



## Primary School Menu – Fat Table

Apr 2022- Apr 2023

<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>SOUP</b>	Vegetable Fat = 0.2g	Tomato & Basil Fat = 0.1g	Lentil Fat = 0.7g	Leek & Potato Fat = 1.8g
<b>MAIN COURSE</b>	Fish Fingers= 3.4g Chips = 13.5g	Chilli con Carne = 3.3g Rice = 1.1g	Chicken Sausages (1) = 1.6g Mashed Potatoes =2g	Egg Fried Rice = 13.2g
<b>VEGETARIAN COURSE</b>	Baked Potato = 0.3g Cheese = 14g	Vegetarian Sausage Roll = 10.9g Diced Potatoes = 5.8g	Pasta & Vegetarian Bolognese = 2g	Pizza Fat = 7.1g
<b>LIGHTER BITE</b>	Soup = 0.2g Chicken Wholemeal Roll = 5.7g	Soup = 0.1g Cheese Baguette = 19g	Soup = 0.7g Ham Sandwich = 5.1g	Soup = 1.8g Hummus & Grated carrot Wrap = 6.9g
<b>DESSERTS</b>	Healthy Balance Yogurt = 1.8g Little Yeo's = 1.8g	Custard & Seasonal Fruit = 1.3g Ice cream & Seasonal Fruit = 2.4g	Healthy Balance Yogurt = 1.8g	Vanilla Sponge & Seasonal Fruit = 12.2g or Fruit
<b>DRINKS</b>	Milk = 3.4g	Milk = 3.4g	Milk = 3.4g	Milk = 3.4g
<ul style="list-style-type: none"> <li>• Bread, side salad, soup, fruit/fruit salad available daily</li> <li>• A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, vegetable sticks, water</li> <li>• Milk and water served to help growing teeth!</li> </ul>				



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<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>Soup</b>	<b>Tomato &amp; Basil Fat = 0.1g</b>	<b>Lentil Fat = 0.7g</b>	<b>Vegetable Fat = 0.2g</b>	<b>Carrot &amp; Coriander Fat = 1.2g</b>
<b>MAIN COURSE</b>	<b>Macaroni Fat = 16.8g</b>	<b>Salmon Fillet = 6.6g Potatoes = 0.3g</b>	<b>Steak Pie = 10.5g Potatoes = 0.3g</b>	<b>Chicken Enchiladas = 9.5g</b>
<b>VEGETARIAN COURSE</b>	<b>Vegetable Curry with Rice = 3.3g</b>	<b>Tomato Pasta = 2.1g Garlic Bread = 5.4g</b>	<b>Leek &amp; Parmesan Risotto = 4.2g</b>	<b>Baked Potato = 0.3g Baked Beans = 1.4g</b>
<b>LIGHT BITE</b>	<b>Soup = 0.1g Egg Mayo Wholemeal Roll = 3.9g</b>	<b>Soup = 0.7g Cheese Baguette = 19g</b>	<b>Soup = 1.2g Tuna Mayo Wrap = 10.4g</b>	<b>Soup = 0.2g Chicken Sandwich = 9.2g</b>
<b>DESSERTS</b>	<b>Healthy Balance Yogurt = 1.8g</b>	<b>Apple Crumble = 10.7g Or Fruit</b>	<b>Healthy Balance Yogurt = 1.8g</b>	<b>Peach Melba Sponge = 12.1g Or Fruit</b>
<b>DRINKS</b>	<b>Milk = 3.4g</b>	<b>Milk = 3.4g</b>	<b>Milk = 3.4g</b>	<b>Milk = 3.4g</b>
<ul style="list-style-type: none"> <li>• Bread, side salad, soup, fruit/fruit salad &amp; yoghurt available daily</li> <li>• A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, veggie sticks &amp; water</li> <li>• Milk and water served to help growing teeth!</li> </ul>				



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<b>WEEK 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>SOUP</b>	Tomato & Basil = 0.1g	Red Pepper & Tomato Soup = 0.2g	Lentil = 0.7g	Vegetable = 0.2g
<b>MAIN COURSE</b>	Chicken Fillet = 1.1g Roast Potatoes = 2.8g Yorkshire Pudding = 1.6g	Seasonal Pasta = 5.6g	Minced Beef = 3.6g Mashed Potatoes = 2g	Chicken Sausage (1) =1.5g Roll = 1.6g
<b>VEGETARIAN COURSE</b>	Baked Potato = 0.3g Beans = 1.4g	Vegetable Quiche = 17.7g Potatoes = 0.3g	Vegetable Nuggets = 8.7g Rainbow rice = 10.2g	Sweet Potato & Lentil Curry = 1.7g Rice = 1.1g
<b>LIGHT BITES</b>	Soup = 0.1g Tuna Wholemeal Roll = 7.5g	Soup = 0.2g Cheese Baguette = 19g	Soup = 0.7g Egg Mayo Sandwich = 7g	Soup = 0.2g Cheese Wrap = 19g
<b>DESSERTS</b>	Healthy Balance Yogurt = 1.8g Little Yeo's = 1.8g	Angel Delight & Seasonal Fruit = 1.4g Or Fruit	Healthy Balance Yogurt =1.8g	Chocolate Sponge & Mandarins = 9g Or Fruit
<b>DRINKS</b>	Milk = 3.4g	Milk = 3.4g	Milk = 3.4g	Milk = 3.4g
<ul style="list-style-type: none"> <li>• Bread, side salad, soup, fruit/fruit salad available daily</li> <li>• A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, veggie sticks &amp; water</li> <li>• Milk and water served to help growing teeth!</li> </ul> <p>Vegetarian choice <b>V</b>      Local produce when available <b>◆</b>      MCS Sustainable fish source</p>				