

FOOD SAFETY FORM
FINAL PRODUCTS ALLERGENS
ISSUE NO: 9
DATE: 01/12/2023

WHERE X IS THE ALLERGEN THAT THE PRODUCT CONTAINS AS ITS INGREDIENT

	PIZZA																													
	PIZZA MARGARITA	PIZZA PLAIN	PIZZA Goustoza	PIZZA Family	PIZZA TRADITIONAL	PIZZA CLASSIC Special	PIZZA Fan Special	PIZZA TURKEY Fan	PIZZA FOODIE'S	PIZZA GERMAN	PIZZA Chicken Fan	PIZZA POTATO BACON	PIZZA PEPPERONATE	PIZZA BBQ Chicken	PIZZA SPORTSMAN	PIZZA GREEK	PIZZA COUNTRY	PIZZA MEDITERANEAN	PIZZA SMOKED	PIZZA QUATTRO FORMAGGI	PIZZA Tex BBQ	PIZZA Mexicana	PIZZA HOT Beertuoza	PIZZA Ceasar's	PIZZA English Style	PIZZA Bolognaise	PULLED PORK BBQ	MEATBALLS		
Cereals containing gluten and products based on these cereals	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	Cereals containing gluten and products based on these cereals	
Crustaceans and crustacean-based products -																													Crustaceans and crustacean-based products -	
Eggs and egg products -																				X				X	X		X		Eggs and egg products -	
Fish and fish products -																													Fish and fish products -	
Peanuts (peanuts) and products based on peanuts -																													Peanuts (peanuts) and products based on peanuts -	
Soybeans and soy-based products -																												X	Soybeans and soy-based products -	
Milk and milk-based products (including lactose) -		X	X	X	X	X	X	X		X	X			X								X		X	X					Milk and milk-based products (including lactose) -
Nuts and products based on these nuts -	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	Nuts and products based on these nuts -
Celery and celery products -																													Celery and celery products -	
Mustard and mustard products -																											X	X	Mustard and mustard products -	
Sesame seeds and products based on sesame seeds -																								X					Sesame seeds and products based on sesame seeds -	
Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -																											X		Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -	
Lupine and lupine-based products -																													Lupine and lupine-based products -	
Molluscs and mollusc-based products -																													Molluscs and mollusc-based products -	

	PIZZA														CROSSCUT						FINGERFOOD								
	POTATO-SAUSAGE	PIZZA Italian fan MADONA	PIZZA Italian fan SICILIANA	PIZZA Italian fan VESUVIUS	PIZZA Italian fan Bolognaise	PIZZA Spicy Fan	PIZZA CYCLADIC					DELICIOUS PIZZA FASTING	Vegeterian	Veggie Cheese	PLANT BASED BURGER PIZZA		CROSSCUT MEAT MIX		CROSSCUT NUGGETS	CROSSCUT VEGAN	CROSSCUT HANGOVER	CROSSCUT SPICY CHICKEN	CROSSCUT CHEESEBURGER	MOZZARELLA STICKS	CHEESE CHILI BITES	MOZZA TOMATO BITES	BIANCA CREAM CHEESE STICKS		
Cereals containing gluten and products based on these cereals	X	X	X	X	X	X	X					X	X	X	X		X		X	X		X	X		X	X	X	X	Cereals containing gluten and products based on these cereals
Crustaceans and crustacean-based products -																													Crustaceans and crustacean-based products -
Eggs and egg products -																			X		X		X			X		Eggs and egg products -	
Fish and fish products -																													Fish and fish products -
Peanuts (peanuts) and products based on peanuts -																													Peanuts (peanuts) and products based on peanuts -
Soybeans and soy-based products -	X					X	X										X		X			X	X						Soybeans and soy-based products -
Milk and milk-based products (including lactose) -	X	X	X	X	X	X	X										X		X		X	X	X		X	X	X	X	Milk and milk-based products (including lactose) -
Nuts and products based on these nuts -															X														Nuts and products based on these nuts -
Celery and celery products -															X												X		Celery and celery products -
Mustard and mustard products -	X																		X	X			X		X				Mustard and mustard products -
Sesame seeds and products based on sesame seeds -																			X	X			X						Sesame seeds and products based on sesame seeds -
Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -					X														X		X		X						Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -
Lupine and lupine-based products -																													Lupine and lupine-based products -
Molluscs and mollusc-based products -																													Molluscs and mollusc-based products -

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	PASTA																SALADS											
	NAPOLITAIN	BOLOGNESE	CARBONARA	PENNE ARRABIATA	PENNE FAN AL FORNO	LINGUINI AMATRICIANA	PENNE ARUGULA AND CHERRY TOMATO	CARBONARA MUSHROOM	LINGUINI CON POLLO ROSSO	PENNE CON POLLO ALA CRÈME	FRESH TORTELLINI FUNGHI ROSSI	FRESH TORTELLINI ALA CRÈME	SOY BOLOGNESE	OVEN SOY BOLOGNESE WITH VEGAN CHEESE	WITH SHRIMP	PENNE CON POLLO SPECIALE	CHEF'S	CEASAR'S CHICKEN	CEASAR'S BACON	CEASAR'S CHICKEN NUGGETS	VEGETABLE RAINBOW	NTAKOS	PASTA WITH CHICKEN	COLORFUL PASTA	PRIMAVERA	MEDITERRANEAN		
Cereals containing gluten and products based on these cereals	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X		X	X	X		X		Cereals containing gluten and products based on these cereals
Crustaceans and crustacean-based products -															X													Crustaceans and crustacean-based products -
Eggs and egg products -											X	X					X	X	X	X			X			X		Eggs and egg products -
Fish and fish products -																		X	X	X								Fish and fish products -
Peanuts (peanuts) and products based on peanuts -																												Peanuts (peanuts) and products based on peanuts -
Soybeans and soy-based products -		X		X					X	X		X	X	X		X	X	X	X	X			X			X		Soybeans and soy-based products -
Milk and milk-based products (including lactose) -	X	X	X	X	X	X	X	X	X	X	X	X				X	X	X	X	X		X	X	X	X	X		Milk and milk-based products (including lactose) -
Nuts and products based on these nuts -																												Nuts and products based on these nuts -
Celery and celery products -													X	X														Celery and celery products -
Mustard and mustard products -						X	X		X								X	X	X	X	X							Mustard and mustard products -
Sesame seeds and products based on sesame seeds -																												Sesame seeds and products based on sesame seeds -
Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -		X																			X							Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -
Lupine and lupine-based products -																												Lupine and lupine-based products -
Molluscs and mollusc-based products -																												Molluscs and mollusc-based products -

	EXTRAS					APPETIZERS										BURGERS														
	PATTY	SPECIAL MEAT PATTY	BOOM CHICKY BOOM	CHICKEN NUGGETS	MIX GRILL CHICKEN	GARLIC BREAD PLAIN	GARLIC BREAD WITH BACON	GARLIC BREAD WITH TOMATO	GARLIC BREAD PIZZA FAN	ONION RINGS	CROSSCUT POTATOES WITH BBQ SAUCE	CROSSCUT POTATOES WITH CHEESE AND BACON	CROSSCUT POTATOES WITH CHEDDAR SAUCE & BACON	VEGETABLE SPRING ROLLS		HAMBURGER	CHEESEBURGER	BURGER SMOKEY BBQ	BURGER THE MEXICAN	CHICKEN CEASAR BURGER	BURGER VEGGIE	BURGER HANGOVER	PLANT BASED BURGER	HOLLYWOOD BURGER	CHICKEN ANOCADO BURGER	THE ITALIAN BURGER	BACON DREAM BURGER	TRUFFLE BURGER		
Cereals containing gluten and products based on these cereals	X	X		X	X	X	X	X	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X	X	Cereals containing gluten and products based on these cereals
Crustaceans and crustacean-based products -																														Crustaceans and crustacean-based products -
Eggs and egg products -	X	X		X		X	X	X	X							X	X		X	X		X		X		X	X	X	X	Eggs and egg products -
Fish and fish products -																														Fish and fish products -
Peanuts (peanuts) and products based on peanuts -																														Peanuts (peanuts) and products based on peanuts -
Soybeans and soy-based products -	X	X	X	X	X	X	X	X	X					X		X	X	X	X			X		X	X	X	X	X	X	Soybeans and soy-based products -
Milk and milk-based products (including lactose) -	X	X	X	X	X	X	X	X	X			X	X			X	X	X	X	X		X		X	X	X	X	X	X	Milk and milk-based products (including lactose) -
Nuts and products based on these nuts -																							X			X				Nuts and products based on these nuts -
Celery and celery products -														X			X											X	X	Celery and celery products -
Mustard and mustard products -						X	X	X	X							X	X		X	X	X	X	X	X	X	X		X	X	Mustard and mustard products -
Sesame seeds and products based on sesame seeds -																X	X	X	X	X	X	X	X	X	X	X	X	X	X	Sesame seeds and products based on sesame seeds -
Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -														X		X						X						X	X	Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -
Lupine and lupine-based products -																														Lupine and lupine-based products -
Molluscs and mollusc-based products -																														Molluscs and mollusc-based products -

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FOOD SAFETY FORM					
ALLERGENS					
CODE: E.01.03		ISSUE NO. 36			
DATE		1/12/2023			

1.WHERE X IS THE ALLERGEN THAT THE RAW MATERIAL CONTAINS AS ITS INGREDIENT
2. WHERE • IS THE ALLERGENIC THAT THE RAW MATERIAL MAY CONTAIN NOT AS ITS INGREDIENT

	AVOCADO	BEYOND MEAT BURGER	Cheddar Sauce	Cheddar SLICES	CHILLI SAUCE	Chili cheese toppers	CRISPY ONION	HONEY MUSTARD SAUCE	FLAKES ITAAIKOY TYPIOY	Lemon-Mayo	Mozarella sticks	Mustard BBQ	ONION RINGS	PESTO MAYO	Philadelphia	Pulled Pork	Relish sauce	SPRING ROLLS AAXANIKON	SRIRACHA MAYO	CREAMY CHEESE STICKS	THE SAUCE	Tomato mozza melers	TRUFFLE MAYO	VINEGRAITTE CLASSIC	EGG (BOILED OR ROASTED)	BALSAMIC	BUTTER	TURKEY SNACK	
Cereals containing gluten and products based on these cereals						X	X				X		X					X		X		X							Cereals containing gluten and products based on these cereals
Crustaceans and crustacean-based products -																													Crustaceans and crustacean-based products -
Eggs and egg products -									X	X				X							X	X	X		X				Eggs and egg products -
Fish and fish products -																													Fish and fish products -
Peanuts (peanuts) and products based on peanuts -																													Peanuts (peanuts) and products based on peanuts -
Soybeans and soy-based products -																		X	X										• Soybeans and soy-based products -
Milk and milk-based products (including lactose) -			X	X		X			X		X			X	X					X		X					X	X	Milk and milk-based products (including lactose) -
Nuts and products based on these nuts -		X												X															• Nuts and products based on these nuts -
Celery and celery products -																		X			X	X	X						• Celery and celery products -
Mustard and mustard products -								X		X		X					X		X		X		X	X					• Mustard and mustard products -
Sesame seeds and products based on sesame seeds -																													Sesame seeds and products based on sesame seeds -
Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -										X						X		X						X					Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -
Lupine and lupine-based products -																													Lupine and lupine-based products -
Molluscs and mollusc-based products -																													Molluscs and mollusc-based products -



	GRAVIERA CHEESE	OLIVES CUT RINGS	EXTRA VIRGIN OLIVE OIL	FLUFFY DOUGH	WHOLE GRINDING DOUGH WITH MANY SPORES	CRISPY DOUGH	RUSTIC DOUGH	SUNFLOWER OIL	CEASAR'S SAUCE	CORN FLOUR	CORN	CARAMELISED ONIONS	KETSUP	Meatballs	MINCED MEAT	RED PIZZA SAUCE	MILK CREAM FOR PASTA	MILK CREAM FOR PIZZA	NUT FROM BARLEY	CROUTONS	LINGUINE	SAUSAGE WITH HERBS "MYKONOU"	PEPPERONI	SAUSAGE "VIENNA"	MAYONNAISE	MAYONNAISE VEGAN	MUFFIN WITH CHOCOLATE	MUFFIN WITH APPLE	
Cereals containing gluten and products based on these cereals				X	X	X	X		X	•									X	X	X						X	X	Cereals containing gluten and products based on these cereals
Crustaceans and crustacean-based products -																													Crustaceans and crustacean-based products -
Eggs and egg products -				•	•	•	•		X										•	X					X		•	•	Eggs and egg products -
Fish and fish products -									X																				Fish and fish products -
Peanuts (peanuts) and products based on peanuts -				•	•	•	•												•	•							•	•	Peanuts (peanuts) and products based on peanuts -
Soybeans and soy-based products -				•	X	•	•		X					X			X			X		X	•	X			•	X	Soybeans and soy-based products -
Milk and milk-based products (including lactose) -	X			•	•	•	•		X					X			X	X	•	X			X	X			•	X	Milk and milk-based products (including lactose) -
Nuts and products based on these nuts -				•			•												•			•	•	•			•	X	Nuts and products based on these nuts -
Celery and celery products -				•	•	•	•		•													•	•	•			•		Celery and celery products -
Mustard and mustard products -				•	•	•	•		X													•	•	•		X	•		Mustard and mustard products -
Sesame seeds and products based on sesame seeds -				•	X	•	•		•										•	•							•		Sesame seeds and products based on sesame seeds -
Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -												X																	Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -
Lupine and lupine-based products -																													Lupine and lupine-based products -
Molluscs and mollusc-based products -																													Molluscs and mollusc-based products -

	hazelnut praline with cocoa "MERENDA"	bruschetta FAN compound	MUSTARD	bread baguette	BACON	BEEF BURGER	BEEF BURGER WITH BLACK ANGUS	CHICKEN BURGER	VINEGAR	CHICKEN NUGGETS	POTATOES CRISSCUT	PENNES	TORTIGIA	SALAMI	BBQ SAUCE	SAUCE MILD FAN	SHRIMP SAUCE	Bolognese Sauce	SOYA SAUCE	Napoli SAUCE	SAUCE SRIRACHA CHILI	HARD grated FOR PASTA	Garlic SAUCE	soutzouki salami	souffle CHOCOLATE	SPAGHETTI	SAUCE FAN	MUSTARD SAUCE	
Cereals containing gluten and products based on these cereals	X			X		X	X	X		X	X	X	X				•	•	X	•			X		X	X			Cereals containing gluten and products based on these cereals
Crustaceans and crustacean-based products -																	X												Crustaceans and crustacean-based products -
Eggs and egg products -								X									•	•	•	•			X		X		X	X	Eggs and egg products -
Fish and fish products -																	•						•						Fish and fish products -
Peanuts (peanuts) and products based on peanuts -																	•												Peanuts (peanuts) and products based on peanuts -
Soybeans and soy-based products -	X			X	•	X				X				•			•		X				•	•	X				Soybeans and soy-based products -
Milk and milk-based products (including lactose) -			•	X	X	X			X	X							•	•	•	•		X	X	X	X				Milk and milk-based products (including lactose) -
Nuts and products based on these nuts -			•	•						•			•				•							•					Nuts and products based on these nuts -
Celery and celery products -				•										•			•		X				•	•					Celery and celery products -
Mustard and mustard products -				•				X						•			•						X	•				X	Mustard and mustard products -
Sesame seeds and products based on sesame seeds -			•		•					•							•						•						Sesame seeds and products based on sesame seeds -
Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -						•				•							•	X									X	X	Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -
Lupine and lupine-based products -										•																			Lupine and lupine-based products -
Molluscs and mollusc-based products -																	X												Molluscs and mollusc-based products -

	TABASCO	TORTELLINI	GOUDA CHEESE	MOZZARELLA CHEESE	WHITE CHEESE	CHICKEN FILLET	BREAD TOAST	CHICKEN WINGS	VEGETABLE CHEESE	PORK SMOKED	PORK PICNIC SNACK	BURGER BRIOCHE BREAD	BURGER BREAD	CHIAPATA BREAD	BREAD Lobster Loaf	Oregano sausage	DRESSING 1000 ISLANDS	Hellmann's BBQ PORTION 10 ml	HELLMANN'S KETSUP PORTION 10ml	Hellmann's Real MAYONNAISE PORTION 10 ml														
Cereals containing gluten and products based on these cereals		X					X		•			X	X	X	X																			Cereals containing gluten and products based on these cereals
Crustaceans and crustacean-based products -																																		Crustaceans and crustacean-based products -
Eggs and egg products -		X					•						•	•	X		X			X													Eggs and egg products -	
Fish and fish products -																																		Fish and fish products -
Peanuts (peanuts) and products based on peanuts -													•	•																			Peanuts (peanuts) and products based on peanuts -	
Soybeans and soy-based products -						X		X		•	X	X		•		X																	Soybeans and soy-based products -	
Milk and milk-based products (including lactose) -		X	X	X	X	X	•	X	•	X	X	X	•	•	X																		Milk and milk-based products (including lactose) -	
Nuts and products based on these nuts -										•	•			•																			Nuts and products based on these nuts -	
Celery and celery products -										•	•			•																				Celery and celery products -
Mustard and mustard products -										•	•			•			X	X															Mustard and mustard products -	
Sesame seeds and products based on sesame seeds -							•						X	•																			Sesame seeds and products based on sesame seeds -	
Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -																																		Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -
Lupine and lupine-based products -																																		Lupine and lupine-based products -
Molluscs and mollusc-based products -																																		Molluscs and mollusc-based products -

	CABBAGE STUFFED WITH MINCED BEEF IN EGGLEMON JUICE	PULP OF SMOKED EGGPLANT WITH "SOUTZOUKAKIA" IN RED SAUCE	GREEN BEANS WITH POTATOES AND CARROTS	MUSACA	LASAGNA WITH MINCED MEAT	CHICKEN BURGERS WITH SWEET POTATO PUREE	CHICKEN BALLOTTINE WITH POTATOES	MEATBALLS IN RED SAUCE WITH BAKED POTATOES	PORK WITH LEMON SAUCE RICE	BRAISED BEEF WITH NOODLES	CHICKEN SOUP	FISH SOUP	SWEET AND SOUR CHICKEN WITH BASMATI RICE	OVEN GRANTS	BEEF BURGER WITH POTATOES	LENTIL SOUP	CHICKPEAS SOUP	SPINACH WITH RICE	
Cereals containing gluten																			Cereals containing gluten and products based on these cereals
Crustaceans and crustacean-based products -																			Crustaceans and crustacean-based products -
Eggs and egg products -	X	X			X	X				X	X				X				Eggs and egg products -
Fish and fish products -												X							Fish and fish products -
Peanuts (peanuts) and products based on peanuts -																			Peanuts (peanuts) and products based on peanuts -
Soybeans and soy-based products -						X		X				X	X						Soybeans and soy-based products -
Milk and milk-based products (including lactose) -	X	X		X	X	X		X											Milk and milk-based products (including lactose) -
Nuts and products based on these nuts -																			Nuts and products based on these nuts -
Celery and celery products -		X	X									X		X	X	X	X		Celery and celery products -
Mustard and mustard products -						X	X		X						X		X		Mustard and mustard products -
Sesame seeds and products based on sesame seeds -																			Sesame seeds and products based on sesame seeds -
Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -	X	X	X			X		X			X	X			X	X	X	X	Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -
Lupine and lupine-based products -																			Lupine and lupine-based products -
Molluscs and mollusc-based products -																			Molluscs and mollusc-based products -

	GREEN BEANS IN OLIVE OIL	LASAGNA WITH VEGETABLES	VEGETABLES IN RED SAUCE	TOMATO AND GREEN PEPPER STUFFED WITH RICE	SEA BASS FRI-CASSEE														
Cereals containing gluten																			Cereals containing gluten
and products based on these cereals	X	X																	and products based on these cereals
Crustaceans and crustacean-based products -																			Crustaceans and crustacean-based products -
Eggs and egg products -		X																	Eggs and egg products -
Fish and fish products -					X														Fish and fish products -
Peanuts (peanuts) and products based on peanuts -																			Peanuts (peanuts) and products based on peanuts -
Soybeans and soy-based products -																			Soybeans and soy-based products -
Milk and milk-based products (including lactose) -		X			X														Milk and milk-based products (including lactose) -
Nuts and products based on these nuts -																			Nuts and products based on these nuts -
Celery and celery products -	X	X																	Celery and celery products -
Mustard and mustard products -																			Mustard and mustard products -
Sesame seeds and products based on sesame seeds -																			Sesame seeds and products based on sesame seeds -
Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -	X			X															Sulfur dioxide and sulfites at concentrations above 10 mg / kg expressed as SO2 -
Lupine and lupine-based products -																			Lupine and lupine-based products -
Molluscs and mollusc-based products -				X															Molluscs and mollusc-based products -

NUTRITION INFORMATION TABLE

	NUTRITIONAL INFORMATION	per 100 gr																	
		CABBAGE STUFFED WITH MINCED MEAT AND EGGLEMON JUICE	GREEN PEAS WITH POTATOES AND CARROTS	MUSACA	LASAGNA WITH MINCED MEAT	CHICKEN BURGERS WITH SWEET POTATO PUREE	CHICKEN BALLOTINE WITH POTATOES	MEATBALLS IN RED SAUCE WITH MASHED POTATOES	PORK WITH LEMON SAUCE RICE	BRAISED BEEF WITH NOODLES	PULP OF SMOKED EGGPLANT WITH "SOUTZOUKAKIA" IN RED SAUCE	OVEN GIANTS	LENTIL SOUP	ΜΠΟΥΡΚΙ ΜΟΞΑΡΕΛΟ ΜΕ ΠΑΤΑΤΕΣ	CHICKEN SOUP	FISH SOUP	CHICKPEAS SOUP	SPINACH WITH RICE	SWEET AND SOUR CHICKEN WITH BASMATI RICE
Energy		146 kcal / 611 kJ	195 kcal / 813 kJ	210 kcal / 881 kJ	201 kcal / 841 kJ	160 kcal / 668 kJ	163 kcal / 681 kJ	236 kcal / 986 kJ	162 kcal / 677 kJ	200 kcal / 838 kJ	140 kcal / 582 kJ	187 kcal / 788 kJ	149 kcal / 621 kJ	238 kcal / 990 kJ	81 kcal / 343 kJ	51 kcal / 213 kJ	122 kcal / 512 kJ	146 kcal / 611 kJ	178 kcal / 751 kJ
Fat		8.0	13.9	17.3	11.8	9.0	8.4	19.1	6.3	7.5	9.4	6.6	8.5	17.4	1.5	1.9	2.6	11.3	4.3
of which saturated		2.7	2.0	3.1	2.6	3.1	1.4	5.3	1.7	1.9	3.4	1.1	1.3	3.9	0.3	0.3	0.6	1.6	0.6
Carbohydrates		12.5	14.2	7.3	8.2	14.8	7.7	7.5	11.7	15.6	7.9	23.1	16.0	13.2	4.1	4.4	21.0	7.6	26.6
of which sugars		0.9	4.0	2.0	2.3	3.7	1.3	1.1	0.6	1.7	3.4	4.9	1.9	2.3	0.7	1.1	1.5	0.6	7.8
Fiber		0.8	3.0	1.2	0.8	2.1	0.6	1.0	0.4	0.3	1.5	11.2	5.6	1.3	0.4	0.8	5.8	1.4	0.9
Proteins		5.6	3.5	5.5	8.2	5.5	13.5	6.4	13.1	12.2	5.9	8.8	5.2	7.2	12.9	4.1	6.2	2.3	8.3
Salt		1.8	1.0	0.4	0.4	2.4	1.7	0.9	1.0	0.5	1.1	1.0	0.9	1.4	0.1	0.5	1.7	0.3	0.4

NUTRITIONAL INFORMATION	per 100 gr			
	GREEN BEANS IN OLIVE OIL	SEA BASS FRICASSEE	LASAGNA WITH VEGETABLES	VEGETABLES IN RED SAUCE
Energy	101 kcal / 422 kJ	100 kcal / 417 kJ	128 kcal / 533 kJ	127 kcal / 532 kJ
Fat	5.0	4.2	7.9	7.5
of which saturated	0.8	1.3	3.8	1.1
Carbohydrates	12.0	1.8	7.4	7.0
of which sugars	2.7	0.5	5.2	2.9
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NUTRITIONAL INFORMATION	GREEN BEANS IN OLIVE OIL		SEA BASS FRICASSEE		LASAGNA WITH VEGETABLES		VEGETABLES IN RED SAUCE		TOMATO AND GREEN PEPPER STUFFED WITH RICE	
	per 100 gr	per 100 kcal	per 100 gr	per 100 kcal	per 100 gr	per 100 kcal	per 100 gr	per 100 kcal	per 100 gr	per 100 kcal
Energy	101 kcal / 422 kJ	107 kcal / 447 kJ	128 kcal / 533 kJ	127 kcal / 532 kJ	133 kcal / 558 kJ					
Fat	5.0	4.2	7.9	7.5	6.1					
of which saturated	0.8	0.3	3.8	1.1	1.0					
Carbohydrates	12.0	18	7.4	7.0	17.1					
of which sugars	2.7	0.5	5.2	2.9	1.7					
Fiber	2.6	0.5	1.0	1.4	1.5					
Proteins	2.0	13.9	6.6	1.2	2.4					
Salt	0.8	0.2	0.7	0.9	0.8					