WEEK 3		Legend:  ✓- Contains  O - May Contain  Each portion contains		Cereals containing Gluten	Crustaceans			ıuts				2	ard	Sesame Seeds	Sulphur Dioxide	_	Molluscs	ls	Legumes
Description		CHO Fat		Cere	Crus	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesa	Sulp	Lupin	Moll	Lentils	Legu
М	Chicken Burger and Salad Bar	26.26g	<b>10.69</b> g	✓		0			✓	0				0					
o n d a y	Macaroni Cheese	47.5g	16.8g	✓						✓									
	Lentil Soup and Cheese Sandwich	37.3g	22.0g	✓					✓	✓								✓	
	Pizza	40.1g	6.3g	✓						✓									
	Baked Potato and Beans	68.9g	0.3g																
d	Vegetable Soup and Vegan Meatball Sub	38.5g	6.5g	✓										0					✓
	Vegan Jelly & Fruit	<b>16.2</b> g	0.5g																
W e d	Chicken Curry and Rice	27.6g	<b>1.4</b> g							✓									
n e s	Cheese and Veg Quiche with Baby Boilers	47.1g	17.9g	✓						✓									
d a y	Lentil Soup with Tuna and Cheese Melt Panini	35.4g	22.5g	✓		✓	✓			✓				0				✓	
Т	Fish and Chips	36.9g	19.44g				✓												
h u r	Pasta with Tomato Sauce	41.6g	2.2g	✓															
s d a	Potato and Leek Soup with Ham Finger Roll	31.95g	6.5g	✓						0				0					
у	Chocolate Cookie	27.6g	14.2g	✓															
	School Packed Lunch - Ham Roll	26.2g	5.3g	✓		0			✓	0									
	School Packed Lunch - Ham Sandwich	33.7g	9.4g	✓					✓	0									
F r i	School Packed Lunch - Cheese Roll	25.8g	6.5g	✓		0			✓	✓									
d a y	School Packed Lunch - Cheese Sandwich	33.7g	22.1g	✓					✓	✓									
	School Packed Lunch - Tuna Roll	26.4g	<b>2</b> g	✓		✓	✓		✓	0									
	School Packed Lunch - Tuna Sandwich	33.7g	17.7g	✓		✓	✓		✓										