| Day | Dish Name | Fat (per 100g) | Carbohydrates (per 100g) | Item Portion Size (g) | Fat (g) | Carbohydrates (g) |
|---|---|---|---|---|---|---|
| Monday | Lentil and Vegetable Soup | 0.4 | 7 | 200 | 0.8 | 14 |
| Monday | Cod Fillet Fish Fingers | 10.2 | 20.4 | 75 | 7.6 | 15.3 |
| Monday | Vegetable Curry | 1 | 10.1 | 180 | 1.8 | 18.3 |
| Monday | Chicken Wholemeal Sandwich | 3.5 | 25.3 | 135 | 4.7 | 34.2 |
| Monday | Sliced Egg Sandwich | 6.3 | 20.8 | 160 | 10.1 | 33.3 |
| Monday | Mashed Potatoes | 2.6 | 14.8 | 100 | 2.6 | 14.8 |
| Monday | Boiled White Rice | 0 | 15.6 | 100 | 0 | 15.6 |
| Monday | Peas & Sweetcorn | 1.6 | 9.6 | 40 | 0.7 | 3.8 |
| Monday | Banana slices | 0.3 | 23.2 | 40 | 0.1 | 9.3 |
| Monday | Muller Healthy Balance Yoghurt | 1.6 | 11 | 100 | 1.6 | 11 |
| Monday | Muller Milk | 1.7 | 4.7 | 200 | 3.4 | 9.4 |
| Tuesday | Carrot & Lentil Soup | 0.5 | 10 | 200 | 1.1 | 20.1 |
| Tuesday | Chicken Fajitas | 1 | 17.3 | 140 | 1.3 | 24.2 |
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|---|---|---|---|---|---|---|
| Tuesday | Broccoli Pasta Bake | 6.2 | 12 | 170 | 10.5 | 20.4 |
| Tuesday | Tuna Mayo Finger Roll | 6.3 | 22.5 | 110 | 7 | 24.7 |
| Tuesday | Chicken Mayo Finger Roll | 6.2 | 21.6 | 114 | 7.1 | 24.7 |
| Tuesday | Crusty Bread | 2.1 | 37 | 28 | 0.6 | 10.4 |
| Tuesday | Savoury Rice | 0.6 | 15.2 | 100 | 0.6 | 15.2 |
| Tuesday | Peas | 1.5 | 11 | 40 | 0.6 | 4.4 |
| Tuesday | Coleslaw | 5.1 | 5.4 | 60 | 3 | 3.2 |
| Tuesday | Mixed Salad | 0.2 | 2.2 | 60 | 0.1 | 1.3 |
| Tuesday | Muller Healthy Balance Yoghurt | 1.6 | 11 | 100 | 1.6 | 11 |
| Tuesday | Ice Cream (Reduced Sugar) | 3 | 25 | 48 | 1.4 | 12 |
| Tuesday | Peach Slices | 0 | 9.7 | 40 | 0 | 3.9 |
| Tuesday | Muller Milk | 1.7 | 4.7 | 200 | 3.4 | 9.4 |
| Wednesday | Yellow Split Pea Soup | 0.4 | 8 | 200 | 0.8 | 16.1 |
| Wednesday | Breaded Fish | 5.5 | 19.9 | 103 | 5.7 | 20.5 |
| Wednesday | Quorn Chilli | 1.1 | 7.8 | 180 | 2 | 13.9 |
| Wednesday | Chicken Wholemeal Sandwich | 3.5 | 25.3 | 135 | 4.7 | 34.2 |

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|---|---|---|---|---|---|---|
| Wednesday | Sliced Egg Sandwich | 6.3 | 20.8 | 160 | 10.1 | 33.3 |
| Wednesday | Roast Potatoes | 2.1 | 17.2 | 100 | 2.1 | 17.2 |
| Wednesday | Baked Potato | 0.2 | 22.6 | 250 | 0.5 | 56.5 |
| Wednesday | Sweetcorn | 1.8 | 8.1 | 40 | 0.7 | 3.2 |
| Wednesday | Mixed Salad | 0.2 | 2.2 | 60 | 0.1 | 1.3 |
| Wednesday | Banana slices | 0.3 | 23.2 | 40 | 0.1 | 9.3 |
| Wednesday | Muller Healthy Balance Yoghurt | 1.6 | 11 | 100 | 1.6 | 11 |
| Wednesday | Muller Milk | 1.7 | 4.7 | 200 | 3.4 | 9.4 |
| Thursday | Carrot & Lentil Soup | 0.5 | 10 | 200 | 1.1 | 20.1 |
| Thursday | Cottage Pie | 3.8 | 9.3 | 290 | 11 | 27 |
| Thursday | Cosmo Wholemeal Pizza | 7.8 | 23.3 | 74 | 5.8 | 17.2 |
| Thursday | Chicken Mayo Finger Roll | 6.2 | 21.6 | 114 | 7.1 | 24.7 |
| Thursday | Tuna Mayo Finger Roll | 6.3 | 22.5 | 110 | 7 | 24.7 |

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|---|---|---|---|---|---|---|
| Thursday | Pasta Salad [Mayo Free] | 0.5 | 22.3 | 24 | 0.1 | 5.3 |
| Thursday | Baked Beans | 0.6 | 14 | 60 | 0.4 | 8.4 |
| Thursday | Broccoli & Cauliflower | 0.7 | 3.2 | 40 | 0.3 | 1.3 |
| Thursday | Chocolate Brownie | 18.3 | 37.4 | 52 | 9.5 | 19.5 |
| Thursday | Muller Healthy Balance Yoghurt | 1.6 | 11 | 100 | 1.6 | 11 |
| Thursday | Peach Slices | 0 | 9.7 | 40 | 0 | 3.9 |
| Thursday | Muller Milk | 1.7 | 4.7 | 200 | 3.4 | 9.4 |
| Friday | Sliced Egg Sandwich | 6.3 | 20.8 | 160 | 10.1 | 33.3 |
| Friday | Tuna Mayo Wholemeal Sandwich | 5 | 22.7 | 154 | 7.7 | 35 |
| Friday | Chicken Wholemeal Sandwich | 3.5 | 25.3 | 135 | 4.7 | 34.2 |
| Friday | Muller Healthy Balance Yoghurt | 1.6 | 11 | 100 | 1.6 | 11 |
| Friday | Banana slices | 0.3 | 23.2 | 40 | 0.1 | 9.3 |

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|---|---|---|---|---|---|---|
| Friday | Madeira Cake Slice Gluten Free | 20 | 53 | 25 | 5 | 13.2 |
| Friday | Water | 0 | 0 | 330 | 0 | 0 |