 g net weight
- Oregano - 0.1 g gross weight, 0.1 g gross weight for cooking
- Iodized salt - 3 g
- Extra virgin olive oil - 5 g gross weight, 5 g gross weight for cooking

**Wholemeal flatbread chips net weight - 150 g**

For the food plating 1 serving = 265 g

- Creamy vegetable soup – 250 g
- Wholemeal flatbread chips – 15 g

### Soup preparation:

- Wash and peel the vegetables;
- Wash and drain the lentils;
- Dice the vegetables into large cubes;
- Chop the garlic;
- Heat the olive oil in a pot and add the root vegetables. Leave for a few minutes to turn golden brown and season with the garlic and the rest of the spices;
- Add water over the vegetables and simmer for 10-15 minutes;
- Add the red lentils and peeled tomatoes to the soup. Turn the heat to low and stir occasionally. Lentils tends to stick;
- Once all vegetables and the lentils are done, drain part of the liquid. Add the mint leaves and blend the soup. Adjust the consistency of the cream with the drained liquid, if necessary. Season to taste with salt and pepper and serve with the flatbread chips.

### Croutons preparation:

- Cut the whole wheat pastry flatbread into 3-5 cm triangles. Drizzle with extra virgin olive oil and season with salt and oregano;
- Preheat the oven to 200 degrees C, dry, and bake for about 6-8 minutes.



## EGGPLANT AND SWEET POTATOES MOUSAKKA

10 servings

### Ingredients:

#### For the moussaka stuffing:

- Yellow onions – 90 g gross weight, 80 g gross weight for cooking, 60 g net weight
  - Dried thyme – 0.5 g gross weight, 0.5 g gross weight for cooking, 0.5 g net weight
  - Pork chops - 320 g gross weight, 270 g gross weight for cooking, 200 g net weight
  - Fresh dill – 3.5 g gross weight, 3 g gross weight for cooking, 3 g net weight
  - Carrots – 140 g gross weight, 115 g gross weight for cooking, 95 g net weight
  - Eggs - 120 g gross weight, 120 g gross weight for cooking, 100 g net weight
  - Fresh parsley – 3.5 g gross weight, 3 g gross weight for cooking, 3 g net weight
  - Beef brisket - 350 g gross weight, 270 g gross weight for cooking, 200 g net weight
  - Canned tomatoes – 360 g gross weight, 360 g gross weight for cooking, 300 g net weight
  - Iodized salt - 10 g
  - Extra virgin olive oil - 30 g gross weight, 30 g gross weight for cooking, 30 g net weight
  - Fresh garlic – 11 g gross weight, 9 g gross weight for cooking, 8 g net weight
- Moussaka stuffing net weight: 1000 g

#### Eggplants preparation:

- Wash the eggplants and remove the ends;
- Cut into 1.5 mm thin slices in a slicer;
- Sprinkle a little salt over the eggplants;
- Leave for 10 minutes and then remove any excess water.

#### Sweet potatoes preparation:

- Peel the sweet potatoes;
- Cut into thick slices in the food processor;
- Season with olive oil and salt.

#### Stuffing preparation:

- Mince the meat;
- Chop the onion into small cubes and grate the carrot using a large grater;
- Finely chop the dill and parsley;
- Heat the olive oil in a saucepan and cook the onions over medium heat until translucent;

#### For the sweet potatoes:

- Sweet potatoes - 910 g gross weight, 760 g gross weight for cooking, 600 g net weight
- Iodized salt - 5 g
- Extra virgin olive oil - 20 g gross weight, 20 g gross weight for cooking,

**Sweet potatoes net weight: 600 g**

#### For the eggplants:

- Iodized salt - 5 g
- Fresh eggplants - 310 g gross weight, 260 g gross weight for cooking, 200 g net weight

**Eggplants net weight: 200 g**

For the food plating 1 serving = 180 g

- Moussaka stuffing: 100 g
- Sweet potatoes: 60 g
- Eggplants: 20 g

- Add the carrots, cook for 3 minutes, then add the minced meat;
- Add the spices and the chopped garlic.
- Stir constantly with a large spoon to prevent the meat from sticking and to avoid clumping;
- After cooking the meat for 8-10 minutes, add the tomato sauce;
- Cook the meat over low heat until the sauce thickens and the meat is tender;
- Lastly, add the chopped greens. Season to taste;
- Pour the composition into 10 cm deep 1/1 GN trays;
- Cool in the blast chiller, then add the eggs;
- Add oil to the base of a 6 cm deep 1/1 GN tray;
- Add a layer of sweet potatoes, followed by a layer of stuffing, a layer of cooked eggplants, another layer of meat and, at the end, a layer of potatoes;
- Bake the moussaka for 50 minutes at 155 degrees C;
- Remove from the oven and allow to rest for at least 20 minutes, then portion



## FRESH FRUIT YOGHURT

10 servings

### Ingredients:

#### For the fruit yoghurt:

- Fresh blueberries - 210 g gross weight, 200 g gross weight for cooking, 200 g net weight
- Fresh bananas - 1080 g gross weight, 600 g gross weight for cooking, 600 g net weight
- Dark chocolate - 50 g gross weight, 50 g gross weight for cooking, 50 g net weight
- 10% Greek yoghurt - 1250 g gross weight, 1250 g gross weight for cooking, 1250 g net weight

#### Net weight:

*Fresh blueberries – 200 g Fresh bananas – 600 g*

*Dark chocolate – 50 g*

*Greek yoghurt – 1250 g*

For the food plating 1 serving = 210 g

- Fresh blueberries: 20 g
- Fresh bananas: 60 g
- Dark chocolate: 5 g
- Greek yoghurt: 125 g

### Preparation:

- Wash the blueberries;
- Peel and slice the bananas before serving;
- Grate the dark chocolate if there are no flakes;
- Mix the yoghurt with the fruit and the chocolate.



Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Red lentils soup with mint and wholemeal flatbread chips	6.48g proteins / 5.4g fats (of which 0.57g saturated) / 28.05g carbohydrates (of which 3.12g sugars) / 4.77g fibers / 1.53g salt	1.83g proteins / 1.52g fats (of which 0.16g saturated) / 7.91g carbohydrates (of which 0.88g sugars) / 1.35g fibers / 0.43g salt	43mg Ca / 24.45mg Mg / 1.72mg Fe / 0mg Vit. D	12.13mg Ca / 6.89mg Mg / 0.48mg Fe / 0mg Vit. D	% Proteins: 13.88 % Carbs: 60.11 % Fats: 26.02	186.65	52.63	264.55	354.65	
Eggplant and sweet potatoes mousakka	15.98g proteins / 9.01g fats (of which 1.37g saturated) / 21.79g carbohydrates (of which 5.1g sugars) / 4.4g fibers / 2.31g salt	6.89g proteins / 3.88g fats (of which 0.59g saturated) / 9.4g carbohydrates (of which 2.2g sugars) / 1.9g fibers / 0.99g salt	52.59mg Ca / 33.29mg Mg / 1.66mg Fe / 0.3mg Vit. D	22.68mg Ca / 14.36mg Mg / 0.72mg Fe / 0.13mg Vit. D	% Proteins: 27.54 % Carbs: 37.55 % Fats: 34.91	232.16	100.12	180.85	231.88	
Fresh fruit yoghurt	12.05g proteins / 7.54g fats (of which 2.99g saturated) / 24.6g carbohydrates (of which 0g sugars) / 1.87g fibers / 0.11g salt	5.74g proteins / 3.59g fats (of which 1.42g saturated) / 11.72g carbohydrates (of which 0g sugars) / 0.89g fibers / 0.05g salt	143.96mg Ca / 31.41mg Mg / 0.07mg Fe / 0mg Vit. D	68.55mg Ca / 14.96mg Mg / 0.03mg Fe / 0mg Vit. D	% Proteins: 22.47 % Carbs: 45.89 % Fats: 31.64	214.45	102.12	210	210	lactose, soy lecithin
Total values:	34.51g proteins / 21.95g fats (of which 4.93g saturated) / 74.44g carbohydrates (of which 8.22g sugars) / 11.04g fibers / 3.95g salt	14.46g proteins / 8.99g fats (of which 2.17g saturated) / 29.03g carbohydrates (of which 3.08g sugars) / 4.14g fibers / 1.47g salt	239.55mg Ca / 89.15mg Mg / 3.45mg Fe / 0.3mg Vit. D	103.36mg Ca / 36.21mg Mg / 1.23mg Fe / 0.13mg Vit. D	% Proteins: 21.8 % Carbs: 47.02 % Fats: 31.2	633.26	79.5	655.4	796.53	gluten, lactose, soy lecithin, eggs, celery

### Disclaimer for nutrition information

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**Week IV**  
Tuesday - Lunch A



## VEGETABLE SOUP WITH FRESH FERMENTED WHEAT BRAN ("BORŞ")

10 servings

### Ingredients:

#### For the sour soup:

- Water - 2600 ml gross weight, 2600 ml gross weight for cooking, 1300 ml net weight
- Fresh red bell pepper – 40 g gross weight, 35 g gross weight for cooking, 30 g net weight
- Fresh fermented wheat bran ("borş") – 170 ml gross weight for cooking, 140 ml net weight
- Yellow onions – 160 g gross weight, 130 g gross weight for cooking, 100 g net weight
- Dried thyme – 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
- Frozen green beans - 60 g gross weight, 60 g gross weight for cooking, 60 g net weight
- Bay leaves - 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
- Carrots – 115 g gross weight, 95 g gross weight for cooking, 70 g net weight
- Parsnip – 65 g gross weight, 55 g gross weight for cooking, 45 g net weight
- Fresh parsley – 10 g gross weight, 10 g gross weight for cooking, 10 g net weight
- Canned tomatoes – 260 g gross weight, 260 g gross weight for cooking, 220 g net weight
- Iodized salt - 7 g
- Fresh celery – 50 g gross weight, 40 g gross weight for cooking, 30 g net weight
- Extra virgin olive oil - 17 g gross weight, 17 g gross weight for cooking, 17 g net weight

**Sour soup net weight (after cooling) – 2000 g**

#### Preparation:

- Peel the onions and dice them in a food processor;
- Peel the carrots, celery and parsnip and dice them in a food processor;
- Dice the peppers in a food processor;
- Heat the olive oil in a stockpot or another large pot and sauté the onions and root vegetables;
- Once the onions have turned translucent, add the vegetable water/stock;
- Lower the heat and allow to simmer with the lid on;
- After 15-20 minutes, add the pepper and green

#### For the wholemeal bread:

- Wholemeal bread - 200 g gross weight, 200 g gross weight for cooking, 200 g net weight

**Wholemeal bread net weight – 200 g**

For the food plating 1 serving = 220 g

- Sour soup: 200 g
- Wholemeal bread: 20 g

- beans and simmer for another 5 minutes;
- Separately, bring the fermented wheat bran ("borş") with the bay leaves and thyme to a boil;
- Once it has come to a boil, add it to the soup along with the diced tomatoes;
- Cook for another 5 minutes, then remove from the stove;
- Season to taste with salt;
- Finely chop the parsley and serve with the soup.



## TURKEY BURRITO WITH FRESH VEGETABLE STICKS

10 servings

### Ingredients:

#### For the turkey meat:

- Water - 60 ml gross weight, 60 ml gross weight for cooking
- Dried thyme - 0.1 g gross weight, 0.1 g gross weight for cooking
- Black pepper - 0.1 g gross weight, 0.1 g gross weight for cooking
- Turkey thigh - 750 g gross weight, 650 g gross weight for cooking, 500 g net weight
- Iodized salt - 2 g gross weight, 2 g gross weight for cooking
- Extra virgin olive oil - 13 g gross weight, 13 g gross weight for cooking

**Turkey meat net weight – 500 g**

#### For the tomato sauce with corn and beans:

- Dried red beans – 85 g gross weight, 85 g gross weight for cooking, 200 g net weight
- Corn - 320 g gross weight, 200 g gross weight for cooking, 200 g net weight
- Canned tomatoes – 600 g gross weight, 600 g gross weight for cooking, 500 g net weight
- Iodized salt - 3 g gross weight, 3 g gross weight for cooking
- Extra virgin olive oil - 10 g gross weight, 10 g gross weight for cooking,

**Tomato sauce with corn and beans net weight – 900 g**

### Burrito preparation:

- Trim the turkey and cut it into palm-sized pieces;
- Drizzle with oil and season with salt, pepper and thyme;
- Place in a maximum 6 cm deep 1/1 GN tray;
- Add water to the tray and cook in the preheated oven at 155 degrees C and 40% steam for 1 hour and 20 minutes, until the meat is tender;
- Allow to rest, then shred;
- Cook the red kidney beans while changing the water three times, allow to cool and drain;
- Drain the corn, rinse with cold water and allow to drain;
- Add the blended tomatoes to a saucepan and allow to simmer for three minutes;
- Add the shredded meat, corn and beans;
- Season with salt and pepper;
- Cook for another 5-7 minutes on a low heat;

#### For the cream cheese:

- Cream cheese - 250 g gross weight, 250 g gross weight for cooking, 250 g net weight

**Cream cheese net weight – 250 g**

#### For the wholemeal flatbread:

- Wholemeal flatbread - 650 g gross weight, 650 g gross weight for cooking, 500 g net weight

**Wholemeal flatbread net weight – 500 g**

#### For the fresh vegetable sticks:

- Fresh red bell pepper – 210 g gross weight, 200 g gross weight for cooking, 200 g net weight
- Long cucumbers - 210 g gross weight, 200 g gross weight for cooking, 200 g net weight
- Carrots – 240 g gross weight, 200 g gross weight for cooking, 200 g net weight
- Lemon juice - 50 ml gross weight, 50 ml gross weight for cooking, 0 ml net weight

**Fresh vegetable sticks net weight – 600 g**

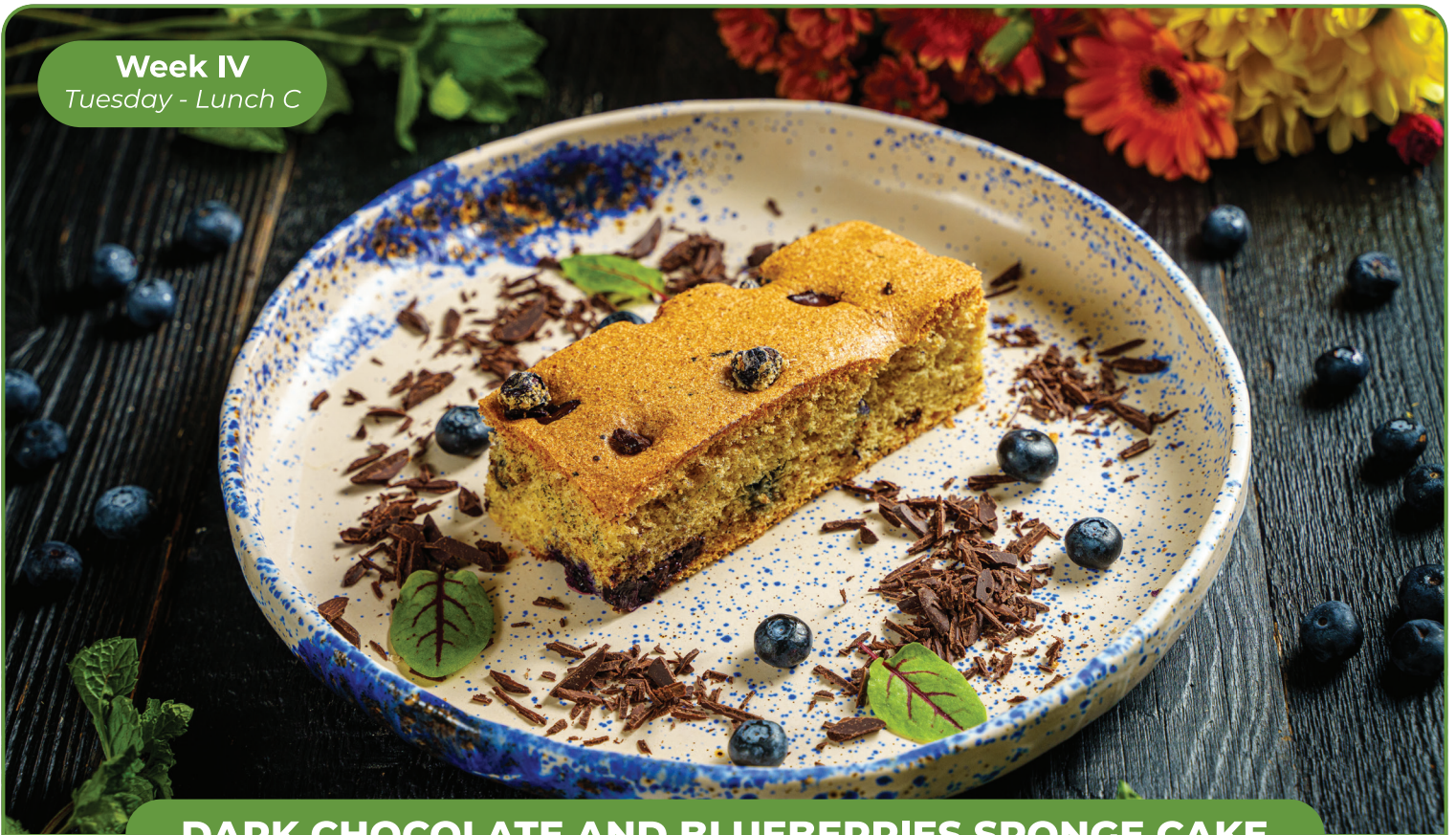
#### For the food plating 1 serving = 275 g

- Turkey meat: 50 g
- Tomato sauce with corn and beans: 90 g
- Cream cheese: 25 g
- Wholemeal flatbread: 50 g
- Vegetable sticks: 60 g

- Remove the composition and allow to cool;
- Spread cream cheese on the flatbread;
- Then, add the meat with the sauce in the center and roll the wrap into a burrito;
- Warm up the flatbread in the preheated oven at 200°C, dry, for 5 minutes or on the grill.
- The burrito is served with a mix of fresh vegetable sticks;
- Peel and wash the vegetables;
- Cut into sticks and drizzle with a little lemon juice.

## Week IV

Tuesday - Lunch C



## DARK CHOCOLATE AND BLUEBERRIES SPONGE CAKE

10 servings

### Ingredients:

#### For the dark chocolate and blueberries sponge cake:

- Sugar free dark chocolate - 45 g gross weight, 45 g gross weight for cooking, 40 g net weight
- Vanilla essence/extract - 5 ml gross weight, 5 ml gross weight for cooking, 5 ml net weight
- White flour 550/650 - 50 g gross weight, 50 g gross weight for cooking, 45 g net weight
- Whole wheat flour - 45 g gross weight, 45 g gross weight for cooking, 40 g net weight
- Eggs - 400 g gross weight, 400 g gross weight for cooking, 300 g net weight
- Baking powder - 5 g gross weight, 5 g gross weight for cooking, 5 g net weight
- Iodized salt - 0.5 g
- Stevia powder - 80 g gross weight, 80 g gross weight for cooking, 65 g net weight
- Blueberries – 55 g gross weight, 55 g gross weight for cooking, 50 g net weight

**Dark chocolate and blueberries sponge cake net weight – 500 g**

For the food plating 1 serving = 50 g

- Dark chocolate and blueberries sponge cake: 50 g

### Preparation:

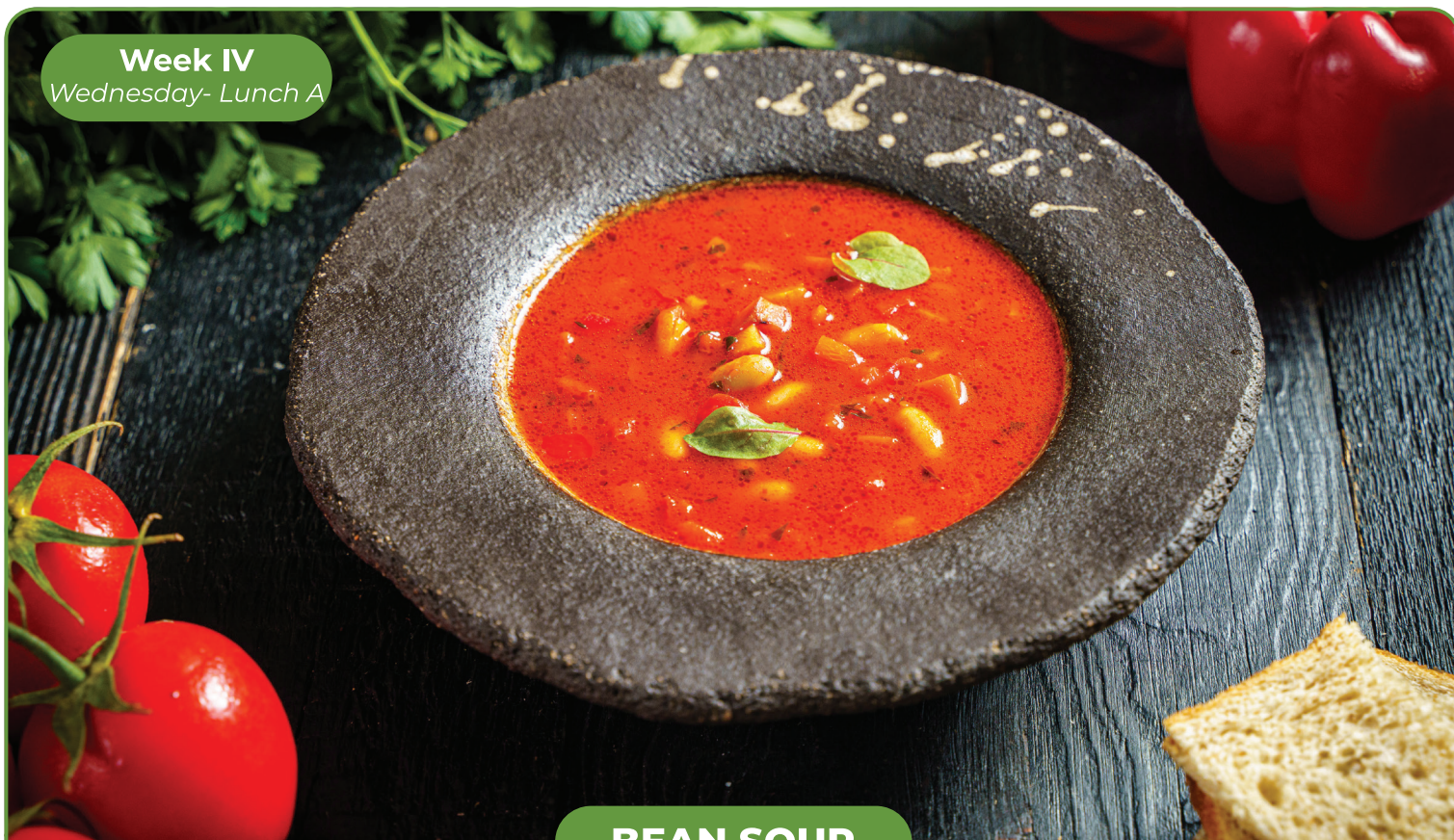
- Separate the eggs;
- Mix the flours and the baking powder;
- Whisk the egg whites with the salt and separately, whisk the stevia and the yolks;
- Thaw the blueberries, then sprinkle with a little flour;
- Mix the two types of flour with the salt and the baking powder;
- Break the chocolate into small pieces;
- Add the vanilla essence to the yolks mixed with the stevia, then add the whipped egg whites, stirring with a spoon from top to bottom;
- Gradually add the flour to this mixture using the same up and down movements;
- Lastly, add the chopped chocolate;
- Pour the mixture into a tray lined with baking paper, 1.1-1.2 kg of mixture per tray;
- Place the blueberries on top - approximately 70 g for each tray;
- Bake at 160 degrees C for 35-40 minutes;
- Remove from the oven and allow to cool at room temperature.

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Vegetable soup with fresh fermented wheat bran ("bois")	4.75g proteins / 1.9g fats (of which 0.26g saturated) / 21.14g carbohydrates (of which 5.89g sugars) / 1.62g fibers / 1.02g salt	1.3g proteins / 0.52g fats (of which 0.07g saturated) / 5.79g carbohydrates (of which 1.61g sugars) / 0.44g fibers / 0.28g salt	24.01mg Ca / 12.28mg Mg / 0.54mg Fe / 0mg Vit. D	6.57mg Ca / 3.36mg Mg / 0.15mg Fe / 0mg Vit. D	% Proteins: 15.76 % Carbs: 70.1 % Fats: 14.14	120.64	33.01	220.3226	365.4313	gluten, celery
Turkey burrito with fresh vegetable sticks	25.88g proteins / 17.05g fats (of which 5.62g saturated) / 52.57g carbohydrates (of which 3.72g sugars) / 6.98g fibers / 1.36g salt	8.15g proteins / 5.37g fats (of which 1.77g saturated) / 16.56g carbohydrates (of which 1.17g sugars) / 2.2g fibers / 0.43g salt	63.87mg Ca / 44.02mg Mg / 1.56mg Fe / 0.13mg Vit. D	20.12mg Ca / 13.87mg Mg / 0.49mg Fe / 0.04mg Vit. D	% Proteins: 22.16 % Carbs: 45 % Fats: 32.84	467.24	147.2	275	317.42	
Dark chocolate and blueberries sponge cake	6.33g proteins / 6.53g fats (of which 0g saturated) / 16.01g carbohydrates (of which 0g sugars) / 0.54g fibers / 0.37g salt	10.19g proteins / 10.52g fats (of which 0.59g saturated) / 25.79g carbohydrates (of which 0g sugars) / 0.86g fibers / 0.59g salt	21.47mg Ca / 4.37mg Mg / 0.69mg Fe / 0.9 mg Vit. D	34.58mg Ca / 7.04mg Mg / 1.11mg Fe / 1.45 mg Vit. D	% Proteins: 17.08 % Carbs: 43.23 % Fats: 39.68	148.12	238.63	50.13	62.07	gluten, soy lecithin, eggs, traces of gluten
Total values:	36.96g proteins / 25.48g fats (of which 5.88g saturated) / 89.72g carbohydrates (of which 9.61g sugars) / 9.14g fibers / 2.75g salt	19.64g proteins / 16.41g fats (of which 1.84g saturated) / 48.14g carbohydrates (of which 2.78g sugars) / 3.5g fibers / 1.3g salt	109.35mg Ca / 60.67mg Mg / 2.79mg Fe / 1.03mg Vit. D	61.27mg Ca / 24.27mg Mg / 1.75mg Fe / 1.49mg Vit. D	% Proteins: 20.09 % Carbs: 48.76 % Fats: 31.16	736	98.8	545.4526	744.9213	gluten, lactose, soy lecithin, eggs, celery, traces of gluten

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## BEAN SOUP

10 servings

### Ingredients:

#### For the sour soup:

- Water - 2100 ml gross weight, 2100 ml gross weight for cooking, 640 ml net weight
- Fresh kapia pepper – 70 g gross weight, 65 g gross weight for cooking, 50 g net weight
- Fresh fermented wheat bran (“borş”) – 250 ml gross weight for cooking, 125 ml net weight
- Yellow onions – 180 g gross weight, 140 g gross weight for cooking, 115 g net weight
- Dried thyme – 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
- Dried white beans - 200 g gross weight, 200 g gross weight for cooking, 450 g net weight
- Bay leaves - 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
- Lovage - 5 g gross weight, 4 g gross weight for cooking, 4 g net weight
- Carrots – 120 g gross weight, 100 g gross weight for cooking, 90 g net weight
- Fresh parsley – 7 g gross weight, 6 g gross weight for cooking, 6 g net weight
- Canned tomatoes – 270 g gross weight, 270 g gross weight for cooking, 225 g net weight
- Iodized salt - 12 g
- Fresh celery – 65 g gross weight, 55 g gross weight for cooking, 45 g net weight
- Extra virgin olive oil - 40 g gross weight, 40 g gross weight for cooking, 40 g net weight

**Sour soup net weight (after cooling) – 1800 g**

#### Preparation:

- Soak the beans overnight;
- Drain, then cook;
- When the water has come to a boil, strain the beans and repeat the process for two more times;
- Cook the beans in the third water;
- Wash the vegetables well, then peel them;
- Cut the onion, carrot and celery into small cubes;
- Dice the peppers into larger cubes;
- Finely chop the herbs;
- Pour extra-virgin olive oil into a pot and sauté the onions, celery and carrots. Season with salt;

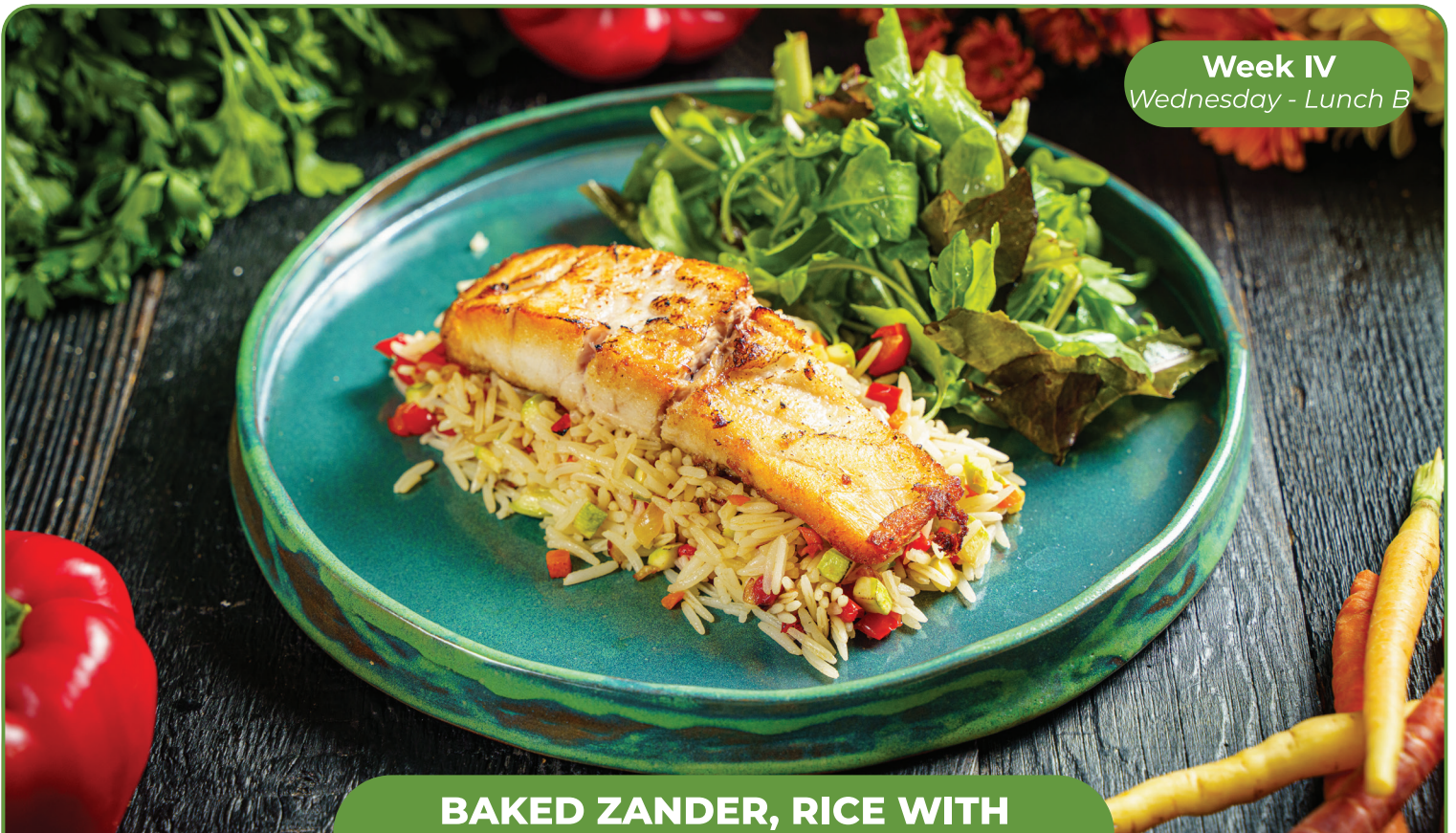
#### For the wholemeal bread:

- Wholemeal bread - 200 g gross weight for cooking, 200 g net weight
- Wholemeal bread net weight – 200 g**

#### For the food plating 1 serving = 200 g

- Bean soup: 180 g
- Wholemeal bread: 20 g

- Once the onions have turned translucent and the rest of the root vegetables have softened, add the beans with their stock, the chopped peppers, the thyme and the bay leaves; Skim as often as needed;
- Leave to simmer until all vegetables are done;
- Separately, bring the fermented wheat bran (“borş”) to a boil and when all vegetables are done, pour it into the mix;
- Add the peeled tomatoes and cook for at least another 10 minutes;
- Add the chopped herbs, season with salt if needed and turn off the heat;
- Slice the bread.



## BAKED ZANDER, RICE WITH VEGETABLES AND MIXED SALAD

10 servings

### Ingredients:

#### For the rice with vegetables:

- Water - 1100 ml gross weight, 1100 ml gross weight for cooking, 440 ml net weight
- Fresh kapia pepper – 80 g gross weight, 80 g gross weight for cooking, 60 g net weight
- Yellow onions – 85 g gross weight, 80 g gross weight for cooking, 60 g net weight
- Zucchini - 110 g gross weight, 105 g gross weight for cooking, 80 g net weight
- Carrots – 85 g gross weight, 70 g gross weight for cooking, 60 g net weight
- Basmati rice - 310 g gross weight, 310 g gross weight for cooking, 900 g net weight
- Iodized salt - 2 g
- Extra virgin olive oil - 50 g gross weight, 50 g gross weight for cooking

**Net weight – 1600 g**

#### For the mixed salad and lemon wedges:

- Lemon - 300 g gross weight, 300 g gross weight for cooking, 250 g net weight
- Pikans salad mix - 250 g gross weight, 250 g gross weight for cooking, 250 g net weight

Mixed salad and lemon wedges – 500 g

#### For the zander fillet:

- Zander fillet - 1100 g gross weight, 675 g gross weight for cooking, 500 g net weight
- Fresh lemon juice – 10 ml gross weight, 10 ml gross weight for cooking
- Black pepper – 0.1 g
- Iodized salt - 1 g
- Extra virgin olive oil - 20 g gross weight, 20 g gross weight for cooking

**Zander net weight – 500 g**

#### For the food plating 1 serving = 260 g

- Rice with vegetables: 160 g
- Mixed salad and lemon wedges: 50 g
- Zander fillet: 50 g

### Preparation:

- Thaw the fish fillets;
- Remove the bones and bellies, then portion;
- Drizzle the fish with lemon juice and olive oil and season with salt and pepper;
- Place in a 1/1 GN tray lined with baking paper and cook at 180 degrees C, 30% steam, for 12 minutes;
- Wash the vegetables well, then peel them;
- Cut the onion, carrot, zucchini and pepper into small cubes;
- Wash the rice three times;
- Boil water with salt;

- When the water comes to a boil, add the rice;
- Stir gently with a spoon;
- When the rice is done, drain and rinse it with a little cold water; the rice should stay warm;
- Pour extra-virgin olive oil in a large pot/saucepan and sauté the onions and the carrots. Season with salt and pepper;
- Once the onions have turned translucent, add the rest of the vegetables and cook for another 5 minutes. Turn off the heat, add the cooked rice, stir gently and season if necessary.



## NO-DOUGH CHEESE PIE

10 servings

### Ingredients:

#### For the no-dough cheese pie:

- Cottage cheese - 300 g gross weight, 300 g gross weight for cooking, 260 g net weight
- Lemon zest - 0.5 g gross weight, 0.5 g gross weight for cooking, 0.5 g net weight
- Vanilla essence/extract - 2 ml gross weight, 2 ml gross weight for cooking, 2 ml net weight
- Rice flour - 65 g gross weight, 65 g gross weight for cooking, 60 g net weight
- Whole wheat spelt semolina - 20 g gross weight, 20 g gross weight for cooking, 20 g net weight
- Eggs - 90 g gross weight, 90 g gross weight for cooking, 75 g net weight
- Iodized salt - 3 g
- Cooking cream - 120 ml gross weight, 120 ml gross weight for cooking, 100 ml net weight
- Stevia powder - 60 g gross weight, 60 g gross weight for cooking, 55 g net weight
- Butter - 30 g gross weight, 30 g gross weight for cooking, 25 g net weight

**No-dough cheese pie net weight – 600 g**

For the food plating 1 serving = 60 g

### Preparation:

- Use a mixer to mix the eggs and stevia;
- Add the vanilla essence, the lemon zest and blend, then add the cheese;
- Separately mix the dry ingredients: the flour, the salt and the whole wheat spelt semolina;
- Then mix the solid over the liquid ingredients;
- Pour 3.6 kg of the batter in 5 cm deep 1/1 GN trays lined with baking paper;
- Level the batter and bake in the preheated oven at 155 degrees C for 50-55 minutes;
- Cooking times may differ depending on the oven performance;
- Allow the pie to rest for at least an hour before slicing it.

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Bean soup	9.39g proteins / 4.36g fats (of which 0.61g saturated) / 32.4g carbohydrates (of which 5.97g sugars) / 4.38g fibers / 1.81g salt	2.72g proteins / 1.26g fats (of which 0.18g saturated) / 9.38g carbohydrates (of which 1.73g sugars) / 1.27g fibers / 0.52g salt	68.29mg Ca / 47.37mg Mg / 2.58mg Fe / 0mg Vit. D	19.77mg Ca / 13.71mg Mg / 0.75mg Fe / 0mg Vit. D	% Proteins: 18.21 % Carbs: 62.8 % Fats: 18.99	206.37	59.75	200.3709	345.387	gluten, celery
Baked zander, rice with vegetables and mixed salad	16.35g proteins / 8.45g fats (of which 0.99g saturated) / 28.99g carbohydrates (of which 1.36g sugars) / 5.9g fibers / 0.26g salt	5.37g proteins / 2.77g fats (of which 0.33g saturated) / 9.52g carbohydrates (of which 0.45g sugars) / 1.94g fibers / 0.09g salt	13.79mg Ca / 6.04mg Mg / 0.29mg Fe / 0mg Vit. D	4.53mg Ca / 1.98mg Mg / 0.09mg Fe / 0mg Vit. D	% Proteins: 25.41 % Carbs: 45.06 % Fats: 29.53	257.37	84.48	260.318	304.6341	
No-dough cheese pie	5.6g proteins / 8.9g fats (of which 2.49g saturated) / 14.25g carbohydrates (of which 1.08g sugars) / 0.5g fibers / 0.64g salt	8.06g proteins / 12.8g fats (of which 3.58g saturated) / 20.48g carbohydrates (of which 1.55g sugars) / 0.72g fibers / 0.92g salt	29.79mg Ca / 9.14mg Mg / 0.31mg Fe / 0.24 mg Vit. D	42.83mg Ca / 13.14mg Mg / 0.44mg Fe / 0.34mg Vit. D	% Proteins: 14.05 % Carbs: 35.72 % Fats: 50.23	159.53	229.35	60.258	69.557	
Total values:	31.34g proteins / 21.71g fats (of which 4.09g saturated) / 75.64g carbohydrates (of which 8.41g sugars) / 10.78g fibers / 2.71g salt	16.15g proteins / 16.83g fats (of which 4.09g saturated) / 39.38g carbohydrates (of which 3.73g sugars) / 3.93g fibers / 1.53g salt	111.87mg Ca / 62.55mg Mg / 3.18mg Fe / 0.24mg Vit. D	67.13mg Ca / 28.83mg Mg / 1.28mg Fe / 0.34mg Vit. D	% Proteins: 20.11 % Carbs: 48.54 % Fats: 31.35	623.27	86.62	520.9469	719.5781	gluten, lactose, eggs, fish (may contain bones), celery

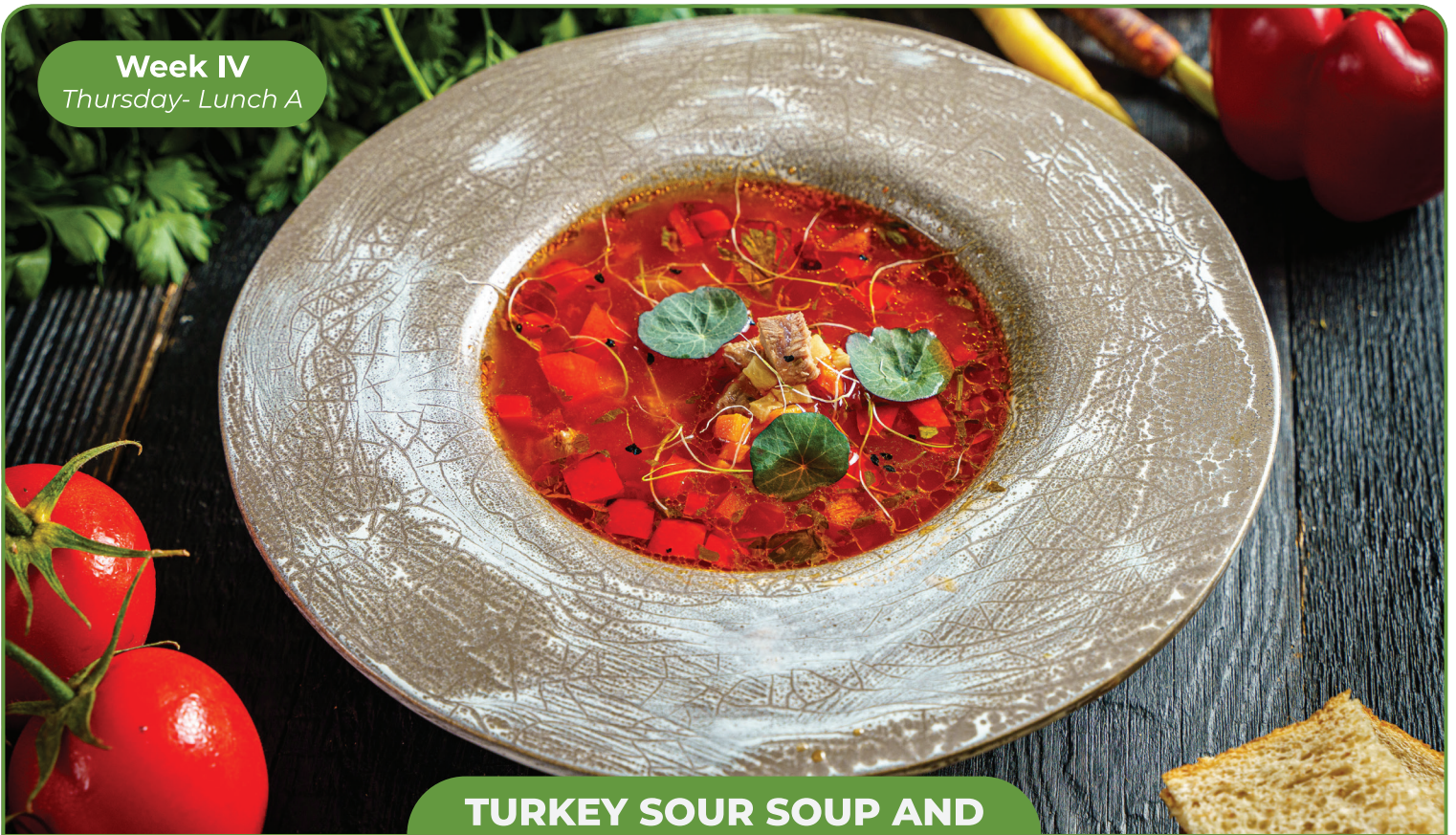
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## Week IV

Thursday- Lunch A



# TURKEY SOUR SOUP AND WHOLEMEAL BREAD

10 servings

### Ingredients:

#### For the sour soup:

- Water - 1750 ml gross weight, 1750 ml gross weight for cooking, 915 ml net weight
- Fresh kapia pepper – 50 g gross weight, 45 g gross weight for cooking, 35 g net weight
- Yellow onions – 110 g gross weight, 85 g gross weight for cooking, 65 g net weight
- Carrots – 100 g gross weight, 85 g gross weight for cooking, 70 g net weight
- Parsnip – 35 g gross weight, 30 g gross weight for cooking, 25 g net weight
- Parsley root – 60 g gross weight, 50 g gross weight for cooking, 40 g net weight
- Canned tomatoes – 300 g gross weight, 300 g gross weight for cooking, 250 g net weight
- Iodized salt - 10 g
- Fresh celery – 60 g gross weight, 45 g gross weight for cooking, 40 g net weight
- Extra virgin olive oil - 50 g gross weight, 50 g gross weight for cooking, 50 g net weight

**Sour soup net weight (after cooling) – 1500 g**

#### Preparation:

- Trim the turkey thighs and cook in water, remove the foam and simmer with the lid on for 45 minutes;
- Remove the meat, cool and dice;
- Wash, peel and dice the vegetables in a food processor. Do not mix;
- Heat the olive oil in a large pot and sauté the vegetables, except the peppers;
- Once the vegetables are almost done, add the peppers and simmer for another 7 minutes;
- Add the chicken stock, turn the heat down and simmer with the lid on to reduce evaporation;
- Add the peeled tomatoes and cook for at least another 12 minutes;
- Chop the parsley;
- Add parsley when serving.

#### For the turkey thigh:

Turkey thigh - 242 g gross weight, 210 g gross weight for cooking, 150 g net weight

**Turkey thigh net weight – 150 g**

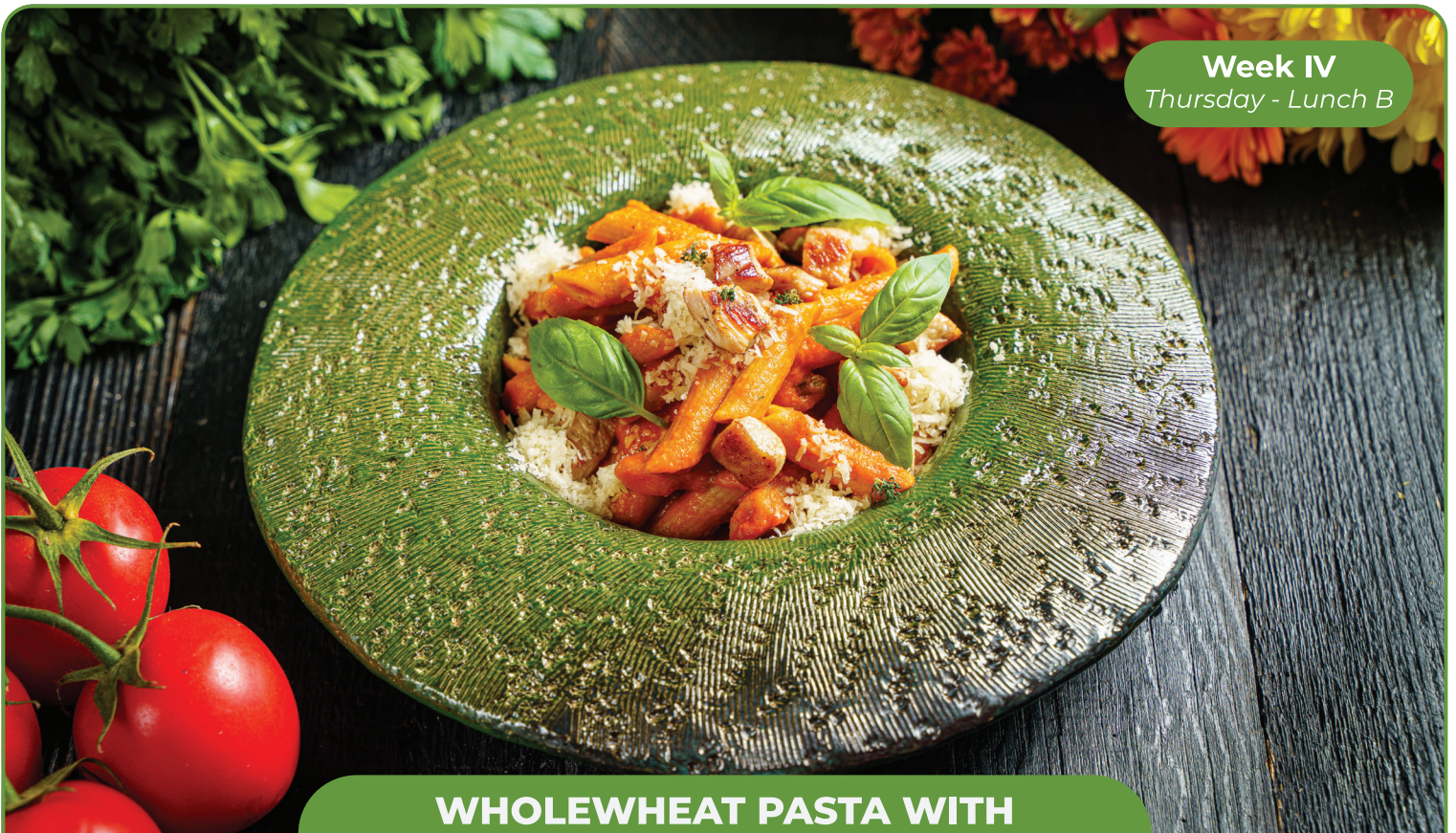
#### For the wholemeal bread:

• Wholemeal bread - 200 g gross weight, 200 g gross weight for cooking, 200 g net weight

**Wholemeal bread net weight – 200 g**

For the food plating 1 serving = 185 g

- Vegetable soup: 150 g
- Turkey thigh: 15 g
- Wholemeal bread: 20 g



## WHOLEWHEAT PASTA WITH CHICKEN BREAST AND VEGETABLES

10 servings

### Ingredients:

#### For the vegetable sauce:

- Water: 950 ml gross weight, 950 ml gross weight for cooking, 340 ml net weight
  - Dried basil: 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
  - Yellow onions: 195 g gross weight, 150 g gross weight for cooking, 100 g net weight
  - Dried thyme: 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
  - Carrots: 200 g gross weight, 170 g gross weight for cooking, 130 g net weight
  - Dried oregano: 0.1 g gross weight, 0.1 g gross weight for cooking, 0.1 g net weight
  - Canned tomatoes: 740 g gross weight, 740 g gross weight for cooking, 370 g net weight
  - Iodized salt: 7 g
  - Extra virgin olive oil: 60 g gross weight, 60 g gross weight for cooking, 60 g net weight
  - Fresh garlic: 6 g gross weight, 5 g gross weight for cooking, 5 g net weight
- Vegetable sauce net weight – 1000 g

#### For the Parmesan cheese:

- Parmesan cheese: 100 g gross weight, 100 g gross weight for cooking, 100 g net weight
- Parmesan cheese net weight – 100 g*

#### Chicken breast preparation:

- Trim the chicken and cut into 1/1 cm cubes;
- Marinate the meat with olive oil, salt and pepper;
- Fry the marinated chicken until golden brown, for about 6-8 minutes.

#### Vegetable sauce preparation:

- Peel and wash the vegetables;
- Dice the onion into small cubes and roughly chop the carrot and celery;
- Heat the olive oil in a saucepan and add the onions and salt;
- Sauté the onion until translucent, then add the carrots and the celery;
- Cook the vegetables until tender, then add the water, oregano, garlic, basil and peeled tomatoes;

#### For the whole wheat penne:

- Water: 4000 ml gross weight, 4000 ml gross weight for cooking
  - Whole wheat penne: 450 g gross weight, 450 g gross weight for cooking, 1000 g net weight
  - Iodized salt: 14 g gross weight, 14 g gross weight for cooking
  - Extra virgin olive oil: 10 g gross weight, 10 g gross weight for cooking
- Wholewheat penne net weight – 1000 g*

#### For the chicken breast:

- Chicken breast: 780 g gross weight, 675 g gross weight for cooking, 500 g net weight
  - Black pepper: 1 g
  - Iodized salt: 3.5 g
  - Extra virgin olive oil: 30 g gross weight, 30 g gross weight for cooking
- Chicken breast net weight – 500 g*

#### For the food plating 1 serving = 260 g

- • Vegetable sauce: 100 g
- • Whole wheat penne: 100 g
- • Parmesan cheese: 10 g
- • Chicken breast: 50 g

- Simmer the sauce for 20 minutes, stirring occasionally;
- Blend the sauce and season if necessary.

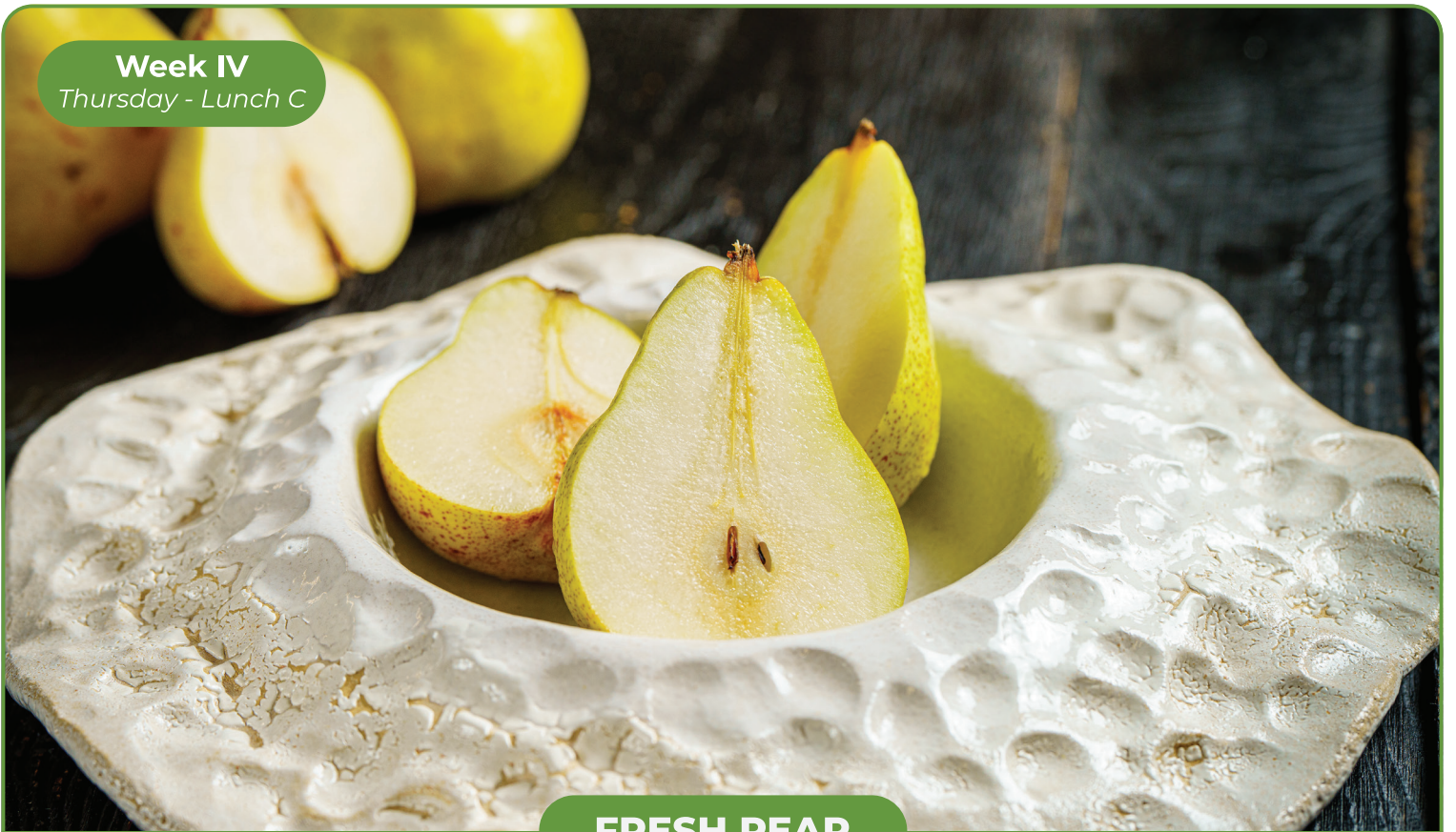
#### Chicken breast preparation:

- Boil water with salt;
- When the water has come to a boil, add the pasta and cook for two minutes less than indicated on the packet;
- Drain the pasta and mix with the hot sauce.

#### Parmesan cheese preparation:

- Grate the Parmesan cheese using a small grater.

**Week IV**  
Thursday - Lunch C



## FRESH PEAR

10 servings

### Ingredients:

- Green Williams pears: 1600 g gross weight, 1600 g gross weight for cooking, 1600 g net weight  
*Pear net weight – 1600 g*

For the food plating 1 serving = 160 g



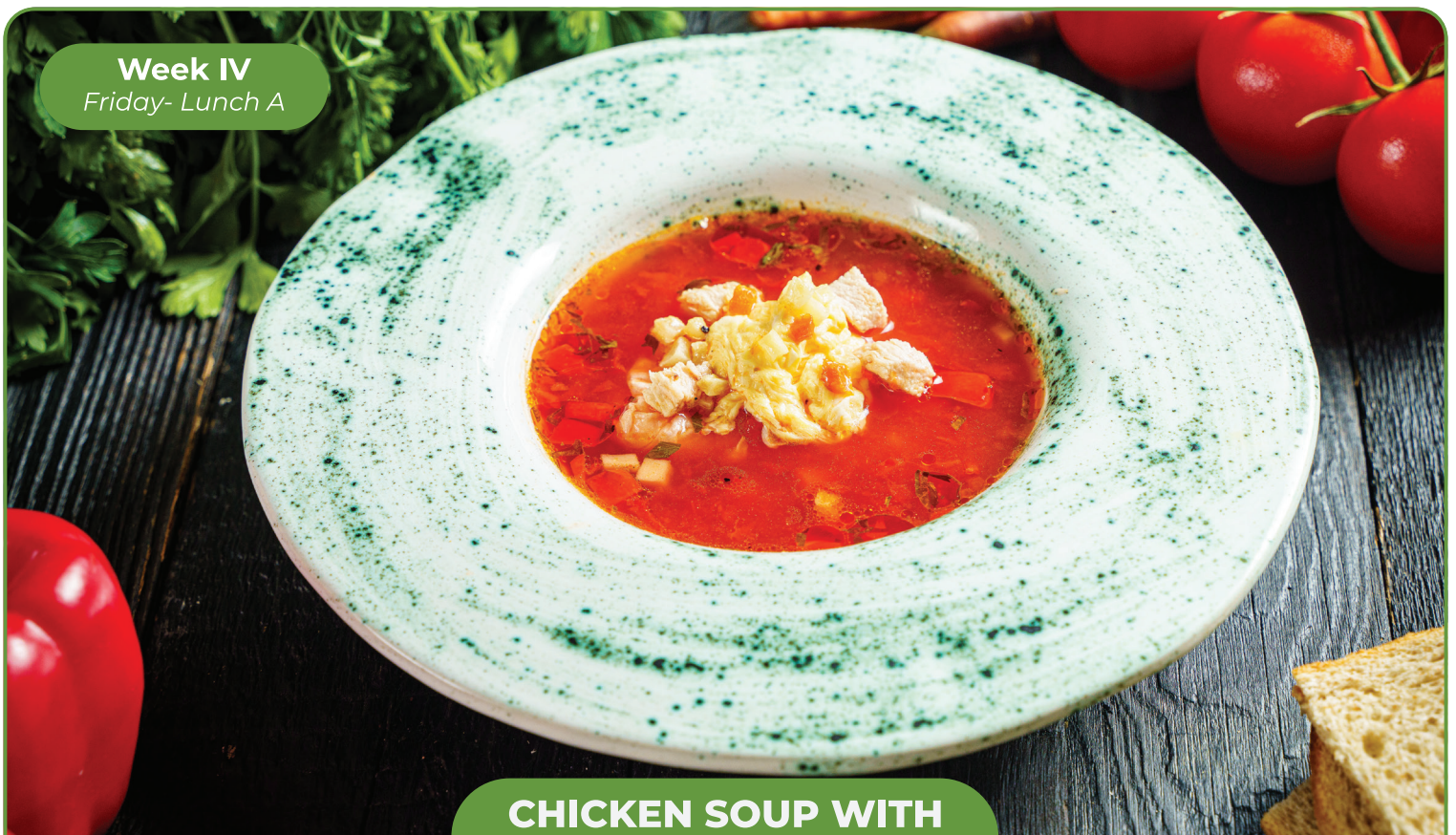
Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Turkey sour soup and wholemeal bread	10.82g proteins / 5.81g fats (of which 0.8g saturated) / 21.99g carbohydrates (of which 5.61g sugars) / 2.86g fibers / 1.63g salt	3.8g proteins / 2.04g fats (of which 0.28g saturated) / 7.72g carbohydrates (of which 1.97g sugars) / 1.01g fibers / 0.57g salt	29.34mg Ca / 32.81mg Mg / 3.23mg Fe / 0.04mg Vit. D	10.3mg Ca / 1.152mg Mg / 1.14mg Fe / 0.01 mg Vit. D	% Proteins: 23.59 % Carbs: 47.93 % Fats: 28.47	183.54	64.43	185.046	284.8518	gluten, celery
Wholewheat pasta with chicken breast and vegetables	25.93g proteins / 15.75g fats (of which 3.06g saturated) / 42.28g carbohydrates (of which 5.07g sugars) / 6.77g fibers / 3.16g salt	3.52g proteins / 2.14g fats (of which 0.42g saturated) / 5.75g carbohydrates (of which 0.69g sugars) / 0.92g fibers / 0.43g salt	166.38mg Ca / 69.83mg Mg / 2.68mg Fe / 0.05mg Vit. D	22.61mg Ca / 9.49mg Mg / 0.36mg Fe / 0.01 mg Vit. D	% Proteins: 25.02 % Carbs: 40.79 % Fats: 34.19	414.59	56.34	260.8788	735.8728	
Fresh pear	0.64g proteins / 0.16g fats (of which 0g saturated) / 24.8g carbohydrates (of which 0g sugars) / 4.96g fibers / 0g salt	0.4g proteins / 0.1g fats (of which 0g saturated) / 15.5g carbohydrates (of which 0g sugars) / 3.1g fibers / 0g salt	0mg Ca / 0mg Mg / 0mg Fe / 0mg Vit. D	0mg Ca / 0mg Mg / 0mg Fe / 0mg Vit. D	% Proteins: 2.48 % Carbs: 96.12 % Fats: 1.4	103.2	64.5	160	160	
Total values:	37.39g proteins / 21.72g fats (of which 3.86g saturated) / 89.07g carbohydrates (of which 10.68g sugars) / 14.59g fibers / 4.79g salt	7.72g proteins / 4.28g fats (of which 0.7g saturated) / 28.97g carbohydrates (of which 2.66g sugars) / 5.03g fibers / 1g salt	195.72mg Ca / 102.64mg Mg / 5.91mg Fe / 0.09mg Vit. D	32.91mg Ca / 21.01mg Mg / 1.5mg Fe / 0.02mg Vit. D	% Proteins: 21.33 % Carbs: 50.8 % Fats: 27.87	701.33	59.4	605.9248	1180.7246	gluten, lactose, celery, traces of egg

### Disclaimer for nutrition information

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**Week IV**  
Friday- Lunch A



## CHICKEN SOUP WITH SHREDDED EGGS

10 servings

### Ingredients:

#### For the sour soup:

- Water: 1750 ml gross weight, 1750 ml gross weight for cooking, 1150 ml net weight
- Fresh red bell pepper: 70 g gross weight, 65 g gross weight for cooking, 50 g net weight
- Fresh fermented wheat bran ("borş"): 170 ml gross weight, 170 ml gross weight for cooking, 150 ml net weight
- Yellow onions: 135 g gross weight, 105 g gross weight for cooking, 80 g net weight
- Zucchini: 140 g gross weight, 130 g gross weight for cooking, 100 g net weight
- Carrots: 140 g gross weight, 120 g gross weight for cooking, 100 g net weight
- Eggs: 35 g gross weight, 35 g gross weight for cooking, 32 g net weight
- Parsnip: 50 g gross weight, 45 g gross weight for cooking, 35 g net weight
- Fresh parsley: 7 g gross weight, 5 g gross weight for cooking, 5 g net weight
- Parsley root: 20 g gross weight, 15 g gross weight for cooking, 15 g net weight
- Canned tomatoes: 240 g gross weight, 240 g gross weight for cooking, 200 g net weight
- Iodized salt: 10 g
- Fresh celery: 70 g gross weight, 55 g gross weight for cooking, 50 g net weight
- Extra virgin olive oil: 35 g gross weight, 35 g gross weight for cooking, 35 g net weight

**Sour soup net weight – 2000 g**

### Preparation:

- Cook the meat in cold water with salt and bay leaves, skimming it as often as necessary;
- Wash the vegetables well and peel them;
- Cut the onion, carrot, celery, zucchini and pepper into small cubes;
- Whisk the eggs with a little salt;
- Remove the meat after it is done and dice it; then add the onion, carrots and celery to the boil;
- Once the vegetables are almost done, add the peppers and zucchini and simmer for another 7 minutes;
- Cook the fermented wheat bran ("borş") separately and, when it is done, add it to the soup;
- Add the cut meat and peeled tomatoes and cook for at least 12 minutes;
- Add the chopped greens and turn off the heat;
- Whirl the soup with a spoon and pour the eggs gradually, thus shaping the egg shreds.

#### For the chicken thighs:

- Bay leaves: 0.01 g gross weight, 0.01 g gross weight for cooking
- Chicken thighs with bone: 270 g gross weight, 270 g gross weight for cooking, 150 g net weight
- Iodized salt: 3.5 g

**Chicken thighs net weight – 150 g**

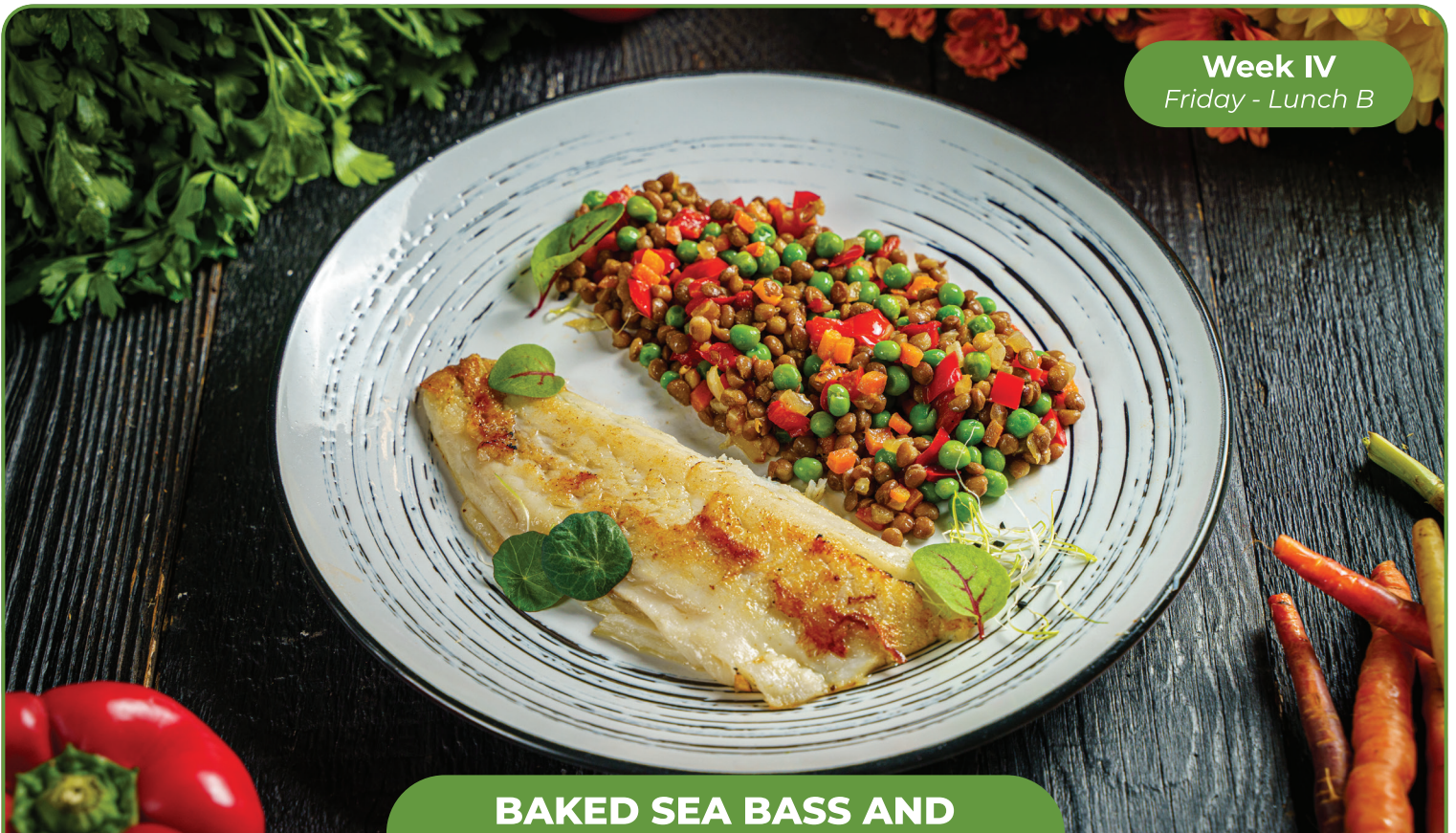
#### For the wholemeal bread:

- Wholemeal bread: 200 g gross weight, 200 g gross weight for cooking, 200 g net weight

**Croutons net weight – 200 g**

For the food plating 1 serving = 235 g

- Chicken thighs: 15 g
- Sour soup: 200 g
- Wholemeal bread: 20 g



## BAKED SEA BASS AND LENTILS WITH VEGETABLES

10 servings

### Ingredients:

#### For the sea bass fillet:

- Water: 2000 ml gross weight, 2000 ml gross weight for cooking
- Sea bass fillet (frozen) – 65 g 1050 g gross weight, 650 g gross weight for cooking, 500 g net weight
- Black pepper: 0.1 g
- Iodized salt: 1.5 g
- Extra virgin olive oil: 30 g gross weight, 30 g gross weight for cooking

**Sea bass net weight – 500 g**

For the food plating 1 serving = 220 g

- Sea bass fillet: 50 g
- Lentils with vegetables: 170 g

#### Sea bass fillet preparation:

- Thaw the sea bass fillets, remove the scales and bones;
- Drizzle with olive oil and season with salt and pepper;
- Place in a GN1/1 tray lined with baking paper and cook in a preheated oven at 160 degrees C for 9-12 minutes, depending on how thick they are.

#### Lentils with vegetables preparation:

- Wash the lentils;
- Boil water with salt;
- When the water comes to a boil, add the lentils;

#### For the lentils with vegetables:

- Water: 220 ml gross weight, 220 ml gross weight for cooking, 70 ml net weight
- Fresh red bell pepper: 225 g gross weight, 215 g gross weight for cooking, 180 g net weight
- Yellow onions: 120 g gross weight, 120 g gross weight for cooking, 100 g net weight
- Green lentils: 260 g gross weight, 260 g gross weight for cooking, 650 g net weight
- Frozen peas: 640 g gross weight, 640 g gross weight for cooking, 560 g net weight
- Carrots: 110 g gross weight, 110 g gross weight for cooking, 90 g net weight
- Iodized salt: 8 g
- Extra virgin olive oil: 50 g gross weight, 50 g gross weight for cooking, 50 g net weight

**Lentils and vegetables net weight – 1700 g**

- Drain the lentils after cooking, ensuring they remain al dente;
- Cook the peas in boiling water and then drain;
- Wash the pepper and dice it;
- Dice the onions and the carrots into small cubes;
- Heat the olive oil and sauté the onions;
- Once the onion has turned translucent, sauté the carrots;
- Then add the pepper;
- Add the peas, the lentils and season to taste;
- Cook for another 2-3 minutes, then turn off the heat;
- Place the fish fillet next to the lentils and vegetables



## **DARK CHOCOLATE, CRANBERRY AND OATFLAKE BAR, WITH GREEK YOGURT AND HONEY**

**10 servings**

### **Ingredients:**

#### **For the oatflake bar:**

- Dark chocolate 60%-70% sugar free: 60 g gross weight, 60 g gross weight for cooking, 60 g net weight
- Oat flakes: 220 g gross weight, 220 g gross weight for cooking, 220 g net weight
- Coconut flakes: 12 g gross weight, 12 g gross weight for cooking, 12 g net weight
- 3.5% cow milk: 220 ml gross weight, 220 ml gross weight for cooking, 220 ml net weight
- Cranberries: 30 g gross weight, 30 g gross weight for cooking, 30 g net weight
- Honey: 50 g gross weight, 50 g gross weight for cooking, 50 g net weight
- Psyllium: 6 g gross weight, 6 g gross weight for cooking, 6 g net weight

**Oatflake bar net weight – 600 g**

#### **For the Greek yoghurt and honey:**

- 10% Greek yoghurt: 400 g gross weight, 400 g gross weight for cooking, 400 g net weight
- Honey: 100 g gross weight, 100 g gross weight for cooking, 100 g net weight

**Greek yoghurt and honey net weight – 500 g**

**For the food plating 1 serving = 110 g**

- Oatflake bar: 60 g
- Greek yoghurt & honey: 50 g

#### **Oatflake bar preparation:**

- Hydrate the cranberries, then drain them well;
- Soak the oatmeal, the psyllium bran, the grated coconut, the honey and the cranberries in the milk for 3 hours;
- Chop the chocolate and add to the flakes and cranberries mix;
- Mix all the ingredients well and, if needed, add a little liquid to get a wet sand consistency that can be easily molded in the hands;
- Prepare a 4 cm deep 1/1 GN tray, lined with lightly moistened and crumpled baking paper;
- Pour the composition into the tray and level, pressing evenly;
- Place the tray in the blast chiller on the "Soft chill" mode (1 star) to semi-cool;
- Once the composition has firmed slightly, remove it to a chopping board and cut into equal cubes.

#### **Greek yoghurt and honey preparation:**

- Mix the honey with the yogurt.

Recipe name	Macronutrients recipe	Macronutrients 100g	Macronutrients recipe2	Micronutrients 100g	Nutritional values percentage	Recipe calories	Calories 100g	Grams recipe (net weight)	Grams recipe (gross weight)	Allergens
Chicken soup with shredded eggs	10.48g proteins / 6.66g fats (of which 0.62g saturated) / 21.74g carbohydrates (of which 5.8g sugars) / 2.06g fibers / 1.82g salt	3.25g proteins / 2.07g fats (of which 0.19g saturated) / 6.74g carbohydrates (of which 1.8g sugars) / 0.64g fibers / 0.57g salt	26.91mg Ca / 19.02mg Mg / 1.45mg Fe / 0.09mg Vit. D	8.35mg Ca / 5.9mg Mg / 0.45mg Fe / 0.03mg Vit. D	% Proteins: 22.2 % Carbs: 46.06 % Fats: 31.74	188.8	58.58	235.201	322.321	
Baked sea bass and lentils with vegetables	20.64g proteins / 10.08g fats (of which 1.44g saturated) / 22.36g carbohydrates (of which 3.73g sugars) / 3.69g fibers / 1.16g salt	4.8g proteins / 2.35g fats (of which 0.34g saturated) / 5.2g carbohydrates (of which 0.87g sugars) / 0.86g fibers / 0.27g salt	39.71mg Ca / 21.68mg Mg / 1.33mg Fe / 0mg Vit. D	9.24mg Ca / 5.04mg Mg / 0.31mg Fe / 0mg Vit. D	% Proteins: 31.42 % Carbs: 34.04 % Fats: 34.54	262.77	61.15	220.72	429.688	
Oatflake bar with dark chocolate, cranberry and milk with Greek yogurt and honey	7.19g proteins / 7.18g fats (of which 1.64g saturated) / 36.62g carbohydrates (of which 18.27g sugars) / 2.14g fibers / 0.27g salt	6.54g proteins / 6.52g fats (of which 1.49g saturated) / 33.26g carbohydrates (of which 16.6g sugars) / 1.95g fibers / 0.25g salt	90.96mg Ca / 36.04mg Mg / 0.7mg Fe / 0mg Vit. D	82.62mg Ca / 32.74mg Mg / 0.63mg Fe / 0mg Vit. D	% Proteins: 12 % Carbs: 61.07 % Fats: 26.93	239.85	217.87	110.09	110.09	
Total values:	38.31g proteins / 23.92g fats (of which 3.7g saturated) / 80.72g carbohydrates (of which 27.8g sugars) / 7.89g fibers / 3.25g salt	14.59g proteins / 10.94g fats (of which 2.02g saturated) / 45.2g carbohydrates (of which 19.27g sugars) / 3.45g fibers / 1.09g salt	157.58mg Ca / 76.74mg Mg / 3.48mg Fe / 0.09mg Vit. D	100.21mg Ca / 43.68mg Mg / 1.39mg Fe / 0.03mg Vit. D	% Proteins: 22.16 % Carbs: 46.7 % Fats: 31.14	691.42	80.2	566.011	862.099	gluten, lactose, soy lecithin, eggs, fish (may contain bones), celery

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## RECOMMENDATIONS FOR SCHOOL CANTEEN KITCHENS

A preestablished menu on a 4-week cycle gives you the opportunity to plan your tasks in advance, allowing you to optimize ingredient preparation and cooking. This means you can efficiently organize product procurement, prepare certain components in advance, and better coordinate daily activities in the kitchen. With careful planning, you will save time and reduce waste, while ensuring consistency and the quality of the dishes. You can wash, peel, and chop vegetables in large quantities, then vacuumseal them to preserve freshness and save time in the following days.



**In contrast**, in a school canteen where food is cooked and served hot in the same location, the focus is more on maintaining the serving temperature and the continuous preparation of meals. To prevent the growth of bacteria and other pathogens, hot food must be kept at an optimal temperature of at least 63°C. This temperature minimizes the risk of contamination and ensures that food remains safe for consumption throughout the serving period.

**Batch Cooking:** Batch cooking helps streamline time and ensures that all portions are uniform in terms of taste and quality.

**Using the Appropriate Cooking Methods:** For large quantities, cooking methods such as oven baking, steaming, using tilt skillets or convection ovens, and employing industrial cutters for spreadable products like hummus are much more operationally efficient and qualitatively superior.

**Temperature Monitoring:** Use thermometers to constantly check the temperature of food at all stages — from cooking to cooling, storage, and keeping warm in the hot holding unit. Ensure that food is cooked at the proper temperatures and kept at safe temperatures, whether hot or cold, to prevent bacterial growth and maintain food safety.

**Hygiene and Food Safety:** It is essential to maintain a high standard of hygiene in the kitchen to prevent cross-contamination and ensure food safety. Ensure that all work surfaces, utensils, and equipment are regularly cleaned and disinfected, following well-established internal procedures. It is important to have control checklists to constantly monitor cleanliness and disinfection, ensuring that all processes are performed correctly and on time. Maintaining cleanliness should include both daily maintenance cleaning and periodic deep cleaning to remove any dirt or bacteria buildup that could compromise food safety. Collaborating with specialized companies that supply authorized cleaning agents is crucial. These companies can provide cleaning and disinfecting products that comply with sanitary regulations and offer usage guidelines, including proper dilution to ensure maximum product effectiveness without compromising staff safety or work surfaces. It is important to strictly follow dilution and usage instructions to ensure efficient and safe cleaning.

**Avoiding Cross-Contamination** is essential in a kitchen, especially when preparing food for children who may have food allergies or sensitivities. Crosscontamination occurs when bacteria or allergens from one food item or surface transfer to another, potentially causing foodborne illnesses or allergic reactions. To prevent this, it is important to implement strict hygiene and food separation procedures. Here are some effective strategies to prevent cross-contamination.

## Separating your work areas

Create dedicated work areas: Allocate separate work zones in the kitchen for preparing allergenic and non-allergenic foods. This prevents accidental contact between different types of food.

**Use Distinct Surfaces:** Use color-coded cutting boards for different types of food — for example, a blue board for fish, a red board for meat, and a green board for vegetables. This helps prevent accidental contact between foods that could cause allergies or bacterial contamination.

## Utensils and Dedicated Equipment

**Separate Equipment:** Use dedicated utensils (knives, spoons, tongs, ladles, etc.) for different food categories, especially for allergen-free items. Ensure these utensils are clearly labeled and stored separately.

**Utensil Disinfection:** If the same equipment must be used for multiple food types, ensure thorough cleaning and disinfection between uses. Use approved disinfecting solutions and follow recommended dilution guidelines for maximum effectiveness.



## Food Handling Procedures

**Proper Handling:** Train staff on the importance of correct food handling to prevent contamination. Ensure that hands are washed and disinfected before and after handling allergenic and non-allergenic foods.

**Gloves and Protective Clothing:** Use disposable gloves when handling allergenic foods and change them between different tasks. Additionally, ensure that staff wear clean aprons and other protective clothing, changing them regularly to prevent accidental allergen transfer.

**Precise Portioning:** To ensure consistency in food quality and quantity while preventing waste, it is essential to use standardized portioning tools such as scoops, ladles, scales, and graduated measuring cups.

These tools help maintain uniform portions, ensuring that each child receives the same amount of food, in line with predetermined nutritional requirements.

Additionally, using standardized packaging devices helps preserve freshness and food safety, especially for catering companies delivering meals to schools. Packaging should be suited to the type of dish and required portion sizes, with thermal sealing equipment or automated packaging machines ensuring airtight closure. This prevents contamination and maintains the proper food temperature during transport.

**Properly labeled packaging,** indicating the preparation date and clear reheating or serving instructions, aids in efficient stock management and minimizes waste. Choose durable, easy-to-store, and easy-to-handle packaging that facilitates both accurate portioning and the safe transportation of food to its final destination.

**Attractive Presentation:** A child-friendly and appealing plating is essential for encouraging kids to eat and explore healthy foods. Children are often influenced by the visual appearance of their meals, so using vibrant colors and creative shapes can make a significant difference in their appetite. For example, arranging vegetables in attractive shapes and combining foods of different colors on the plate helps create a pleasant and engaging dining experience. However, it is important to find a balance between creativity and operational efficiency. There's no need to invest excessive time and resources into creating complicated presentations for each serving. Plating for children can be simple yet effective: use vegetable cutters to create simple, appealing shapes or incorporate natural contrasting colors, such as red, yellow, and green, to make the plates look more interesting. You can also organize meals in segmented trays or compartmentalized plates, which not only help with portion control but also keep foods separate — something that children often prefer. In this way, without overwhelming operational processes, you can create attractive and child-friendly food presentations that contribute to a positive eating experience and the development of healthy eating habits.

**Maximizing time efficiency** is essential in a canteen or catering kitchen, where the workload and the number of portions prepared daily are significant. Organizing the workspace and applying the "mise en place" technique are two fundamental strategies for optimizing time and improving workflow.

## Workspace Organization



**Basic level (entry-level):** Start by organizing ingredients and equipment based on the dishes that need to be prepared. For example, for a soup, place all the vegetables, spices, and necessary utensils in a designated spot, so they are within reach when you begin cooking. Use clear labels and shelves to separate the ingredients, which helps reduce the time spent searching for them.

**Intermediate level:** Create dedicated work zones for different types of preparations – one station for cutting vegetables, another for preparing meat, and one for desserts, for example. Ensure that each zone has the specific equipment needed, such as chopping boards, knives, mixers, and bowls. This way, the staff can work efficiently in their own area without disrupting the workflow of their colleagues.

**Advanced level:** Implement a "first in, first out" (FIFO) storage system to efficiently manage perishable ingredients. Group food products and equipment by frequency of use and optimize the space to reduce unnecessary movements. Install mobile shelves or adjustable work tables to facilitate quick access and adapt the space according to changing needs.

## The "Mise en Place" Technique

**Basic level (entry-level):** "Mise en place" means preparing and measuring all ingredients before starting to cook. At a basic level, this involves washing, chopping, and measuring ingredients so that they are

ready for immediate use. This not only reduces preparation time but also minimizes errors during cooking, ensuring that all ingredients are within reach.

**Intermediate level:** At an intermediate level, "mise en place" can also include organizing ingredients in the order of their use. Keep the measured and prepared ingredients in separate, labeled containers, arranged in the order in which they will be used. Additionally, prepare multiple components of a dish simultaneously, such as sauces and sides, to synchronize cooking and reduce overall time.

**Advanced level:** At an advanced level, "mise en place" becomes a multi-day preparation strategy. Prepare in advance and store partially or fully prepared ingredients that can be used in multiple recipes. For example, pre-chopped and vacuumsealed vegetables, refrigerated base sauces, or marinated meat stored in the fridge. This not only reduces daily preparation time but also ensures consistency and the quality of the dishes served.

**Clear labeling:** It is essential that all foods are clearly labeled with relevant information about their contents, including the presence of allergens and expiration dates. Proper labeling helps with the quick and accurate identification of foods, preventing confusion and ensuring efficient and safe management of ingredients. In environments where multiple individuals handle and prepare food, labels are particularly important to ensure that everyone is well-informed. Labels not only indicate the presence of allergens but also specify expiration dates, which aids in proper stock rotation and prevents the use of expired foods. Adhering to expiration dates is crucial for maintaining the quality and safety of food, reducing the risk of foodborne illnesses, and ensuring that meals served to children are fresh and healthy.

## Food Separation

**Separate category storage:** Ensure that foods are stored separately by category (e.g., raw meat, dairy, fish, eggs, vegetables, fruits, dry goods) to prevent cross-contamination. Each food category should have its own storage space, either in separate refrigerators/freezers or on distinct shelves.

## Temperature Control

### Constant Temperature Monitoring:

Refrigerators, freezers, and cold storage rooms just maintain appropriate temperatures for each type of food. For example, raw meat should be stored at 0-3° C, fish at 0-2°C, dairy products between 1-4°C, and frozen goods at -18°C or lower. Constant temperature monitoring and recording are essential to ensure the safe storage of food. This practice helps prevent the growth of harmful bacteria, maintains the quality of perishable items, and ensures overall food safety.

### Clear Labeling and Stock Rotation

**Food Labeling:** All food items must be clearly labeled with information about their contents and expiration dates. This helps avoid confusion and ensures proper management of ingredients.

**FIFO (First In, First Out):** Use the FIFO system to ensure that older products are used first. This helps minimize waste and prevents the use of expired foods, ensuring that ingredients are used within their optimal time frame and maintaining food safety.

### Procedures and Documentation

**Documented Storage Procedures:** Developing and adhering to documented storage procedures is essential to ensure compliance with HACCP (Hazard Analysis and Critical Control Points) standards. These procedures should include clear instructions on food separation, temperature control, labeling, and stock rotation.

**Records and Monitoring:** Maintain detailed records of storage temperatures, stock rotation, and cleaning inspections to demonstrate compliance with HACCP standards and to be prepared for any food safety audits. These records ensure that practices are followed consistently, help identify potential issues, and provide evidence during inspections or audits.

### Marinating and Pre-Preparation:

Marinating meat or vegetables a day in advance not only intensifies the flavors but also reduces the cooking time.

**Advantages:** Marinated dishes have a more intense flavor and are more tender, and cooking time is reduced.

**Shortcuts:** Prepare and marinate the meat and

vegetables in advance, so they are ready to cook as soon as they reach the kitchen.

### Use of Efficient Industrial Equipment

Use industrial cooking equipment such as air circulation fryers, large stoves, combi ovens, tilting pans, steam kettles, and high-capacity blenders.

**Advantages:** These equipment are designed to cook large quantities of food quickly and evenly, saving time and energy.

**Shortcuts:** A combi oven can cook multiple trays simultaneously and allows precise control of temperature and humidity, making it ideal for cooking multiple dishes that require different temperatures.

### Combined Cooking Techniques

Combining multiple cooking techniques in a single process, such as sautéing followed by oven cooking, or boiling followed by baking in large trays.

**Advantages:** It optimizes cooking time and can improve the flavor and texture of foods.

**Shortcuts:** Sauté vegetables and meat on the grill or stovetop, then finish cooking in the oven to achieve a beautiful crust and evenly cooked interior.

### Sous Vide

Sous Vide is a slow cooking technique in which food is sealed in vacuum plastic bags and cooked at a controlled temperature in a water bath.

**Advantages:** It ensures even cooking and prevents overcooking. The food can be prepared in advance and kept at the optimal temperature until serving.

**Shortcuts:** Use sous vide to prepare meat and vegetables in advance, which can then be quickly reheated or finished on the grill or in the oven before serving.

## EQUIPMENT INVESTMENT: THE EFFICIENT SOLUTION WHEN WE WANT TO SCALE

An important way to achieve efficiency in the kitchen, especially when preparing a large number of portions daily, is through investing in highperformance kitchen equipment. These machines not only save time and reduce physical effort for staff but also contribute to maintaining food quality and safety. Here is an overview of some essential equipment:

**Vegetable Processing and Chopping Machines** One of the most time-consuming tasks in the kitchen is preparing vegetables. Using vegetable processing machines, such as industrial kitchen robots or chopping and slicing machines, can completely transform the workflow.

- **Benefits:** These machines allow for quick and uniform cutting of vegetables into various shapes – cubes, slices, julienne – preparing large quantities in just a few minutes. This not only saves time but also reduces the risk of injuries and fatigue among staff.
- **Applicability:** They can be used to prepare vegetables for soups, stews, salads, or side dishes. Additionally, using different settings for thickness and shape can adapt vegetables to various recipes, offering flexibility and consistency.

### Cheese Grating and Slicing Machines

In catering kitchens, cheese is a frequently used ingredient in many dishes, from salads and pasta to pizzas and gratins. Specialized machines for grating and slicing cheese can significantly speed up the preparation process.

- **Benefits:** They reduce the time needed for manual cheese cutting and ensure uniform portions and consistency in preparation. These machines are ideal for dishes that require large amounts of cheese, saving both time and effort.
- **Applicability:** They can be used to prepare cheese for various dishes, from pasta to sandwiches, facilitating the quick integration of cheese into recipes.

### Meat and Ingredient Grinding Machines

Meat grinding machines are essential in catering kitchens that prepare dishes such as meatballs, sausages, or fillings. These machines are efficient and versatile, allowing for the grinding of other ingredients for fillings and mixed preparations as well.

- **Benefits:** They provide quick and uniform cutting of meat and other ingredients, ensuring consistency in the final product and saving preparation time.



- They also allow the use of more economical cuts of meat, which can be ground for various dishes.
- **Applicability:** Grinding meat in advance and freezing it in portions helps manage stock efficiently and saves time during cooking, making it useful for a wide range of dishes.

#### **Industrial Blender for Sauces and Purees**

Industrial blenders are essential for the rapid preparation of sauces, purees, cream soups, and other dishes that require a smooth and homogeneous texture.

- **Benefits:** They allow for the rapid and efficient processing of large quantities of ingredients, maintaining perfect consistency in the dish. These machines can emulsify sauces and create airy textures, saving both time and effort.
- **Applicability:** Preparing base sauces in large batches and storing them in the refrigerator or freezer for later use saves time during service and contributes to streamlining the workflow.

#### **Dough Mixing and Kneading Machines**

For kitchens that prepare pastries or need fresh dough for various dishes, mixing and kneading machines are essential.

- **Benefits:** These machines ensure uniform kneading and consistent dough texture, saving time and effort. They allow for the processing of large quantities of dough, which is essential in catering kitchens.
- **Applicability:** Mixing and kneading dough for bread, pizza, cakes, or other pastries in advance reduces preparation time during service, contributing to more efficient management of time and resources.

#### **Potato Peeling and Cutting Machines**

Potato peeling and cutting machines are useful for quickly preparing potatoes for frying, mashed potatoes, or other dishes, saving time and effort.

- **Benefits:** These machines peel and cut potatoes quickly and uniformly, contributing to even cooking and maintaining consistency in the dishes. They also save a significant amount of time compared to manual cutting.
- **Applicability:** After peeling and cutting, the potatoes can be stored in cold water in refrigerators to prevent oxidation until they are ready to cook, facilitating quick and efficient preparation.

#### **Industrial Cutters for Hummus and Spreadable Products**

Industrial cutters are specialized equipment for preparing spreadable products such as hummus, pesto, tapenade, and various creams and spreads. These machines are highly efficient at achieving a smooth and homogeneous texture.

- **Benefits:** Industrial cutters allow for the rapid and efficient processing of ingredients, transforming them into a smooth and homogeneous paste in just a few minutes. They can process large quantities of product, saving time and ensuring consistent texture in the final dishes.
- **Applicability:** They are ideal for the production of hummus and other spreads, which can be used in sandwiches, salads, or as side dishes. Industrial cutters are perfect for preparing large batches of spreadable products, which can then be refrigerated or frozen for later use.





## 20 USEFUL TIPS FOR A PROFESSIONAL OR HOME KITCHEN

1. Freeze the onion for 15-20 minutes before cutting it: This will reduce the release of substances that make you tear up.
2. Use a sharp knife to cut tomatoes: A sharp knife will make the cutting easier and prevent crushing the tomatoes, keeping the juice inside.
3. Warm the lemon before squeezing it: Roll the lemon on a hard surface with your palm or heat it for a few seconds in the microwave to get more juice.
4. Cook pasta for one minute less than the recommended time on the package: This will allow it to be cooked "al dente" and prevent overcooking if mixed with hot sauce.
5. To prevent avocado from oxidizing, sprinkle lemon juice on the cut surface: The acidity of lemon juice will slow down the oxidation process and keep the avocado fresh for longer.
6. Freeze the butter before grating it: This helps to get cold butter that distributes evenly in dough, especially in pastry recipes like cookies or pies.
7. Use an ice cream scoop to portion muffin dough or meatballs: This method helps you achieve even portions, ensuring uniform baking and consistent presentation.
8. Place a bowl of water in the microwave when reheating leftover dough or bread: The steam created by the water will prevent the food from drying out and keep it soft.
9. Peel ginger with a spoon: Use a spoon to peel ginger instead of a knife or vegetable peeler. The thin skin will be removed more easily, minimizing waste and allowing you to get around the knots more easily.
10. Freeze vegetable, chicken, or beef stock in ice cube trays: After making vegetable, chicken, or beef broth, freeze it in ice cube trays. This way, you'll have small portions of stock ready for quick use in soups, stews, and other dishes.
11. Place a plastic wrap directly on the surface of creams, sauces, or polenta: When making creams, sauces, or polenta, immediately cover them with plastic wrap placed directly on the surface to prevent a skin or crust from forming.
12. Boil eggs with a teaspoon of baking soda: Adding baking soda to the water when boiling eggs makes the shells peel off more easily.
13. To keep the bright green color of boiled vegetables, blanch them and then immediately transfer them to ice water: This process stops the cooking and helps preserve the color and crisp texture of the vegetables.
14. Use lemon juice or vinegar to prevent cut fruits from turning brown: Sprinkle apples, pears, avocados, and other fruits that oxidize quickly with lemon juice or vinegar to keep them looking fresh longer.
15. Use a resealable plastic bag to marinate meat: Place the meat and marinade in a resealable bag, remove the air, and massage the marinade to distribute it evenly. This saves space in the fridge and ensures efficient marinating.
16. When boiling pasta, don't throw away the pasta water. Keep a little to add to sauces, as it contains starch that helps thicken and bind them.
17. When frying in a pan, make sure not to overcrowd the pan. If you add too many ingredients, they will steam instead of browning.
18. Use a chilled metal bowl to whip cream faster. If the bowl and utensils are cold, the cream will whip more quickly and have a better texture.
19. Place a slice of apple or raw potato in a pot with over-salted soup. They will absorb the excess salt and help balance the flavor.
20. Use baking soda to make boiled vegetables softer. A teaspoon added to the boiling water will soften vegetables more quickly, especially fibrous ones like beans.



## ABOUT THE GUIDE BY THE SCHOOLS AND KINDERGARTENS

"In the menu we had in the past years in our school kitchen, we had food that was suitable for children, yet they did not like all the dishes. In the past year, we have adjusted on the fly certain meals that were not working. We cook lunch (first course, main course and dessert) for about 200 children every day.

At the beginning of the school year, after attending the course, we carried on for another 2 weeks with the old menu so that we could prepare for the new recipes. We have also bought some new kitchen equipment to help us with the food preparation (a professional chopper and a blender), extra pots and pans, etc. As of the third school week, the students have received a menu based 100% on the guide."

German High School IDEES

"We started to gradually introduce the menus and we have seen that they have been working. In addition to the kindergarten, we also have 40 school children. We all know that children are generally the hardest to please. However, we try using an attractive plating and lots of colorful vegetables to pique their curiosity so that they eat healthy. We have around 25 employees, and most of them have children at home. They have also prepared at home the meals we serve in our kindergarten."

IQ-Est Kindergarten & After School





## ABOUT THE GUIDE ABOUT THE GUIDE THROUGH THE EYES OF SCHOOL AND KINDERGARTEN OFFICIALS

"About the menu: what we have so far implemented from the Guide has worked very well. We have changed the menu every week. We gradually worked in a few dishes from the course. This week we had baked schnitzels: the kids enjoyed them. Next week we will serve baked meatballs."

Eurokid Kindergarten

"For several years, we have been serving a menu in our kindergarten that has been developed down to the smallest detail with the help of nutritionists and our nurse in order for it to be both acceptable to the preschoolers and at the same time help them grow up healthy. Parents are always worried about whether their children are eating, as they spend a large part of their day in kindergarten. As far as we are concerned, the two-week guide we received is really good. We enjoyed finding dishes and ingredients that we were already serving to preschoolers. I would say that about 25% of our menu that existed before the course was changed with recipes from the Guide. Also, we enhanced similar recipes with ideas, ingredients and techniques from the Guide or the course. For instance, we also had beef with peas on the menu, but we added the combination with beet salad. The children also enjoyed the improved peas recipe."

Fridolin German Kindergarten

## INSPIRING CHANGES

### ■ *Micro-case study regarding the Guide implementation in the AMIKids Kindergarten* ■



**LILIANA ANDREI**  
chef

"For us, the menu in the guide was a true joy, as we understood both the work behind it and the rewarding results, that is satisfying children, parents, the AMIKids team and the state supervisory institutions.

Implementing the menu was a team effort - the three members of the Foundation's Board of Directors along with the nurse, the chef (Liliana Andrei) and her assistant. The first thing we thought about was not putting pressure on Liliana, given the radical change. We therefore printed a color copy of the menu with its back story and pictures of full plates and gave it to Liliana, asking her to study it for a week and let us know what she thinks. The following week she decided to prepare a dish every other day to see how the children react. This was a great idea!

Then came the final discussion. We sat down and discussed the menu again. Each of us had the chance to say what we consider to be the upsides and the downsides. The only downside was the supply and this is where Liliana found the solution. The next step was to determine the right timeframe within which she would have to use up the stock purchased for the old menu, and then set the date on which to implement the new one. All of this change took about 6 weeks. We completely dropped the old menu.

We know Liliana was nervous before restructuring the menu. Everything was about to be rewritten; well-implemented routines and children's eating habits were going to change. Something completely new was about to happen. We also know that she worried a lot and she shared her concerns with us. Yet she accepted.



*Dishes prepared by Liliana Andrei at the AMIKids Kindergarten*

## NUTRITION TRAINING WORKSHOPS FOR CHEFS IN SCHOOLS WITH CAFETERIAS

Based on the Guide to Healthy Eating in Schools and Kindergartens, Edenred and the Private Schools Association (Asociația Școlilor Private - ASP) have launched nationwide nutrition training workshops for (public and private) school canteen chefs as part of the "Masă și clasă" ("Food in School") project. During these workshops (in Bucharest, Timisoara, Brasov), approximately 150 chefs have been or will be trained, by the end of 2024, in the principles of healthy and attractive nutrition for students. These workshops will expand to other cities in the country in the future.



**BUCHAREST WORKSHOP**



**TIMISOARA WORKSHOP**

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For the online version of the guide, the recipe book for the age groups 3 - 6 years and 7 - 12 years and the associated costs of the ingredients can be found by accessing the link below or by scanning the QR code.

<https://www.asp-romania.ro/proiectul-masa-si-clasa-ghidul-alimentatiei-sanatoase-in-scoli-si-gradinite/>







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