Week 1	Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 1	Monday	Starter/Dessert	NR MULLER MIX A YOGHURT	7	4.9
Week 1	Monday	Starter/Dessert	NR LENTIL SOUP	8.4	2.8
Week 1	Monday	Meal 1	NR HEALTHY CHOICE BEANS	11.4	4.9
Week 1	Monday	Meal 1	NR 6" JUMBO SAUSAGE ROLL	27	6.5
Week 1	Monday	Meal 1	NR MCCAINS 7/16 CHIPS	19	1.8
Week 1	Monday	Meal 2	NR TOMATO & MASCARPONE PASTA	26.6	4.1
Week 1	Monday	Meal 2	NR SWEETCORN	26.6	2.9
Week 1	Monday	Meal 3	NR TUNA MAYONNAISE	1.6	
Week 1	Monday	Meal 3	NR BASIC MIXED SALAD	2.9	0.8
Week 1	Monday	Meal 3	NR EGG MAYONNAISE	1.8	9.1
Week 1	Monday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 1	Monday	Fruit choice	NR APPLE	9.9	0.3
Week 1	Monday	Drink	Water	9.9	0.3
	,	Drink	Milk	4.7	3.4
Week 1	Monday				
Week 1	Tuesday	Starter/Dessert	NR SCOTCH BROTH	9.6	1.7
Week 1	Tuesday	Starter/Dessert	NR HONEYDEW MELON	4.3	0.3
Week 1	Tuesday	Meal 1	NR BREADED HADDOCK	19	11.7
Week 1	Tuesday	Meal 1	NR MCCAINS 7/16 CHIPS	19	1.8
Week 1	Tuesday	Meal 1	NR PEAS WESTLOTHIAN	11.3	6.9
Week 1	Tuesday	Meal 2	NR QUORN VEGAN MEATBALLS	10	0
Week 1	Tuesday	Meal 2	NR GRAVY	4.3	0.2
Week 1	Tuesday	Meal 2	NR MASHED POTATO SD	16.1	1.7
Week 1	Tuesday	Meal 2	NR CARROT/TURNIP BATONS	5.5	0
Week 1	Tuesday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 1	Tuesday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Week 1	Tuesday	Meal 3	NR BASIC MIXED SALAD	2.9	0.8
Week 1	Tuesday	Meal 3	NR TUNA MAYONNAISE	1.6	
Week 1	Tuesday	Fruit choice	NR BANANA W	23.2	1.2
Week 1	Tuesday	Drink	Water	0	0
Week 1	Tuesday	Drink	Milk	4.7	3.4
Week 1	Wednesday	Starter/Dessert	NR SHORTBREAD	54.7	3.5
Week 1	Wednesday	Starter/Dessert	NR BABYBEL CHEESE	0	23
Week 1	Wednesday	Starter/Dessert	NR CUCUMBER STICKS	1.5	0.7
Week 1	Wednesday	Meal 1	NR SHEPHERDS PIE	11	7.2
Week 1	Wednesday	Meal 1	NR CABBAGE	2.2	1
Week 1	Wednesday	Meal 2	NR BRAKES BAKED POTATOES(20)	31.7	3.9
Week 1	Wednesday	Meal 2	NR GREEN BEANS	2.9	1.8
Week 1	Wednesday	Meal 2	NR QUORN CHILLI	4.4	6.7
Week 1	Wednesday	Meal 3	NR TOMATO TORTILLA WRAP	48.4	8.7
Week 1	Wednesday	Meal 3	NR EGG MAYONNAISE	1.8	
Week 1	Wednesday	Meal 3	NR QMS HAM	0.3	
Week 1	Wednesday	Meal 3	NR BASIC MIXED SALAD	2.9	
Week 1	Wednesday	Fruit choice	NR SATSUMA	6	
Week 1	Wednesday	Drink	Water	0	
Week 1	Wednesday	Drink	Milk	4.7	
Week 1	Thursday	Starter/Dessert	NR APPLE SPONGE	40.1	
Week 1	Thursday	Starter/Dessert	NR BROCOLLI SOUP	3	1
Week 1	Thursday	Starter/Dessert	NR CUSTARD	8.5	0.1
Week 1	Thursday	Meal 1	NR BRUSSELL SPROUTS	2.5	
Week 1	Thursday	Meal 1	NR BABY BOILED POTATOES	14.9	
				4.3	
Week 1	Thursday	Meal 1	NR GRAVY		0.2
Week 1	Thursday	Meal 1	NR ROAST CHICKEN	2	22.2
Week 1	Thursday	Meal 2	NR CURRY SAUCE	10	
Week 1	Thursday	Meal 2	NR THAI VEGGIE NOODLES	23.5	4.1

Week 1	Thursday	Meal 2	NR GARLIC AND HERB BREAD (32)	3.7	6.6
Week 1	Thursday	Meal 2	NR ROASTED VEGETABLE MEDLEY	5.9	
Week 1	Thursday	Meal 3	NR BASIC MIXED SALAD	2.9	0.8
Week 1	Thursday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Week 1	Thursday	Meal 3	NR FINGER ROLL	46	9
Week 1	Thursday	Meal 3	NR SLICED CHICKEN	2	19
Week 1	Thursday	Fruit choice	NR PEAR FRESH	10	0.3
Week 1	Thursday	Drink	Water	0	0.5
Week 1	Thursday	Drink	Milk	4.7	3.4
Week 1	Friday	Fruit choice	NR CHEESE SANDWICH PP	27.9	14.9
Week 1	Friday	Fruit choice	NR HAM SANDWICH	26	
Week 1	Friday	Fruit choice	NR TUNA MAYO SANDWICH	25.2	13.4
Week 1	Friday	Fruit choice	NR CARROTS	4.7	0.4
Week 1	Friday	Fruit choice	NR GINGERBREAD MAN	76	
Week 1	Friday	Fruit choice	NR CUCUMBER STICKS	1.5	
Week 1	Friday	Fruit choice	NR BANANA W	23.2	1.2
Week 1	Friday	Fruit choice	NR APPLE WL	11.8	
Week 1	Friday	Drink	Water	0	0.4
WEEKI	Triday	DITIK	Water	-	U
Week 2	Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 2	Monday	Meal 1	NR CARROT LENTIL SOUP	10.1	3.2
Week 2	Monday	Meal 1	NR CUSTARD	8.5	0.1
Week 2	Monday	Meal 1	NR PEACH MELBA CAKE	45.2	5.3
Week 2	Monday	Meal 2	NR SALMON FISH FINGER	17	12
Week 2	Monday	Meal 2	NR BABY BOILED POTATOES	14.9	1.8
Week 2	Monday	Meal 2	NR PEAS WESTLOTHIAN	11.3	6.9
Week 2	Monday	Meal 3	NR HEALTHY CHOICE BEANS	11.4	4.9
Week 2	Monday	Meal 3	NR BRAKES BAKED POTATOES(20)	31.7	3.9
Week 2	Monday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Week 2	Monday	Meal 4	NR CHEDDAR CHEESE	0.1	25.1
Week 2	Monday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 2	Monday	Meal 4	NR SLICED CHICKEN	2	19
Week 2	Monday	Meal 4	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 2	Monday	Meal 5	NR SATSUMA	6	0.6
Week 2	Monday	Meal 6	Milk	4.7	3.4
Week 2	Monday	Meal 6	Water	0	0
Week 2	Tuesday	Meal 1	NR LAUGHING COW LIGHT	6	15
Week 2	Tuesday	Meal 1	NR FROMAGE FRAIS	9.2	6
Week 2	Tuesday	Meal 1	NR CREAM CRACKERS	67.7	10
Week 2	Tuesday	Meal 2	Cauliflower cheese	5.8	7.5
Week 2	Tuesday	Meal 2	NR BABY BOILED POTATOES	14.9	1.8
Week 2	Tuesday	Meal 2	NR GAMMON STEAK	1.2	18.6
Week 2	Tuesday	Meal 3	NR SWEETCORN	26.6	2.9
Week 2	Tuesday	Meal 3	NR PITTA BREAD WHOLEMEAL	48.7	9.6
Week 2	Tuesday	Meal 3	NR LOADED CURRY WEDGES	11.4	3.7
Week 2	Tuesday	Meal 4	NR TOMATO TORTILLA WRAP	48.4	8.7
Week 2	Tuesday	Meal 4	NR EGG MAYONNAISE	1.8	9.1
Week 2	Tuesday	Meal 4	NR TUNA MAYONNAISE	1.6	17.8
Week 2	Tuesday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 2	Tuesday	Meal 5	NR PEAR FRESH	10	0.3
Week 2	Tuesday	Meal 6	Milk	4.7	3.4
Week 2	Tuesday	Meal 6	Water	0	0
Week 2	Wednesday	Meal 1	NR TOMATO NOODLE SOUP	8.5	0.9
Week 2	Wednesday	Meal 1	NR GARLIC AND PARSLEY BITES	44	8.2
Week 2	Wednesday	Meal 1	NR BABYBEL CHEESE	0	23
Week 2	Wednesday	Meal 2	NR GRAVY	4.3	0.2

Week 2	Wednesday	Meal 2	NR BOILED POTATOES	19.1	2.2
Week 2	Wednesday	Meal 2	NR BRAKES BABY CARROTS	19.1	
Week 2	Wednesday	Meal 2	NR ROAST BEEF	0	31
Week 2	Wednesday	Meal 3	NR FRANKFURTER HOT DOG ROLL	27.3	11
	Wednesday	Meal 3	NR MCCAINS 7/16 CHIPS	19	1.8
Week 2	-		·		
Week 2	Wednesday	Meal 3	NR COLESLAW	5.5	1.7
Week 2	Wednesday	Meal 4	NR SLICED CHICKEN	2	19
Week 2	Wednesday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 2	Wednesday	Meal 4	NR TUNA MAYONNAISE	1.6	
Week 2	Wednesday	Meal 4	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 2	Wednesday	Meal 5	NR GRAPES	15.2	0.7
Week 2	Wednesday	Meal 6	Milk	4.7	3.4
Week 2	Wednesday	Meal 6	Water	0	
Week 2	Thursday	Meal 1	NR RASPBERRY CHOCOLATE SLICE	39.6	5.5
Week 2	Thursday	Meal 1	NR MULLER MIX A YOGHURT	7	4.9
Week 2	Thursday	Meal 2	NR MASHED POTATO SD	16.1	1.7
Week 2	Thursday	Meal 2	NR BRAKES CHICKEN LINK SAUSAGE 38 G	4.8	18.6
Week 2	Thursday	Meal 2	Spaghetti in tomato sauce	14.1	1.9
Week 2	Thursday	Meal 3	NR BROCOLLI	1.8	4.4
Week 2	Thursday	Meal 3	NR BEAN HOTPOT	9.9	4.5
Week 2	Thursday	Meal 3	NR GARLIC AND HERB BREAD (32)	3.7	6.6
Week 2	Thursday	Meal 4	NR BASIC MIXED SALAD	2.9	
Week 2	Thursday	Meal 4	NR CHEDDAR CHEESE	0.1	25.1
Week 2	Thursday	Meal 4	NR EGG MAYONNAISE	1.8	
Week 2	Thursday	Meal 4	NR FINGER ROLL	46	9
Week 2	Thursday	Meal 5	NR BANANA W	23.2	1.2
Week 2	Thursday	Meal 6	Water	0	0
Week 2	Thursday	Meal 6	Milk	4.7	3.4
Week 2	Friday	Meal 4	NR CARROTS	4.7	0.4
Week 2	Friday	Meal 4	NR HAM SANDWICH	26	
	Friday	Meal 4	NR TUNA MAYO SANDWICH	25.2	
Week 2	,				
Week 2	Friday	Meal 4	NR CHEESE SANDWICH PP	27.9	
Week 2	Friday	Meal 4	NR CUCUMBER STICKS	1.5	
	Friday	Meal 4	NR FLAPJACK	52.2	
	Friday	Meal 5	NR BANANA W	23.2	
Week 2	Friday	Meal 5	NR APPLE WL	11.8	
Week 2	Friday	Meal 6	Water	0	0
	Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 3	Monday	Meal 1	NR COOLDELIGHT VANILLA	25	
Week 3	Monday	Meal 1	NR LEEK & POTATO SOUP	5.5	
Week 3	Monday	Meal 2	NR MCCAINS 7/16 CHIPS	19	
Week 3	Monday	Meal 2	NR tasty QMS Burger	2.8	
Week 3	Monday	Meal 2	NR BASIC MIXED SALAD	2.9	
Week 3	Monday	Meal 2	NR SESAME BURGER BUN	47.5	
Week 3	Monday	Meal 3	NR CARROTS	4.7	
Week 3	Monday	Meal 3	NR RICE	30.9	2.6
Week 3	Monday	Meal 3	NR SWEET AND SOUR SAUCE	23	
Week 3	Monday	Meal 3	NR QUORN DIPPER	12	12
Week 3	Monday	Meal 4	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 3	Monday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
	Monday	Meal 4	NR CHEDDAR CHEESE	0.1	
Week 3	Monday	Meal 4	NR TUNA MAYONNAISE	1.6	
	Monday	Meal 5	NR PEAR FRESH	10	

Woek 3 Tuesday Meal 1 NR CUCUMBER STICKS 1.5 0.7 Week 3 Tuesday Meal 1 NR LAUGHING COW LIGHT 6 15 Week 3 Tuesday Meal 1 NR CREANCRES 6.7.7 10 Week 3 Tuesday Meal 2 NR CARROTS 4.7 0.4 Week 3 Tuesday Meal 2 NR CARROTS 4.7 0.4 Week 3 Tuesday Meal 2 NR CHARDATI 46 8.3 Week 3 Tuesday Meal 2 NR CHICKEN KORNA B 6.2 2.2.6 2.4 Week 3 Tuesday Meal 3 NR RHAKES POTATO WEDGES 2.2.6 2.4 Week 3 Tuesday Meal 3 NR RHEALTHY CHOLEGRANS 11.4 4.8 3.3 3.6 Week 3 Tuesday Meal 4 NR ROMATONINAIS 1.8 1.9 3.8 Week 3 Tuesday Meal 4 NR ROMATONINAIS 1.8 9.1 Week 3 Tuesday Meal 4 NR ROMATONINAIS </th <th>Week 3</th> <th>Monday</th> <th>Meal 6</th> <th>Milk</th> <th>4.7</th> <th>3.4</th>	Week 3	Monday	Meal 6	Milk	4.7	3.4
Woek 3 Tuesday Meal 1 NR LAUGHING COW LIGHT 6 15 Week 3 Tuesday Meal 2 NR CREAM CRACKERS 67.7 10 Week 3 Tuesday Meal 2 NR CONG GRAIN RICE 30.7 2.4 Week 3 Tuesday Meal 2 NR CHAPATI 46 38.9 Week 3 Tuesday Meal 2 NR CHAPATI 46 38.9 Week 3 Tuesday Meal 2 NR CHAPATI 46 38.9 Week 3 Tuesday Meal 3 NR RRAKES POTATO WEDGES 22.6 2.2 Week 3 Tuesday Meal 3 NR RRAKES POTATO WEDGES 22.6 2.2 Week 3 Tuesday Meal 3 NR RRAKES POTATO WEDGES 22.6 2.2 Week 3 Tuesday Meal 4 NR BRAKES MED SALDA 2.9 0.3 Week 3 Tuesday Meal 4 NR RAGE MINES SALDA 2.9 0.3 Week 3 Tuesday Meal 4 NR RAGE MINES SALDA 2.9 0.3 <tr< td=""><td>Week 3</td><td>Monday</td><td>Meal 6</td><td>Water</td><td>0</td><td>0</td></tr<>	Week 3	Monday	Meal 6	Water	0	0
Woek 3 Tuesday Meal 1 NR CREAM CRACKERS 6.7.7 10 Week 3 Tuesday Meal 2 NR CARROTS 4.7 0.4 Week 3 Tuesday Meal 2 NR CHORGEN RICE 30.7 2.4 Week 3 Tuesday Meal 2 NR CHAPATI 46 8.3 Week 3 Tuesday Meal 2 NR CHICKEN KORMA B 6.2 9.7 Week 3 Tuesday Meal 3 NR CHICKEN KORMA B 6.2 2.9 0.3 Week 3 Tuesday Meal 3 NR CHICKEN KORMA B 6.2 2.9 0.3 Week 3 Tuesday Meal 3 NR CHESE RADTOTATO WEDGES 2.2 6 2.4 4.4 Week 3 Tuesday Meal 3 NR CHESE RADTOTATO WEDGES 2.2 9.9 0.3 Week 3 Tuesday Meal 4 NR CHEST RADTOMATO PIZZA 3.3 9.6 Week 3 Tuesday Meal 4 NR TOMATO TOTATILA WAPA 4.8 8.7 Week 3 Tuesday	Week 3	Tuesday	Meal 1	NR CUCUMBER STICKS	1.5	0.7
Week 3 Tuesday Meal 2 NR CARROTS 4,7 0.4 Week 3 Tuesday Meal 2 NR CHARATI 30,7 2.4 Week 3 Tuesday Meal 2 NR CHICKEN KORMA B 6,2 9,7 Week 3 Tuesday Meal 3 NR BRAKES FORTATO WEDGES 22,6 2,4 Week 3 Tuesday Meal 3 NR CHICKEN KORMA B 6,2 9,7 Week 3 Tuesday Meal 3 NR BRAKES FORTATO WEDGES 22,6 2,4 Week 3 Tuesday Meal 3 NR REDATO TOMATO PIZZA 33,3 9,6 Week 3 Tuesday Meal 4 NR BASIC MIKEO SALAD 2,9 0.8 Week 3 Tuesday Meal 4 NR REGO MAYONIASE 1.8 9,1 Week 3 Tuesday Meal 4 NR SUCED CHICKEN 2 19 Week 3 Tuesday Meal 6 Water 9,9 0.3 Week 3 Tuesday Meal 6 Water 9,9 0.3 Week 3 <td>Week 3</td> <td>Tuesday</td> <td>Meal 1</td> <td>NR LAUGHING COW LIGHT</td> <td>6</td> <td>15</td>	Week 3	Tuesday	Meal 1	NR LAUGHING COW LIGHT	6	15
Week 3 Tuesday Meal 2 NR LONG GRAIN RICE 30.7 2.4 Week 3 Tuesday Meal 2 NR CHAPATI 46 8.9 Week 3 Tuesday Meal 2 NR CHACKEN KORMA B 6.2 9.7 Week 3 Tuesday Meal 3 NR BRAKES POTATO WEDGES 2.2.6 2.4 Week 3 Tuesday Meal 3 NR CHESES AND TOMATO PIZZA 33.3 9.6 Week 3 Tuesday Meal 3 NR CHESES AND TOMATO PIZZA 33.3 9.6 Week 3 Tuesday Meal 4 NR REGIS (MIXED SALDO 2.9 0.8 Week 3 Tuesday Meal 4 NR REGIS (MIXED SALDO 2.9 0.8 Week 3 Tuesday Meal 4 NR REGIS (MIXED SALDO 2.9 0.3 Week 3 Tuesday Meal 4 NR REGIS (MIXED SALDO 2.9 1.9 Week 3 Tuesday Meal 4 NR SLICED CHICKEN 2.9 1.9 Week 3 Tuesday Meal 5 NR ASPLECHIKEN 2.9 <td< td=""><td>Week 3</td><td>Tuesday</td><td>Meal 1</td><td>NR CREAM CRACKERS</td><td>67.7</td><td>10</td></td<>	Week 3	Tuesday	Meal 1	NR CREAM CRACKERS	67.7	10
Week 3 Tuesday Meal 2 NR CHICKEN KORMA B 6.2 9.7 Week 3 Tuesday Meal 3 NR BRAKES POTATO WEDGES 2.2.6 2.4 Week 3 Tuesday Meal 3 NR BRAKES POTATO WEDGES 2.2.6 2.4 Week 3 Tuesday Meal 3 NR CHEESE AND TOMATO PIZZA 33.3 9.6 Week 3 Tuesday Meal 4 NR BRAKES POTATO WEDGES 1.4 4.9 Week 3 Tuesday Meal 4 NR BASIC MIKED SALAD 2.9 0.8 Week 3 Tuesday Meal 4 NR BASIC MIKED SALAD 2.9 0.8 Week 3 Tuesday Meal 4 NR TOMATO TORTILLA WRAP 48.4 48.7 Week 3 Tuesday Meal 4 NR EGG MAYONNAISE 1.8 9.7 Week 3 Tuesday Meal 5 NR SEL 9.9 0.3 Week 3 Tuesday Meal 6 Water 9.0 0.3 Week 3 Tuesday Meal 6 Water 9.0 0.0	Week 3	Tuesday	Meal 2	NR CARROTS	4.7	0.4
Week 3 Tuesday Meal 2 NR CHICKEN KORNAB B 6.2 9.7 Week 3 Tuesday Meal 3 NR BRAKES POTATO WEDGES 2.2.6 2.2.6 9.7 Week 3 Tuesday Meal 3 NR CHEESE EAND TOMATO PIZZA 33.3 9.6 Week 3 Tuesday Meal 4 NR BASIC MIKED SALAD 2.9 4.9 Week 3 Tuesday Meal 4 NR RADAL MIKED SALAD 2.9 4.8 Week 3 Tuesday Meal 4 NR ROMATO TORTILLA WRAP 48.4 8.7 Week 3 Tuesday Meal 4 NR ROGE CHICKEN 2 1.8 9.1 Week 3 Tuesday Meal 5 NR APPLE 9.9 0.3 4.8 4.7 3.4 Week 3 Tuesday Meal 6 Water 0 0 0 0 0 Week 3 Tuesday Meal 6 Meal 6 Mater 0 0 0 Week 3 Week 3 Week 3 Meal 6 Mater 4.7 3.4 Week 3 Week 3 Weel 6 Meal 1 NR EATTHILL SO	Week 3	Tuesday	Meal 2	NR LONG GRAIN RICE	30.7	2.4
Week 3 Tuesday Meal 3 NR BRAKES POTATO WEDGES 2.2.6 2.4 Week 3 Tuesday Meal 3 NR CHEESE AND TOMATO PIZZA 33.3 39.3 39.8 Week 3 Tuesday Meal 3 NR HEALTHY CHOICE BEANS 11.4 4.9 Week 3 Tuesday Meal 4 NR BASIC MIKED SALAD 2.9 0.8 Week 3 Tuesday Meal 4 NR TOMATO TORTILLA WRAP 48.4 8.8 7.8 Week 3 Tuesday Meal 4 NR TOMATO TORTILLA WRAP 48.4 8.9.1 Week 3 Tuesday Meal 4 NR SUCED CHICKEN 2 1.9 9.9 0.3 Week 3 Tuesday Meal 5 NR APPLE 9.9 0.3 Week 3 Week 3 Week 3 Meal 5 NR APPLE 9.9 0.0 Week 3 Tuesday Meal 6 Water 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Week 3	Tuesday	Meal 2	NR CHAPATI	46	8.9
Week 3 Tuesday Meal 3 NR CHESS AND TOMATO PIZZA 33.3 9.6 Week 3 Tuesday Meal 3 NR HEALTHY CHOICE BEANS 11.4 4.9 Week 3 Tuesday Meal 4 NR BASIC IMBRES SALAD 2.9 0.8 Week 3 Tuesday Meal 4 NR TOMATO TORTILLA WRAP 48.4 8.7 Week 3 Tuesday Meal 4 NR TOMATO TORTILLA WRAP 48.4 8.7 Week 3 Tuesday Meal 4 NR SUCED CHICKEN 2 19 Week 3 Tuesday Meal 6 Water 0 0 0 Week 3 Tuesday Meal 6 Water 0 0 0 Week 3 Wednesday Meal 1 NR LENTIL SOUP 8.4 4.2 3.4 Week 3 Wednesday Meal 1 NR LENTIL SOUP 8.5 0.1 Week 3 Wednesday Meal 1 NR LENTIL SOUP 8.5 0.1 Week 3 Wednesday Meal 1 NR LEUTL SOUP 8.5<	Week 3	Tuesday	Meal 2	NR CHICKEN KORMA B	6.2	9.7
Week 3 Tuesday Meal 3 NR CHESTE AND TOMATO PIZZA 33.3 9.6 Week 3 Tuesday Meal 4 NR HEALTHY CHOICE BEANS 11.4 4.9 Week 3 Tuesday Meal 4 NR BASIC MIXED SALAD 2.9 0.8 Week 3 Tuesday Meal 4 NR TOMATO TORTILLA WRAP 48.4 8.7 Week 3 Tuesday Meal 4 NR TOMATO TORTILLA WRAP 48.4 8.7 Week 3 Tuesday Meal 4 NR SUCED CHICKEN 2 19 Week 3 Tuesday Meal 6 Water 0 0 0 Week 3 Tuesday Meal 6 Water 0 0 0 Week 3 Wednesday Meal 1 NR LENTIL SOUP 8.4 4.7 3.4 Week 3 Wednesday Meal 1 NR LENTIL SOUP 8.5 0.1 Week 3 Wednesday Meal 1 NR LECTRIL SOUP 8.5 0.1 Week 3 Wednesday Meal 1 NR LECTRIL SOUP 8	Week 3	Tuesday	Meal 3	NR BRAKES POTATO WEDGES	22.6	2.4
Week 3 Tuesday Meal 4 NR HEALTHY CHOICE BEANS 11.4 4.9 Week 3 Tuesday Meal 4 NR BASIC MIXED SALAD 2.9 0.8 Week 3 Tuesday Meal 4 NR TOMATO TORTILLA WRAPP 48.4 8.7 Week 3 Tuesday Meal 4 NR EGG MAYONNAISE 1.8 9.1 Week 3 Tuesday Meal 5 NR APPLE 9.9 0.3 Week 3 Tuesday Meal 6 Water 0 0 Week 3 Tuesday Meal 6 Water 0 0 Week 3 Wednesday Meal 1 NR LENTIL SOUP 8.4 2.8 Week 3 Wednesday Meal 1 NR ENTIL SOUP 8.4 2.8 Week 3 Wednesday Meal 1 NR ENTIL SOUP 8.4 2.8 Week 3 Wednesday Meal 1 NR ENTIL PIE 10.8 10.9 Week 3 Wednesday Meal 2 NR STEAK PIE 10.8 10.9 Week 3 W	Week 3	Tuesday	Meal 3	NR CHEESE AND TOMATO PIZZA	33.3	9.6
Week 3 Tuesday Meal 4 NR BASIC MIXED SALAD 2.9 0.8 Week 3 Tuesday Meal 4 NR TOMATO TORTILLA WRAP 48.4 8.7 Week 3 Tuesday Meal 4 NR EGG MAYONNAISE 1.8 9.1 Week 3 Tuesday Meal 5 NR APPLE 9.9 0.3 Week 3 Tuesday Meal 6 Water 0 0 0 Week 3 Wednesday Meal 6 Milk 4.7 3.4 Week 3 Wednesday Meal 1 NR LENTIL SOUP 8.4 2.8 Week 3 Wednesday Meal 1 NR CUSTARD 8.5 0.1 Week 3 Wednesday Meal 1 NR APPLE CRUMBLE 2.5 1.9 Week 3 Wednesday Meal 2 NR STEAK PIE 10.8 10.9 Week 3 Wednesday Meal 2 NR MASHED POTATO SD 16.1 1.7 Week 3 Wednesday Meal 3 NR STEARAIN SPICY PASTA 18 4.6	Week 3		Meal 3	NR HEALTHY CHOICE BEANS	11.4	4.9
Week 3 Tuesday Meal 4 NR TOMATO TORTILLA WRAP 48.4 8.7 Week 3 Tuesday Meal 4 NR EGG MAYONNAISE 1.8 9.1 Week 3 Tuesday Meal 4 NR SUCED CHICKEN 2 19 Week 3 Tuesday Meal 5 NR APPLE 9.9 0.3 Week 3 Tuesday Meal 6 Milk 4.7 3.4 Week 3 Wednesday Meal 6 Milk 4.7 3.4 Week 3 Wednesday Meal 1 NR LOSTARD 8.5 0.1 Week 3 Wednesday Meal 1 NR ENTIL SOUP 8.4 2.8 Week 3 Wednesday Meal 1 NR FORE CRUMBLE 2.5.5 1.9 Week 3 Wednesday Meal 2 NR STEAK PIE 10.8 10.9 Week 3 Wednesday Meal 2 NR STEAK PIE 10.8 10.9 Week 3 Wednesday Meal 3 NR VEGETARIAN SPICY PASTA 18 4.6 Week 3 <th< td=""><td>Week 3</td><td></td><td>Meal 4</td><td>NR BASIC MIXED SALAD</td><td>2.9</td><td>0.8</td></th<>	Week 3		Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 3 Tuesday Meal 4 NR EGG MAYONNAISE 1.8 9.1 Week 3 Tuesday Meal 4 NR SLICED CHICKEN 2 19 Week 3 Tuesday Meal 5 NR APPLE 9.9 0.3 Week 3 Tuesday Meal 6 Water 0 0 Week 3 Tuesday Meal 6 Milk 4.7 3.4 Week 3 Weel 3 Meal 1 NR LENTIL SOUP 8.4 2.8 Week 3 Wednesday Meal 1 NR LENTIL SOUP 8.5 0.1 Week 3 Wednesday Meal 1 NR LENTIL SOUP 8.5 0.0 Week 3 Wednesday Meal 1 NR APPLE CRUMBIE 25.5 1.9 Week 3 Wednesday Meal 2 NR STEAK PIE 10.8 10.9 Week 3 Wednesday Meal 2 NR MASHED POTATO SD 16.1 1.7 Week 3 Wednesday Meal 3 NR VEGETARIAN SPICY PASTA 18 4.6 Week 3 Wed	Week 3	-	Meal 4	NR TOMATO TORTILLA WRAP	48.4	8.7
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Week 3FridayMeal 4NR GINGERBREAD MAN765.2		-				
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		Friday	Meal 4	NR CARROTS	4.7	0.4

Week 3	Friday	Meal 4	NR CUCUMBER STICKS	1.5	0.7
Week 3	Friday	Meal 5	NR BANANA	15.3	0.8
Week 3	Friday	Meal 5	NR APPLE	9.9	0.3
Week 3	Friday	Meal 6	Water	0	0