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versie 09 Feb 2024

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 11	Soy 6	Sulfite 12	Fish 4	Molluscs 14	Almond 8a	Hazelnut 8h	Walnut 8w	Cashew 8c	Pecan 8p	Para 8r	Pistachio 8i	Macademia 8m	
110279	Bowl caesar salad	Bowl	B	Meat	x			x	x	x	x	x		x					x										
110282	Bowl falafel	Bowl	A	Vegetarian				x	x			x		x	x														
505383	Bowl gnocchi with chicken	Bowl		Meat				x	x	x																			
505381	Bowl ham and red cabbage	Bowl		Meat					x			x																	
110277	Bowl melon and bacon	Bowl	C	Meat					x			x						x											
505382	Bowl spirelli with winter vegetables	Bowl		Vegetarian				x	x	x	x	x																	
110319	Bowl with penne and mozzarella	Bowl	B	Vegetarian				x			x																		
110748	Fresh spring bowl with cheese and ham	Bowl		Meat					x		x	x			x														
110747	Grec bowl with pasta	Bowl		Vegetarian				x			x							x											
505437	Jar with beetroot, soy, tofu and quinoa	Bowl		Vegetarian												x	x												
505438	Jar with chicken, pearl couscous and coconut	Bowl		Meat				x	x	x	x							x	x										
505439	Jar with salmon, tomato, cauliflower and pasta	Bowl		Fish				x	x	x	x			x					x										
110746	Oriental bowl with chicken	Bowl		Meat					x					x				x											
704359	Salad with chickpeas, mint and chicken strips	Bowl	B	Meat					x	x	x	x		x			x		x										
100353	Apple flap	Breakfast		Vegetarian				x			x																		
105792	Apple pie	Breakfast		Vegetarian				x	x		x																		
100354	Apricot flap	Breakfast		Vegetarian				x			x																		
800562	Bio yogurt	Breakfast		Vegetarian						x																			
105816	Brownie	Breakfast		Vegetarian					x	x							x												
105790	Cherry turnover	Breakfast						x			x																		
105802	Choco almighty donut	Breakfast		Vegetarian				x			x						x												
110343	Chocolade donut	Breakfast		Vegetarian				x			x																		
108204	Chocolate muffin	Breakfast		Vegetarian				x	x	x							x												
100352	Chocolate pastry	Breakfast		Vegetarian				x	x	x							x												
105799	Croissant	Breakfast		Vegetarian				x	x	x																			
108572	Donut banana	Breakfast		Vegetarian				x			x						x												
108571	Donut funfetty	Breakfast		Vegetarian				x			x						x												

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110338	Donut with sugar	Breakfast		Vegetarian			x				x					x												
108524	Eclair	Breakfast		Vegetarian			x		x	x						x												
105787	Figure-of-eight pastry	Breakfast		Vegetarian			x		x	x						x												
100358	Frangipane tartlet	Breakfast		Vegetarian			x		x	x											x							
105800	Goldenfry donut	Breakfast		Vegetarian			x									x												
100359	Matten tart	Breakfast		Vegetarian			x		x	x											x							
108123	Mini muffin	Breakfast		Vegetarian			x		x																			
110788	Mini muffin apple	Breakfast		Vegetarian			x		x																			
110813	Muffin stracciatella	Breakfast		Vegetarian			x		x	x						x												
504653	Muffin with Nutella	Breakfast		Vegetarian			x		x	x						x						x						
503227	Multigrane pizza	Breakfast		Vegetarian			x		x	x											x							
104356	Organic yoghurt	Breakfast		Vegetarian							x																	
108532	Pecan pastry	Breakfast		Vegetarian			x		x	x														x				
108209	Pinky donut	Breakfast		Vegetarian			x									x												
110337	Pinky donut strawberry	Breakfast		Vegetarian			x			x						x												
105785	Raisin pastry	Breakfast		Vegetarian			x		x	x																		
100360	Rice tart	Breakfast		Vegetarian			x		x	x																		
105788	Twist pastry	Breakfast		Vegetarian			x		x	x						x												
108203	Vanilla muffin	Breakfast		Vegetarian			x		x	x																		
505391	Yoghurt with cornflakes	Breakfast	B	Vegetarian	x						x																	
505390	Yoghurt with fruit salad	Breakfast	A	Vegetarian							x			x														
505392	Yoghurt with granola	Breakfast	B	Vegetarian	x	x					x																	
505393	Yoghurt with muesli	Breakfast	A	Vegetarian	x	x	x	x			x																	
108797	BBQ eiwitcomponent - halloumi	Componenten: vegetarisch eiwit		Vegetarian							x																	
108561	BBQ eiwitcomponent - worst met tuinkruiden	Componenten: vegetarisch eiwit		Vegetarian			x		x							x												
103842	BBQ - kippendrumstick	Componenten: vlees/vis eiwit		Meat			x				x																	
110733	BBQ eiwitcomponent - chipolata	Componenten: vlees/vis eiwit		Meat			x																					
110732	BBQ eiwitcomponent - kalkoenbrochette met paprika	Componenten: vlees/vis eiwit		Meat																								
103168	BBQ eiwitcomponent - merguez worst	Componenten: vlees/vis eiwit		Meat																								

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108771	Apple	Dessert		Vegan																								
108728	Apricots tart	Dessert		Vegetarian				x			x																	
107553	Banana	Dessert		Vegan																								
100395	Bararian cream with raspberry	Dessert		Vegetarian				x	x		x																	
505397	Brussels waffle with powdered sugar	Dessert		Vegetarian				x	x								x											
505396	Brussels waffle with whipped cream	Dessert		Vegetarian				x	x		x						x											
107741	Caramel pudding	Dessert		Vegetarian								x																
110493	Chocolate mousse	Dessert		Vegetarian				x	x		x						x					x						
108711	Chocolate mousse tart	Dessert		Vegetarian				x	x		x						x											
106078	Chocolate pudding	Dessert		Vegetarian								x																
108709	Classic carrot cake	Dessert		Vegetarian				x	x		x												x					x
110793	Crazy carrot cake	Dessert		Vegetarian				x	x		x												x					
108712	Forest fruit tart	Dessert		Vegetarian				x	x		x																	
106827	Fresh fruit salad	Dessert		Vegan												x												
505342	Fresh Liege waffle	Dessert		Vegetarian				x	x																			
800574	Fruit	Dessert		Vegan																								
505489	Home made cappuccino mousse	Dessert		Vegetarian				x	x		x																	
505436	Home made chocolate mousse	Dessert		Vegetarian								x					x											
505510	Home made christmas dessert	Dessert						x	x		x						x											
505493	Home made parfait with pumpkin and buckthorn berry	Dessert		Vegetarian						x		x																
505751	Home made Valentine dessert	Dessert		Vegetarian								x					x											
100385	Javanais tart	Dessert		Vegetarian				x	x		x						x					x						
106922	Orange	Dessert		Vegan																								
106905	Pear	Dessert		Vegan																								
108724	Rice tart ( whole tart )	Dessert		Vegetarian				x	x		x																	
110492	Tiramisu	Dessert		Vegetarian				x	x		x						x											
110789	Tiramisu	Dessert		Vegetarian				x	x		x																	
106077	Vanilla pudding	Dessert		Vegetarian								x																

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704141	Ardennes pork roast with mustard sauce, chicory and parsley potatoes	Dish		Meat				x				x	x					x										
704398	BBQ met vegetarische worst en halloumi	Dish		Vegetarian				x	x		x	x			x		x	x										
704397	BBQ with chicken drumstick and merguez sausage (EVENING)	Dish		Meat				x	x		x	x			x		x	x										
704396	BBQ with chipolata en turkey brochette (EVENING)	Dish		Meat				x	x		x	x			x		x	x										
704373	Bird's nest with pepper sauces, princess beans and mashed potatoes	Dish	B	Meat				x	x		x				x				x		x							
704218	Birdsnests with tomatosauce, yellow wax beans and mahed potatoes	Dish	B	Meat				x	x		x																	
704222	Breaded pollak, remoulade sauce, side dish salad and mashed potatoe	Dish	D	Fish				x	x		x	x							x									
704305	Caramelised chicken strips with cucumber	Dish	C	Meat									x		x													
704393	Cauliflower burger with tomato mascarpone sauce and rainbow carrots	Dish		Vegetarian				x	x		x					x												
704225	Cauliflower burger, romanesco broccoli, vegetarian gravy and potatoes	Dish		Vegetarian				x	x		x					x	x											
704318	Cauliflower tandoori and Quorn	Dish		Vegetarian					x	x											x							
704201	Cheese croquettes with Romanesco	Dish		Vegetarian	x			x				x					x											

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	broccoli and mashed potatoes																											
704488	Cheese croquettes with coloured carrots	Dish		Vegetarian				x				x																
704135	Cheese croquettes with Romanesco broccoli	Dish		Vegetarian	x			x	x		x	x					x											
704202	Cheese Croquettes with Romanesco broccoli and French fries	Dish		Vegetarian	x			x				x					x											
704339	Cheese croquettes with tomato sauce and stewed carrots	Dish	B	Vegetarian	x			x				x					x											
704439	Chicken ballotin with chicory and cranberries	Dish		Meat				x	x		x				x			x			x		x					
704306	Chicken breast with beans and mashed potatoes	Dish		Meat				x				x					x											
704149	Chicken breast with green pepper sauce, broccoli and rice	Dish		Meat				x				x			x		x	x				x		x				
704415	Chicken breast with romanesco, jus and potatoes	Dish		Meat				x				x					x											
704491	Chicken breast with sauce, carrots and little potatoes	Dish		Meat				x				x					x											
704307	Chicken drumsticks with curry sauce and rice	Dish		Meat				x	x		x	x			x													
704223	Chicken drumsticks, gravy, carrot cubes and potatoes	Dish		Meat				x				x					x											
704193	Chicken fillet, peas, pommes duchesne	Dish	C	Meat				x				x					x											
701732	Chicken leg with apple sauce and jacked potatoes	Dish		Meat				x	x		x	x			x		x											
704338	Chicken leg with curry sauce, rice	Dish	D	Meat				x	x		x	x			x													

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	and vegetables																											
704139	Chicken leg with rainbow carrots in curry sauce and jacket potatoes	Dish		Meat				x	x		x	x			x		x											
704203	Chicken skewer with apple sauce and potatoe croquettes	Dish	B	Meat				x	x																			
704322	Chicken skewer with apple sauce and potatoe wedges	Dish		Meat																								
704309	Chicken stir-fry with Chinese cabbage (EVENING)	Dish	B	Meat				x	x						x		x		x	x								
704143	Chicken tikka masala with basmati rice	Dish		Meat								x												x				
704501	Chicken tikka masala with linguine	Dish		Meat				x	x		x				x									x				
704207	Chicon gratin with mashed potatoes	Dish		Meat				x	x		x	x							x									
704144	Chili con carne	Dish		Meat				x																				
704269	Chili sin care with brown rice	Dish		Vegan				x										x										
704358	Chili sin carne with red kidneybeans	Dish		Vegetarian				x							x		x											
704221	Chili sin carne with rice	Dish		Vegetarian				x										x										
704245	Chili sin carne with vegetables Sombrero	Dish	A	Vegetarian				x							x		x											
704440	Christmas menu 2023 with plant-based burger	Dish		Vegetarian	x			x	x		x								x									
704219	Cili con carne with rice	Dish		Meat				x																				
704308	Club sandwich steak tartare	Dish		Vegetarian				x			x				x		x	x										
704450	Cordon bleu with onion mustard sauce, salad and potatoes	Dish						x			x	x			x				x									
704371	Cordon bleu with onion mustard sauce,	Dish	B	Meat				x			x	x							x									

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	string-beans and potatoes																											
704487	Courgette cake with goat cheese and salad	Dish		Vegetarian				x	x		x	x																
704216	Crispy chicken fillet with peas, carrots and potatoes	Dish	B	Meat	x		x				x			x		x												
704172	Crunchy cheese croquettes with salad and fries	Dish	B	Vegetarian	x			x	x		x	x					x											
704366	Egg roll with curry sauce and rice with vegetables	Dish	C	Vegetarian				x	x		x	x			x													
704227	Falafal wrap, with a cucumber salad, garlic sauce and french fries	Dish	A	Vegetarian				x	x		x	x																
704206	Famous Alma Burger, salad and potatoes wedges	Dish	B	Meat	x			x				x	x			x												
704475	Famous Alma Burger, salad and potatoes wedges	Dish	B	Meat	x			x	x		x	x				x												
704326	Famous Alma Burger, salad and potatoes wedges	Dish	A	Vegan	x			x				x				x												
704476	Famous Alma Burger, salad and potatoes wedges	Dish	A	Vegan				x				x				x												
704159	Farfalle with mascarpone rosso sauce	Dish	A	Vegetarian				x	x		x																	
704380	Farfalle with tomato and garlic sauce (NOON)	Dish	A	Vegetarian				x				x																
704342	Filled bell pepper with quinoa and feta	Dish	A	Vegetarian								x			x													
704327	Fish 'catch of the day'	Dish	D	Fish				x				x	x						x	x								
704246	Fish and chips	Dish	C	Fish				x	x		x	x								x								
704192	Fish brochette with sauce	Dish		Fish				x				x							x	x								

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	provencale and broccoli rice																											
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								
704364	Fish fillet gratino with courgettes and mashed potatoes	Dish	C	Fish				x			x				x					x								
704184	Fish stick met spinazie en provencaalse saus	Dish		Fish				x			x								x	x								
704336	Fishstick remoulade with salad and baked potatoes	Dish	C	Fish				x	x			x								x								
704319	Fried goat s cheese with lentil salad and roti	Dish		Vegetarian				x			x					x												
704228	Fries rice roll with vegetable rice and white cabbage salad	Dish		Meat				x	x			x			x		x	x										
704162	Grandma's stew with fries and salad	Dish		Meat	x			x	x			x			x					x								
100271	Grated cheese (for free with spaghetti bolognaise) (from cow milk)	Dish	C	Vegetarian								x																
704176	Greek moussaka with salad	Dish		Meat				x				x			x													
704194	Grilled country sausage, cauliflower with cheese sauce, steamed potatoes	Dish		Meat				x	x		x							x										
704205	Hachis Parmentier "bolognese"	Dish		Meat				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	Dish	D	Meat				x				x								x								
704365	Half chicken with salad and	Dish	D	Meat				x				x			x						x		x					



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	archiduc sauce																											
704150	Ham rolls with cheese sauce and mashed potatoes	Dish		Meat				x	x	x	x							x										
704151	Hamburger with cauliflower in hunter's sauce and potatoes	Dish		Meat				x	x	x					x				x									
704167	Hungarian turkey goulash with mashed potatoes and salad	Dish		Meat				x	x	x					x													
704315	Italian chicken breast with broccoli	Dish		Meat				x	x	x								x										
704498	Italian chicken breast with butter beans	Dish		Meat				x	x	x								x										
704411	Italian chicken brest with cauliflower au gratin	Dish		Meat																								
704313	Japanese yakitori chicken skewers with cucumber salad	Dish		Meat				x	x		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		Meat				x			x					x	x											
704148	Lamsstoofvlees prov saus snijbo gr pasta	Dish		Meat				x			x								x									
704155	Lasagne	Dish	C	Meat				x	x	x					x													
704208	Macaroni turkey ham & chesse casserole	Dish		Meat				x	x	x																		
704502	Macaroni with ham, chesse and cauliflower	Dish		Meat				x	x	x																		
704169	Meat balls with sauce Liegeois, salad and rice	Dish		Meat				x											x									
704170	Meatballs in a creamy pepper sauce with beans and croquettes	Dish		Meat				x	x	x					x				x		x	x						

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704177	Meatballs in green pepper sauce with beans and mashed potatoes	Dish		Meat				x				x			x			x			x		x					
704166	Meatballs in mustard sauce with beans and croquettes	Dish		Meat				x		x		x	x					x										
704171	Meatballs in tomato sauce with beans and croquettes	Dish		Meat				x		x		x																
704195	Meatballs in tomato sauce, broken string beans and mashed potatoes	Dish	B	Meat				x				x																
704175	Meatballs with sauce Liegeois, salad and croquettes	Dish		Meat				x		x								x										
704243	Meatballs with tomato sauce, broccoli and mashed potatoes	Dish	A	Vegetarian				x		x		x	x		x		x											
704416	Meatballs, green pepper sauce, beans and mashed potatoes	Dish		Meat				x				x			x			x			x		x					
703502	Mince roll with beans and potatoes	Dish	C	Meat				x				x	x				x											
704361	Minced steak with baked romanesco vegetables	Dish	C	Meat				x				x						x										
704335	Minced steak with coliflower, Mornay sauce and potatoes	Dish	B	Meat				x				x						x										
704418	Minced steak with spinach in cream and potatoes	Dish		Meat				x				x						x										
704209	Moroccan tagine with Greek pasta	Dish	A	Vegetarian				x																				
704500	No beef burger with peas and baked potatoes	Dish		Vegetarian	x			x				x						x										

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704435	ORDAY Vol-au-vent with salad and french fries	Dish	B	Meat				x	x	x					x													
704302	Oven-baked gnocchi with courgette and rosemary	Dish	A	Vegetarian				x	x	x					x													
704367	Pangasius filet, oven-roasted tomato, hollandaise sauce and potatoes	Dish	D	Fish				x	x	x									x									
704474	Pangasius with broccoli, Hollandaise sauce and potatoes	Dish	E	Fish				x	x	x									x									
704248	Pangasius with oven tomatoe, Hollandaise sauce and wedges	Dish	E	Fish				x	x	x									x									
704347	Pangasius with oven tomatoe, mascarpone sauce and rice	Dish		Fish				x	x	x									x									
704383	Penne carbonara (NOON)	Dish	B	Meat				x		x																		
704157	Penne mascarpone rosso	Dish		Vegetarian				x		x					x													
704158	Penne pesto verde	Dish		Vegetarian				x	x	x																		
704384	Penne with Italian sauce (NOON)	Dish		Vegetarian				x		x																		
704217	Pita with garlic sauce, salad and baked potatoes	Dish	B	Meat				x	x	x	x																	
704337	Plant-based seastick with sauce and vegetables	Dish	A	Vegan				x																				
704363	Plant-based seastick with whole grain penne and vegetable sauce	Dish	A	Vegan				x																				
704312	Portobello mushroom burger with potato slices	Dish		Vegetarian				x	x	x	x	x				x	x											
704301	Portobello mushrooms	Dish		Vegetarian							x				x													

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	stuffed with quinoa and feta cheese																											
704370	Poultry sausage with applesauce and croquettes	Dish	B	Meat				x	x																			
704413	Quiche met prei en mozzarella, geb. aardapp. en groenten	Dish		Vegetarian				x	x	x					x													
704183	Quinoa burger with carrots and peas	Dish		Vegetarian							x				x		x					x						
704334	Quorn burger with fried celeriac, mashed potatoes	Dish	A	Vegetarian				x	x	x					x		x											
704240	Quornburger met koolrabi en puree	Dish		Vegetarian				x	x	x							x											
704499	Quornburger with baked celery root and potatoes	Dish		Vegetarian				x	x	x					x		x											
704197	Quornburger with red cabbage and potatoes	Dish		Vegetarian				x	x	x							x											
704321	Risotto with mushrooms	Dish		Vegetarian					x		x								x									
704204	Rolls of plaice with a mousse of salmon, grilled tomato, Hollandaise sauce and potatoes	Dish		Fish						x	x									x								
704300	Salmon and peas frittata	Dish	B	Fish						x	x									x								
704314	Salmon and quorn frittata	Dish		Vegetarian				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								
704173	Sausage with red cabbage and fries	Dish		Meat									x		x				x									
704299	Schnitzel cordon bleu with	Dish	B	Meat				x	x	x	x				x				x									

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	vegetable puree																											
704198	Schnitzel with carrots, and parsley potatoes	Dish	A	Vegetarian				x	x	x				x		x												
704317	Shakshuka, feta cheese with tomato sauce and egg	Dish		Vegetarian				x	x	x	x						x											
704410	Soy burger with ratatouille	Dish		Vegan	x			x									x											
704196	Soya Stew, side dish salad, french fries	Dish		Vegetarian				x	x	x	x						x	x										
704164	Spaghetti bolognese	Dish	C	Meat				x					x		x				x									
704165	Spaghetti bolognese.	Dish	A	Vegan				x							x		x	x										
704161	Spareribs stroganoff with fries and salad	Dish		Meat				x			x	x					x	x										
704381	Spirelli arabiatta (NOON)	Dish	A	Vegan				x																				
704382	Spirelli with chicken, curry and apple sauce (NOON)	Dish	B	Meat				x	x	x	x			x			x											
704395	Steak met pepersaus en slaatje	Dish	D	Meat				x			x			x				x			x	x						
704324	Steak with pepper sauce and chicory	Dish	D	Meat				x	x	x	x			x				x			x	x						
704394	Steak with pepper sauce, salad and french fries	Dish	D	Meat				x	x	x	x			x				x			x	x						
704168	Stuffed courgette with ratatouille	Dish		Vegetarian							x			x			x	x										
704174	Stuffed meat rolls in red wine sauce with forgotten vegetables and celeriac mash	Dish		Meat				x			x	x		x				x										
704156	Sweet and sour chicken with vegetables and rice with sultanas	Dish		Meat													x											
704310	Tabbouleh with chickpeas and tomato	Dish		Vegetarian				x			x								x									x

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704142	Tajine with lamb and bulgur	Dish		Meat				x																				
704492	Tanagra with duglere sauce en mashed potatoes with leek	Dish	C	Fish				x			x		x	x					x									
704360	Tanagra with duglere sauce en mashed potatoes with spinach	Dish	C	Fish				x			x		x	x					x									
704311	Thai fish curry with hoki and tomato	Dish		Fish							x			x					x									
704412	Tiroler schnitzel with pepper sauce, beans and mashed pot.	Dish		Meat				x			x			x				x			x	x						
704140	Turkey roast with broccoli, mushrooms and potato gratin	Dish		Meat				x			x			x				x			x	x						
704152	Turkey roast with peas, mushroom sauce and potato gratin	Dish		Meat				x			x			x				x			x	x						
704473	Turkey schnitzel cordon bleu with beans, mustard sauce and potatoes	Dish	B	Meat				x	x		x	x		x				x										
704497	Turkey schnitzel cordon bleu with vegetable puree	Dish	B	Meat				x	x		x	x		x				x										
704496	Valentijn diner 14/2 evening Alma2 - see almaction.be-price p.p.	Dish		Meat																								
704153	Veal blanquette with mashed potatoes	Dish		Meat				x	x		x			x														
704341	Vegan burger with potatoes	Dish		Vegan				x	x		x	x				x												
704138	Vegan curry with sweet potato	Dish	A	Vegan				x				x																
704214	Vegan gyros with pilaf rice	Dish		Vegan														x										
704270	Vegan slices mediterranean	Dish		Vegan														x										
704493	Vegetable burger with	Dish	A	Vegan				x	x		x			x														

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	gnocchi and spinach																											
704211	Vegetable disch parmentier, vegetarian Bolognese sauce	Dish		Vegetarian				x			x			x		x	x											
704356	Vegetable lasagna with piccolo	Dish	B	Vegetarian				x	x		x																	
704230	Vegetable moussaka	Dish	B	Vegetarian							x			x		x	x											
704374	Vegetable quiche with vine tomatoes and diced potatoes	Dish	B	Vegetarian	x			x	x		x																	
704472	Vegetable spring rolls with curry sauce and vegetable rice	Dish	C	Vegetarian				x	x		x	x			x		x											
704212	Vegetable spring rolls with sweet and sour sauce and rice	Dish	C	Vegetarian				x	x		x	x			x													
704372	Vegetable stew with beans and freekeh	Dish	A	Vegetarian				x	x		x				x													
704160	Vegetable tagine with Greek pasta	Dish		Vegetarian				x																				
704362	Vegetarian Hungarian goulash with bulgur	Dish	A	Vegetarian	x			x	x						x		x											
704323	Vegetarian hungarian goulash with rice	Dish	C	Vegetarian	x			x	x						x		x											
704146	Vegetarian meatballs in tomato sauce with beans and bulgur	Dish		Vegetarian				x	x		x						x											
704137	Vegetarian meatballs in tomato sauce with beans and mashed potatoes	Dish		Vegetarian				x	x		x						x											
704220	Vegetarian Nasi Goreng	Dish		Vegetarian					x		x				x		x											
704215	Vegetarian paella	Dish		Vegetarian																								
704226	Vegetarian Quiche, winter salad, baked potatoes	Dish	B	Vegetarian	x			x	x		x																	

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704357	Vegetarian stew with freekeh and chickpeas	Dish		Vegetarian					x			x			x													
704244	Veggie cubes with curry, pineapple and vegetable rice	Dish		Vegetarian								x	x				x											
704247	Veggie pita with garlic sauce and baked potatoes	Dish		Vegetarian				x	x		x	x																
704163	Vol-au-vent with salad and french fries	Dish		Meat				x	x		x	x			x													
704200	Vol-au-vent, salad side dish and mashed potatoes	Dish	B	Meat				x	x		x				x													
704417	Wheat-schnitzel, cauliflower, cream sauce and potatoes	Dish		Vegetarian				x	x		x				x		x											
704304	Wok with chicken, udon noodles and teriyaki sauce	Dish	B	Meat				x	x							x	x	x										
704320	Wok with pork meat (EVENING)	Dish	D	Meat				x									x	x										
704399	Wrap with chicken and warm vegetables	Dish		Meat				x	x		x	x			x		x	x										
105172	Butter	Diversen		Vegetarian								x																
100341	Piccolo	Diversen		Vegan				x																				
100338	Sandwich	Diversen		Vegetarian				x			x																	
800751	Sweets	Diversen																										
109875	Alpro caffe with almond	Drinks		Vegetarian																		x						
109874	Alpro caffe with caramel	Drinks		Vegetarian													x											
101574	Aquarius lemon can	Drinks																										
101575	Aquarius lemon pet	Drinks																										
101576	Aquarius orange can	Drinks																										
109246	Aquarius orange pet 50 cl	Drinks																										
107265	Aquarius red peach	Drinks																										
503520	Cappuccino	Drinks										x				x												
110720	Cecemel pet 30 CL	Drinks										x																
105327	Chaudfontaine 50 cl pet	Drinks																										



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109340	Chaudfontaine fusion lemon	Drinks																												
109598	Chaudfontaine fusion raspberry	Drinks																												
105322	Chaudfontaine sparkling 50 cl pet	Drinks																												
101517	Coca cola can 33 cl	Drinks																												
101539	Coca cola pet 50 cl	Drinks																												
106398	Coca cola zero 50 cl pet	Drinks																												
106345	Coca Cola Zero can	Drinks																												
503512	Coffee	Drinks																												
503516	Espresso	Drinks																												
101522	Fanta lemon can 33 cl	Drinks																												
104476	Fanta lemon pet 50 cl	Drinks																												
101519	Fanta orange can 33 cl	Drinks																												
101541	Fanta orange pet 50 cl	Drinks																												
108284	Fanta orange zero can 33 cl	Drinks																												
108234	Fanta orange zero pet 50 cl	Drinks																												
109389	Fuze tea mango can 25 cl	Drinks																												
109393	Fuze tea mango pet 50 cl	Drinks																												
109657	Fuze tea peach Hibiscus pet 40 cl	Drinks																												
109387	Fuze tea sparkling can 25 cl	Drinks																												
109391	Fuze tea sparkling pet 40 cl	Drinks																												
503513	Hot chocolate	Drinks										x					x													
101531	Minute maid multivitamine 33 cl	Drinks																												
109363	Minute maid multivitamine 33 cl pet	Drinks																												
101525	Minute maid orange juice 33 cl	Drinks																												

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105803	Minute maid orange pet	Drinks																										
107245	Nalu 25 cl	Drinks																										
108593	Nalu exotic 25 cl	Drinks																										
101520	Sprite can 33 cl	Drinks																										
101542	Sprite pet 50 cl	Drinks																										
101535	Sprite Zero can 33 cl	Drinks																										
109381	Sprite Zero pet 50 cl	Drinks																										
704431	Daily@alma : vegetarian meal	Groenten		Vegetarian																								
505041	Bacon and brie panini	Panini	C	Meat					x			x																
503115	Bacon-cheese panini	Panini	B	Meat					x			x			x	x	x											
503567	Bicky panini	Panini	C	Meat					x	x	x	x	x		x													
110524	Filled chicken panini	Panini		Meat					x	x	x	x	x				x											
503583	Ham-cheese panini	Panini	B	Meat					x			x																
503116	Hot chicken panini	Panini	C	Meat					x	x			x		x		x											
503121	Italian panini	Panini	D	Meat					x			x																
503122	Mozzarella panini	Panini	A	Vegetarian					x			x																
503123	Norwegian panini	Panini	C	Meat					x			x								x								
503113	Panini Provencale	Panini	C	Vegetarian					x			x																
503120	Vegatable panini	Panini	A	Vegetarian					x			x																
110583	Grated cheese (for free with pasta cup) (from cow milk)	Pasta		Vegetarian								x																
704419	Pasta cup arrabiata sauce (L)	Pasta	D	Meat					x				x		x				x									
704098	Pasta cup bolognese (L)	Pasta	D	Meat					x				x		x				x									
704101	Pasta cup carbonara (L)	Pasta	C	Meat					x			x																
704421	Pasta cup carbonara (L)	Pasta	C	Meat					x			x																
704105	Pasta cup forestiere (L)	Pasta	C	Meat					x			x																
704423	Pasta cup forestiere (L)	Pasta	C	Meat					x			x																
704100	Pasta cup maffioso (L)	Pasta	B	Vegetarian					x			x																
704099	Pasta cup mascarpone rosso (L)	Pasta	A	Vegetarian					x	x		x																

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704425	Pasta cup mascarpone rosso (L)	Pasta	A	Vegetarian				x	x	x																		
704102	Pasta cup primavera (L)	Pasta	A	Vegan				x																				
704103	Pasta cup puttanesca (L)	Pasta	A	Vegan				x																				
704330	Pasta cup VEGAN bolognese (L)	Pasta	A	Vegan				x							x		x	x										
704097	Pasta cup with chicory, ham and cheese (L)	Pasta	B	Meat				x				x																
704104	Pasta cup with four types of cheese	Pasta	B	Vegetarian				x				x																
704181	Pasta pot with Italian tomato sauce (L)	Pasta		Vegetarian																								
110710	S	Salads		Vegetarian					x			x																
107505	Saladbar - summer salad	Salads		Vegan																								
107506	Saladbar - apple and raisin salad	Salads		Vegetarian					x			x																
105341	Saladbar - Bow tie pasta	Salads		Vegan				x																				
106271	Saladbar - celery root	Salads		Vegan											x													
108391	Saladbar - Chickpeas	Salads		Vegan																								
110700	Saladbar - Chinese cabbage salad	Salads		Vegan																								
110702	Saladbar - crecan salad	Salads		Vegan																								
110706	Saladbar - curry salade	Salads		Vegetarian					x						x													
100088	Saladbar - egg	Salads		Vegetarian					x																			
110709	Saladbar - gipsy salad	Salads		Vegan									x															
110704	Saladbar - Greek salad	Salads		Vegetarian								x																
100462	Saladbar - Green beans	Salads		Vegan																								
106269	Saladbar - Iceberg lettuce	Salads		Vegan																								
110701	Saladbar - Italian salad	Salads		Vegan																								
109116	Saladbar - kidney bonen	Salads		Vegan																								
106290	Saladbar - Lamb s lettuce	Salads		Vegan																								

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110708	Saladbar - marco polo salad	Salads		Vegetarian				x	x				x															
110699	Saladbar - Mexican salad	Salads		Vegan																								
110707	Saladbar - Mexico salade with mais, zucchini, paprika and red beans	Salads		Vegan									x															
105717	Saladbar - Mixed lettuce	Salads		Vegan																								
108508	Saladbar - Olive mix	Salads		Vegan																								
110713	Saladbar - oriental couscous salad	Salads		Vegan		x																						
107774	Saladbar - Oriental salad	Salads		Vegan											x													
110717	Saladbar - pearl couscous	Salads		Vegan				x																				
104963	Saladbar - Penne	Salads		Vegan				x																				
110705	Saladbar - penne salad	Salads		Vegetarian				x	x				x															
110705	Saladbar - penne salade met spek	Salads		Meat				x	x				x															
110712	Saladbar - potato salad	Salads		Vegetarian					x				x															
108392	Saladbar - Pumpkin seeds	Salads		Vegan																								
108502	Saladbar - radish stift	Salads		Vegan																								
108503	Saladbar - Red beet	Salads		Vegan																								
110711	Saladbar - red beet salad	Salads		Vegan									x															
108319	Saladbar - red lentil	Salads		Vegan																								
106288	Saladbar - Red lettuce	Salads		Vegan																								
110703	Saladbar - spring-salad	Salads		Vegan					x				x		x													
101170	Saladbar - sunflower seed	Salads		Vegan																								
106289	Saladbar - Tomatoes	Salads		Vegan																								
109957	Saladbar - waldorf salad	Salads		Vegetarian					x				x		x													
106292	Saladbar - White cabbage	Salads		Vegan																								
110251	Saladbar - white rice	Salads		Vegan																								

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505389	Sandwich Club Americain	Sandwich		Meat				x	x			x					x											
505045	Caesar baguette	Sandwiches	C	Meat				x	x	x	x	x		x		x	x	x										
503538	Cheese and ham sandwich	Sandwiches	C	Meat				x				x																
502348	Cheese sandwich	Sandwiches	B	Vegetarian				x				x																
505279	Ciabatta fitness with smoked salmon	Sandwiches	C	Fish				x				x							x									
503091	Ciabatta meatball	Sandwiches	C	Meat				x	x	x	x	x	x		x													
505162	Ciabatta with brie, honey and pine nuts	Sandwiches		Vegetarian				x				x																
505272	ciabatta with carrot spread (VEGAN)	Sandwiches		Vegan				x																				
505268	ciabatta with chorizo	Sandwiches		Meat				x				x																
505273	ciabatta with grilled zucchini (VEGAN)	Sandwiches		Vegan				x																				
503105	Ciabatta with mozzarella and tomato	Sandwiches	A	Vegetarian				x				x																
505264	Ciabatta with North Sea schrimps	Sandwiches		Fish				x	x				x	x														
505266	ciabatta with pastrami	Sandwiches		Meat				x	x			x	x															
505267	ciabatta with serrano ham	Sandwiches		Meat				x				x																
505312	Club ciabatta with carrot spread (VEGAN)	Sandwiches		Vegan				x																				
505306	Club ciabatta with North Sea schrimps	Sandwiches		Fish				x	x				x	x														
504615	Club Fitness baguette with carrot spread (VEGAN)	Sandwiches	A	Vegan				x									x	x										
505324	Club Fitness ciabatta with carrot spread (VEGAN)	Sandwiches	A	Vegan		x		x									x											
502378	Club sandwich chicken curry	Sandwiches	B	Meat	x	x	x	x		x		x	x		x		x											
502392	Club sandwich with cheese & ham	Sandwiches	B	Meat				x		x		x	x															
504570	Club sandwich with basil	Sandwiches	A	Vegan				x									x											

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	hummus																												
502370	Club sandwich with cheese	Sandwiches	B	Vegetarian				x	x		x	x																	
502367	Club sandwich with chicken hawaiian	Sandwiches	B	Meat				x	x				x		x														
502374	Club sandwich with crab salad	Sandwiches	C	Fish				x	x				x	x					x										
505704	Club sandwich with curry hawai	Sandwiches		Vegan				x	x			x																	
501791	Club sandwich with egg salad	Sandwiches	A	Vegetarian				x	x			x			x														
505772	Club sandwich with egg-salad	Sandwiches		Vegetarian				x	x				x																
505765	Club sandwich with eggecellence salad	Sandwiches		Vegan				x					x																
502371	Club sandwich with ham	Sandwiches	B	Meat				x	x				x																
504568	Club sandwich with hummus	Sandwiches	A	Vegan				x								x													
505706	Club sandwich with no chick all sambasalad	Sandwiches		Vegan				x					x																
504992	Club sandwich with north sea shrimps	Sandwiches		Fish				x	x				x	x															
505724	Club sandwich with plant-based cheese	Sandwiches		Vegan				x																					
502376	Club sandwich with salmon salad	Sandwiches	B	Fish				x	x				x		x					x									
502375	Club sandwich with schrimp salad	Sandwiches		Fish				x	x				x	x	x					x									
505769	Club sandwich with sea salad	Sandwiches		Vegetarian				x					x																
505771	Club sandwich with slagensalad	Sandwiches		Vegetarian				x					x																
504569	Club sandwich with spicy hummus	Sandwiches	A	Vegan				x								x													
505763	Club sandwich with tune in salad	Sandwiches		Vegetarian				x					x																
502379	Club sandwich with vegetable salad	Sandwiches		Vegetarian				x	x				x		x														
110525	Filled foccacia mozzarella	Sandwiches		Vegetarian				x	x	x		x	x			x													
503356	Fitness baguette with carrot	Sandwiches		Vegan				x								x	x												

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	spread (VEGAN)																											
505329	Fitness baguette with chorizo	Sandwiches		Meat				x				x				x	x											
505330	Fitness baguette with grilled zucchini (VEGAN)	Sandwiches	A	Vegan				x								x	x											
505326	Fitness baguette with pastrami	Sandwiches		Meat				x	x		x	x				x	x											
505288	Fitness ciabatta carrot spread	Sandwiches	A	Vegan		x	x									x												
505284	Fitness ciabatta chorizo	Sandwiches	C	Meat		x	x					x				x												
505318	Fitness ciabatta club North Sea schrimps	Sandwiches	B	Fish		x	x		x				x	x		x												
505289	Fitness ciabatta grilled zucchini	Sandwiches	A	Vegan		x	x									x												
505280	Fitness ciabatta North Sea schrimps	Sandwiches	B	Fish		x	x		x				x	x		x												
505282	Fitness ciabatta pastrami	Sandwiches	D	Meat		x	x		x		x	x				x												
505283	Fitness ciabatta serrano ham	Sandwiches	A	Meat		x	x					x				x												
505670	Fitness sandwich with chicken breast and herbs	Sandwiches		Meat				x								x	x											
505550	Fitness sandwich with fresh cheese and herbs	Sandwiches		Vegetarian				x				x				x	x											
504594	Fitness sandwich with humus original	Sandwiches		Vegan				x								x	x											
504595	Fitness sandwich with spicy humus	Sandwiches		Vegan				x								x	x											
504896	Fitness serrano ham	Sandwiches		Meat				x				x				x	x											
502349	Ham sandwich	Sandwiches	B	Meat				x				x																
504628	Healthy club baguette chicken curry	Sandwiches	C	Meat	x	x	x	x	x		x	x	x		x	x	x											
503185	Martino sandwich	Sandwiches	B	Meat				x	x				x		x		x											
503174	Meatball sandwich	Sandwiches	C	Meat				x	x	x	x	x	x		x													
503383	Multigrain club sandwich hummus	Sandwiches	A	Vegan				x								x	x											
503385	Multigrain club sandwich	Sandwiches	A	Vegan				x								x	x											

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	hummus with basil																											
503384	Multigrain club sandwich spicy hummus	Sandwiches	A	Vegan				x								x	x											
503354	Multigrain sandwich brie with honey and pine nuts	Sandwiches	B	Vegetarian		x		x				x				x												
503353	Multigrain sandwich smoked salmon	Sandwiches	C	Fish				x				x				x	x		x									
505047	Multigrain sandwich with chicken and curry-hummus	Sandwiches	B	Meat																								
504616	Multigrain sandwich with grey shrimps	Sandwiches		Fish				x	x				x	x		x	x											
503485	Sandwich mozzarella tomato	Sandwiches	A	Vegetarian				x				x																
503253	Sandwich with american	Sandwiches		Meat				x	x				x															
503260	Sandwich with Brie and honey	Sandwiches	B	Vegetarian				x				x																
503264	Sandwich with carrot spread (VEGAN)	Sandwiches	A	Vegan				x																				
503165	Sandwich with cheese	Sandwiches	B	Vegetarian				x				x																
503172	Sandwich with cheese & ham	Sandwiches	B	Meat				x				x																
503171	Sandwich with chicken curry	Sandwiches	C	Meat	x	x	x	x	x			x	x			x		x										
503170	Sandwich with chicken Hawaiian	Sandwiches	B	Meat				x	x				x			x												
505327	Sandwich with chorizo	Sandwiches		Meat				x				x																
503167	Sandwich with crab salad	Sandwiches	D	Fish				x	x				x	x					x									
505649	Sandwich with curry hawaii	Sandwiches		Vegan				x					x															
503163	Sandwich with egg salad	Sandwiches	A	Vegetarian				x	x				x															
505629	Sandwich with eggecellence salad	Sandwiches		Vegan				x					x															
505331	Sandwich with grilled zucchini (VEGAN)	Sandwiches		Vegan				x																				
503166	Sandwich with ham	Sandwiches	B	Meat				x																				



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505619	Sandwich with no chick all sambasalad	Sandwiches		Vegan				x					x		x													
502395	Sandwich with north sea shrimps	Sandwiches		Fish				x					x	x														
505569	Sandwich with omelette and fine herbs	Sandwiches		Vegetarian				x																				
505293	Sandwich with pastrami	Sandwiches		Meat				x	x		x	x																
505609	Sandwich with plant-based cheese	Sandwiches		Vegan				x																				
503169	Sandwich with salmon salad	Sandwiches	B	Fish				x	x				x							x								
503168	Sandwich with schrimp salad	Sandwiches		Fish				x	x				x	x						x								
505599	Sandwich with sea salad	Sandwiches		Vegetarian				x	x				x															
504900	Sandwich with serrano ham	Sandwiches		Meat				x				x																
505589	Sandwich with slagersalad	Sandwiches		Vegetarian				x	x				x															
502394	Sandwich with smoked salmon	Sandwiches	C	Fish				x				x								x								
505639	Sandwich with tune in salad	Sandwiches		Vegetarian				x	x				x															
503257	Sandwich with vegetable salad	Sandwiches		Vegetarian				x					x		x													
505048	Sandwich with vegetables and carrot-spread (VEGAN)	Sandwiches	A	Vegan				x																				
505760	Tiger club sandwich with curry hawaii	Sandwiches		Vegan				x					x															
505764	Tiger club sandwich with eggecellence salad	Sandwiches		Vegan				x					x															
505766	Tiger club sandwich with no chick all sambasalad	Sandwiches		Vegan				x					x															
505768	Tiger club sandwich with sea salad	Sandwiches		Vegetarian				x					x															
505770	Tiger club sandwich with slagersalad	Sandwiches		Vegetarian				x					x															
505762	Tiger club sandwich with tune in salad	Sandwiches		Vegetarian				x					x															

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504998	Waldkorn sandwich with smoked salmon	Sandwiches	C	Fish	x	x	x	x	x							x			x									
110531	Beef bacon burger	Snacks		Meat	x			x		x		x																
505398	Bicky burger	Snacks	D	Meat	x			x					x			x												
505487	Borek met spinazie en kaas	Snacks		Vegetarian				x				x																
505486	Borek with potatoes	Snacks		Vegan				x																				
110532	Burger chicken cheddar	Snacks		Meat	x			x		x		x	x						x									
503552	croque monsieur	Snacks	C	Meat				x				x						x										
108195	Ham and cheese snack	Snacks	D	Meat	x			x		x		x	x			x												
110482	Ham and cheese snack	Snacks	D	Meat	x			x		x		x	x			x												
503530	Hot dog	Snacks	B	Meat				x				x	x			x												
505402	Meat ball	Snacks	D	Meat				x			x	x				x												
110527	Oval multigrain pizza	Snacks			x		x	x				x																
505163	Pancake with sugar	Snacks	A	Vegetarian				x		x		x							x									
110526	Pizza Toscane with mozzarella	Snacks		Vegetarian				x				x																
100041	Sausage roll	Snacks	D	Meat				x											x									
505394	Toast with omelette	Snacks	C	Vegetarian				x		x		x							x									
110206	Andalusian tomato soup (B)	Soup	A	Vegetarian				x				x				x												
110661	Asparagus soup (B)	Soup		Vegetarian				x		x		x				x												
110217	Broccoli soup (B)	Soup	A	Vegan				x				x				x												
110214	Brunoise soup (B)	Soup	A	Vegan				x								x												
110663	Carrot ginger soup (B)	Soup		Vegetarian								x																
110205	Carrot soup (B)	Soup	A	Vegan				x				x																
110201	Cauliflower soup (B)	Soup	A	Vegetarian				x		x		x				x												
110219	Celeriac soup (B)	Soup	A	Vegetarian				x				x				x												
110662	Chervil cream soup (B)	Soup		Vegetarian				x		x		x																
110216	Chervil soup (B)	Soup	A	Vegan				x								x												
110385	Clear chicken soup (B)	Soup	A	Meat				x		x		x				x			x									
110387	Clear vegetables soup with meat balls (B)	Soup	C	Meat				x		x			x			x			x									
110207	Creamy chicory soup (B)	Soup	B	Vegetarian				x		x		x																

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110209	Creamy leek soup (B)	Soup	B	Vegetarian				x	x	x					x													
110218	Creamy parsnip soup (B)	Soup	A	Vegetarian							x																	
110204	Creamy tomato soup (B)	Soup	A	Vegan				x							x													
505445	Creamy tomato soup (S)	Soup	A	Vegan				x							x													
110628	Harissa soup (B)	Soup		Vegetarian					x					x														
110208	Indian curry soup (B)	Soup	A	Vegetarian						x			x		x													
110213	Minestrone (B)	Soup	A	Vegan				x							x													
110202	Mushroom soup (B)	Soup	C	Vegetarian								x																
110384	Onion soup " Soubize" (B)	Soup	B	Vegetarian				x	x	x				x				x										
110211	Potato leek soup (B)	Soup	A	Vegetarian				x				x																
110210	Pumpkin soup (B)	Soup	A	Vegan				x					x		x													
110910	Queens soup (B)	Soup		Meat				x	x	x				x														
505776	Queens soup (S)	Soup		Meat				x	x	x				x														
110215	Sweet pepper soup (B)	Soup	A	Vegetarian				x				x			x													
110203	Vegetable soup (B)	Soup	A	Vegan											x													
110212	Watercress soup (B)	Soup	A	Vegan								x																
505186	Caesar wrap (in foil)	Wraps		Meat				x	x	x	x																	
505414	Chicken burrito	Wraps		Meat				x	x	x	x			x		x												
503137	Chicken cubes wrap (in box)	Wraps	B	Meat				x	x	x	x			x		x												
505049	Chicken curry and hummus wrap (in box)	Wraps	B	Meat				x	x				x		x	x	x											
503207	Ham cubes wrap (in box)	Wraps		Meat				x				x																
503400	Hummus and basil wrap (in box)	Wraps	A	Vegan				x								x												
505050	Hummus and curry wrap (in box)	Wraps	A	Vegan				x								x												
503398	Hummus wrap (in box)	Wraps	A	Vegan				x								x												
503399	Spicy hummus wrap (in box)	Wraps	A	Vegan				x								x												
505415	Vegetable burrito	Wraps		Vegetarian				x				x					x											
505377	Wrap with smoked salmon	Wraps		Fish				x				x							x									

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	(in foil)																											
110692	Wrap falafel with beetroot	Wraps		Vegan				x									x											
505192	Wrap vegan (in foil)	Wraps		Vegan				x								x												
503136	Wrap with smoked salmon (in box)	Wraps	B	Fish				x				x								x								