WEEK 2

Legend:
✓- Contains
○ - May Contain

	Description	Each portion contains CHO	Each portion contains Fat	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	Lentils	Legumes
Monday	Cajun Chicken Pasta	21.g	16.7g	✓						✓									
	Quorn Dippers	9.9g	9.6g	✓															
	Potato Wedges	22g	3g												✓				
Tuesday	Fish and Chips	42.8g	3.2g	✓			✓												
	Thai Green Vegeable Curry &Rice	30.6g	2.6g																
Wednesday	Chilli Beef Nachos and Salad Bar	8.8g	4g																
	Meatless Meatball Sub	38.5g	6.5g	✓										○					✓
	Potato Wedges	22g	3g												✓				
Thursday	Chicken Korma & Rice	49.6g	45.4g							✓									
	Pasta with Tomato Sauce	41.6g	2.2g	✓															