Legend:
✓- Contains
○ - May Contain

WEEK 2

	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	Tomato Pasta	41.6g	2.2g	✓															
	Baked Potato and Cheese	53.9g	9g							✓									
	Lentil Soup and Cream Cheese and Veggie Roll Up	39.2g	14.19g	✓						✓								✓	
Tuesday	Fish and Chips	36.9g	19.44g				✓												
	Vegetable Fajitas	34.2g	13.5g	✓															
	Tomato Soup and Chicken Goujons Wrap	34.1g	5.1g	✓															
	Cocoa & Beetroot Brownie	17.4g	7.9g	✓		✓													
Wednesday	Chilli Beef Nachos and Salad Bar	8.8g	4.0g																
	Sweet and Sour Vegetables with Rice	25.3g	3.5g																
	Vegetable Soup and Cheese Panini	34.6g	9.8g	✓						✓				○					
Thursday	Hot Dog and Potato Wedges	44.4g	8.85g	✓										○	✓				
	Risotto	37.0g	1.1g																
	Carrot and Corriander Soup with Sliced Turkey Finger Roll	29.3g	3.15g	✓										○					
	Vanilla Ice Cream	13.6g	2.4g							✓									
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	2g	✓		✓	✓		✓	○									
	School Packed Lunch - Tuna Sandwich	33.7g	17.7g	✓		✓	✓		✓										