WEEK 1

Legend:
✓- Contains
○ - May Contain

	Description	Each portion contains CHO	Fat	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	Lentils	Legumes
Monday	Southern Fried Popcorn Chicken, Wedges	26.28g	13.16g	✓															
	Vegetarian Stovies	35.0g	3.7g																✓
	Vegetable Soup and Tuna Sandwich	35.2g	1.3g	✓		✓	✓		✓										
Tuesday	Mince and Tatties	29.6g	5g															✓	
	Vegan Sausage Roll and Beans	30.6g	12.06g	✓					✓	○									
	Lentil Soup and Ham Sandwich	43.3g	14.4g	✓					✓	○								✓	
	Lemon Drizzle Sponge	21.2g	5.5g	✓		✓				✓									
Wednesday	Pizza	40.1.g	6.3g	✓						✓									
	Vegetable Rice and Curry Sauce	58.83g	12.64g							✓									
	Leek and Potato Soup with Cheese Salad Wrap	44.3g	15.7	✓						✓									
Thursday	Salmon Fish Fingers and Chips	39.18g	20.10g				✓												
	Macaroni Cheese	47.5g	16.8g	✓						✓									
	Lentil Soup and Red Pepper Hummus and Salad Baguette	42.1g	3.25g	✓										○				✓	✓
	Orange & Mango Sorbet	14.4.g	0.4g																
Friday	School Packed Lunch - Ham Roll	26.2g	5.3g	✓		○			✓	○				○					
	School Packed Lunch - Ham Sandwich	33.7g	9.4g	✓					✓	○									
	School Packed Lunch - Cheese Roll	25.8g	6.5g	✓		○			✓	✓									
	School Packed Lunch - Cheese Sandwich	33.7g	22.1g	✓					✓	✓									
	School Packed Lunch - Tuna Roll	26.4g	2.0g	✓		✓	✓		✓	○									
	School Packed Lunch - Tuna Sandwich	33.7g	17.7g	✓		✓	✓		✓										