**VEGETARIAN MENU**

**Impact**

- 17.3 global m²
- 2,549 g CO₂eq
- 2,793 litres

**Breakfast**
- 1 Glass of milk
- 5 Slices of rusks
- Jam

**Snack**
- 1 Fruit
- 1 Pack of crackers

**Lunch**
- 1 Portion of pasta (Casarecce Siciliane type) with fennel and pumpkin and leek flan
- 1 Portion of raw vegetables
- Oil
- Bread

**Snack**
- 1 Fruit

**Dinner**
- 1 Portion of chickpea soup
- 1 Portion of steamed French beans and potatoes with parmesan shavings
- 1 Fruit

**MEAT MENU**

**Impact**

- 30.9 global m²
- 5,803 g CO₂eq
- 4,672 litres

**Breakfast**
- 1 Glass of milk
- 5 Slices of rusks
- Jam

**Snack**
- 1 Fruit

**Lunch**
- 1 Pizza with tomato and mozzarella
- 1 Portion of raw vegetables
- Oil

**Snack**
- 1 Fruit

**Dinner**
- 1 Fillet steak
- Oil
- 1 Portion of rocket and tomato salad
- Bread

**VEGETARIAN MENU**

**2,016 total kcal**

**MEAT MENU**

**2,031 total kcal**

**Proteins**

- Vegetarian: 14%
- Meat: 15%

**Fats**

- Vegetarian: 32%
- Meat: 27%

**Carbohydrates**

- Vegetarian: 55%
- Meat: 58%