

### VEGETARIAN MENU IMPACT



17.3 global m<sup>2</sup>  
 2,549 g CO<sub>2eq</sub>  
 2,793 litres

### VEGETARIAN MENU

2,016 total kcal



PROTEINS  
 14%



FATS  
 32%



CARBOHYDRATES  
 55%

#### Breakfast

1 Glass of milk  
 5 Slices of rusks  
 Jam

2.2 global m<sup>2</sup>  
 338 g CO<sub>2eq</sub>  
 348 litres

#### Snack

1 Fruit  
 1 Pack of crackers

0.7 global m<sup>2</sup>  
 108 g CO<sub>2eq</sub>  
 172 litres

#### Lunch

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

4.2 global m<sup>2</sup>  
 766 g CO<sub>2eq</sub>  
 668 litres

#### Snack

1 Fruit

0.5 global m<sup>2</sup>  
 74 g CO<sub>2eq</sub>  
 140 litres

#### Dinner

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

9.7 global m<sup>2</sup>  
 1,262 g CO<sub>2eq</sub>  
 1,466 litres

### MEAT MENU IMPACT



30.9 global m<sup>2</sup>  
 5,803 g CO<sub>2eq</sub>  
 4,672 litres

### MEAT MENU

2,031 total kcal



PROTEINS  
 15%



FATS  
 27%



CARBOHYDRATES  
 58%

#### Breakfast

1 Glass of milk  
 5 Slices of rusks  
 Jam

2.2 global m<sup>2</sup>  
 338 g CO<sub>2eq</sub>  
 348 litres

#### Snack

1 Fruit

0.5 global m<sup>2</sup>  
 74 g CO<sub>2eq</sub>  
 140 litres

#### Lunch

1 Pizza with tomato  
 and mozzarella  
 1 Portion  
 of raw vegetables  
 Oil

6.6 global m<sup>2</sup>  
 1,129 g CO<sub>2eq</sub>  
 697 litres

#### Snack

1 Fruit

0.5 global m<sup>2</sup>  
 74 g CO<sub>2eq</sub>  
 140 litres

#### Dinner

1 Fillet steak  
 Oil  
 1 Portion  
 of rocket and  
 tomato salad  
 1 Fruit  
 Bread

21 global m<sup>2</sup>  
 4,187 g CO<sub>2eq</sub>  
 3,349 litres