

EATING WELL



Discover the nutrition facts of our food
and use the *Healthy Eating Meter* to
nourish your wellbeing.

Edited by



ADI
ONLUS
Associazione Italiana
di Dietetica e Nutrizione Clinica



TRACCE
alla scoperta dei sapori

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COOPERATIVA ITALIANA DI RISTORAZIONE

CIR food is a food service company located throughout Italy that has been both **promoting a healthy food culture** and **safeguarding its consumers for over 30 years**. It produces 80 million meals a year thanks to the passion and professionalism of its 11.000 employees (**#cirfoodlovers**). CIR food is proud to have been chosen as the official concessionary for Expo 2015. For this occasion, the company has worked with the Italian Association of Dietetics and Clinical Nutrition (ADI) to provide detailed nutritional information regarding all the products and meals that will be prepared by its chefs and food technicians during the entire six-month event.

Thank you for taking a copy of this Eating Well guidebook published by CIR food. Your interest will be rewarded by the extensive nutrition information within, which will help you to make proper food choices and lead a healthy lifestyle.

We encourage you to read this guide and keep it, as it will also be a wonderful souvenir of your Expo 2015 experience.

Why did we feel there was a need for this guide?

Nowadays, there is a lot of talk about food and nutrition on many levels, which is creating both a growing sense of uncertainty in people and increasing doubt about which information source we should believe. Mistrust of everything is on the rise: the food industry, which appears to use some unhealthy ingredients; the restaurant sector, which appears to sacrifice the quality of its ingredients in favour of making profit; so-called nutritionists, who come from such varied professional backgrounds that they cannot give objective advice; globalisation, which cannot guarantee suitable hygiene standards for imported foods; and finally, institutions, which have difficulty defining priorities for nutrition and preventive action. Scientific societies rarely intervene in these issues and, even then, only to develop their own research projects.

However, the slogan of Expo 2015, **“Feeding the Planet, Energy for Life”**, clearly expresses the need for all people, without exception, to openly agree on a few fundamental concepts:

- 1. the primary purpose of food is to nourish people in the healthiest way possible;**
- 2. the planet’s population is growing and we must provide for its sustenance with traditional food resources that are becoming ever more limited;**
- 3. we must ensure that future generations have at least the same level of wellbeing as we have now (sustainability).**



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The near future will be less worrying only if the objectives we aim to achieve are clearly stated and shared. For this reason, our scientific society—the ADI (Italian Association of Dietetics and Clinical Nutrition)—believes that the time has come to take action and provide people with information and education by working with companies that demonstrate awareness of and respect for consumers.

CIR food is a large food service company that has shown strong interest in strengthening its relationship of trust with potential customers, adopting strategies of maximum transparency, innovation and development.

Therefore, consumers that choose to read this guidebook, which has been approved by a trusted scientific association, have shown awareness of and taken responsibility for their own nutrition, health and wellbeing.

So, now it is up to you, dear reader, to do what is best for you.

Enjoy your meal and your visit to Expo.

ADI President

Professor Antonio Caretto

ADI Past President

Professor Lucio Lucchin

Have you ever asked yourself one of these three questions?

1. How do I know if I am eating properly?
2. I really like this food, how much of it can I eat?
3. What foods should I avoid?

Keep in mind that the advice in this guide is intended for people in apparent good health with no medical conditions. People with specific health problems should follow the advice of their own doctor or a dietician.

1. How do I know if I am eating properly?

If you consider that an average person will consume **about 40 tons of food**—which is enough to cover ten football fields—in their lifetime, you can see how easy it is to make errors regarding the quantity and quality of the food we eat, which can have negative effects on our health.

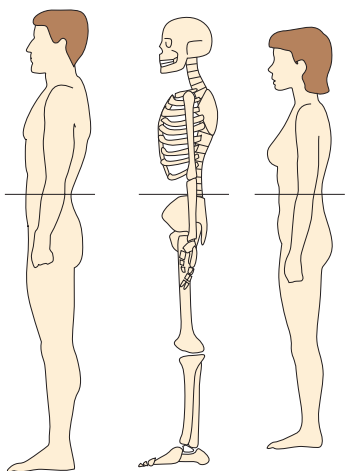
The quantity of food eaten

You can use two parameters to check if you are eating the right amount of food, one is **body weight** and the other is the **prevalent localisation of body fat**. Without weighing yourself, you will know that your weight is constant if the size of your clothes or the position of your belt holes does not vary over a certain period. To know if your weight could cause you health problems, you can use the **body mass index (BMI)**, which is calculated by dividing your weight in kilograms by the square of your height in metres. For example, if a man is 1.7 metres tall and weighs 70 kilograms ($70 \div 1.7^2 = 24.2$), his BMI is 24.2 kg/m². Use the following scale to interpret your results:

- **underweight:** BMI below 18.5 kg/m² (see a doctor, or even better a dietician)
- **normal weight:** BMI from 18.5 to 24.9 kg/m²
- **overweight:** BMI from 25 to 29.9 kg/m² (you are eating more than you should)
- **obesity:** BMI equal to or more than 30 kg/m² (see a doctor, or even better a dietician).

Calculate your body mass index:

	Kgs																													
	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7						
cm	underweight					normal weight					overweight					obesity					severe obesity									
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42						
152.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40						
157.4	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	33	33	34	34	35	36	37	38	39					
160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38	39					
162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37	38					
165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35						
167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34						
170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33						
172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32						
175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	27	28	29	30	31	31						
177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	29	30	30	30						
180.3	14	14	15	15	16	17	18	18	19	20	21	21	22	23	23	24	25	26	26	27	28	28	29	30						
182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29						
185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28						
187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27						
190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26						
193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26						



Another parameter, which is actually more important than body mass index in terms of threats to your health, is an increase in abdominal fat. This situation can be checked by measuring your **waistline** with a tailor's measuring tape at the navel or just above the iliac crest, which is the upper margin of the pelvis.

Values **above 80 cm for females** and **above 94 cm for males** indicate the need for professional help. You should see a doctor, or even better a dietician, even if your **body mass index is within the normal range**.

IN CONCLUSION

If these two parameters fall below or above normal ranges, this indicates that you are not eating the correct amount of food.

The quality of food eaten

Knowing if your body is getting all the nutrients it needs (carbohydrates, fats, proteins, vitamins, minerals and bioactive molecules) requires a complicated analysis. However, you can have a rough indication—which is sufficient in most cases—if you consider two aspects: the variety of foods you eat in a week and the frequency of your weekly intake, the latter is understood as the number of servings consumed. With regard to the **variety of your food intake**, a regular consumption of items from the seven food groups is recommended.

It is possible to avoid eating some groups—such as meat and fish for vegetarians or meat, fish, dairy products and eggs for vegans—but keep in mind the possible risks of malnutrition if the appropriate substitutes are not included in your diet.

• **GROUP I: grains and tubers (e.g. potatoes)**

This group contains amaranth, barley, buckwheat, corn, kamut, millet, oat, quinoa, rice, rye, spelt and wheat. It is advisable to vary the types of grains eaten and give preference to whole grains (look for “whole grain” on food labels). These foods contain carbohydrates, fibre, niacin, magnesium, some low biological value protein and gluten (except for amaranth, buckwheat, corn, millet, quinoa and rice, which are gluten-free).

• **GROUP II: fruits and vegetables containing vitamin A**

This group contains green, yellow and orange fruits and vegetables such as apricots, melons, persimmons, broccoli, carrots, chard, chicory, endive, lettuce, peppers, spinach and squash. They are also rich in anti-oxidants, fibre, potassium, water and many types of bioactive molecules.

• **GROUP III: fruits and vegetables containing vitamin C**

This group contains acidic fruits and cruciferous vegetables such as grapefruits, kiwis, lemons, oranges, pineapples, strawberries, tomatoes, broccoli, cabbage and cauliflower.

• **GROUP IV: legumes**

This group contains pulses such as chickpeas, fava beans, grass peas, green beans, green peas, lentils, lupin beans, peanuts and soya beans. They supply B vitamins, fibre and many minerals. They contain protein of medium biological value that can be enhanced by the addition of grains, such as eating pasta or rice with beans. Therefore, they can be used as substitutes for meats and cheeses.

• **GROUP V: meat, fish and eggs**

This group supplies B vitamins, iron, high biological value protein and saturated fats, particularly when the fat is visible. Keep in mind that cholesterol is present only in products of animal origin.

• **GROUP VI: milk and dairy products**

This group supplies high biological value protein, cholesterol and fats. These foods are a good source of calcium and phosphorus.

• GROUP VII: fats and oils

The healthiest type of fat is vegetable oil, especially single source oils (olive, corn, sunflower, etc.). These are a good source of vitamins A, D, E and K.

Since product availability, food culture and portion sizes can vary from one nation to another, we suggest that you **consult guidelines** published by government agencies, medical authorities, health professionals or nutrition organisations in your home country to learn about and correctly use **serving sizes** to monitor your weekly intake.

Once you have become familiar with serving sizes, you need to understand how many servings you require in your diet and how to distribute them. You can use a **food group pyramid** to visualise this and make it clear. We suggest using a pyramid based on the Mediterranean Diet, as our wellbeing does not just come from what we eat, but also from our cultural and social life, as well as our physical activity, as can be clearly seen in the image at the base of the pyramid.

Mediterranean Diet Pyramid: a lifestyle for today

Guidelines for Adult population

Serving size based on frugality and local habits



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The use and promotion of this pyramid is recommended without any restriction



Fundación
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ICAF
International Commission on the
Anthropology of Food and Nutrition



Predimed
Prevention with the Mediterranean Diet



Ciiscom
International Commission on the
Anthropology of Food and Nutrition

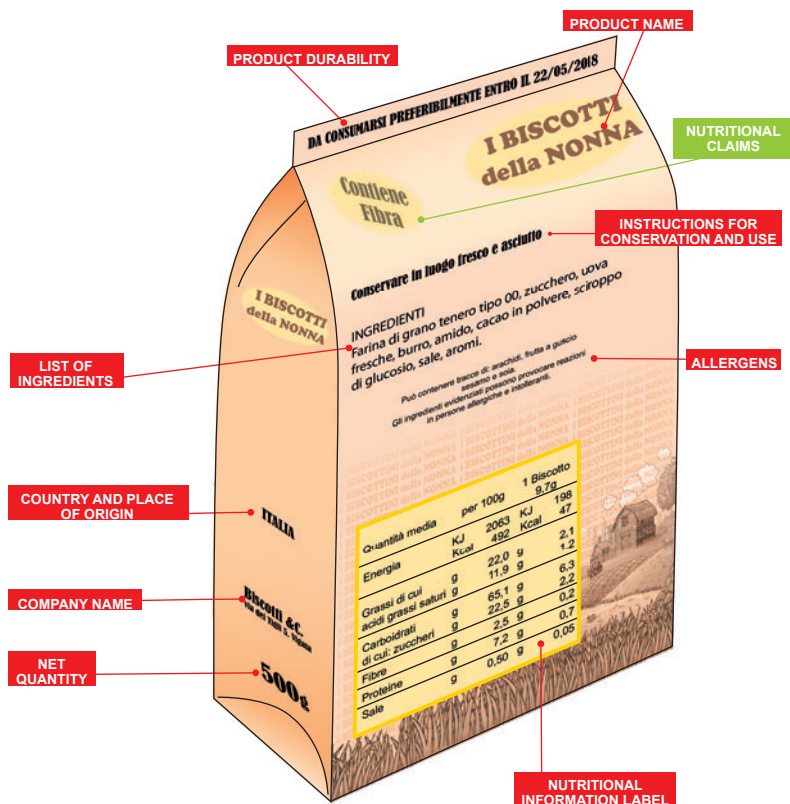


IN CONCLUSION

If you eat an appropriate variety of foods, from all food groups and from within the same food group, throughout the week and your weight is within the normal range, then your diet is most likely correct.

2. I really like this food, how much of it can I eat?

Your attraction to particular foods (due to their appearance, colour, smell, etc.) is the main determinant of your choices. Once the food is in your mouth, a sensory evaluation confirms whether your initial impression was right. If you do not like it, the problem is solved because you will no longer eat it. If you enjoy it, you will eventually want to know how much of it you can eat. The answer will come from knowing the composition of the food. Therefore, it is essential **to know how to read labels**. Many producers do not list all their ingredients thoroughly—especially the nutrition information—and too few of them invest in a scientific analysis of their products. As well, many labels are hard to read. All this can cause some difficulty in interpreting labels and knowing what quantities are being advised. It would be worthwhile consulting an expert in the field.



Legibility of Information

All indications must be printed clearly and legibly in characters that are 1.2 mm or larger. For smaller packages, the characters must be 0.9 mm or larger.



Here are some basic tips for reading and understanding food packaging and labelling:

- **Be wary of images printed on packages**

They very often do not correspond to the list of ingredients.

- **Remember that ingredients are listed in descending order of quantity**

Look out for such tricks as listing some ingredients—for example margarine or lard—separately to make you think that the product does not contain a lot of fat. If you need to watch your intake of simple sugars, be very attentive because they are present in many foods, even the most unexpected ones. As well, some types of sugars may not be well known or recognisable as such, for example dextrose, lactose, maltodextrin, maltose, mannitol and sorbitol.

- **Look for the nutrition information label**

Nutrition information labels will become mandatory in the European Union as of 31 December 2016. When they are present, it means that the producer is concerned about consumer welfare. The label should list the calorie count, proteins, carbohydrates, fats, fibre, sodium, vitamins and minerals, when they are present in significant amounts.

- **Check for any allergens printed in red**

The European Union has a mandatory labelling directive regarding food allergens. The list includes: eggs, milk, fish, crustaceans, molluscs, peanuts, tree nuts, sesame seeds, gluten, soya, celery, mustard, lupin, sulphur dioxide and sulphites.

- **Check if any food additives are present**

The European Union has a list of authorised food additives. They are indicated by the letter E (for Europe) followed by a number identifying the additive type. Remember that if the word “flavouring” is not preceded by the adjective “natural”, it is definitely artificial.

3. What foods should I avoid?

Given the wide variety of foods available and the constant launching of new products, it is reasonable to ask if there are any foods that should be avoided. The answer is simple with regards to natural foods, as none of them are entirely good or entirely bad. There is also no one food that can meet all the nutritional needs of an individual. It is the quantity and frequency of intake that determine if a food is healthy or unhealthy. This is also true for specific dishes and entire meals that, if not eaten in excess, are not contraindicated for people in good health. As for processed foods, several contain harmful ingredients that should not be eaten in large quantities. This explains the importance of both providing clear nutrition information labels and being able to read and understand them.

FUN FACT

The word **DIET**—now commonly understood as a “regime aimed at achieving a therapeutic purpose”—is derived from the Greek word “**δίαίτα**”, which indicates a lifestyle based on a healthy diet along with a correct and adequate amount of physical activity, both of which contribute to the creation, development and maintenance of physical and mental wellbeing. The growing use of machines in human activities has gradually decreased our opportunities for exercise and **increased our sedentariness**, which can lead to loss of both muscle tone (**sarcopenia**) and bone mineral content (**osteoporosis**).

The human body is designed to move

It has been amply demonstrated that a sedentary lifestyle is an independent risk factor for people’s health, leading to such conditions as obesity, high blood pressure, osteoporosis, coronary artery disease, type 2 diabetes and some forms of cancer.

Not even the best diet is effective enough on its own to control body weight and combat excess fat storage without the addition of a suitable exercise programme.

A low- calorie diet on its own always causes a significant loss of lean body mass (water, muscle, etc.). The less we eat, the less muscle mass we build or keep.

The spontaneous physical activities that we perform daily (e.g. walking or cycling to and from work or school, doing housework, climbing stairs, playing games, going dancing, etc.) along with our regular fitness and sport activities are the cornerstone of a healthy lifestyle, which can have positive effects on our physical and mental health, **regardless of gender or age**.

Our state of health and degree of physical efficiency are closely related to the quantity and quality of exercise we do.

What are the best activities?

All of them. Or rather those that you enjoy and are compatible with your lifestyle, physical fitness and personal commitment. You should give preference to pleasant activities that are easy to practice. **ANY OPPORTUNITY TO MOVE YOUR BODY IS A GOOD ONE!**

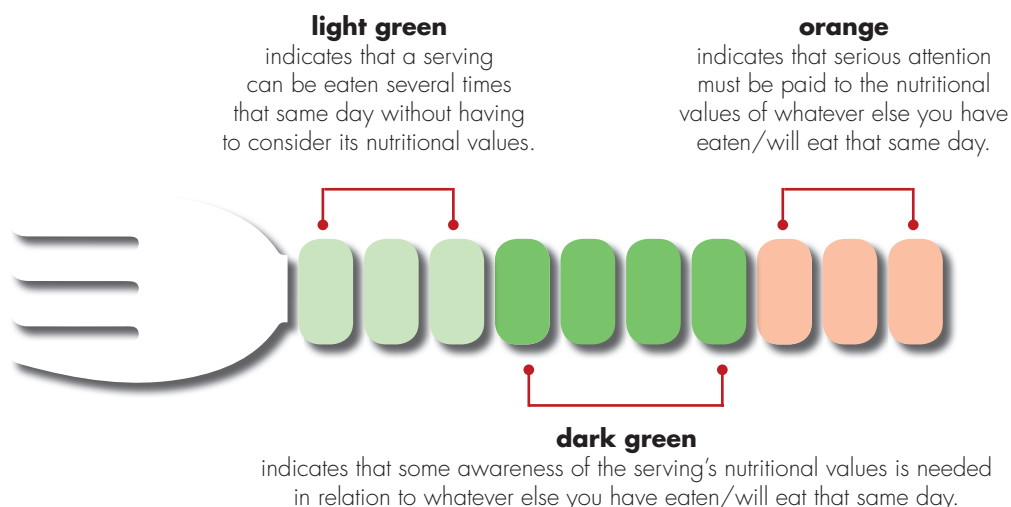
The benefits of regular exercise depend primarily on the amount of energy you expend on a weekly basis rather than the intensity of the effort you make. **Therefore, the frequency and duration of your physical activity is more important than its intensity.**

What is the meter used for?

The objective of creating this tool—designed for CIR food by ADI, which holds the copyright—is to provide a nutritional assessment of the wide variety of food that CIR offers visitors to Expo 2015.

How is the meter used?

Firstly, a tool like the **Healthy Eating Meter** is not an indicator of harmful foods or foods to be avoided, as there are no dietary restrictions for healthy people. The quantity and frequency of food intake is what could have negative effects on your health. The **Healthy Eating Meter** is divided into ten sections within three areas of different colours:



To position the “X” appropriately, we calculated the theoretical value of an average serving of food considering:

- the average daily diet of an average Italian male or female with low to medium physical activity;
- the amount of carbohydrates, proteins, fats and fibre in the serving expressed as percents;
- the total amount of carbohydrates eaten with respect to proteins and fats;
- the distribution of carbohydrates, proteins and fats across meals of the day;
- the specific weight of first and second courses at lunch and dinner;
- the presence of fibre, which is a protective element.

On the following pages, we list the nutrition facts of the food available at our restaurant, which was developed by the Italian Association of Dietetics and Clinical Nutrition. We have also included some indications that will facilitate the reading and understanding of our fact sheets.

This brochure contains the nutritional assessment of all the meals available at our restaurant, which offers a daily selection of dishes from the full menu.

Some dishes may not be listed because they are new proposals created by our chefs to enhance our offer. Please ask our staff to provide you with these nutrition facts.

Each recipe shows the allergens present. However, as it is impossible to have separate kitchens on this site for the preparation of special diets, **it is likely that traces of other allergens are also present in the food due to proximity during the production process.**

Certified gluten-free products are available on request.

All dishes listed in this brochure have been prepared by our staff. Any readymade products that have not undergone further processing bear their original labels.






Our staff will be pleased to give you any further information regarding any products.

At the cash, you can find a complete list of all ingredients used in our food along with their detailed specifications.


All our products are handmade and not factory produced, so both weight indications and the resulting nutritional values are to be considered as average.

HOW TO READ OUR NUTRITION FACTS TABLES

In each nutrition facts table you can see pertinent information regarding the management of your daily intake. See example below:

RECIPE NAME and type of dish	INGREDIENTS weight in grams	ALLERGENS icons	INGREDIENTS PRESENT frozen - organic - PDO - PGI - IPM				
Recipe name	Ingredients	Allergens	Frozen	ORG	PDO	PGI	IPM
FIRST COURSES							
Amalfi-style Lasagna	Egg pasta (60 g), Organic tomatoes (70 g), Anchovies (2 g), PDO buffalo mozzarella cheese (70 g), Béchamel sauce (145 g), Fresh basil (2 g), PDO Parmigiano - Reggiano cheese (10 g), Black olives (5 g), Extra-virgin olive oil (10 g)	gluten milk fish eggs					
BACKGROUND LIGHT GREEN vegetarian - DARK GREEN vegan - WHITE omnivore							

NUTRITIONAL ASSESSMENT

HEALTHY EATING METER														
Healthy Eating Meter	Kcal	KJ	Carbohydrates	Proteins	Fats	Sodium	Fibre	Cholesterol						
	per serving		% RDI	% RDI	% RDI	% RDI	% RDI	% RDI	% RDI					
	578.0	2419.5	37.7	11.7	26.1	31.7	35.9	48.6	621.0	41.4	2.1	8.0	58.1	19.4

REFERENCE VALUES average for adult male/female

Nutrient	Daily intake
Kcal	2.200
Proteins 15%	82.5 g
Fats 30%	73.3 g
Sugars 55%	322.7 g
Fibre 1.2g/100kcal	>26 g
Cholesterol	<300 mg
Sodium (Na)	1500 mg

WHAT DO THE RDI PERCENTAGES INDICATE?

They tell you the amount of calories, carbohydrates, proteins, fats, sodium, fibre and cholesterol (in that order) that are present in a product/recipe in relation to the **recommended daily intake** for an adult.

You can use RDI Percentages to add up the amounts of nutrients present in the foods you eat during a day and assess whether you have consumed too much or too little of them.

The RDI Percentages in our nutrition facts tables indicate the quantity of those nutrients present in a serving of that recipe.

GLOSSARY OF MAIN TERMS

Allergens: these substances are innocuous for most people. However, for people with allergies, they can set off allergic reactions with various degrees of severity and types of symptoms.

Carbohydrates (or glucides or sugars): these nutrients are either simple or complex depending on the length of their molecular chains. They provide the body with glucose, which is converted into energy that supports bodily functions and physical activity.

Cholesterol: this fat is needed to create steroid (e.g. sex and stress) hormones and to give strength and fluidity to cell membranes.

Fats (or lipids): these nutrients are needed to regulate metabolism and body temperature, produce energy and define aesthetic characteristics. They also act as a vehicle for fat-soluble vitamins (e.g. vitamins A, D, E and K).

Fibre: these nutrients are long chains of complex sugars or indigestible carbohydrates. They help regulate body metabolism and intestinal motility.

Integrated Pest Management (IPM): this cultivation method employs pest and plant control techniques that protect the environment and guarantee safe food by monitoring the entire production process and minimising the use of inorganic products.

Kcal (kilocalorie): this is the unit of measure for energy (1 kcal = 1,000 calories). One calorie is the energy needed to raise the temperature of 1 gram of distilled water (1 litre if we are referring to kilocalories) from 14.5 ° C to 15.5 ° C at sea level (pressure at 1 atm).

KJ (kilojoule): this is the unit of measure for energy in the International System (1 kJ = 4,184 kcal). The conversion factor from calories to joules is 4.184.

Organic agriculture: this method of cultivating crops and breeding animals uses only organic substances available in nature and forbids the use of anything inorganic or synthetic.

Protected Designation Of Origin (PDO): this European Union designation protects agricultural products and foodstuffs that have unique qualities and characteristics due to their place of origin and geographical environment, including natural and human factors. These properties are almost exclusively determined by the production, processing and preparation that take place within a very specific area.

Protected Geographical Indication (PGI): this European Union designation protects agricultural products and foodstuffs that have specific qualities, characteristics or goodwill attributable to their geographical origin. As well, their production, processing or preparation takes place within a determined geographical area.

Protein (or protides): these nutrients are made up of sequences of amino acids (humans have 20 amino acids, eight of which cannot be synthesised by our bodies and must be absorbed

LEGEND OF ALLERGENS AND ICONS

from food). Their role in the body is both structural (building muscles) and functional (creating hormones, enzymes and receptors).

RDI: is the amount of calories, carbohydrates, proteins, fats, sodium, fibre and cholesterol (in that order) that are present in a product/recipe in relation to the recommended daily intake for an adult.

Sodium: this mineral salt is the major positive ion (the cation Na^+) in fluid outside of human cells. The presence of this electrolyte in our blood helps maintain a proper acid-base balance in our bodies and control our blood pressure and volume. However, an excess of sodium can lead to high blood pressure, a condition known as hypertension.

Vegan: this type of food contains absolutely no products of animal origin, including none of their by-products or derivatives.

Vegetarian: this type of food contains no meat of animal origin and may include eggs (ovo-vegetarian) or dairy products (lacto-vegetarian) or both (ovo-lacto vegetarian).

Allergens



GLUTEN



MILK



EGGS



TREE NUTS



LUPIN



PEANUTS



SESAME SEEDS



SOYA



CELERY



MOLLUSCS



CRUSTACEANS



FISH



SULPHITES



MUSTARD



LACTOSE

Icons



FROZEN



ORGANIC












































PDO





PGI









IPM

Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
FIRST COURSES							
Amalfi-style Lasagna	Egg pasta (60 g), Organic tomatoes (70 g), Anchovies (2 g), PDO buffalo mozzarella cheese (70 g), Béchamel sauce (145 g), Fresh basil (2 g), PDO Parmigiano - Reggiano cheese (10 g), Black olives (5 g), Extra-virgin olive oil (10 g)	   					
Bavette with Tomatoes and Basil	Dry wheat pasta (100 g), Extra-virgin olive oil (15 g), Fresh garlic (10 g), Organic tomatoes (180 g), Fresh basil (2 g)						
Bologna-style Lasagna	Egg pasta (6 g) 5, Extra-virgin olive oil (5 g), Mirepoix (15 g), Béchamel sauce (145 g), Peeled tomatoes (60 g), PDO Parmigiano - Reggiano cheese (35 g), Minced Organic beef (60 g)	       					
Cheese Tortelloni with Butter and Fresh Mint	Tortelloni stuffed with greens, Cow milk cheese and sheep milk cheese (200 g), Butter (20 g), Fresh mint (5 g), PDO Parmigiano - Reggiano cheese (10 g)	          					
Farfalle with Creamed Salmon and Apples	Dry wheat pasta (100 g), Fresh-cut onions (2 g), Organic apples (30 g), Butter (15 g), Parsley (1 g), Smoked salmon (20 g), Salmon tapenade (15 g), UHT whole milk (50 g), Dill (2 g), Wheat flour (2 g), Single portion butter pat (2.5 g)	  					
Fusilli with Creamed Radicchio and Pancetta	Dry wheat pasta (100 g), Extra-virgin olive oil (5 g), Parsley (3 g), Fresh-cut red radicchio (16 g), Smoked pancetta (6 g), Shelled walnuts (1 g), PDO Parmigiano - Reggiano cheese (2 g)	  					

*Along with the allergens indicated, there may be others present in trace amounts.










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How to read our nutrition facts tables page 15 | Glossary of main terms, legend of allergens and icons pages 16-17



Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI	Proteins % RDI	Fats % RDI	Sodium % RDI	Fibre % RDI	Cholesterol % RDI						
	578.0	2419.5	37.7	11.7	26.1	31.7	35.9	48.6	621.0	41.4	2.1	8.0	58.1	19.4
	548.3	2295.2	86.3	26.8	12.9	15.6	16.8	23.0	15.2	1	4.7	17.9	/	/
	576.3	2412.2	37.2	11.5	34.8	42.1	32.0	43.6	603.6	40.2	2.1	7.9	82.1	27.4
	810.0	3390.5	28.9	8.9	35.9	43.5	61.2	83.5	46.8	3.1	0.3	1.1	58.5	19.5
	641.0	2683.5	87.4	27.1	30.2	36.6	19.0	25.9	414.5	27.6	3.4	12.9	55.9	18.6
	451.1	1888.1	79.5	24.6	13.1	15.8	9.0	12.2	90.3	6.0	3.4	13.1	5.6	1.9

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
FIRST COURSES							
Garganelli with Broccoli and Crunchy Onions	Fresh egg pasta (120 g), Fresh garlic (1 g), Fresh-cut onions (40 g), Anchovies in oil (3 g), Cayenne pepper (1 g), Broccoli (70 g)	gluten milk eggs crustacean soya celery mustard sulphur dioxide tree nuts molluscs fish					
Genova-style Vegetable Soup	Dry wheat pasta (40 g), Mirepoix (15 g), Fresh-cut onions (7 g), Courgettes (15 g), Potatoes (50 g), Green peas (15 g), Cooked borlotti beans (15 g), Peeled tomatoes (13 g), Salt (0.1 g)	gluten milk eggs crustacean celery fish soya molluscs					
Gnocchetti with Pork Sausage and Rapini	Fresh wheat pasta (120 g), Extra-virgin olive oil (15 g), Fresh garlic (1 g), Fresh-cut onions (10 g), White wine (0.1 g), Parsley (1 g), Organic tomatoes (40 g), Pork sausage (40 g), Cayenne pepper (1 g), Rapini (40 g)	gluten milk eggs soya celery fish crustacean molluscs					
Gramigna with Aubergines and Tomatoes	Dry wheat pasta (100 g), Extra-virgin olive oil (15 g), Scamorza cheese (40 g), Organic tomatoes (90 g), Pepper (1 g), Fresh basil (2 g), Salt (0.1 g), Organic aubergines (60 g)	gluten milk					
Lasagne with Courgettes and Taleggio	Egg pasta (65 g), Béchamel sauce (145 g), Courgettes (80 g), PDO Taleggio cheese (50 g), PDO Parmigiano - Reggiano cheese (30 g), Extra-virgin olive oil (10 g)	gluten milk eggs soya celery fish crustacean molluscs					
Linguine with Artichokes and Prawns	Dry wheat pasta (100 g), Extra-virgin olive oil (5 g), Brandy (5 g), Pepper (1 g), Shallots (10 g), Artichokes (60 g), Pre-cooked prawns (100 g), Salt (1 g), Tomato sauce (20 g), Fish stock (2 g)	gluten milk eggs soya celery fish crustacean molluscs					

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







































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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	427.8	1790.8	80.4	24.9	17.5	21.2	4.0	5.5	59.3	4.0	6.1	23.6	112.8	37.6
	224.8	941.0	45.4	14.1	7.9	9.6	1.3	1.8	55.8	3.7	4.5	17.2	/	/
	722.3	3023.6	97.7	30.3	20.7	25.1	27.6	37.7	448.5	29.9	3.8	14.6	/	/
	622.1	2604.1	87.2	27.0	21.7	26.3	20.7	28.3	84.4	5.6	5.4	20.8	26.0	8.7
	627.5	2626.8	36.2	11.2	32.6	39.5	39.2	53.4	1122.4	74.8	2.4	9.0	80.3	26.8
	536.4	2245.5	86.6	26.8	26.7	32.3	8.0	10.9	572.7	38.1	5.9	22.3	150.0	50.0

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
FIRST COURSES							
Linguine with Courgette Mousse and Lemon	Dry wheat pasta (100 g), Extra-virgin olive oil (20 g), Fresh-cut onions (10 g), IPM courgettes (50 g), Lemon (2 g)	 gluten					
Maccheroncini with Parma Prosciutto and Parmigiano-Reggiano	Fresh egg pasta (100 g), PDO Parma Prosciutto (15 g), UHT Organic whole milk (40 g), Grated PDO Parmigiano - Reggiano cheese (40 g), Wheat flour (2 g), Butter (2 g)	 gluten  milk  eggs  tree nuts  sulphur dioxide  mustard  celery  fish  crustacean  soya  molluscs					
Maccheroncini with Tropea Onions and Shredded Beef	Fresh egg pasta (100 g), PGI beef (80 g), Fresh thyme (3 g), Extra-virgin olive oil (20 g), Pepper (1 g), PGI Tropea onions (60 g), Salt (1 g), Grated Grana Padano cheese (1 g)	 gluten  milk  eggs  tree nuts  sulphur dioxide  mustard  celery  fish  crustacean  molluscs					
Mediterranean Soup	Mixed dry legumes (38 g), Mirepoix (15 g), Salt (1 g)	 gluten  milk  eggs  mustard  soya  crustacean  lupin  sesame seeds  molluscs  fish					
Mezze maniche with Potatoes and Provola	Dry wheat pasta (90 g), Extra-virgin olive oil (15 g), Potatoes (25 g), Sweet provola cheese (40 g), Organic tomatoes (50 g), Pepper (0.1 g), Fresh basil (1 g), Smoked pancetta (20 g), Salt (1 g), PDO Parmigiano - Reggiano cheese (10 g), Mirepoix (14 g)	 gluten  milk  eggs  crustacean  celery  fish  soya  molluscs					
Mezze Maniche with Ricotta and Pecorino Toscano	Dry wheat pasta (100 g), PDO Pecorino cheese (15 g), Cow milk ricotta cheese (40 g), Fresh mint (2 g), Tomato sauce (60 g), Extra-virgin olive oil (10 g)	 gluten  milk					

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



































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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	561.2	2349.3	80.4	24.9	11.7	14.1	21.5	29.3	5.5	0.4	3.5	13.3	/	/
	554.9	2323.0	66.7	20.7	32.0	38.8	17.8	24.3	634.4	42.3	3.0	11.3	149.5	49.8
	610.6	2556.1	67.0	20.8	30.3	36.7	24.6	33.5	502.1	33.5	3.8	14.7	147.9	49.3
	130.4	545.8	20.7	6.4	9.7	11.7	1.0	1.3	396.2	26.4	5.4	20.8	/	/
	739.4	3095.2	79.3	24.6	27.9	33.8	34.5	47.1	978.2	65.2	3.8	14.6	61.9	20.6
	615.5	2576.4	85.3	26.4	21.0	25.5	21.1	29.2	328.0	21.9	4.0	15.4	28.4	9.5

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
FIRST COURSES							
Orecchiette with Rapini	Dry wheat pasta (100 g), Extra-virgin olive oil (15 g), Fresh garlic (1 g), Rapini (40 g), Parsley (1 g), Cayenne pepper (1 g), Organic tomatoes (50 g), Tomato sauce (15 g)	 gluten					
Organic Barley with Vegetables	Organic pearl barley (100 g), Extra-virgin olive oil (10 g), Brandy (3 g), Frozen cubed vegetables (100 g)	 gluten  milk  eggs  mustard  sesame seeds  lupin  crustacean  soya  fish  molluscs					
Pappardelle with Poppy Seeds and Prawns	Egg pasta (100 g), Extra-virgin olive oil (10 g), Organic sweet peppers (30 g), Pre-cooked prawns (90 g), Poppy seeds (1 g), Fish stock (1 g)	 gluten  milk  eggs  crustacean  fish  soya  molluscs					
Pasta Salad with Aubergines	Dry wheat pasta (80 g), Organic tomatoes (50 g), Grilled aubergines (60 g), Hard-boiled Organic eggs (30), Mozzarella cheese (30 g), Extra-virgin olive oil (5 g), Fresh garlic (1 g), Parsley (1 g), Salt (0.1 g)	 gluten  milk  eggs  soya  celery  fish  crustacean  molluscs					
Pasta Salad with Tomatoes, Cheese and Basil	Dry wheat pasta (80 g), Organic tomatoes (60 g), PDO buffalo mozzarella cheese (40 g), Fresh basil (5 g), Extra-virgin olive oil (5 g), Salt (0.1 g)	 gluten  milk					
Pasta with Tomatoes and Basil	Dry wheat pasta (100 g), Extra-virgin olive oil (5 g), Fresh-cut onions (5 g), Fresh basil (2 g), Peeled tomatoes (90 g), Salt (1 g), Sugar (1 g)	 gluten					
Penne in White Sauce with Pancetta	Dry wheat pasta (100 g), Extra-virgin olive oil (25 g), Fresh-cut onions (60 g), PDO Pecorino Romano cheese (10 g), Dried oregano (1 g), Smoked pancetta (20 g), Black peppercorns (1 g)	 gluten  milk					

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




























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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	537.4	2249.7	82.9	25.7	12.8	15.6	17.2	23.4	10.2	0.7	4.7	18.1	/	/
	457.1	1913.5	75.5	23.4	11.4	13.8	11.4	15.5	3.0	0.2	9.1	35.0	/	/
	495.1	2072.6	33.1	10.3	19.2	23.3	13.3	18.1	141.2	9.4	3.4	12.9	226.0	75.3
	468.5	1961.2	71.6	22.2	19.8	24.0	11.5	15.6	67.1	4.5	4.2	16.3	15.0	5.0
	451.3	1889.0	66.5	20.6	15.7	19.0	13.6	18.5	65.4	4.4	2.9	11.0	22.4	7.5
	443.1	1855.0	83.2	25.8	12.1	14.7	6.9	9.4	405.8	27.1	3.7	14.1	/	/
	712.8	2938.9	83.4	25.8	17.7	21.5	34.3	46.7	451.6	30.1	4.1	15.6	23.4	7.8

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
FIRST COURSES							
Penne with Tomatoes, Olives and Capers	Dry wheat pasta (100 g), Extra-virgin olive oil (15 g), Fresh-cut onions (10 g), Organic tomatoes (65 g), Pepper (1 g), Salt (0.1 g), Black olives (20 g), Capers (30 g), Tomato sauce (50 g)	 gluten					
Pennette with Basil Pesto	Dry wheat pasta (100 g), Organic tomatoes (60 g), Fresh basil (1 g), Basil pesto (20 g)	 gluten	 milk				
Potato Gnocchi with Cherry Tomatoes and Basil Pesto	Potato gnocchi (220 g), Cherry tomatoes (50 g), Fresh basil (1 g), Basil pesto (20 g), PDO Parmigiano - Reggiano cheese (20 g)	 gluten	 milk				
Rice Salad with Basil Pesto	Parboiled rice (50 g), Extra-virgin olive oil (5 g), Fresh garlic (1 g), Potatoes (30 g), Organic tomatoes (30 g), Green beans (20 g), Basil pesto (5 g)	 gluten	 milk	  soya	 fish		
Rice Salad with Rocket	Parboiled rice (50 g), Organic tomatoes 40 g), Edamer cheese (30 g), Ham (20 g), Extra-virgin olive oil (5 g), Rocket (10 g), White vinegar (1 g), Mustard (2 g), Pepper (0.1 g), Salt (0.1g)	 gluten	 milk				
Rice Salad with Tuna and Cheese	Parboiled rice (80 g), Extra-virgin olive oil (5 g), Tuna in oil (10 g), Organic tomatoes (60 g), Mozzarella cheese (50 g), Green peas (1 g), Black olives (1 g)	 gluten	 milk	  soya	 fish		
Risotto alla milanese	Parboiled rice (80 g), Meat broth (15 g), Extra-virgin olive oil (2 g), Fresh-cut onions (10 g), PDO Parmigiano - Reggiano cheese (19 g), White wine (4 g), Butter (5 g), Saffron (1 g), Salt (1 g)	 gluten	 milk	 celery			

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














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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	612.3	2562.1	86.9	26.9	13.6	16.5	23.4	31.9	479.4	32.0	5.6	21.5	/	/
	540.9	2264.1	82.1	25.4	11.9	14.4	18.3	25.0	7.7	0.5	3.3	12.7	/	/
	535.5	2241.5	69.4	21.5	13.7	16.6	22.6	30.8	92.5	6.2	0.5	1.9	17.0	5.7
	298.3	1248.9	47.2	14.6	4.7	5.7	10.1	13.7	72.9	4.9	2.4	9.2	/	/
	367.1	1536.9	41.7	12.9	15.8	19.1	15.2	20.8	730.2	48.7	1.6	6.2	43.0	14.3
	483.4	2023.6	68.7	21.1	18.5	22.4	15.2	20.8	78.6	5.2	2.4	9.2	27.7	9.2
	420.8	1761.6	65.4	20.3	12.5	15.2	11.8	16.1	531.5	35.4	1.9	7.3	28.7	9.6

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
FIRST COURSES							
Risotto with Calamari and Thyme	Parboiled rice (100 g), Dried thyme (1 g), Fresh-cut onions (15 g), Calamari (100 g), Organic tomatoes (40 g), Extra-virgin olive oil (10 g), Fish stock (2 g)	   gluten fish molluscs					
Risotto with Parma Prosciutto and Taleggio	Parboiled rice (100 g), PDO Parma Prosciutto (20 g), PDO Taleggio cheese (30 g), UHT whole milk (30 g), Butter (15 g), Meat broth (2 g), PDO Parmigiano - Reggiano cheese (10 g)	   gluten milk celery					
Red Radicchio Pesto	Extra-virgin olive oil (5 g), Fresh-cut red radicchio (16 g), Shelled walnuts (1 g), Grated Grana Padano cheese (2 g)	  milk tree nuts					
Sorrento-style Paccheri	Dry wheat pasta (10 g), Cow milk ricotta cheese (40 g), PDO buffalo mozzarella cheese (10 g), Fresh basil (2 g), Salt (2 g), Grated Grana Padano cheese (10 g), Tomato sauce (30 g), Extra-virgin olive oil (10 g)	  gluten milk					
Spaghetti with Cacio and Black Pepper	Dry wheat pasta (100 g), Extra-virgin olive oil (20 g), Black peppercorns (1 g), PDO Pecorino Romano cheese (30 g), Wheat flour (2 g), Butter (2 g), UHT whole milk (40 g)	  gluten milk					
Spaghetti with Fresh Scallions and Spicy Salami	Dry wheat pasta (100 g), Extra-virgin olive oil (5 g), Pepper (0.1 g), Salt (0.1 g), Spicy salami (50 g), Fresh scallions (30 g), Green chilli peppers (2 g)	 gluten					
Spaghetti with Red Pesto and Peppers	Dry wheat pasta (100 g), Extra-virgin olive oil (10 g), IPM sweet peppers (50 g), Shallots (10 g), Fresh basil (2 g), Dried tomatoes (20 g)	  gluten sulphur dioxide					
Spinach Tortelloni with Butter and Sage	Tortelloni stuffed with spinach (200 g), Butter (20 g), Fresh sage (1 g), PDO Parmigiano - Reggiano cheese (7 g)	   gluten milk eggs					

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





























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How to read our nutrition facts tables page 15 | Glossary of main terms, legend of allergens and icons pages 16-17



Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	523.5	2191.3	82.2	25.5	19.9	24.1	12.8	17.5	430.9	28.7	2.7	10.5	222.0	74.0
	659.0	2758.4	81.2	25.2	23.3	28.2	26.8	36.5	960.8	64.1	2.2	8.5	90.4	30.1
	61.3	256.7	0.4	0.1	1.1	1.3	6.2	8.4	10.1	0.7	0.5	2.1	1.7	0.6
	600.6	2514.2	83.8	26.0	21.4	26.0	20.0	27.3	888.6	59.2	3.4	13.1	26.9	9.0
	715.8	2996.2	82.9	25.7	21.0	25.5	33.3	45.5	590.4	39.4	3.0	11.7	41.8	13.9
	683.3	2860.4	80.9	25.1	22.2	26.9	30.1	41.0	1262.2	84.1	3.1	11.8	47.5	15.8
	533.5	2233.4	91.6	28.4	14.4	17.4	12.2	16.6	20.6	1.4	5.9	22.5	/	/
	179.6	751.6	100.6	31.2	21.3	25.5	32.1	43.7	35.1	2.3	5.9	22.9	56.0	18.7

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
FIRST COURSES							
Tagliatelle with Chicken and Turkey Sauce	Dry egg pasta (80 g), Organic turkey (35 g), Extra-virgin olive oil (10 g), Carrots (15 g), Fresh-cut onions (15 g), Celery (15 g), UHT whole milk (20 g), Meat broth (2 g), Marsala wine (10 g), Pancetta (20 g), Organic chicken breast (35 g)	      					
Tagliatelle with Walnuts and Artichokes	Fresh egg pasta (80 g), Extra-virgin olive oil (3 g), Fresh-cut onions (3 g), Butter (13 g), Shelled walnuts (13 g), Pepper (0.7 g), PDO Parma Prosciutto (10 g), Artichokes (20 g), Salt (1 g)	     					
Tagliolini alla Carbonara with Vegetables	Fresh egg pasta (100 g), Carrots (20 g), Organic courgettes (20 g), Sweet peppers (20 g), Parsley (1 g), Pasteurised Organic liquid eggs (10 g), Pepper (1 g), Fresh cream (10 g), Grated Grana Padano cheese (10 g)	          					
Trofie with Basil Pesto, Green Beans, Potatoes and Clams	Dry wheat pasta (80 g), Fresh-cut potatoes (60 g), Clams (20 g), Green beans (30 g), Basil pesto (10 g)	       					
Trofie with Courgette Flowers, Mussels and Saffron	Dry wheat pasta (100 g), Extra-virgin olive oil (20 g), Fresh-cut onions (5 g), Pepper (0.1 g), Mussels (80 g), Battered courgette flowers (15 g), Saffron (0.1 g), Fish stock (2 g)	   					
Trofie with Tomato and Squid Sauce	Fresh wheat pasta (9 g), Extra-virgin olive oil (7 g), Fresh-cut onions (3 g), Tomato sauce (37 g), White wine (7 g), Parsley (0.7 g), Squid (75 g), Fresh bay leaf (0.75 g), Salt (0.1 g), Cayenne pepper (0.7 g)	   					

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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	579.3	2425.1	67.4	20.9	32.1	38.9	19.0	25.9	480.1	32.0	3.4	13.1	137.4	45.8
	509.6	2133.3	52.8	16.4	15.1	18.3	26.4	36.1	830.0	55.3	4.1	15.9	112.7	37.6
	431.1	1804.7	67.5	20.9	17.7	21.4	10.0	13.7	114.8	7.7	4.3	16.5	160.4	53.5
	451.1	1888.4	76.2	23.6	12.7	15.3	10.7	14.5	120.6	8.0	3.9	15.0	10.0	3.3
	657.2	2751.1	85.5	26.5	21.4	25.9	25.5	34.8	236.7	15.8	2.8	10.6	86.4	28.8
	473.5	1198.2	73.6	22.8	20.9	25.3	10.0	13.7	68.3	4.6	3.3	12.6	/	/

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
FIRST COURSES							
Vegetable and Barley Soup	Organic pearl barley (20 g), Extra-virgin olive oil (10 g), Mirepoix (15 g), Courgettes (5 g), Potatoes (50 g), Green peas (15 g), Chard (2 g), Cooked borlotti beans (15 g), Salt (1 g), Cabbage (5 g)	gluten milk eggs sesame seeds lupin mustard celery fish crustacean soya molluscs					
Vegetable, Mushroom and Spelt Soup	Organic spelt (40 g), Extra-virgin olive oil (5 g), Mirepoix (15 g), Fresh-cut onions (7 g), IPM courgettes (5 g), Potatoes (50 g), Chard (5 g), Button mushrooms (15 g), Cooked borlotti beans (15 g), Peeled tomatoes (13 g), Salt (0.1 g), Cabbage (5 g)	gluten milk eggs crustacean celery fish soya molluscs					
Wheat Gnocchi au Gratin	Wheat gnocchi (200 g), Butter (10 g), PDO Parmigiano - Reggiano cheese (20 g)	gluten milk					
SECOND COURSES							
Baby Octopus with Vegetables	Baby octopus (225 g), Extra-virgin olive oil (10 g), Salt (0.1 g) Fresh basil (3 g), Fresh-cut potatoes (20 g), Organic courgettes (70 g), Organic tomatoes (40 g), Mirepoix (15 g)	milk eggs soya crustacean celery fish molluscs					
Beef Filet with Asparagus	PGI beef filet (250 g), Extra-virgin olive oil (10 g), Asparagus (40 g), Organic aromatic salt (4 g), Meat stock (2 g)	gluten milk sulphur dioxide celery					
Beef Medallions with Green Peppercorns	PGI beef filet (250 g), Extra-virgin olive oil (10 g), Salt (2 g), Green peppercorns (4 g), Meat stock (2 g)	gluten milk sulphur dioxide celery					

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

















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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	230.1	963.1	27.4	8.5	5.5	6.6	11.0	15.0	447.6	29.8	5.1	19.7	/	/
	234.4	981.0	34.4	10.7	8.5	10.3	6.9	9.4	65.3	4.4	3.3	12.8	/	/
	383.8	1606.7	47.1	14.6	17.4	21.0	14.0	19.1	90.9	6.1	/	/	42.0	14.0
	280.2	1172.8	7.7	2.4	30.4	36.7	14.2	19.4	8.9	0.6	1.9	7.3	/	/
	422.3	1767.6	2.0	0.6	52.7	63.8	22.6	30.8	1675.3	100.0	0.8	3.1	175.0	58.3
	421.4	1763.9	2.3	0.7	51.9	62.9	22.7	31.0	890.3	59.3	1.1	3.8	175.0	58.3

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SECOND COURSES							
Beef Slices with Rosemary	PGI beef (250 g), Extra-virgin olive oil (10 g), Fresh rosemary (4 g), Organic aromatic salt (4 g)						
Breaded Monkfish Filet	Monkfish filet (250 g), Extra-virgin olive oil (10 g), Parsley (2 g), Organic breadcrumbs (34 g), Fresh chives (3 g), Salt (0.1 g), Organic aromatic salt (6 g)	 gluten  milk  sesame seeds  fish					
Chicken Breast in a Pistachio Crust	Fresh chicken breast (190 g), Extra-virgin olive oil (15 g), Shelled pistachios (30 g), Mixed greens (20 g), Lemon (5 g), Organic aromatic salt (4 g), Lemon vinaigrette (20 g)						
Chicken Curry with Rice Pilaf	Chicken breast (180 g), Extra-virgin olive oil (10 g), Wheat flour (20 g), Pepper (0.1 g), Parboiled rice (50 g), Curry powder (4 g), Salt (0.1 g), Corn starch (3 g), Vegetable broth (3 g)	 milk  eggs  celery					
Chicken Cutlet alla Milanese	Chicken breast (140 g), Salt (0.1 g), Sunflower oil (15 g), Organic breadcrumbs (20 g), Pasteurised Organic liquid eggs (20 g), UHT whole milk (5 g), PDO Parmigiano - Reggiano cheese (5 g)	 gluten  milk  sesame seeds  eggs					
Chicken Escalope with Parma Prosciutto and Pine Nuts	Chicken breast (190 g), Extra-virgin olive oil (5 g), PDO Parma Prosciutto (20 g), Pine nuts (4 g), Meat stock (2 g)	 gluten  milk  tree nuts  sulphur dioxide  celery					
Cockerel with Beer	Cockerel breast (600 g), Beer (50 g), Mustard (40 g), Organic aromatic salt (10 g)	 gluten  mustard					
Fried Fish and Seafood	Frozen battered fish and seafood (250 g), Sunflower oil (15 g), Salt (0.1 g)	 gluten  fish  crustacean  molluscs					

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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	429.0	1795.7	0.5	0.2	54.6	66.1	23.2	31.6	1795.1	100.0	0.3	1.2	175.0	58.3
	415.7	1740.1	21.8	6.8	52.4	63.5	13.2	18.0	2580.1	100.0	1.5	5.4	/	/
	613.5	2567.9	7.1	2.2	48.9	59.2	43.3	58.9	1710.7	100.0	3.5	13.5	127.3	42.4
	544.1	2277.6	61.1	18.9	46.0	55.8	12.8	17.5	148.1	9.9	1.6	6.2	120.6	40.2
	382.5	1601.1	13.4	4.2	37.2	45.1	20.0	27.3	285.4	19.0	0.8	3.8	199.6	66.7
	300.2	1256.8	1.0	0.3	49.3	59.8	11.0	15.0	683.4	45.6	0.1	0.4	140.5	46.8
	642.4	2689.1	5.8	1.8	135.3	100.0	7.6	10.4	4367.0	100.0	/	/	402.0	100.0
	313.4	1311.7	7.3	2.2	34.0	41.2	16.5	22.5	368.9	24.6	/	/	375.0	100.0

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SECOND COURSES							
Fried Sardines on a Bed of Lettuce with Balsamic Vinegar	Sardine filets (140 g), Extra-virgin olive oil (10 g), Romaine lettuce (5 g), Balsamic vinegar (5 g), Wheat flour (20 g), Salt (0.1 g)	gluten sulphur dioxide molluscs fish					
Gilthead Filet with Citrus Fruit	Gilthead filet (170 g), Fish stock (2 g), Extra-virgin olive oil (10 g), Wheat flour (5 g), Fresh garlic (2 g), Oranges (20 g), Lemons (15 g), Fresh basil (3 g), Salt (0.1 g)	gluten celery crustacean fish					
Gilthead Filet with Pink Grapefruit	Gilthead filet (168 g), Fish stock (2 g), Extra-virgin olive oil (10 g), Wheat flour (5 g), Fresh garlic (2 g), Pink grapefruit (30 g), Fresh basil (3 g), Salt (0.1 g)	gluten celery crustacean fish					
Grilled Calamari and Prawn Brochette	Ready-made brochette with mixed seafood (225 g), Parsley (0.12 g), Organic breadcrumbs (10 g), Lemon (19.2 g), Salt (0.01 g), Extra-virgin olive oil (2.0 g)	gluten milk crustacean sesame seeds sulphur dioxide molluscs					
Grilled Chicken Breast	Chicken breast (140 g), Extra-virgin olive oil (10 g), Fresh-cut onions (10 g), Pepper (0.1 g), Lemon juice (20 g), Cayenne pepper (1 g)						
Grilled Entrecote	PGI beef (220 g), Extra-virgin olive oil (10 g), Organic aromatic salt (5 g)						
Grilled Meat Brochette	Ready-made brochette with mixed meat (150 g), Extra-virgin olive oil (2.0 g), Salt (0.01 g)						
Grilled Organic Beef Hamburger	Organic Italian beef hamburger (150 g)						
Grilled Organic Chicken Breast	Organic chicken breast (140 g), Extra-virgin olive oil (10 g), Organic aromatic salt (5 g)						
Grilled Organic Salmon Trout Filet	Organic salmon trout filet (150 g)	fish					

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









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

Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	307.4	1286.6	17.9	5.5	27.4	33.2	14.0	19.1	160.5	10.7	0.5	1.9	105.0	35.0
	272.4	1140.1	6.1	1.9	34.6	41.9	12.2	16.6	122.6	7.5	1.4	5.5	119.0	39.7
	270.1	1130.6	6.1	1.9	34.2	41.5	12.1	16.5	120.8	8.1	0.8	3.1	117.8	39.3
	210.2	879.9	13.4	4.1	31.5	38.2	3.4	4.6	396.8	26.5	1.4	5.3	337.5	100.0
	234.5	981.5	1.8	0.6	31.3	37.9	11.3	15.4	106.1	7.1	0.2	0.8	93.8	31.3
	317.5	1329.0	/	/	48.0	58.2	14.0	19.1	2160.8	100.0	/	/	154.0	51.3
	218.6	914.9	0.6	0.2	33.0	40.0	9.4	12.8	3.9	0.3	/	/	85.5	28.5
	305.7	1279.7	/	/	27.2	32.9	21.9	29.9	76.5	5.1	/	/	106.5	35.5
	225.7	944.6	/	/	31.1	37.7	11.3	15.4	2065.8	100.0	/	/	93.8	31.3
	128.7	538.7	/	/	22.1	26.7	4.5	6.1	60.0	4.0	/	/	82.5	27.5

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SECOND COURSES							
Grilled Pork Brochette	Ready-made brochette with pork (180 g), Extra-virgin olive oil (10 g), Organic aromatic salt (5 g)						
Grilled Pork Chop	Fresh pork chop (140 g), Extra-virgin olive oil (10 g), Organic aromatic salt (4 g)						
Grilled Prawns	Prawns (270 g), Extra-virgin olive oil (10 g), Organic aromatic salt (5 g)	 crustacean					
Grilled Sardine Brochette	Ready-made brochette with sardines (200 g), Extra-virgin olive oil (10 g), Organic aromatic salt (5 g)	 gluten  milk  sesame seeds					
Grilled Sausage	Pork sausage (180 g), Extra-virgin olive oil (10 g), Organic aromatic salt (5 g)	 celery					
Grilled Surf and Turf Brochette	Ready-made brochette with meat and fish (270 g), Extra-virgin olive oil (10 g), Organic aromatic salt (5 g)	 sulphur dioxide  crustacean  molluscs					
Grilled Swordfish	Swordfish filet (250 g), Extra-virgin olive oil (10 g), Organic aromatic salt (5 g)	 fish					
Grilled Vegetable Brochette	Ready-made brochette with vegetables (200 g), Extra-virgin olive oil (10 g), Organic aromatic salt (5 g)						
Livorno-style Cod	Cod filet (180 g), Extra-virgin olive oil (10 g), Fresh garlic (2 g), Fresh-cut onions (10 g), Parsley (3 g), Croutons (30 g), Black olives (20 g), Tomato sauce (70 g)	 gluten  celery  fish					
Monkfish Filet in Seafood sauce	Monkfish filet (150 g), Extra-virgin olive oil (10 g), Octopus (330 g), Wheat flour (10 g), Fresh garlic (2 g), Fresh-cut onions (5 g), Organic tomatoes (20 g), Clams (40 g), Prawns (25 g), Squid (45 g), Salt (0.1 g), Mussels (40 g)	 gluten  fish  crustacean  molluscs					
Mussels with Saffron	Mussels (400 g), Extra-virgin olive oil (10 g), Parsley (2 g), Saffron (1 g), Salt (0.1 g)	 molluscs					

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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	587.2	2458.0	0.8	0.3	40.4	49.0	46.9	64.0	1965.0	100.0	/	/	/	/
	292.7	1225.3	/	/	29.0	35.0	19.6	26.7	2036.9	100.0	/	/	84.0	28.0
	282.8	1183.7	7.8	2.4	36.7	44.5	11.6	15.8	2359.2	100.0	/	/	405.0	100.0
	398.0	1666.0	16.0	5.0	34.0	41.2	22.0	30.0	1965.0	100.0	/	/	/	/
	637.7	2669.6	1.1	0.3	27.7	33.6	58.1	79.1	3945.0	100.0	/	/	/	/
	325.9	1364.2	17.6	5.5	38.4	46.5	11.3	15.4	1965.0	100.0	/	/	/	/
	363.5	1521.6	2.5	0.8	42.3	51.5	20.5	28.0	2190.0	100.0	/	/	175.0	58.3
	248.2	1039.0	7.6	2.4	0.9	1.1	23.8	32.5	1965.0	100.0	/	/	/	/
	389.0	1628.3	20.2	6.3	35.2	42.7	18.6	25.4	312.7	20.8	2.9	11.1	70.5	23.5
	393.4	1646.6	12.7	3.9	52.8	63.9	14.6	20.0	292.2	19.5	0.5	1.9	192.2	64.1
	432.7	1811.1	14.2	4.4	47.0	57.0	20.9	28.6	1165.8	77.7	0.2	0.4	432.0	100.0

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SECOND COURSES							
Octopus with Tomatoes, Anchovies and Capers	Octopus (150 g), Extra-virgin olive oil (10 g), Fresh garlic (2 g), Fresh-cut onions (6 g), Organic tomatoes (80 g), Cod (25 g), Anchovies in oil (3 g), Rocket (5 g), Salted capers (6 g), Salt (0.1 g)						
Pancetta-wrapped Chicken Wing Brochette	Ready-made brochette with chicken wings and pancetta (300 g), Organic aromatic salt (10 g)						
Pork Escalope alla Parmigiana	Pork loin (160 g), Extra-virgin olive oil (5 g), Parsley (3 g), Pepper (1 g), PDO Parma Prosciutto (20 g), Pine nuts (4 g), Salt (0.1 g), Meat stock (1 g), PDO Parmigiano-Reggiano cheese (30 g)	    					
Pork Filet with Vegetables	Pork filet (200 g), Fresh chives (15 g), Organic courgettes (20 g), Fresh-cut carrots (20 g), Fresh-cut potatoes (20 g), Extra-virgin olive oil (2 g), Organic aromatic salt (2 g)						
Prawns with Tomatoes, Potatoes and Mussels	Prawns (200 g), Extra-virgin olive oil (10 g), Fresh-cut potatoes (110 g), Parsley (2 g), Peeled tomatoes (80 g), Salt (0.1 g), Mussels (40 g), Mirepoix (15 g)	      					
Roast Beef with Parmigiano - Reggiano Shavings and Cherry Tomatoes	PGI beef (160 g), Extra-virgin olive oil (15 g), Lemon (30 g), Organic cherry tomatoes (50 g), PDO Parmigiano-Reggiano cheese (30 g)						
Roast Beef with Rosemary	PGI beef (160 g), Extra-virgin olive oil (15 g), Fresh rosemary (10 g)						
Roast Pork with Green Pea Puré	Pork loin (160 g), Extra-virgin olive oil (10 g), Fresh-cut onions (30 g), Green peas (40 g), Organic aromatic salt (4 g)	       					

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How to read our nutrition facts tables page 15 | Glossary of main terms, legend of allergens and icons pages 16-17



Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	221.1	925.6	5.6	1.7	22.2	26.9	12.2	16.6	480.4	32.0	1.0	3.8	223.4	74.5
	585.0	2448.9	/	/	91.4	100.0	24.4	46.9	3930.0	100.0	/	/	/	/
	387.3	1621.3	1.0	0.3	44.0	53.3	23.1	31.4	713.0	47.5	0.5	1.9	118.7	39.6
	322.3	1349.1	5.6	1.7	42.7	51.8	14.3	19.5	953.4	63.6	1.5	5.4	120.0	40.0
	384.2	1608.3	29.6	9.2	35.4	42.9	13.8	18.8	427.4	28.5	2.8	10.7	343.2	100.0
	475.1	1988.8	2.4	0.7	46.4	56.1	31.1	42.4	279.8	18.7	2.0	7.7	140.5	46.8
	359.3	1504.1	1.4	0.4	35.0	42.4	23.8	32.3	143.9	9.6	0.8	3.2	112.0	37.3
	354.2	1482.5	4.7	1.5	35.7	43.3	21.4	29.2	1693.0	100.0	3.5	13.1	96.0	32.0

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SECOND COURSES							
Roast Pork with Potatoes	Pork (270 g), Extra-virgin olive oil (10 g), Fresh rosemary (2 g), Organic aromatic salt (4 g), Potatoes (50 g), Meat stock (2 g)	gluten sulphur dioxide celery					
Salmon Filet in a Potato and Poppy Seed Crust	Salmon filet (200 g), Extra-virgin olive oil (10 g), Fresh-cut potatoes (100 g), Pasteurised Organic liquid eggs (33 g), Organic tomatoes (60 g), Pepper (0.1 g), Salt (0.1 g), PDO Parmigiano - Reggiano cheese (20 g), Poppy seeds (5 g)	milk eggs fish					
Sautéed Squid and Asparagus	Squid (250 g), Extra-virgin olive oil (10 g), Fresh garlic (10 g), Croutons (30 g), Salt (0.1 g), Asparagus (80 g), Fish stock (1 g)	gluten milk sesame seeds crustacean celery molluscs					
Scorpionfish Filet au Gratin	Scorpionfish filet (180 g), Extra-virgin olive oil (10 g), Parsley (2 g), Organic breadcrumbs (34 g), Fresh chives (3 g), Salt (0.1 g), Organic aromatic salt (6 g)	gluten milk sesame seeds fish					
Scorpionfish Filet with Olives and Capers	Scorpionfish filet (180 g), Extra-virgin olive oil (10 g), Wheat flour (10 g), Salt (0.1 g), Fresh garlic (1 g), Parsley (3 g), PGI balsamic vinegar (6 g), Sugar (3 g), Black olives (10 g), Capers (6 g)	gluten fish					
Scorpionfish Filet with Sweet Peppers	Scorpionfish filet (180 g), Extra-virgin olive oil (10 g), Organic sweet peppers (60 g), Pepper (0.1 g), Fresh basil (2 g), Salt (0.1 g), Fish stock (2 g)	celery crustacean fish					

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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	437.4	1831.0	10.0	3.1	55.8	67.7	19.3	26.3	1575.8	100.0	1.0	3.5	/	/
	722.8	3025.8	22.6	7.0	57.2	69.3	44.9	61.2	149.9	10.0	3.1	12.0	183.3	61.1
	337.5	1412.6	19.1	5.9	40.2	48.8	11.1	15.2	402.1	26.8	2.6	10.0	275.3	100.0
	345.7	1447.0	23.3	7.2	33.3	40.4	13.3	18.0	2796.1	100.0	1.5	5.4	102.6	34.2
	319.8	1338.5	12.7	3.9	32.0	38.8	15.7	21.4	318.5	21.5	0.8	2.7	102.6	34.2
	266.0	1113.3	5.6	1.7	31.1	37.6	13.3	18.0	238.1	15.9	0.6	2.5	102.6	34.2

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SECOND COURSES							
Sea Bass Filet with Radicchio	Sea bass filet (118 g), Extra-virgin olive oil (10 g), Wheat flour (4 g), Red radicchio (20 g), Organic tomatoes (30 g), Salt (0.1 g), Fish stock (2 g), Basil (1 g)	 gluten  celery  crustacean  fish					
Sea Bass Filet with Vegetables	Sea bass filet (225 g), Extra-virgin olive oil (8 g), Fresh-cut onions (13 g), Courgettes (62 g), Organic courgettes (18 g), Organic tomatoes (36 g), Fresh basil (2 g), Salt (0.1 g), Mirepoix (13 g)	 milk  eggs  soya  crustacean  celery  fish  molluscs					
Spicy Cockerel with New Potatoes	Cockerel breast (600 g), Fresh-cut potatoes (50 g), Mustard (40 g), Cayenne pepper (2 g), Organic aromatic salt (10 g)	 mustard					
Stewed Gilthead Filet with Taggiasca Olives	Gilthead filet (170 g), Fish stock (2 g), Extra-virgin olive oil (10 g), Wheat flour (5 g), Fresh garlic (2 g), Organic tomatoes (15 g), Fresh chives (3 g), Taggiasca olives (10 g)	 gluten  fish  crustacean  celery					
Steamed Pork Shoulder	Pork shoulder (200 g)						
Sweet and Sour Chicken Nuggets with Rice Pilaf	Chicken breast (140 g), Extra-virgin olive oil (10 g), Wheat flour (20 g), Organic sweet peppers (52 g), Pepper (0.1 g), Parboiled rice (50 g), PGI balsamic vinegar of Modena (6 g), Salt (0.1 g), Sugar (3 g), Meat stock (2 g)	 gluten  milk  sulphur dioxide  celery					
Tuna Filet in a Pistachio Crust	Tuna filet (280 g), Extra-virgin olive oil (10 g), Lemon (30 g), Organic aromatic salt (5 g), Dried tomatoes (30 g), Salt (0.1 g), Pistachio bits (40 g)	 milk  eggs  tree nuts  soya  fish  peanuts					

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














Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	210.6	881.6	5.2	1.6	20.7	25.0	11.9	16.2	89.2	5.9	1.0	3.7	76.0	25.3
	286.2	1198.2	4.8	1.5	38.9	47.1	12.4	16.9	163.4	10.9	1.8	6.9	144.0	48.0
	670.4	2806.5	13.1	4.1	136.2	100.0	8.1	11.0	4365.7	100.0	0.8	3.1	402.0	100.0
	276.7	1158.3	4.8	1.5	34.6	41.9	13.2	18.0	118.5	7.9	0.6	2.3	119.0	39.7
	824.0	3449.3	/	/	42.2	51.2	72.8	99.3	/	/	/	/	/	/
	509.7	2133.7	62.7	19.4	37.4	45.2	12.2	16.5	123.4	8.2	2.1	7.7	93.8	31.3
	861.5	3606.3	17.3	5.3	72.1	87.4	56.0	76.4	1970.1	100.0	9.5	43.1	/	/

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
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SECOND COURSES

Turkey Cutlet with Organic Vegetables	Turkey (140 g), Sunflower oil (15 g), Organic aubergines (30 g), Salt (0.1 g), Organic sweet peppers (20 g), Organic breadcrumbs (20 g), Pasteurised Organic liquid eggs (20 g), Potatoes (40 g), UHT whole milk (5 g), Grated Grana Padano cheese (5 g), Organic courgettes (30 g), Peeled tomatoes (24 g)	   					
Turbot Filet with Courgettes and Cherry Tomatoes	Turbot filet (200 g), Extra-virgin olive oil (10 g), Fresh thyme (0.1 g), Courgettes (40 g), Organic cherry tomatoes (60 g), Parsley (3 g), Pepper (0.1 g), Salt (0.1 g), Fish stock (1 g)	  					
Turkey Roll	Fresh turkey roll (300 g), Parsley (2 g), Organic aromatic salt (4 g), Meat stock (2 g), Extra-virgin olive oil (2 g)	   					
Tournedos with Organic Vegetables	PGI beef filet (250 g), Extra-virgin olive oil (10 g), Fresh-cut onions (10 g), Organic aromatic salt (5 g), Organic aubergines (50 g), Organic courgettes (50 g), Organic sweet peppers (50 g)						









COLD CUTS AND CHEESES

PDO Asiago Cheese	PDO Asiago cheese (100 g)	  					
PDO Buffalo Mozzarella Cheese	PDO Buffalo Mozzarella cheese (100 g)						
PDO Coppa Salami	PDO Coppa salami (100 g)						
PDO Gorgonzola Cheese	PDO Gorgonzola cheese (100 g)						

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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	428.8	1794.9	22.2	6.9	37.4	45.2	21.2	28.8	198.2	13.2	3.0	11.5	105.8	35.2
	287.3	1202.8	2.7	0.8	37.3	45.2	14.2	19.3	8.5	0.6	1.2	4.7	/	/
	264.6	1107.7	0.8	0.2	59.3	71.9	2.7	3.7	1674.4	100.0	0.1	0.4	114.0	38.0
	440.5	1844	5.9	1.8	53	64.2	22.8	32	2097	100	2.5	9.6	175	58.3
	356.0	1490.2	/	/	31.4	38.1	25.6	34.9	760.0	50.7	/	/	90.0	30.0
	240.7	1007.6	3.3	1.0	15.7	19.0	18.3	25.0	137.0	9.1	/	/	56.0	18.7
	398.3	1667.3	0.6	0.2	23.6	28.6	33.5	45.7	2285.0	100.0	/	/	96.0	32.0
	358.8	1501.9	0.1	/	19.4	23.5	31.2	42.5	1450.0	96.7	/	/	87.0	29.0



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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
COLD CUTS AND CHEESES							
PDO Montasio Cheese	PDO Montasio cheese (100 g)	 					
PDO Parma Prosciutto	PDO Parma Prosciutto (100 g)						
PDO Parmigiano - Reggiano Cheese	PDO Parmigiano - Reggiano cheese (100 g)						
PDO Pecorino Toscano Cheese	PDO Pecorino Toscano cheese (100 g)						
PDO Salvacremasco Cheese	PDO Salvacremasco cheese (100 g)						
PDO Sweet Provolone Cheese	PDO Sweet provolone cheese (100 g)						
PDO Taleggio Cheese	PDO Taleggio cheese (100 g)						
PGI Bresaola Beef	PGI Bresaola beef (100 g)						
PGI Culatello Salami	PGI Culatello salami (100 g)						
PGI Felino Salami	PGI Felino Salami (100 g)						
PGI Mortadella	PGI Mortadella (100 g)						
PGI Speck	PGI Speck (100 g)						
Spianata Romana Salami	Spianata Romana Salami (100 g)						

SIDE DISHES							
Aubergines au Gratin	IPM aubergines (300 g), Organic breadcrumbs (25 g), Organic aromatic salt (0.1 g), Extra-virgin olive oil (1 g)	  					

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	411.0	1720.4	/	/	30.3	36.7	32.2	43.9	757.0	50.5	/	/	100.0	33.3
	271.0	1134.4	/	/	26.0	31.5	18.5	25.2	2733.0	100.0	/	/	/	/
	374.4	1567.2	/	/	36.0	43.6	25.6	34.9	446.0	29.7	/	/	95.0	31.7
	366.0	1532.1	/	/	28.5	34.5	28.0	38.2	1890.0	100.0	/	/	104.0	34.7
	368.0	1540.6	/	/	23.5	28.4	30.5	41.6	/	/	/	/	/	/
	373.7	1564.3	2.1	0.7	26.3	31.9	28.9	38.6	860.0	57.3	/	/	101.0	33.7
	305.6	1279.2	/	/	20.6	25.0	24.8	33.8	1153.0	76.9	/	/	90.0	30.0
	174.7	731.3	1.0	0.3	34.0	41.2	4.3	5.9	2733.0	100.0	/	/	65.0	21.7
	330.0	1381.4	/	/	33.0	40.0	22.0	30.0	140.0	9.3	/	/	/	/
	375.1	1570.2	0.5	0.2	30.5	37.0	37.9	38.0	2502.0	100.0	/	/	95.0	31.7
	285.0	1193.0	/	/	15.0	18.2	25.0	34.1	1054.0	70.3	/	/	/	/
	284.0	1188.8	0.5	0.2	30.0	36.4	18.0	24.5	2752.0	100.0	/	/	/	/
	374.0	1565.6	1.0	0.3	25.0	30.3	30.0	40.9	170.0	11.3	/	/	/	/
	120.3	503.7	23.8	7.4	5.3	6.4	0.4	0.5	241.9	16.1	8.8	33.5	/	/

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SIDE DISHES							
Baby Carrots with Extra-virgin Olive Oil	Baby carrots (180 g), Extra-virgin olive oil (5 g), Salt (0.1 g)	gluten milk eggs soya celery fish crustacean molluscs					
Baked Potatoes	Peeled and cubed potatoes (270 g), Extra-virgin olive oil (12 g), Organic aromatic salt (0.1 g)						
Broccoli with Extra-virgin Olive Oil	1 PM broccoli (180 g), Extra-virgin olive oil (5 g), Salt (0.1 g)						
Broccoli with Garlic and Extra-virgin Olive Oil	IPM broccoli (200 g), Extra-virgin olive oil (5 g), Fresh garlic (2 g), Salt (0.1 g)						
Carrots sautéed with Honey and Thyme	IPM carrots (180 g), Fresh thyme (1 g), Extra-virgin olive oil (3 g), Pepper (1 g), Honey (5 g), Salt (0.1 g)						
Chard with Extra-virgin Olive Oil	IPM chard (180 g), Extra-virgin olive oil (5 g), Salt (0.1 g)	gluten milk eggs crustacean celery fish soya molluscs					
Chicory with Extra-virgin Olive Oil	Chicory (180 g), Extra-virgin olive oil (5 g), Salt (0.1 g)	gluten milk eggs soya celery fish crustacean molluscs					
Courgettes au Gratin	IPM courgettes (300 g), Organic breadcrumbs (25 g), Organic aromatic salt (0.1 g), Extra-virgin olive oil (1 g)	gluten lactose sesame seeds					
Courgettes with Extra-virgin Olive Oil and Marjoram	IPM courgettes (180 g), Extra-virgin olive oil (15 g), Pepper (0.1 g), Marjoram (3 g), Salt (0.1 g)	gluten milk eggs soya celery fish crustacean molluscs					

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


































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How to read our nutrition facts tables page 15 | Glossary of main terms, legend of allergens and icons pages 16-17



Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	107.6	450.6	13.7	4.2	2.0	2.4	5.0	6.8	174.9	11.6	5.6	21.5	/	/
	349.4	1462.5	48.6	11.2	5.7	5.1	14.7	23.2	22.8	1.5	4.3	12.3	/	/
	95.4	399.3	5.6	1.7	5.4	6.5	5.7	7.8	25.5	1.7	5.6	21.5	/	/
	101.9	426.4	6.4	2.0	6.0	7.3	5.8	7.9	28.0	1.9	6.2	24.0	/	/
	108.1	452.4	18.1	5.8	2.1	2.6	3.0	4.1	175.9	11.7	5.8	22.5	/	/
	76.1	318.7	5.0	1.6	2.3	2.8	5.2	7.1	288.3	19.2	2.2	8.3	/	/
	63.4	265.2	1.3	0.4	2.5	3.1	5.4	7.3	29.1	1.9	6.5	24.9	/	/
	108.3	453.4	20.2	6.3	5.9	7.2	0.4	0.5	166.9	11.1	4.9	17.3	/	/
	157.3	658.4	2.7	0.8	2.4	2.9	15.2	20.7	6.0	0.4	2.5	9.6	/	/

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SIDE DISHES							
Cauliflower with Extra-virgin Olive Oil	IPM cauliflower (180 g), Extra-virgin olive oil (5 g), Salt (0.1 g)						
Fennel with Extra-virgin Olive Oil	IPM fennel (170 g), Extra-virgin olive oil (5 g), Salt (0.01 g)						
Fried Potatoes	Pre-fried potatoes sticks (200 g), Sunflower oil (5 g), Salt (0.1 g)						
Green Beans in Tomato Sauce	IPM green beans (180 g), Tomato sauce (5 g), Organic tomatoes (20 g), Salt (0.1 g), Extra-virgin olive oil (1 g)	       					
Green Beans with Extra-virgin Olive Oil	IPM green beans (130 g), Extra-virgin olive oil (5 g), Salt (0.1 g)	       					
Grilled Aubergines	Grilled IPM aubergines (220 g), Extra-virgin olive oil (5 g), Salt (0.1 g)						
Grilled Courgettes	Grilled IPM courgettes (220 g), Extra-virgin olive oil (5 g), Salt (0.1 g)						
Grilled Sweet Peppers	Grilled IPM sweet peppers (220 g), Extra-virgin olive oil (5 g), Salt (0.1 g)						
Onions au Gratin	IPM onions (300 g), Organic breadcrumbs (25 g), Organic aromatic salt (0.1 g), Extra-virgin olive oil (1 g)	         					
Spinach with Extra-virgin Olive Oil and Cayenne Pepper	IPM spinach (200 g), Extra-virgin olive oil (5 g), Cayenne pepper (2 g), Fresh garlic (1 g), Salt (0.1 g)						
Sweet peppers au Gratin	IPM sweet peppers (270 g), Organic breadcrumbs (25 g), Organic aromatic salt (0.1 g), Extra-virgin olive oil (1 g)	  					

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How to read our nutrition facts tables page 15 | Glossary of main terms, legend of allergens and icons pages 16-17

Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	90.7	379.8	4.9	1.5	5.8	7.0	5.4	7.3	18.3	1.2	4.3	16.6	/	/
	60.0	251.0	1.7	0.5	2.0	2.5	5.0	6.8	243.6	16.2	3.7	14.4	/	/
	223.8	936.6	36.0	11.2	4.2	5.1	7.0	9.4	17.9	1.2	3.2	12.3	/	/
	49.3	206.3	8.5	2.6	3.0	3.6	0.4	0.5	617.2	41.1	5.0	19.1	/	/
	75.3	315.2	5.3	1.7	2.0	2.4	5.1	7.0	445.9	29.7	3.4	13.0	/	/
	79.5	333.0	5.7	1.8	2.4	2.9	5.2	7.1	61.1	4.1	5.7	22.0	/	/
	70.7	296.1	3.1	1.0	2.9	3.5	5.2	7.1	6.1	0.4	2.9	11.0	/	/
	117.8	493.2	14.7	4.6	2.0	2.4	5.7	7.7	69.9	4.7	2.0	7.6	/	/
	193.5	810.1	41.5	12.9	5.9	7.2	0.4	0.5	202.9	13.5	6.1	23.1	/	/
	109.8	459.5	6.2	1.9	6.8	8.2	6.4	8.7	204.2	13.6	3.9	14.6	/	/
	162.6	680.6	34.1	10.8	4.5	5.4	0.9	1.3	244.9	16.3	3.4	13.0	/	/

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SALADS							
Barley & Co.	Organic pearl barley (60 g), Fresh-cut IPM carrots (34 g), Organic apples (68 g), Pepper (0.1 g), Shelled walnuts (4 g), Fresh-cut celery (26 g), Salt (0.1 g), Asparagus (52 g)	gluten sesame seeds mustard lupin celery tree nuts					
Emilian	Fresh-cut IPM salad greens (40 g), Fresh-cut IPM carrots (20 g), Organic tomatoes (30 g), Black olives (15 g), Fresh-cut rocket (10 g), PGI Bresaola beef (50 g), Button mushrooms (30 g), PDO Parmigiano - Reggiano cheese (20 g)	milk					
Flavours	Spinach (20 g) Wholemeal croutons (20 g), Smoked salmon (60 g), Soya sprouts (20 g), Cooked runner beans (40 g), Green soya beans (20 g)	gluten soya fish					
Freshness	Fresh-cut IPM salad greens (60 g), Organic tomatoes (40 g), Robiola cheese (50 g), IPM Green beans (30 g), Pink grapefruit (50 g)	gluten milk eggs soya celery fish crustacean molluscs					
Mediterranean	Green beans (40 g), Fresh-cut potatoes (30 g), Tuna in oil (40 g), Mozzarella cheese (30 g), IPM carrots (30 g), Fresh-cut rocket (10 g), Organic courgettes (30 g)	gluten milk eggs soya celery fish crustacean molluscs					

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







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How to read our nutrition facts tables page 15 | Glossary of main terms, legend of allergens and icons pages 16-17



Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	291.2	1219.0	54.7	17.0	9.7	11.8	3.7	5.1	76.4	5.1	9.4	36.5	/	/
	225.9	945.5	3.6	1.1	27.1	32.8	11.5	15.5	1490.6	99.4	4.0	15.4	51.5	17.2
	201.2	842.1	18.5	5.7	22.7	27.5	4.1	5.5	1373.2	91.5	4.0	15.4	21.2	7.1
	194.6	814.7	7.1	2.2	11.7	14.1	13.3	18.1	665.3	44.4	2.8	10.8	45.0	15.0
	200.7	839.9	11.2	3.5	18.1	22.3	9.3	12.5	226.1	15.1	3.0	11.5	25.8	8.6

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SALADS							
Passion	IPM aubergines (40 g), Organic courgettes (30 g), Organic tomatoes (30 g), IPM sweet peppers (20 g), PDO Parmigiano - Reggiano cheese (30 g), Fresh-cut rocket (10 g)	 milk					
Primrose	Fresh-cut IPM salad greens (60 g), Fresh-cut IPM carrots (20 g), Organic tomatoes (10 g), Green olives (10 g), Fresh-cut rocket (10 g), Tuna in oil (40 g), Mozzarella cheese (60 g), Organic courgettes (20 g)	 milk  fish					
Seafood	Fresh-cut IPM salad greens (60 g), Fresh-cut IPM carrots (20 g), Organic tomatoes (50 g), Organic courgettes (20 g), Fresh-cut celery (20 g), Salted anchovies (5 g), Squid (45 g)	 fish  celery					
Spelt & Co.	Spelt (125 g), Fresh-cut IPM carrots (94 g), Fresh chives (8 g), Salt (0.1 g), Organic sweet peppers (94 g), Organic courgettes (94 g)	 gluten  sesame  soya  mustard  lupin					
Spring	Fresh-cut IPM salad greens (60 g), Ham (40 g), Fresh-cut IPM carrots (20 g), Organic tomatoes (10 g), Organic courgettes (20 g), Black olives (20 g), Emmental cheese (40 g), Fresh-cut rocket (10 g)	 milk					

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









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	135.3	566.4	3.9	1.2	12.3	14.8	7.9	10.6	153.2	10.2	2.0	7.8	28.5	9.5
	261.1	1092.8	6.5	1.9	23.9	29.1	15.5	21.1	130.9	8.7	2.5	9.2	40.8	13.6
	69.7	291.9	5.7	1.7	10.1	12.2	0.7	1.0	278.1	18.5	2.6	9.6	53.0	17.7
	515.6	258.2	98.7	30.9	22.2	26.9	303.5	4.7	147.3	9.8	13.6	52.3	/	/
	318.4	1332.6	5.4	1.7	21.4	25.9	23.4	31.9	910.5	60.7	2.5	9.6	64.8	21.6

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SALADS							
Summer	Fresh-cut IPM salad greens (60 g), Tuna in oil (50 g), Fresh-cut IPM carrots (20 g), Organic tomatoes (10 g), Organic courgettes (20 g), Capers (10 g), Hard-boiled Organic eggs (55 g)	 					
Tasty	Fresh-cut IPM salad greens (40 g), Fresh-cut IPM carrots (20 g), IPM Valerianella (10 g), Red radicchio (20 g), Organic tomatoes (10 g), Pre-cooked prawns (45 g)						
Tradition	Fresh-cut IPM salad greens (60 g), Fresh-cut IPM carrots (30 g), Organic tomatoes (30 g), Green olives (10 g), Fresh-cut rocket (10 g), Scamorza cheese (40 g), Fresh-cut IPM potatoes (40 g), Button mushrooms (30 g)						
Tri-colour	Fresh-cut IPM salad greens (60 g), Fresh-cut IPM carrots (30 g), Organic tomatoes (30 g), Cow milk ricotta cheese (80 g), Organic courgettes (40 g), Black olives (20 g), Fresh-cut rocket (10 g)						
Unique	Mixed greens (20 g), Bread (60 g), Fresh-cut onions (30 g), Cannellini beans (70 g), Mackerel in oil (110 g)	   					

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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates % RDI		Proteins % RDI		Fats % RDI		Sodium % RDI		Fibre % RDI		Cholesterol % RDI	
	180.0	753.4	10.0	3.1	21.6	26.2	5.9	8.2	198.4	13.2	2.0	7.7	13.5	4.5
	52.3	218.7	4.5	1.4	7.6	9.2	0.4	0.6	90.7	6.0	2.1	7.7	67.5	22.5
	169.9	711.2	14.8	4.6	13.1	15.9	6.5	8.7	101.1	6.7	5.4	20.4	26.0	8.7
	190.0	795.4	8.6	2.6	12.5	15.0	11.8	16.0	127.8	8.5	3.3	12.3	25.6	8.5
	514.4	253.5	59.4	18.4	40.6	49.2	12.7	17.3	550.8	36.7	6.5	24.8	110.0	36.7

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
FRUIT AND DESSERTS							
Apricot Smoothie	Apricots (40 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g)	 					
Fruit salad	Fresh-cut mixed fruit (200 g)						
Kiwi and Apple Smoothie	Kiwis (30 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g), Organic apples (10 g)	 					
Melon Smoothie	Melon (40 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g)	 					
Mixed Fruit Smoothie	Fresh-cut mixed fruit (40 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g)	 					
Pineapple Smoothie	Fresh-cut pineapple (40 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g)	 					
Soft Frozen Yogurt	Frozen Greek yogurt (25 g), UHT whole milk (80 g)	  					
Strawberry and Apple Smoothie	Fresh strawberries (30 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g), Organic apples (10 g)	 					
Tiramisu Ice Cream	Speedy tiramisu (26 g), UHT whole milk (73 g)	  					

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	311.1	1302.1	61.6	19.1	8.6	10.4	3.4	4.6	83.3	5.6	1.2	4.7	12.6	4.2
	95	397.7	22	6.8	0.4	0.5	0.6	0.8	4	0.3	4	15.4	/	/
	317.6	1329.3	62.7	19.4	8.8	10.7	3.5	4.8	84.6	5.6	1.6	6	12.6	4.5
	313	1310.3	61.9	19.2	8.7	10.6	3.4	4.6	86.1	5.7	1	3.5	12.6	4.2
	318.2	1331.9	63.3	19.6	8.5	10.3	3.4	4.7	83.7	5.6	1.4	5.4	12.6	4.2
	316	1322.7	62.9	19.5	8.6	10.4	3.3	4.5	83.7	5.6	1	3.9	12.6	4.2
	147.8	618.7	25	7.7	3.7	4.4	3.7	5	37.7	2.5	0.8	3.2	11.2	3.7
	316.7	1325.9	62.6	19.4	8.8	10.6	3.4	4.7	83.9	5.6	1.4	5.5	12.6	4.2
	155.5	650.9	24.9	7.7	4.1	4.9	4.4	6.0	34.4	2.3	0.1	0.5	10.2	3.4

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With regards to purchasing, CIR food—which is a food service company—takes into account the principles of lifecycle management and chooses suppliers according to **Green Public Procurement (GPP)** guidelines.

Sustainability

We use products and ingredients that have been produced with **sustainable agriculture** techniques, such as biodynamic, organic or integrated farming.

Biodiversity

We select our products paying close attention to **biodiversity**. For example, by using only seasonal produce and traditional or local varieties, this ensures the survival of the biological and genetic diversity of agricultural commodities.

Fair Trade

We use **fair trade products**, which have been produced with full respect for the lands that they come from and the people who live there.

Local Products

We buy certified **local products** or products that highlight local cultures and traditions. The European Union has three promotion and protection designations to certify quality agricultural products and foodstuffs, they are: PDO (Protected Denomination of Origin), PGI (Protected Geographical Indication) and TSG (Traditional Specialities Guaranteed).

0-Km Products

Whenever possible, we use **local suppliers** to shorten our supply chain, reduce environmental impact and encourage development of local communities.

Short Chain

We use a centralised, 6,000-m² platform—called “Quanta Stock and Go”—which was designed to optimise the management of food products and ensure a **certified and automated supply chain**. The platform lists 1.500 foodstuffs and a hundred suppliers selected in accordance with strict safety, quality and traceability standards.

Liberated Lands

We use food products grown on land confiscated from the mafia and realise initiatives in support of the “Cooperative di Libera Terra”, which are Italian cooperatives that oversee the use of these areas.

Social Cooperatives

We promote the use of products created by social cooperatives that foster the integration of socially disadvantaged people into the labour market.

A selection of our products:

100%

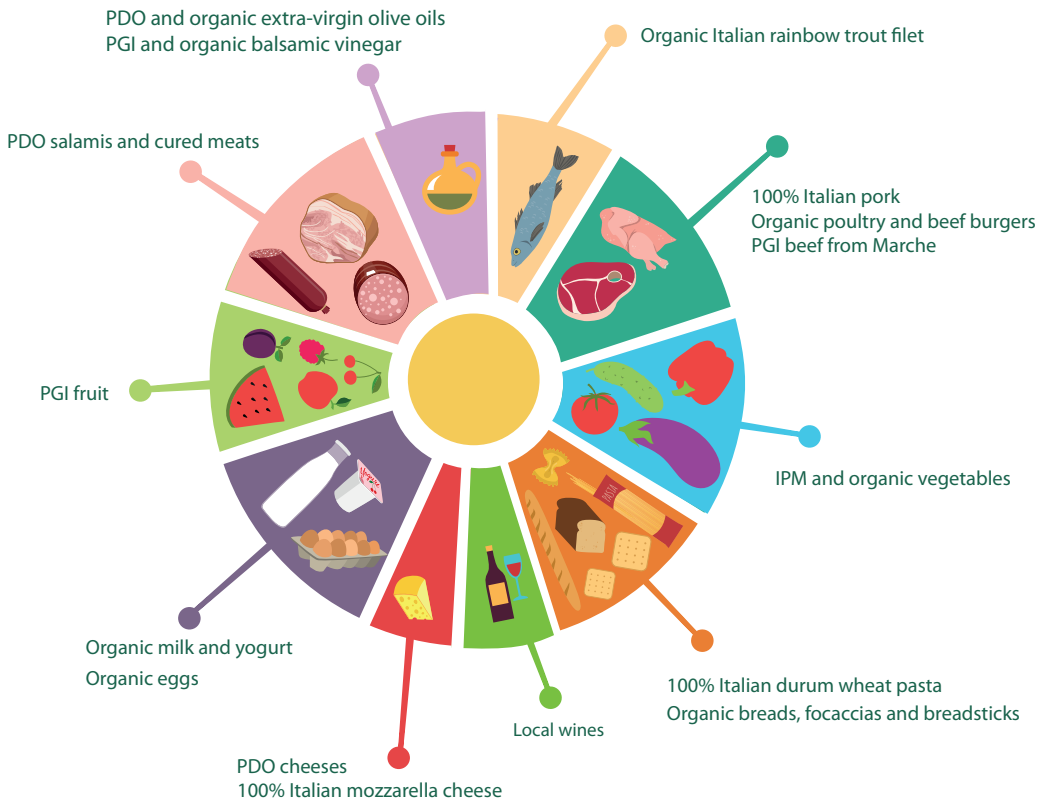
ITALIAN PRODUCTS

65%

PDO AND PGI PRODUCTS

0

GMO PRODUCTS



Zero impact pasta

We use only **100% Italian durum wheat pasta** with certified provenance produced with environmentally-friendly methods and originating from a controlled supply chain. This guarantees both quality for our customers and protection of our environment.

Cheeses

We have a wide **selection of PDO cheeses**, which represent the best culinary excellence of our country, that are certified and protected by European Union regulations. To be labelled as such, products must comply with specific production specifications and originate exclusively from an exact geographical area of denomination. Our selection of cheeses includes: PDO Asiago, PDO buffalo mozzarella, PDO Montasio, PDO Monte Veronese, PDO Parmigiano - Reggiano, PDO Pecorino Romano, PDO Pecorino Toscano, PDO provolone, PDO Taleggio and even PDO butter.

Vegetables

All our **vegetables** have either been grown with integrated farming techniques (IPM) or have been **certified as organic** or as **Global G.A.P.**, the latter is a business-to-business standard for safe and sustainable food guaranteeing production methods that reduce impact on the environment, reduce the use of chemical compounds and safeguard workers health and animal welfare.

Fruit

We offer carefully selected **seasonal PGI** or **organic fruit**. Eating sweet, juicy fruit is one of the pleasures you can treat yourself to on hot days. We assure our consumers that they can enjoy all the flavour and organoleptic properties of seasonal fruit.

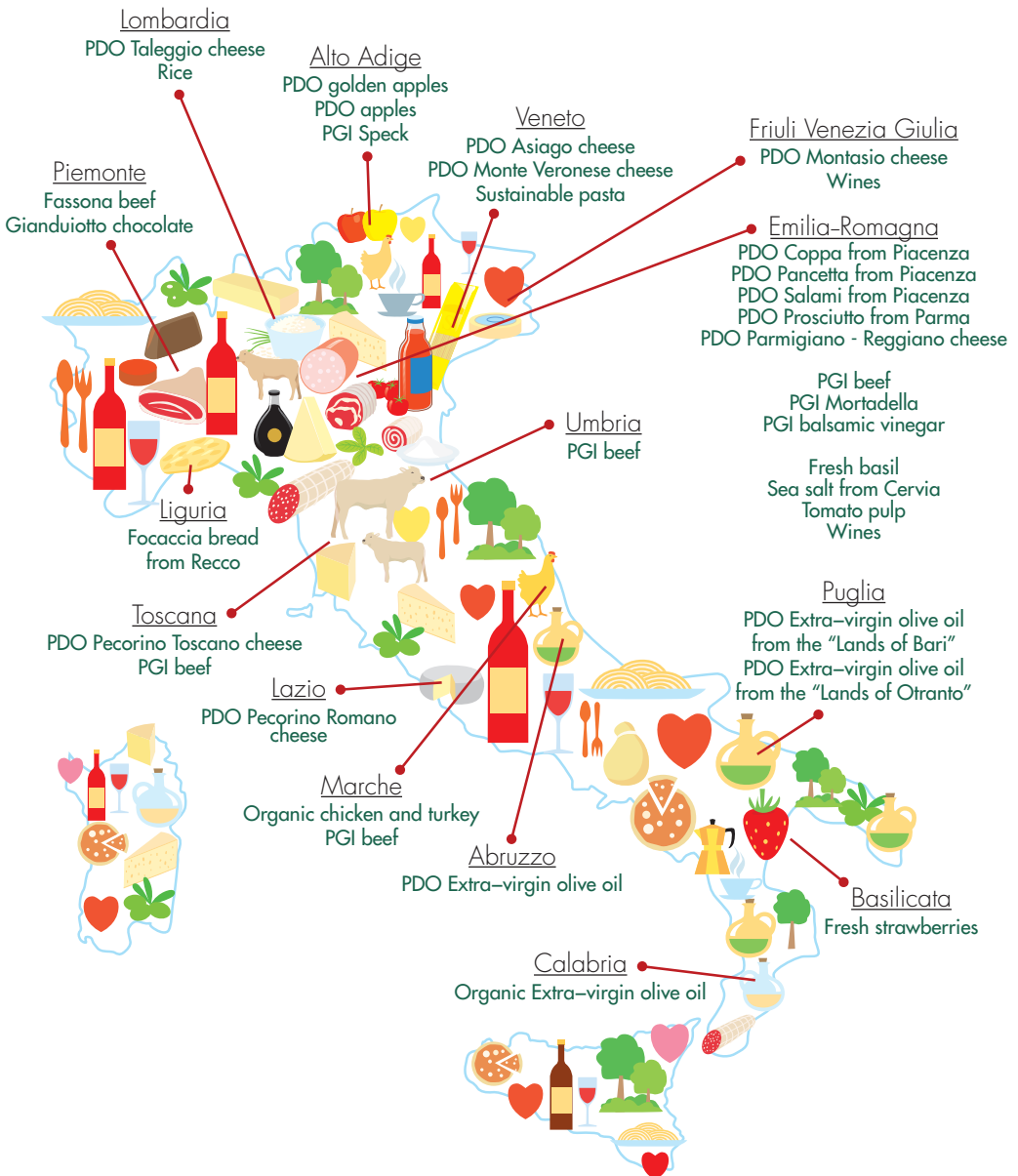
Bread

We use only **superior quality breads produced by cooperatives** that are made with stone-ground, organic flour. This special milling process does not overheat the grains, ensuring the conservation and integrity of their nutrients. Our breads are then baked in wood - burning ovens, which enhances the product and reduces impact on the environment due to the absence of harmful combustion residues.

Meat

All our **meats are 100% Italian** and include **organic** products from animals raised on vegetal feed that have been monitored and certified during all stages of processing. We are proud to use PGI Marchigiana beef, which comes from a cattle breed that originated in the region of Marche and was the first fresh beef product to be certified PGI in Italy.

We wish to showcase some of the best traditional foods from the regions of Italy





COOPERATIVA ITALIANA DI RISTORAZIONE



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