WEEK 3

Legend:
✓- Contains
○ - May Contain

	Description	Each portion contains CHO	Fat	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs	Lentils	Legumes
Monday	Chicken Fillet in Gravy	0.8g	1.1g																
	Macaroni Cheese	47.5g	16.8g	✓						✓									
	Roast Potatoes (with Chicken Dinner)	21.g	2.8g																
	Yorkshire Pudding (with Chicken Dinner)	10.5g	1.6g	✓		✓				✓									
	Pizza	40.1g	6.3g	✓						✓									
	Potato Wedges	22g	3g												✓				
	Risotto (Vegan Parmesan)	37.0g	1.1g																
Wednesday	Beef Lasagne	20.3g	6.8g	✓						✓									
	Rice	46.1g	1.1g																
	Sweet n Sour Vegetables	25.1g	2.5g	✓		✓													
Thursda	Fish and Chips	42.8g	3.2g	✓			✓												
	Pasta with Tomato Sauce	41.6g	2.2g	✓															