WEEK 1

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	Lentils	Legumes
Monday	Southern Fried Popcorn Chicken,	26.28g	13.16g	✓															
	Meatless Cottage Pie	31.9g	6.1g												✓				
	Potato Wedges	22g	3g																
Tuesday	Asian Slow Cooked Beef	0.8g	25.4g	✓					✓					✓					
	Meat Free Fajitas	37.9g	13.6g	✓															
	Noodles	70g	1.6g	✓		✓													
edneseda	Pizza	40.1.g	6.3g	✓						✓									
	Vegetable Rice and Curry Sauce	58.83g	12.64g							✓									
hursda	GFSalmon Fish Fingers and Chips	39.18g	20.10g				✓												
	Macaroni Cheese	47.5g	16.8g	✓						✓									