

Week 3

	Carb Count	wheat/gluten	milk/dairy	eggs	soya/soyabeans
Updated April 2026		1	2	3	4
Mac n Cheese (Cheesy pasta)	30	x	x		
Mexican Bean Burrito	25	x	x		
Garlic Dough balls (each)	6	x			x
Peas & Sweetcorn Medley	7				
Mixed Salad	0				
Jacket Potato	35				
Cheese (40g)	0		x		
Baked Beans	9				
Fresh Fruit	10				
Chocolate Krispie Cake	18.5	x	may		may
Breaded Chicken Steak	16	x	may		x
Veggie Nuggets x 3 (new product)	12.9	x			
Pasta Salad	30	x			
Coleslaw	4			x	
Marble Sponge	17	x		x	
Roast Pork	0				
Gravy	4				
Mustardy Veggie Sausage Bake	10	x			
Rustic Potatoes (120g)	32				
Cauliflower	1				
Peas	4				
Jelly	12				
Mexican Beef Tortilla Bake	8	x	x		
Chilli no Carne	8				
Rice	30				
Carrots	2				
Green Beans	1				
Apple Pinwheel	10	x			
Fish Fingers x 3	9	x			
GF Fish Fingers	8				
Curried Veggie Pasty	12	x			
Chips	25				
Sweetcorn	11				

