WEEK 3

Legend:
✓- Contains
○ - May Contain

Each portion contains

	Description	CHO	Fat	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	Legumes	
Monday	G/F Bubble Coated Salmon Fish Fillet	15.g	5.64g				✓												
	Potato Wedges	19g	3g																
	Macaroni Cheese	47.5g	16.8g	✓						✓									
	Lentil Soup	0.5g	6.4g															✓	lentils
Tuesday	Hotdog in a Roll	25.4g	5.8g	✓										○	✓			✓	Pea protein
	Red Pesto Pasta	40.9	24.6g	✓					○				○						
	Vegetraian Haggis	14.21g	10.29	✓															
	Mashed Potatoes	22.6g	1.5g																
	Swede	1.2g	0																
	Tomato & Red Pepper Soup	4.7g	0.2g																
	Cheese Panini	29.9g	9.6g	✓						✓				○					
	Angel Delight	11.5g	4.2g							✓									
Wednesday	Rosemany & Lemon Chicken	1.6g	4.9g												✓				
	Roast Potatoes	21g	2.8g																
	Baked Potato with Cheese	53.9g	14.3g							✓									
	Carrot & Corriander	5.5g	0.9g	○															
	Tuna Wrap	30.6g	10.1g	✓		✓	✓												
Thursday	Pizza	40.1g	6.3g	✓						✓									
	Home Made Baked Veggie Burger	33.9g	3.1g	✓														✓	Chickpeas
	Potato Wedges	19g	3g																
	Lentil Soup	0.5g	6.4g															✓	Lentils
	Ham Sandwich	33.7g	9.4g	✓					✓	○								✓	Lentils
	Fruity Flapjack	9.8g	32.4g	✓															