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versie 23 Apr 2026

Alma ID	Naam (EN)	Categorie	Ecoscore	Dieetoptie	Barley 1g	Oats 1h	Rye 1r	Wheat 1t	Peanuts 5	Eggs 3	Lupine 13	Milk 7	Mustard 10	Crustaceans 2	Celery 9	Sesame 1i	Soy 6	Sulfite 12	Fish 4	Molluscs 14	Almond 8a	Hazelnut 8h	Walnut 8w	Cashew 8c	Pecan 8p	Para 8r	Pistachio 8i	Macaedemia 8m
704688	Bolw boulette	Bowl		Beef and pork				x	x	x	x	x																
704681	Bowl base	Bowl		Vegetarian (non-vegan)				x	x			x																
704687	Bowl boulette	Bowl		Beef and pork				x	x	x	x																	
110279	Bowl caesar salad	Bowl	Low	Meat and fish	x			x	x	x	x								x									
110282	Bowl falafel	Bowl	Very low	Vegetarian (non-vegan)				x	x			x				x	x											
505383	Bowl gnocchi with chicken	Bowl	Low	Poultry				x	x		x																	
505381	Bowl ham and red cabbage	Bowl	Medium	Pork					x			x																
704682	Bowl ham rolls with asparagus	Bowl		Pork				x	x			x																
110277	Bowl melon and bacon	Bowl	Medium	Pork									x															
704684	Bowl peach no tuna	Bowl		Vegetarian (non-vegan)				x	x			x																
704685	Bowl Russian egg	Bowl		Vegetarian (non-vegan)				x	x			x				x												
505382	Bowl spirelli with winter vegetables	Bowl	Low	Vegetarian (non-vegan)				x	x		x	x																
704683	Bowl Steak tartare	Bowl		Beef				x	x			x						x										
110319	Bowl with penne and mozzarella	Bowl	Low	Vegetarian (non-vegan)				x			x																	
110748	Fresh spring bowl with cheese and ham	Bowl	Medium	Pork					x	x	x	x				x												
704686	Greek bowl	Bowl		Vegetarian (non-vegan)				x	x			x																
110747	Greek bowl with pasta	Bowl	Low	Vegetarian (non-vegan)				x			x								x									
110746	Oriental bowl with chicken	Bowl	Medium	Poultry					x							x		x										
704359	Salad with chickpeas, mint and chicken strips	Bowl	Low	Poultry	x				x		x	x							x									
105792	Apple pie	Breakfast		Vegetarian (non-vegan)				x	x		x											x						
100353	Apple turnover	Breakfast		Vegetarian (non-vegan)				x			x																	
800562	Bio yoghurt	Breakfast		Vegetarian (non-vegan)							x																	
105816	Brownie	Breakfast		Vegetarian (non-vegan)					x		x						x											
105790	Cherry turnover	Breakfast		Vegetarian (non-vegan)				x			x																	

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105802	Choco almighty donut	Breakfast		Vegetarian (non-vegan)				x			x						x											
110343	Chocolate donut	Breakfast		Vegetarian (non-vegan)				x			x																	
108204	Chocolate muffin	Breakfast		Vegetarian (non-vegan)				x	x		x						x											
100352	Chocolate pastry	Breakfast		Vegetarian (non-vegan)				x	x		x						x											
108521	Croissant	Breakfast		Vegetarian (non-vegan)				x	x		x																	
108572	Donut banana	Breakfast		Vegetarian (non-vegan)				x			x						x											
108571	Donut funfetty	Breakfast		Vegetarian (non-vegan)				x			x						x											
110338	Donut with sugar	Breakfast		Vegetarian (non-vegan)				x			x						x											
505885	Eclair (big)	Breakfast		Vegetarian (non-vegan)				x			x						x											
108524	Eclair (klein - ovenvers)	Breakfast		Vegetarian (non-vegan)				x	x		x						x											
105787	Figure-of-eight pastry	Breakfast		Vegetarian (non-vegan)				x	x		x						x											
100358	Frangipane tartlet	Breakfast		Vegetarian (non-vegan)				x	x		x											x						
105800	Goldenfry donut	Breakfast		Vegetarian (non-vegan)				x									x											
503227	Matten tart	Breakfast		Vegetarian (non-vegan)				x	x		x											x						
108123	Mini muffin	Breakfast		Vegetarian (non-vegan)				x	x																			
110788	Mini muffin apple	Breakfast		Vegetarian (non-vegan)				x	x																			
110813	Muffin straciatella	Breakfast		Vegetarian (non-vegan)				x	x		x						x											
504653	Muffin with Nutella	Breakfast		Vegetarian (non-vegan)				x	x		x						x					x						
104356	Organic yoghurt	Breakfast		Vegetarian (non-vegan)								x																

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108532	Pecan pastry	Breakfast		Vegetarian (non-vegan)				x	x		x													x				
108209	Pinky donut	Breakfast		Vegetarian (non-vegan)				x									x											
110337	Pinky donut strawberry	Breakfast		Vegetarian (non-vegan)				x			x						x											
105785	Raisin pastry	Breakfast		Vegetarian (non-vegan)				x	x		x																	
100360	Rice tart	Breakfast		Vegetarian (non-vegan)				x	x		x																	
105788	Twist pastry	Breakfast		Vegetarian (non-vegan)				x	x		x						x											
108203	Vanilla muffin	Breakfast		Vegetarian (non-vegan)				x	x		x																	
505391	Yoghurt with cornflakes	Breakfast	Low	Vegetarian (non-vegan)	x							x																
505390	Yoghurt with fruit salad	Breakfast	Very low	Vegetarian (non-vegan)								x																
505392	Yoghurt with granola	Breakfast	Low	Vegetarian (non-vegan)		x						x										x						
505393	Yoghurt with muesli	Breakfast	Very low	Vegetarian (non-vegan)		x		x				x																
505888	Almonds little bag 40 g	Dessert		Vegan																	x							
505845	Alpro soy dessert vanille	Dessert		Vegan													x											
108771	Apple	Dessert		Vegan																								
505887	Apricots little bag 40 g	Dessert		Vegan														x										
108728	Apricots tart	Dessert		Vegetarian (non-vegan)				x	x		x						x											
107553	Banana	Dessert		Vegan																								
100395	Bararian cream with raspberry	Dessert		Vegetarian (non-vegan)				x	x		x						x											
505397	Brussels waffle with powdered sugar	Dessert		Vegetarian (non-vegan)				x	x		x						x											
505396	Brussels waffle with whipped cream	Dessert		Vegetarian (non-vegan)				x	x		x						x											
107741	Caramel pudding	Dessert		Vegetarian (non-vegan)								x																
505892	Cashewnuts little bag 40 g	Dessert		Vegan																				x				
106078	Chocolate pudding	Dessert		Vegetarian (non-vegan)								x																

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110833	Chocomousse	Dessert		Vegetarian (non-vegan)					x	x						x												
505906	Christmas pastry	Dessert		Todo			x	x	x							x												
111210	Cinnamon swirl	Dessert		Vegetarian (non-vegan)			x	x	x																			
108709	Classic carrot cake	Dessert		Vegetarian (non-vegan)			x	x	x													x					x	
108712	Forest fruit tart	Dessert		Vegetarian (non-vegan)			x	x	x																			
106827	Fresh fruit salad	Dessert		Vegan																								
505342	Fresh Liege waffle	Dessert		Vegetarian (non-vegan)			x	x																				
505930	Fruit skewer	Dessert		Vegan																								
505889	Granola chocolate little bag 40 g	Dessert		Vegan	x																							
505489	Home made cappuccino mousse	Dessert		Vegetarian (non-vegan)			x	x	x																			
505436	Home made chocolate mousse	Dessert		Vegetarian (non-vegan)							x					x												
100385	Javanais tart	Dessert		Vegetarian (non-vegan)			x	x	x							x												
505931	Mini beignets	Dessert		Vegetarian (non-vegan)			x	x	x													x						
106922	Orange	Dessert		Vegan																								
106905	Pear	Dessert		Vegan																								
108724	Rice tart (slice)	Dessert		Vegetarian (non-vegan)			x	x	x								x											
505890	Students oats little bag 40 g	Dessert		Vegan														x			x	x	x	x			x	
106077	Vanilla pudding	Dessert		Vegetarian (non-vegan)							x																	
505952	Vegan choc0 crumble	Dessert		Vegan			x									x												
505953	Vegan raspberry crumble	Dessert		Vegan			x									x												
505891	Wallnuts little bag 40 g	Dessert		Vegan																		x						
505867	Yoghurt fruity	Dessert		Vegetarian (non-vegan)							x																	
704564	Alma bacon burger (grill)	Dish	Low	Beef and pork			x				x	x				x												
704593	Alma puebla bohemian Burger	Dish		Vegetarian (non-vegan)	x		x				x					x	x											
704592	Alma puebla burger van de grill	Dish		Poultry			x				x					x												
704694	Alma s Hallo veggie weenburger	Dish		Vegetarian (non-vegan)			x				x	x				x												

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				vegan)																								
704565	Alma vegetable burger (grill - Alma Gasthuisberg)	Dish	Very low	Vegetarian (non-vegan)				x			x	x				x												
704693	Alma's Halloweenburger	Dish		Beef and pork				x			x	x				x												
704642	Alma's traditional comfort food mash bowl	Dish		Pork				x	x	x							x											
704741	Alma's traditional mashed patato bowl	Dish		Pork				x	x	x					x			x										
704647	Angelo's loaded potatoes	Dish		Poultry				x			x	x		x			x											
704141	Ardennes pork roast with mustard sauce, chicory and parsley potatoes	Dish	High	Pork				x			x	x						x										
704641	Autumn dish with feta and minced meat	Dish		Beef and pork				x			x	x		x			x											
704590	Ballotin with pepper sauce, apple, cranberries, chicory and croquettes	Dish		Todo				x	x	x							x	x										
704508	Bami goreng	Dish	Medium	Pork				x	x	x				x			x											
704373	Birds nest with pepper sauces, princess beans and mashed potatoes	Dish	Low	Beef and pork				x	x	x				x				x			x	x						
704218	Birds nest with tomatosauce, yellow wax beans and mahed potatoes	Dish	Low	Beef and pork				x	x	x																		
704222	Breaded pollak, remoulade sauce, side dish salad and mashed potatoe	Dish	High	Fish				x	x	x	x								x									
704645	Burrito with nachos and salsa	Dish		Vegan				x										x										
704305	Caramelised chicken strips with cucumber	Dish	Medium	Poultry								x		x														
704393	Cauliflower burger with tomato mascarpone sauce and rainbow carrots	Dish		Vegetarian (non-vegan)				x	x	x							x											
704225	Cauliflower burger, romanesco broccoli, vegetarian gravy and potatoes	Dish		Vegetarian (non-vegan)				x	x	x							x	x										
704318	Cauliflower tandoori and Quorn	Dish		Vegetarian (non-vegan)				x	x	x				x				x										
704201	Cheese croquettes with Romanesco broccoli and mashed pptatoes	Dish	Low	Vegetarian (non-vegan)				x			x																	
704488	Cheese croquettes with coloured carrots	Dish	Low	Vegetarian (non-vegan)				x			x																	
701630	Cheese croquettes with salad	Dish		Vegetarian (non-vegan)				x	x	x																		
704339	Cheese croquettes with tomato sauce and stewed carrots	Dish	Low	Vegetarian (non-vegan)				x			x																	
704699	Chicken ballotin filled with wild mince, served with a creamy pepper sauce, an	Dish		Meat				x	x	x							x	x										

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	apple filled with cranberry compote, chicory, and crispy potato waffles.																											
704655	Chicken bowl with celeriac pur??e	Dish		Poultry		x						x	x		x			x										
704306	Chicken breast with beans and mashed potatoes	Dish	Low	Poultry				x				x					x											
704149	Chicken breast with green pepper sauce, broccoli and rice	Dish	Low	Poultry				x				x			x		x	x				x					x	
704415	Chicken breast with romanesco, jus and potatoes	Dish	Low	Poultry				x				x					x											
704491	Chicken breast with sauce, carrots and little potatoes	Dish	Low	Poultry				x				x					x											
704609	Chicken breast with sauce, peas and little potatoes	Dish		Poultry				x				x					x											
704507	Chicken burger with ratatouille and rice	Dish	Low	Poultry				x																				
704630	Chicken Burger with vegetable rice and sweet & sour pineapple sauce	Dish		Poultry				x					x			x												
704578	Chicken casserole with baby potatoes	Dish		Poultry				x				x				x												
704307	Chicken drumsticks with curry sauce and rice	Dish		Poultry				x		x		x	x			x												
704223	Chicken drumsticks, gravy, carrot cubes and potatoes	Dish		Poultry				x				x					x											
704665	Chicken Fajita	Dish		Poultry				x				x	x			x												
704193	Chicken fillet, peas, pommes duchesse	Dish	Medium	Poultry				x				x					x											
701732	Chicken leg with apple sauce and jacked potatoes	Dish	High	Poultry				x		x		x	x			x		x										
704338	Chicken leg with curry sauce, rice and vegetables	Dish	High	Poultry				x		x		x	x			x												
704139	Chicken leg with rainbow carrots in curry sauce and jacket potatoes	Dish	High	Poultry				x		x		x	x			x		x										
704203	Chicken skewer with apple sauce and potatoe croquettes	Dish	Low	Poultry				x		x																		
704322	Chicken skewer with apple sauce and potatoe wedges	Dish	Low	Poultry				x																				
704163	Chicken stew with salad and french fries	Dish	Medium	Poultry				x		x		x	x			x												
704200	Chicken stew with salad and mashed potatoes	Dish	Low	Poultry				x		x		x					x											
704309	Chicken stir-fry with Chinese cabbage	Dish	Low	Poultry				x		x						x		x		x	x							
704143	Chicken tikka masala with basmati rice	Dish	Medium	Poultry								x																x
704501	Chicken tikka masala with linguine	Dish	Medium	Poultry				x		x				x			x											
704207	Chicory gratin with ham and mashed potatoes	Dish		Pork				x		x		x	x					x										
704144	Chili con carne	Dish		Beef				x																				
704661	Chili dog with sour cream	Dish		Meat				x				x																

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704269	Chili sin care with brown rice	Dish	Very low	Vegan				x									x											
704358	Chili sin carne with red kidneybeans	Dish	Very low	Vegetarian (non-vegan)				x							x		x											
704221	Chili sin carne with rice	Dish	Very low	Vegetarian (non-vegan)				x									x											
704245	Chili sin carne with vegetables Sombrero	Dish	Very low	Vegetarian (non-vegan)				x							x		x											
704768	Chili taco with Mexican salad	Dish		Beef				x			x																	
704644	Chipolata Brussels sprouts meat sauce potatoes	Dish		Beef and pork				x			x						x											
703205	Chipolata sausage with spinach mash	Dish		Beef and pork				x			x						x											
704219	Cili con carne with rice	Dish		Beef				x																				
704308	Club sandwich steak tartare	Dish		Vegetarian (non-vegan)				x			x				x		x	x										
704749	Cod tempura with spinach, cream, and mashed potatoes	Dish		Fish				x			x									x								
704691	Cordon bleu with baked cauliflower, mushroom sauce and potatoes	Dish		Poultry				x			x				x		x	x			x		x					
704631	Cordon bleu with Flemish vegetable mix, mushroom sauce and potatoes	Dish		Poultry				x			x				x		x	x			x		x					
704450	Cordon bleu with onion mustard sauce, salad and potatoes	Dish	Low	Poultry				x			x	x			x		x											
704371	Cordon bleu with onion mustard sauce, string-beans and potatoes	Dish	Low	Poultry				x			x	x					x											
704610	country sausage with baked cauliflower	Dish		Pork				x	x		x						x											
704487	Courgette cake with goat cheese and salad	Dish	Low	Vegetarian (non-vegan)				x	x		x	x																
704216	Crispy chicken fillet with peas, carrots and potatoes	Dish	Low	Poultry	x			x			x				x		x											
704172	Crunchy cheese croquettes with salad and fries	Dish	Low	Vegetarian (non-vegan)	x			x	x		x	x					x											
704662	Curry with bulgur	Dish		Vegan				x	x																			
704653	Curry with no chicken chunks	Dish		Vegan				x									x											
704489	Dish with fresh salmon filet	Dish	High	Fish				x			x	x			x		x	x										
704227	Falafal wrap, with a cucumber salad, garlic sauce and french fries	Dish	Very low	Vegetarian (non-vegan)				x	x		x	x																
704475	Famous Alma Burger with potatoes wedges	Dish		Beef and pork	x			x	x		x	x				x					x							
704608	Famous alma fishburger met wedged potatoes and cabbage salad	Dish		Fish				x	x		x	x				x					x		x					

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704476	Famous Alma vegetable burger with potatoes wedges	Dish		Vegan				x				x				x												
704159	Farfalle with mascarpone rosso sauce	Dish	Very low	Vegetarian (non-vegan)				x	x	x					x													
704738	Farfalle with salmon and leek sauce	Dish		Fish				x	x	x									x									
704380	Farfalle with tomato and garlic sauce	Dish	Very low	Vegetarian (non-vegan)				x			x																	
704581	Filled bell pepper with minced meat, tomato sauce and wheat grain	Dish		Beef and pork				x				x																
704342	Filled bell pepper with quinoa and feta	Dish	Very low	Vegetarian (non-vegan)								x			x													
704509	Filled bell pepper with tomato sauce and Greek pasta	Dish	High	Beef and pork				x																				
704327	Fish 'catch of the day'	Dish	High	Fish				x			x	x						x	x									
704246	Fish and chips	Dish	Medium	Fish				x	x	x	x								x									
704192	Fish brochette with sauce provencale and broccoli rice	Dish		Fish				x			x							x	x									
704242	Fish brochette with spinach and cream	Dish		Fish				x	x	x									x									
704145	Fish brochette with vegetable sauce and broccoli puree	Dish		Fish				x	x	x								x	x									
704579	Fish fillet gratino with carrots and mashed potatoes	Dish		Fish				x			x								x									
704364	Fish fillet gratino with courgettes and mashed potatoes	Dish	Medium	Fish				x			x				x				x									
704696	Fish skewer in hollandaise sauce with wholegrain mustard, served with endive mashed potatoes	Dish		Fish				x	x	x	x								x									
704737	Fish skewer with carrots and mashed potatoes	Dish		Fish				x			x								x									
704603	Fish stick with remoulade sauce, salad and mashed potatoes	Dish		Fish				x	x	x	x				x				x									
704607	Fish stick with remoulade sauce, salad en baked potatoes	Dish		Fish				x	x		x				x				x									
704184	Fish stick with spinach and proven??ale sauce	Dish	High	Fish				x			x							x	x									
704510	Fish sticks with remoulade and spinach mashed potatoes	Dish	High	Fish				x	x	x	x								x									
704336	Fishstick remoulade with salad and baked potatoes	Dish	Medium	Fish				x	x		x								x									
704692	French-style chicken with peas and potato waffles	Dish		Poultry				x			x							x										

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704319	Fried goat s cheese with lentil salad and roti	Dish		Vegetarian (non-vegan)				x			x					x												
704228	Fries rice roll with vegetable rice and white cabbage salad	Dish		Vegetarian (non-vegan)				x	x			x			x		x	x										
704580	Gehakte steak pepersaus prinsessenbonen puree	Dish		Beef and pork																								
704595	Gevulde aardappel met mediterrane mix	Dish		Vegetarian (non-vegan)				x			x	x			x		x											
704594	Gevulde aardappel met spekjes	Dish		Pork								x																
704162	Grandma's stew with fries and salad	Dish		Beef	x			x	x				x		x			x										
704176	Greek moussaka with salad	Dish		Beef				x							x													
704633	Greek-style Quorn: burger, fresh salad and garlic bread	Dish		Vegan				x					x															
704575	Grilled country sausage with cauliflower au gratin	Dish		Pork				x	x		x						x											
704194	Grilled country sausage, cauliflower with cheese sauce, steamed potatoes	Dish		Pork				x	x		x						x											
704577	Grilled hamburger (De Moete)	Dish		Beef and pork				x	x		x	x																
704576	Grilled vegetable burger (De Moete)	Dish		Vegan				x	x				x															
704601	Gyros with Basmati rice	Dish		Vegetarian (non-vegan)				x					x		x		x											
704205	Hachis Parmentier "bolognese"	Dish		Pork				x				x	x		x			x										
704147	Hake with leek in mustard sauce and parsley potatoes	Dish		Fish				x				x	x					x	x									
704325	Half chicken with chicory salad and meat sauce	Dish	High	Poultry				x			x						x											
704365	Half chicken with salad and archiduc sauce	Dish	High	Poultry				x			x				x			x			x	x						
704150	Ham rolls with cheese sauce and mashed potatoes	Dish		Pork				x	x		x	x						x										
704151	Hamburger with cauliflower in hunter's sauce and potatoes	Dish	Low	Beef				x	x		x				x			x										
704650	Hoki fillet with endive mash, Hollandaise sauce, mustard	Dish		Fish						x		x	x						x									
704658	Homemade pork stew	Dish		Pork				x					x		x													
704167	Hungarian turkey goulash with mashed potatoes and salad	Dish	Medium	Poultry				x	x		x				x													
704315	Italian chicken breast with broccoli	Dish	Low	Poultry				x	x		x						x											
704498	Italian chicken breast with butter beans	Dish	Low	Poultry				x	x		x						x											
704411	Italian chicken breast with cauliflower au gratin	Dish	Medium	Poultry				x	x		x																	

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704313	Japanese yakitori chicken skewers with cucumber salad	Dish		Poultry				x	x		x						x											
704695	Juicy burger with creamy white cabbage	Dish		Beef and pork				x			x						x											
704154	Kofta kru in tomato sauce with fresh vegetables and couscous	Dish		Meat				x	x	x				x			x											
704316	Korean taco with chicken and red cabbage	Dish		Poultry				x			x					x	x											
704148	Lamb stew, string beans and provencale sauce,	Dish		Meat				x			x							x										
704155	Lasagne	Dish	Medium	Beef				x	x	x				x														
704208	Macaroni turkey ham & chesse casserole	Dish	Medium	Poultry				x	x	x																		
704502	Macaroni with ham, chesse and cauliflower	Dish	Medium	Pork				x	x	x																		
704649	Mash bowl with broccoli and samurai sauce	Dish		Vegan								x					x											
704169	Meat balls with sauce Liegeois, salad and rice	Dish	Low	Meat				x										x										
704170	Meatballs in a creamy pepper sauce with beans and croquettes	Dish	Medium	Pork				x	x	x				x				x			x	x						
704177	Meatballs in green pepper sauce with beans and mashed potatoes	Dish	Low	Pork				x			x			x				x			x	x						
704166	Meatballs in mustard sauce with beans and croquettes	Dish		Pork				x	x	x	x							x										
704171	Meatballs in tomato sauce with beans and croquettes	Dish	Medium	Pork				x	x	x																		
704636	Meatballs in tomato sauce, green veggies and creamy mash	Dish		Beef and pork				x										x										
704195	Meatballs in tomato sauce, broken string beans and mashed potatoes	Dish	Low	Beef and pork				x			x																	
704175	Meatballs with sauce Liegeois, salad and croquettes	Dish	Low	Meat				x	x									x										
704243	Meatballs with tomato sauce, broccoli and mashed potatoes	Dish	Very low	Vegetarian (non-vegan)				x	x	x	x			x			x											
704416	Meatballs, green pepper sauce, beans and mashed potatoes	Dish	Low	Beef and pork				x			x			x				x			x	x						
704567	Mexican vegetable wok	Dish	Very low	Vegetarian (non-vegan)							x																	
704566	Mexican wok	Dish		Beef and pork					x	x				x														
703502	Mince roll with beans and potatoes	Dish	Medium	Poultry				x			x	x					x											
704756	Minced meat roll with spinach and mashed potatoes	Dish		Poultry				x			x	x					x											
704637	Minced meat roll, red cabbage and spuds	Dish		Poultry				x			x	x					x											

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704361	Minced steak with baked romanesco vegetables	Dish	Medium	Beef and pork				x			x						x											
704335	Minced steak with coliflower, Mornay sauce and potatoes	Dish	Low	Beef and pork				x			x						x											
704640	Minced steak with Provençal sauce, green beans and mashed potatoes	Dish		Beef and pork				x			x							x										
704418	Minced steak with spinach in cream and potatoes	Dish	Medium	Beef and pork				x			x						x											
704209	Moroccan tagine with Greek pasta	Dish	Very low	Vegetarian (non-vegan)				x																				
704220	Nasi Goreng	Dish		Vegetarian (non-vegan)					x	x		x			x		x											
704500	No beef burger with peas and baked potatoes	Dish	Very low	Vegetarian (non-vegan)	x			x			x						x											
704700	No-beef burger with a creamy sauce, apple filled with cranberry compote, chicory and crispy potato waffles.	Dish		Vegetarian (non-vegan)	x			x			x						x											
704503	Omelette with vegetables and flatbread from Libanon	Dish	Low	Vegetarian (non-vegan)				x	x								x											
704435	ORDAY Vol-au-vent with salad and french fries	Dish	Medium	Poultry				x	x	x					x													
704302	Oven-baked gnocchi with courgette and rosemary	Dish	Very low	Vegetarian (non-vegan)				x	x	x					x													
704643	Oven-baked spring roll with vegetable rice and sweet-and-sour pineapple sauce	Dish		Poultry				x	x	x	x			x			x											
704367	Pangasius filet, oven-roasted tomato, hollandaise sauce and potatoes	Dish	High	Fish				x	x	x									x									
704474	Pangasius with broccoli, Hollandaise sauce and potatoes	Dish	High	Fish				x	x	x									x									
704248	Pangasius with oven tomatoe, Hollandaise sauce and wedges	Dish		Fish				x	x	x									x									
704347	Pangasius with oven tomatoe, mascarpone sauce and rice	Dish		Fish				x	x	x									x									
704511	Pasta whith Greek twist	Dish	Very low	Vegan				x									x											
704659	Patatas nachos with chicken and chimichurri dressing	Dish		Poultry					x	x	x	x		x														
704157	Penne mascarpone rosso	Dish	Low	Vegetarian (non-vegan)				x			x				x													
704158	Penne pesto verde	Dish	Low	Vegetarian (non-vegan)				x	x		x																	

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704736	Penne tomaat Mozzarella	Dish		Vegetarian (non-vegan)				x			x				x													
704384	Penne with Italian sauce	Dish	Low	Vegetarian (non-vegan)				x			x																	
704680	Philips pizza	Dish		Vegetarian (non-vegan)				x			x				x		x	x										
704217	Pita with garlic sauce, salad and baked potatoes	Dish	Low	Poultry				x	x		x	x																
704639	Pita with garlic sauce, salad and oven-roasted baby potatoes	Dish		Poultry				x	x		x	x			x													
704427	Pita with garlic sauce, salad and potatoe wedges	Dish	Low	Poultry				x	x		x	x			x													
704506	Pita with zaziki and potatoe salad	Dish	Very low	Vegetarian (non-vegan)				x	x		x	x					x											
704337	Plant-based seastick with sauce and vegetables	Dish	Very low	Vegan				x																				
704363	Plant-based seastick with whole grain penne and vegetable sauce	Dish	Very low	Vegan				x										x										
704660	Poke bowl with falafel	Dish		Vegan				x				x					x											
704654	Pork stew with side salad	Dish		Pork	x						x	x			x		x											
704312	Portobello mushroom burger with potato slices	Dish		Vegetarian (non-vegan)				x	x	x	x	x					x	x										
704301	Portobello mushrooms stuffed with quinoa and feta cheese	Dish		Vegetarian (non-vegan)							x					x												
704370	Poultry sausage with applesauce and croquettes	Dish	Low	Poultry				x	x																			
704739	Provençal chicken burger with mini tomatoes and baby potatoes	Dish		Poultry														x										
704413	Quiche with leak and mozzarella, potatoes, vegetables	Dish	Medium	Vegetarian (non-vegan)				x	x		x				x													
704183	Quinoa burger with carrots and peas	Dish		Vegetarian (non-vegan)							x				x		x					x						
704648	Quinoa risotto	Dish		Vegan											x													
704769	Quorn burger with broccoli and pasta in tomato sauce	Dish		Vegan				x																				
704499	Quornburger with baked celery root and potatoes	Dish	Very low	Vegetarian (non-vegan)				x	x		x				x		x											
704334	Quornburger with fried celeriac, mashed potatoes	Dish	Very low	Vegetarian (non-vegan)				x	x		x				x		x											
704240	Quornburger with kohlrabi and mashed pot.	Dish	Very low	Vegetarian (non-vegan)				x	x		x						x											
704197	Quornburger with red cabbage and potatoes	Dish	Very low	Vegetarian (non-vegan)				x	x		x						x											

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704494	Risotto with mushrooms	Dish	Low	Vegetarian (non-vegan)					x	x	x							x										
704204	Rolls of plaice with a mousse of salmon, grilled tomato, Hollandaise sauce and potatoes	Dish	High	Fish						x	x								x									
704300	Salmon and peas frittata	Dish	Low	Fish						x	x								x									
704314	Salmon and quorn frittata	Dish		Vegetarian (non-vegan)				x	x	x					x		x											
704346	Salmon with broccoli mix, Hollandaise sauce en potatoes	Dish		Fish						x	x								x									
704350	Salmon with oven tomato, mascarpone sauce and rice	Dish		Fish						x	x								x									
704600	Sausage with leek in cream sauce and potatoes	Dish		Pork				x	x	x							x											
704173	Sausage with red cabbage and fries	Dish		Pork									x	x				x										
704668	Scampi curry with vegetable rice	Dish		Shellfish and molluscs				x	x	x	x	x	x	x														
704757	Scampi in tomato garlic sauce with broccoli and penne	Dish		Fish				x			x			x														
704299	Schnitzel cordon bleu with vegetable puree	Dish	Low	Poultry				x	x	x	x	x		x				x										
704198	Schnitzel with carrots, and parsley potatoes	Dish	Very low	Vegetarian (non-vegan)				x	x	x					x			x										
704317	Shakshuka, feta cheese with tomato sauce and egg	Dish		Vegetarian (non-vegan)				x	x	x	x							x										
704410	Soy burger with ratatouille	Dish	Very low	Vegan	x			x										x										
704196	Soya Stew, side dish salad, french fries	Dish		Vegetarian (non-vegan)				x	x	x	x							x	x									
704164	Spaghetti bolognese	Dish	Medium	Beef				x				x		x				x										
704165	Spaghetti bolognese.	Dish	Very low	Vegan				x							x			x	x									
704161	Spare ribs stroganoff with fries and salad	Dish	High	Pork				x			x	x						x	x									
704512	Spare ribs with field potatoes and chicory salad	Dish	High	Pork					x	x	x							x										
704381	Spirelli arabiatta	Dish	Very low	Vegan				x																				
704382	Spirelli with chicken, curry and apple sauce	Dish	Low	Poultry				x	x	x	x			x				x										
704701	Steak tartare with salad and fries	Dish		Beef and pork					x		x			x				x										
704324	Steak with pepper sauce and chicory	Dish	High	Beef				x	x	x	x			x				x			x	x						
704395	Steak with pepper sauce and salad	Dish		Beef				x		x	x			x				x			x	x						
704394	Steak with pepper sauce, salad and french fries	Dish		Beef				x	x	x	x			x				x			x	x						

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704747	Stoofvlees op Vlaamse wijze met slaatje en tarwe	Dish		Vegetarian (non-vegan)	x			x	x						x		x	x										
704168	Stuffed courgette with ratatouille	Dish		Vegetarian (non-vegan)							x				x		x	x										
704174	Stuffed meat rolls in red wine sauce with forgotten vegetables and celeriac mash	Dish		Poultry				x			x	x			x			x										
704156	Sweet and sour chicken with vegetables and rice with sultanas	Dish		Poultry													x											
704670	Sweet potato mash bowl	Dish		Vegan			x				x						x											
704310	Tabbouleh with chickpeas and tomato	Dish		Vegetarian (non-vegan)				x			x							x									x	
704638	Taco shell with chili sin carne and fresh Mexican salad	Dish		Vegetarian (non-vegan)				x			x						x											
704142	Tajine with lamb and bulgur	Dish		Meat			x																					
704635	Tanagra fish with sunny oven tomato, baby potatoes and cheerful tarragon sauce	Dish		Fish				x			x				x				x									
704492	Tanagra with duglere sauce en mashed potatoes with leek	Dish	Medium	Fish				x			x			x	x				x									
704360	Tanagra with duglere sauce en mashed potatoes with spinach	Dish	Medium	Fish				x			x			x	x				x									
704527	Tanagra with Hollandaise sauce, mashed potatoes with leek	Dish	Medium	Fish				x	x		x								x									
704634	Tex Mex Summer	Dish		Vegetarian (non-vegan)				x	x		x				x		x											
704311	Thai fish curry with hoki and tomato	Dish		Fish							x				x				x									
704646	Thaise zoete aardappelcurry	Dish		Vegan				x							x		x							x				
704513	Tikka massala with quorn	Dish	Medium	Vegetarian (non-vegan)				x	x					x			x											
704412	Tiroler schnitzel with pepper sauce, beans and mashed pot.	Dish	Medium	Pork				x			x				x				x			x		x				
704765	Tomato and goat cheese pie with fried potatoes and salad	Dish		Vegetarian (non-vegan)				x	x		x	x			x													
704604	Turkey cordon-bleu with mix of vegetables, moustard sauce and potatoes	Dish		Poultry				x	x		x	x			x				x									
704140	Turkey roast with broccoli, mushrooms and potato gratin	Dish		Poultry				x			x				x				x			x		x				

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704152	Turkey roast with peas, mushroom sauce and potato gratin	Dish		Poultry				x			x			x				x			x	x						
704473	Turkey schnitzel cordon bleu with beans, mustard sauce and potatoes	Dish	Medium	Poultry				x	x		x	x		x			x											
704497	Turkey schnitzel cordon bleu with vegetable puree	Dish	Medium	Poultry				x			x	x		x			x	x										
704153	Veal blanquette with mashed potatoes	Dish		Meat				x	x		x			x														
704341	Vegan burger with potatoes	Dish	Very low	Vegan				x	x		x	x				x												
704138	Vegan curry with sweet potato	Dish	Very low	Vegan				x				x																
704214	Vegan gyros with pilaf rice	Dish		Vegan											x		x											
704270	Vegan slices mediterranean	Dish		Vegan													x											
704493	Vegetable burger with gnocchi and spinach	Dish	Very low	Vegetarian (non-vegan)				x	x		x				x													
704211	Vegetable disch parmentier, vegetarian Bolognese sauce	Dish		Vegetarian (non-vegan)				x			x				x		x	x										
704356	Vegetable lasagna with piccolo	Dish	Low	Vegetarian (non-vegan)				x	x		x																	
704230	Vegetable moussaka	Dish	Low	Vegetarian (non-vegan)							x			x		x	x											
704374	Vegetable quiche with vine tomatoes and diced potatoes	Dish	Low	Vegetarian (non-vegan)	x			x	x		x																	
704472	Vegetable spring rolls with curry sauce and vegetable rice	Dish	Medium	Vegetarian (non-vegan)				x	x		x	x			x		x											
704212	Vegetable spring rolls with sweet and sour sauce and rice	Dish	Medium	Vegetarian (non-vegan)				x	x		x	x			x													
704372	Vegetable stew with beans and freekeh	Dish	Very low	Vegetarian (non-vegan)				x	x		x				x													
704160	Vegetable tagine with Greek pasta	Dish		Vegetarian (non-vegan)				x																				
704591	Vegetarian burger with pepper cream sauce, apple, cranberries, chicory and croquettes	Dish		Vegetarian (non-vegan)	x			x			x						x											
704362	Vegetarian Hungarian goulash with bulgur	Dish	Very low	Vegetarian (non-vegan)	x			x	x						x		x											
704323	Vegetarian Hungarian goulash with rice	Dish	Medium	Vegetarian (non-vegan)	x			x	x						x		x											
704146	Vegetarian meatballs in tomato sauce with beans and bulgur	Dish	Very low	Vegetarian (non-vegan)				x	x		x						x											
704137	Vegetarian meatballs in tomato sauce with beans	Dish	Very low	Vegetarian (non-				x	x		x						x											

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	and mashed potatoes			vegan)																								
704215	Vegetarian paella	Dish		Vegetarian (non-vegan)																								
704226	Vegetarian Quiche, winter salad, baked potatoes	Dish	Low	Vegetarian (non-vegan)	x			x	x	x					x													
704357	Vegetarian stew with freekeh and chickpeas	Dish	Very low	Vegetarian (non-vegan)					x		x				x													
704244	Veggie cubes with curry, pineapple and vegetable rice	Dish		Vegetarian (non-vegan)							x	x					x											
704247	Veggie pita with garlic sauce and baked potatoes	Dish		Vegetarian (non-vegan)				x	x	x	x																	
704656	Veggie shepherd s pie	Dish		Vegetarian (non-vegan)				x			x																	
704504	Vol-au-Alma	Dish	Very low	Vegetarian (non-vegan)				x	x	x	x																	
704605	Vol-au-veggie	Dish		Vegetarian (non-vegan)				x	x	x	x																	
704417	Wheat-schnitzel, cauliflower, cream sauce and potatoes	Dish		Vegetarian (non-vegan)				x			x				x		x											
704304	Wok with chicken, udon noodles and teriyaki sauce	Dish	Low	Poultry				x	x							x	x	x										
704320	Wok with pork meat	Dish	High	Pork				x									x	x										
704399	Wrap with chicken and warm vegetables	Dish		Poultry				x	x	x	x				x		x	x										
105172	Butter	Diversen		Vegetarian (non-vegan)							x																	
105524	Fitness ciabatta broodje (niet belegd)	Diversen		Vegan	x			x								x												
100338	Little sandwich	Diversen		Vegetarian (non-vegan)				x			x																	
100341	Piccolo niet belegd	Diversen		Vegan				x																				
100363	Sandwich (27 cm)	Diversen		Vegan				x																				
800751	Sweets	Diversen		Non-vegetarian																								
800836	Wafel/Centwafel/bueno/Leo Go	Diversen		Non-vegetarian																								
800833	Alpro caffe	Drinks		Vegetarian (non-vegan)													x				x							
109875	Alpro caffe with almond	Drinks		Vegetarian (non-vegan)																		x						
109874	Alpro caffe with caramel	Drinks		Vegetarian (non-vegan)													x											
503700	Freshly squeezed orange juice	Drinks		Vegan																								

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versie 23 Apr 2026

Alma ID	Naam (EN)	Categorie	Ecoscore	Dieetoptie	Barley 1g	Oats 1h	Rye 1r	Wheat 1e	Peanuts 5	Eggs 3	Lupine 13	Milk 7	Mustard 10	Crustaceans 2	Celery 9	Sesame 11	Soy 6	Sulfite 12	Fish 4	Molluscs 14	Almond 8a	Hazelnut 8h	Walnut 8w	Cashew 8c	Pecan 8p	Para 8r	Pistachio 8i	Macedonia 8m
503513	Hot chocolate	Drinks		Vegetarian (non-vegan)								x																
111036	Ice cappuccino (D.E.) 25 cl	Drinks		Vegetarian (non-vegan)								x																
111037	Ice mocha latte 25 cl	Drinks		Vegetarian (non-vegan)								x																
800834	Iced coffee Douwe Egberts	Drinks		Vegetarian (non-vegan)								x																
505886	Iced coffee madmum	Drinks		Vegetarian (non-vegan)																								
503519	Puro latte	Drinks		Vegetarian (non-vegan)								x																
505502	Puro with soy drink	Drinks		Vegan													x											
105467	Broccoli (warm vegetable)	Extra		Vegan																								
100460	Cauliflower (warm vegetable)	Extra		Vegan																								
505938	Extra applesauce	Extra		Vegan																								
505934	Extra broccoli	Extra		Vegan																								
505939	Extra carrots	Extra		Vegan																								
505932	Extra Cauliflower	Extra		Vegan																								
505935	Extra fine green beans	Extra		Vegan																								
505340	Extra mixed carrots, cauliflower, and broccoli	Extra		Vegan																								
505940	Extra mixed carrots, cauliflower, and broccoli	Extra		Vegan																								
505936	Extra peas	Extra		Vegan																								
505933	Extra peas and carrots	Extra		Vegan																								
505937	Extra ratatouille	Extra		Vegan																								
100271	Grated cheese (for free with spaghetti bolognese) (from cow milk)	Extra	Medium	Vegetarian (non-vegan)								x																
100442	Green beans (warm vegetable)	Extra		Vegan																								
502222	Peas and carrots (warm vegetable)	Extra		Vegan																								
100216	Big almond	ljs		Vegetarian (non-vegan)								x					x					x						
100214	Big chocolate	ljs		Vegetarian (non-vegan)								x					x											
100215	Big white	ljs		Vegetarian (non-vegan)								x					x											
100224	Ice cream con Bresilienne	ljs		Vegetarian (non-vegan)				x				x					x									x		
110734	Ice cream con vegan Bresilienne	ljs		Vegetarian (non-vegan)				x	x			x					x											

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versie 23 Apr 2026

Alma ID	Naam (EN)	Categorie	Ecoscore	Dieetoptie	Barley 1g	Oats 1h	Rye 1r	Wheat 1e	Peanuts 5	Eggs 3	Lupine 13	Milk 7	Mustard 10	Crustaceans 2	Celery 9	Sesame 11	Soy 6	Sulfite 12	Fish 4	Molluscs 14	Almond 8a	Hazelnut 8h	Walnut 8w	Cashew 8c	Pecan 8p	Para 8r	Pistachio 8i	Macedonia 8m
100222	Ice cream con with chocolate	Ijs		Vegetarian (non-vegan)				x	x		x						x				x							
100223	Ice cream con with strawberry	Ijs		Vegetarian (non-vegan)				x			x						x											
110735	Water ice with fruit	Ijs		Vegetarian (non-vegan)				x	x		x						x				x							
704674	Spaghetti Aglio Olio	Maaltijd II		Vegan	x				x																			
704657	Spaghetti Aglio Olio with bacon strips	Maaltijd II		Pork				x	x																			
704651	Spaghetti Caponata Veggy	Maaltijd II		Vegan				x	x																			
704652	Spaghetti Caponata with pork strips	Maaltijd II		Pork				x	x				x		x		x											
704667	Spaghetti carbonara	Maaltijd II		Pork				x			x																	
704664	Spaghetti meatballs	Maaltijd II		Beef and pork				x	x		x																	
704666	Spaghetti with mushrooms	Maaltijd II		Vegetarian (non-vegan)				x			x				x													
704663	Spaghetti with tomato and mozzarella	Maaltijd II		Vegetarian (non-vegan)				x			x				x													
505041	Bacon and brie panini	Panini	Medium	Pork				x			x																	
503115	Bacon-cheese panini	Panini	Low	Pork				x			x				x	x	x											
503567	Bicky panini	Panini	Medium	Pork				x	x		x	x					x											
505900	Christmas panini	Panini		Todo				x	x		x	x																
505851	Croque bolognaise	Panini		Pork				x			x	x		x		x	x											
503393	Croque madame	Panini	Medium	Vegetarian (non-vegan)				x			x						x											
503551	Croque madame dubbel	Panini	Medium	Vegetarian (non-vegan)				x			x						x											
503552	Croque monsieur	Panini	Medium	Pork				x			x						x											
503526	Croque monsieur take-away double	Panini	Medium	Pork				x			x						x											
503553	Croque vuistje Hawaii	Panini	Medium	Pork				x			x						x											
503550	Croque vuistje Hawaii double	Panini	Medium	Pork				x			x						x											
110524	Filled chicken panini	Panini	Medium	Poultry			x	x	x		x	x					x											
503583	Ham-cheese panini	Panini	Low	Pork				x			x																	
503116	Hot chicken panini	Panini	Medium	Pork				x				x					x											
503121	Italian panini	Panini	High	Pork				x			x																	
503122	Mozzarella panini	Panini	Very low	Vegetarian (non-vegan)				x			x																	
503123	Norwegian panini	Panini	Medium	Fish				x			x									x								
503113	Panini Provencale	Panini	Medium	Vegetarian (non-vegan)				x			x																	
503120	Vegatable panini	Panini	Very low	Vegetarian (non-vegan)				x			x																	
110583	Grated cheese (for free with pasta cup) (from cow	Pasta	Medium	Vegetarian (non-							x																	

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versie 23 Apr 2026

Alma ID	Naam (EN)	Categorie	Ecoscore	Dieetoptie	Barley 1g	Oats 1h	Rye 1r	Wheat 1e	Peanuts 5	Eggs 3	Lupine 13	Milk 7	Mustard 10	Crustaceans 2	Celery 9	Sesame 11	Soy 6	Sulfit 12	Fish 4	Molluscs 14	Almond 8a	Hazelnut 8h	Walnut 8w	Cashew 8c	Pecan 8p	Para 8r	Pistachio 8i	Macedonia 8m	
	milk)			vegan)																									
704419	Pasta cup arrabiata sauce (L)	Pasta	Very low	Vegan				x					x		x			x											
704098	Pasta cup bolognese (L)	Pasta	High	Pork				x					x		x			x											
704101	Pasta cup carbonara (L)	Pasta	Medium	Pork				x			x																		
704105	Pasta cup forestiere (L)	Pasta	Medium	Pork				x			x																		
704099	Pasta cup mascarpone rosso (L)	Pasta	Very low	Vegetarian (non-vegan)				x	x		x																		
704425	Pasta cup mascarpone rosso (L)	Pasta	Very low	Vegetarian (non-vegan)				x	x		x																		
704102	Pasta cup primavera (L)	Pasta	Very low	Vegan				x																					
704103	Pasta cup puttanesca (L)	Pasta	Very low	Vegan				x																					
704673	Pasta cup with carbonara sauce (B)	Pasta		Pork				x			x																		
704672	Pasta cup with carbonara sauce (M)	Pasta		Pork				x			x																		
704097	Pasta cup with chicory, ham and cheese (L)	Pasta	Low	Pork				x			x																		
704104	Pasta cup with four types of cheese (L)	Pasta	Low	Vegetarian (non-vegan)				x			x																		
704423	Pasta cup with tomato garlic cream sauce (L)	Pasta	Very low	Vegetarian (non-vegan)				x			x																		
704181	Pasta pot with Italian tomato sauce (L)	Pasta	Very low	Vegetarian (non-vegan)				x			x																		
110712	Saladbar - potato salad	Salads		Weg					x			x																	
101170	Saladbar - sunflower seed	Salads		Weg																									
505853	Bruchetta	Sandwich		Vegetarian (non-vegan)				x	x		x																		
505856	Pita bread take-away	Sandwich		Poultry				x	x		x	x					x												
111119	Triangle sandwich with bacon and egg	Sandwich		Pork	x		x	x	x	x	x					x	x												
111120	Triangle sandwich with tomatoes and mozzarella	Sandwich		Vegetarian (non-vegan)	x		x	x	x	x	x					x	x												
505279	Ciabatta fitness with smoked salmon	Sandwiches	Medium	Fish		x		x			x					x			x										
503091	Ciabatta meatball	Sandwiches	Medium	Pork				x	x		x	x																	
505162	Ciabatta with brie, honey and pine nuts	Sandwiches	Low	Vegetarian (non-vegan)				x			x																		
505272	Ciabatta with carrot spread	Sandwiches	Very low	Vegan				x																					
505268	Ciabatta with chorizo	Sandwiches	Medium	Pork				x			x																		
505273	Ciabatta with grilled zucchini	Sandwiches	Very low	Vegan				x																					
503105	Ciabatta with mozzarella and tomato	Sandwiches	Very low	Vegetarian (non-vegan)				x			x																		

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505264	Ciabatta with North Sea schrimps	Sandwiches	Medium	Fish				x	x			x	x															
505266	Ciabatta with pastrami	Sandwiches	Medium	Beef				x	x			x	x															
505267	Ciabatta with serrano ham	Sandwiches	Medium	Pork				x	x			x																
505312	Club ciabatta with carrot spread	Sandwiches	Very low	Vegan				x																				
505306	Club ciabatta with North Sea schrimps	Sandwiches	Low	Fish				x	x			x	x															
504615	Club Fitness baguette with carrot spread	Sandwiches	Very low	Vegan				x								x	x											
505324	Club Fitness ciabatta with carrot spread	Sandwiches	Very low	Vegan	x			x								x												
505318	Club fitness ciabatta with North Sea schrimps	Sandwiches	Low	Fish	x			x	x			x	x			x												
505389	Club sandwich Americain	Sandwiches	Low	Beef				x	x			x																
502378	Club sandwich chicken curry	Sandwiches	Low	Poultry	x	x	x	x	x			x	x		x		x											
502392	Club sandwich with cheese & ham	Sandwiches	Low	Pork				x	x			x	x															
505048	Club sandwich with carrot-spread	Sandwiches	Very low	Vegan				x																				
502370	Club sandwich with cheese	Sandwiches	Low	Vegetarian (non-vegan)				x	x			x	x															
502367	Club sandwich with chicken hawaian	Sandwiches	Low	Poultry				x	x			x		x														
502374	Club sandwich with crab salad	Sandwiches	Medium	Fish				x	x			x	x						x									
505704	Club sandwich with curry hawai	Sandwiches	Very low	Vegan				x				x																
505772	Club sandwich with egg-salad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x																
505765	Club sandwich with eggecellence salad	Sandwiches	Very low	Vegan				x				x																
502371	Club sandwich with ham	Sandwiches	Low	Pork				x	x			x																
504568	Club sandwich with hummus	Sandwiches	Very low	Vegan				x								x												
505706	Club sandwich with no chick all sambasalad	Sandwiches	Very low	Vegan				x				x		x														
504992	Club sandwich with north sea shrimps	Sandwiches	Medium	Fish				x	x			x	x															
505724	Club sandwich with plant-based cheese	Sandwiches	Very low	Vegan				x	x			x																
502376	Club sandwich with salmon salad	Sandwiches	Low	Fish				x	x			x								x								
502375	Club sandwich with schrimp salad	Sandwiches	Medium	Fish				x	x			x	x	x						x								
505769	Club sandwich with sea salad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x																
505771	Club sandwich with slagersalad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x																
504569	Club sandwich with spicy hummus	Sandwiches	Very low	Vegan				x								x												

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versie 23 Apr 2026

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505763	Club sandwich with tune in salad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x																
502379	Club sandwich with vegetable salad	Sandwiches	Low	Vegetarian (non-vegan)				x	x			x		x														
110525	Filled foccacia mozzarella	Sandwiches	Medium	Vegetarian (non-vegan)			x	x	x		x	x				x												
505288	Fitness ciabatta carrot spread	Sandwiches	Very low	Vegan	x		x									x												
505284	Fitness ciabatta chorizo	Sandwiches	Medium	Pork	x		x				x					x												
505289	Fitness ciabatta grilled zucchini	Sandwiches	Very low	Vegan	x		x									x												
505280	Fitness ciabatta North Sea schrimps	Sandwiches	Low	Fish	x		x	x					x	x		x												
505282	Fitness ciabatta pastrami	Sandwiches	High	Beef	x		x	x	x		x	x				x												
505283	Fitness ciabatta serrano ham	Sandwiches	Medium	Pork	x		x	x	x		x					x												
503383	Fitness club sandwich hummus	Sandwiches	Very low	Vegan				x								x	x											
503384	Fitness club sandwich with spicy hummus	Sandwiches	Very low	Vegan				x								x	x											
503354	Fitness sandwich brie with honey and pine nuts	Sandwiches	Low	Vegetarian (non-vegan)	x		x				x					x												
503353	Fitness sandwich smoked salmon	Sandwiches	Medium	Fish				x			x					x	x	x										
503356	Fitness sandwich with carrot spread	Sandwiches	Very low	Vegan				x								x	x											
505670	Fitness sandwich with chicken breast and herbs	Sandwiches	Medium	Poultry				x								x	x											
505329	Fitness sandwich with chorizo	Sandwiches	Medium	Pork				x			x					x	x											
505550	Fitness sandwich with fresh cheese and herbs	Sandwiches	Low	Vegetarian (non-vegan)				x			x				x	x	x											
505330	Fitness sandwich with grilled zucchini	Sandwiches	Very low	Vegan				x								x	x											
504594	Fitness sandwich with humus original	Sandwiches	Very low	Vegan				x								x	x											
505326	Fitness sandwich with pastrami	Sandwiches	Medium	Beef				x	x		x	x				x	x											
504595	Fitness sandwich with spicy humus	Sandwiches	Very low	Vegan				x								x	x											
504896	Fitness serrano ham	Sandwiches	Medium	Pork				x	x		x					x	x											
504628	Healthy club baguette chicken curry	Sandwiches	Medium	Poultry	x	x	x	x	x		x	x			x	x	x											
503828	Little club sandwich with cheese	Sandwiches	Low	Vegetarian (non-vegan)				x	x		x	x																
503831	Little club sandwich with crab salade	Sandwiches	Medium	Fish				x	x		x	x	x						x									
503849	Little club sandwich with ham and cheese	Sandwiches	Low	Pork				x	x		x	x																
502348	Little sandwich with cheese	Sandwiches	Low	Vegetarian (non-				x			x																	

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versie 23 Apr 2026

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				vegan)																									
503538	Little sandwich with cheese and ham	Sandwiches	Medium	Pork				x			x																		
502349	Little sandwich with ham	Sandwiches	Low	Pork				x			x																		
504616	Multigrain sandwich with grey shrimps	Sandwiches	Low	Fish				x	x			x	x			x	x												
505045	Sandwich Caesar	Sandwiches	Medium	Poultry				x	x	x									x										
505403	Sandwich carpaccio	Sandwiches	Low	Beef				x	x	x								x											
503185	Sandwich martino	Sandwiches	Low	Beef				x	x			x					x												
503485	Sandwich mozzarella tomato	Sandwiches	Very low	Vegetarian (non-vegan)				x			x																		
503253	Sandwich with americain	Sandwiches	Low	Beef				x	x			x																	
503260	Sandwich with Brie and honey	Sandwiches	Low	Vegetarian (non-vegan)				x			x																		
503264	Sandwich with carrot spread	Sandwiches	Very low	Vegan				x																					
503165	Sandwich with cheese	Sandwiches	Low	Vegetarian (non-vegan)				x			x																		
503172	Sandwich with cheese & ham	Sandwiches	Low	Pork				x			x																		
503171	Sandwich with chicken curry	Sandwiches	Medium	Poultry	x	x	x	x	x	x	x	x	x	x	x	x	x	x											
503170	Sandwich with chicken Hawaiian	Sandwiches	Low	Poultry				x	x			x			x														
505327	Sandwich with chorizo	Sandwiches	Medium	Pork				x			x																		
503167	Sandwich with crab salad	Sandwiches	High	Fish				x	x			x	x						x										
505649	Sandwich with curry hawai	Sandwiches	Very low	Vegan				x				x																	
503163	Sandwich with egg salad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x																	
505629	Sandwich with eggecellence salad	Sandwiches	Very low	Vegan				x				x																	
505331	Sandwich with grilled zucchini	Sandwiches	Very low	Vegan				x																					
503166	Sandwich with ham	Sandwiches	Low	Pork				x																					
503174	Sandwich with meatball	Sandwiches	Medium	Pork				x	x	x	x																		
505619	Sandwich with no chick all sambasalad	Sandwiches	Very low	Vegan				x				x			x														
502395	Sandwich with north sea shrimps	Sandwiches	Medium	Fish				x				x	x																
505569	Sandwich with omelette and fine herbs	Sandwiches	Medium	Vegetarian (non-vegan)				x	x																				
505293	Sandwich with pastrami	Sandwiches	Medium	Beef				x	x	x	x																		
505609	Sandwich with plant-based cheese	Sandwiches	Very low	Vegan				x																					
505405	Sandwich with pork roast mustard salad	Sandwiches	High	Pork				x	x			x																	
503169	Sandwich with salmon salad	Sandwiches	Low	Fish				x	x			x								x									
503168	Sandwich with schrimp salad	Sandwiches	Medium	Fish				x	x			x	x							x									

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versie 23 Apr 2026

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505599	Sandwich with sea salad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x				x	x											
504900	Sandwich with serrano ham	Sandwiches	Medium	Pork				x	x		x																	
505589	Sandwich with slagersalad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x																
502394	Sandwich with smoked salmon	Sandwiches	Medium	Fish				x			x								x									
505639	Sandwich with tune in salad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x																
503257	Sandwich with vegetable salad	Sandwiches	Low	Vegetarian (non-vegan)				x	x			x				x												
505760	Tiger club sandwich with curry hawai	Sandwiches	Very low	Vegan				x				x																
505764	Tiger club sandwich with eggecellence salad	Sandwiches	Very low	Vegan				x				x																
505766	Tiger club sandwich with no chick all sambasalad	Sandwiches	Very low	Vegan				x				x				x												
505768	Tiger club sandwich with sea salad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x																
505770	Tiger club sandwich with slagersalad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x																
505762	Tiger club sandwich with tune in salad	Sandwiches	Very low	Vegetarian (non-vegan)				x	x			x																
504998	Waldkorn sandwich with smoked salmon	Sandwiches	Medium	Fish	x	x	x	x	x							x			x									
110531	Beef bacon burger	Snacks		Beef	x			x	x		x																	
505398	Bicky burger	Snacks	High	Beef	x			x				x				x												
505857	Bitter balls	Snacks		Meat	x			x									x											
505908	Borek	Snacks		Vegetarian (non-vegan)				x	x		x																	
505486	Borek with potatoes	Snacks		Vegan				x																				
505487	Borek with spinach and cheese	Snacks		Vegetarian (non-vegan)				x				x																
505907	Borek with spinach and feta	Snacks		Vegetarian (non-vegan)				x	x		x																	
110532	Burger chicken cheddar	Snacks	Medium	Poultry	x			x	x		x	x						x										
505954	Flatbread chickenkebap	Snacks		Poultry				x	x		x	x					x											
505955	Flatbread met groenten	Snacks		Vegetarian (non-vegan)				x	x		x	x																
505849	Full loaded nacho	Snacks		Beef				x			x						x											
505850	Full loaded nacho sin carne	Snacks		Vegetarian (non-vegan)				x			x						x											
110482	Ham and cheese snack	Snacks		Pork	x			x	x		x	x			x													
503530	Hot dog	Snacks	Low	Meat				x			x	x			x													

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versie 23 Apr 2026

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111367	Hot wrap raclette	Snacks		Vegetarian (non-vegan)				x				x																
505855	Laquered chicken wings with coleslaw	Snacks		Poultry						x		x	x															
505402	Meat ball	Snacks	High	Pork				x				x																
704574	Muffin with chickpeas	Snacks		Vegetarian (non-vegan)						x																		
704572	Multigrain sandwich with curry and vol au vent	Snacks		Poultry				x	x	x					x	x	x											
110527	Oval multigrain pizza	Snacks	Medium	Vegetarian (non-vegan)	x		x	x				x																
505163	Pancake with sugar	Snacks	Very low	Vegetarian (non-vegan)				x	x			x																
704569	Patatas bravas	Snacks		Vegetarian (non-vegan)						x			x															
110526	Pizza Toscane with mozzarella	Snacks	Medium	Vegetarian (non-vegan)				x				x																
704571	Quiche with vegetables	Snacks		Vegetarian (non-vegan)				x	x	x					x													
704570	Quiche with vegetables and ham	Snacks		Pork				x	x	x					x													
100041	Sausage roll	Snacks	High	Meat				x									x											
505951	Saussageroll	Snacks		Vegetarian (non-vegan)				x	x								x											
505854	Sushi	Snacks		Poultry					x				x				x											
505394	Toast with omelette	Snacks	Medium	Vegetarian (non-vegan)				x	x	x							x											
505977	Toasted sandwich with Nutella	Snacks		Vegetarian (non-vegan)	x	x	x	x				x				x	x						x					
505950	Veggie cheesesnack	Snacks		Vegetarian (non-vegan)				x	x			x	x				x											
110206	Andalusian tomato soup (B)	Soup	Very low	Vegetarian (non-vegan)				x				x			x													
110661	Asparagus soup (B)	Soup	Very low	Vegetarian (non-vegan)				x	x			x			x													
110217	Broccoli soup (B)	Soup	Very low	Vegetarian (non-vegan)				x				x			x													
110214	Brunoise soup (B)	Soup	Very low	Vegan				x							x													
110663	Carrot ginger soup (B)	Soup	Very low	Vegetarian (non-vegan)								x																
110205	Carrot soup (B)	Soup	Very low	Vegetarian (non-vegan)				x				x																

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Alma ID	Naam (EN)	Categorie	Ecoscore	Dieetoptie	Barley 1g	Oats 1h	Rye 1r	Wheat 1e	Peanuts 5	Eggs 3	Lupine 13	Milk 7	Mustard 10	Crustaceans 2	Celery 9	Sesame 11	Soy 6	Sulfite 12	Fish 4	Molluscs 14	Almond 8a	Hazelnut 8h	Walnut 8w	Cashew 8c	Pecan 8p	Para 8r	Pistachio 8i	Macedonia 8m
				vegan)																								
110201	Cauliflower soup (B)	Soup	Very low	Vegetarian (non-vegan)				x	x	x					x													
110219	Celeriac soup (B)	Soup	Very low	Vegetarian (non-vegan)				x			x				x													
110662	Chervil cream soup (B)	Soup	Very low	Vegetarian (non-vegan)				x	x	x																		
110216	Chervil soup (B)	Soup	Very low	Vegan				x							x													
110385	Clear chicken soup (B)	Soup	Very low	Poultry				x	x	x					x	x												
110387	Clear vegetables soup with meat balls (B)	Soup	Medium	Meat				x	x			x			x	x												
110207	Creamy chicory soup (B)	Soup	Low	Vegetarian (non-vegan)				x	x	x																		
110209	Creamy leek soup (B)	Soup	Low	Vegetarian (non-vegan)				x	x	x					x													
110218	Creamy parsnip soup (B)	Soup	Very low	Vegetarian (non-vegan)								x																
110204	Creamy tomato soup (B)	Soup	Very low	Vegan				x							x													
110628	Harissa soup (B)	Soup	Very low	Vegetarian (non-vegan)					x						x													
110208	Indian curry soup (B)	Soup	Very low	Vegetarian (non-vegan)					x				x		x													
110914	Leek soup (B)	Soup	Very low	Vegan				x							x													
110213	Minestrone (B)	Soup	Very low	Vegan				x							x													
110202	Mushroom soup (B)	Soup	Medium	Vegetarian (non-vegan)								x																
110384	Onion soup " Soubize" (B)	Soup	Low	Vegetarian (non-vegan)				x	x	x					x		x											
110915	Paprika soup (B)	Soup	Very low	Vegan				x							x													
110211	Potato leek soup (B)	Soup	Very low	Vegetarian (non-vegan)				x			x																	
110210	Pumpkin soup (B)	Soup	Very low	Vegan				x				x			x													
110910	Queens soup (B)	Soup	Very low	Poultry				x	x	x					x													
110215	Sweet pepper soup (B)	Soup	Very low	Vegetarian (non-vegan)				x			x				x													
110947	Tomato mascarpone soup (B)	Soup	Low	Vegetarian (non-vegan)								x																

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Alma ID	Naam (EN)	Categorie	Ecoscore	Dieetoptie	1g	1h	1r	1t	5	3	13	7	10	2	9	11	6	12	4	14	8a	8h	8w	8c	8p	8r	8i	8m
					Barley	Oats	Rye	Wheat	Peanuts	Eggs	Lupine	Milk	Mustard	Crustaceans	Celery	Sesame	Soy	Sulfite	Fish	Molluscs	Almond	Hazelnut	Walnut	Cashew	Pecan	Para	Pistachio	Macaedemia
110203	Vegetable soup (B)	Soup	Very low	Vegan											x													
110212	Watercress soup (B)	Soup	Very low	Vegetarian (non-vegan)							x																	
505186	Caesar wrap (in foil)	Wraps	Low	Poultry				x	x	x	x								x									
505414	Chicken burrito	Wraps	Low	Poultry				x		x							x											
503137	Chicken cubes wrap (in box)	Wraps	Low	Poultry				x		x																		
505049	Chicken curry and hummus wrap (in box)	Wraps	Low	Poultry				x	x			x			x	x	x											
505852	Grilled wrap with mushrooms, feta cheese and ruola	Wraps		Vegetarian (non-vegan)				x			x																	
503207	Ham cubes wrap (in box)	Wraps	High	Pork				x			x																	
505050	Hummus and curry wrap (in box)	Wraps	Very low	Vegan				x								x												
503398	Hummus wrap (in box)	Wraps	Very low	Vegan				x								x												
505415	Vegetable burrito	Wraps	Low	Vegetarian (non-vegan)				x			x						x											
505377	Wrap with smoked salmon (in foil)	Wraps	Very low	Fish				x	x	x	x								x									
110692	Wrap falafel with beetroot	Wraps	Low	Vegan				x									x											
505192	Wrap vegan (in foil)	Wraps	Low	Vegan				x								x												
503136	Wrap with smoked salmon (in box)	Wraps	Low	Fish				x			x								x									