

MONDAY

Soup

Cream of Vegetables

Energy (kcal): 110 Fat (total): 11g
Saturated Fat: 5.2g Carbohydrates
(total): 2.3g Of which sugars: 2g Fibre:
0.5g Protein: 1.4g Salt: 0.5g

Main

Roasted Turkey Breast

Energy (kcal): 155 Fat (total): 1.7g
Saturated Fat: 0.6g Carbohydrates
(total): 0g Of which sugars: 0g Fibre: 0g
Protein: 35g Salt: 0.2g

Sides

Carrot Rice

Energy (kcal): 100 Fat (total): 3g
Saturated Fat: 0.4g Carbohydrates
(total): 15g Of which sugars: Fibre:
Protein: Salt:

Steamed Cauliflower

Energy (kcal): 33, Fat (total): 0.9g
Saturated Fat: 0.2g Carbohydrates
(total): 3.4g, Of which sugars: 2.4g Fibre:
1.9g, Protein: 1.9g, Salt: 0g

Dessert

Fruit Pots

Energy(kcal): 64 Fat(total): 0.5g Saturated
Fat: 0g Carbohydrates (total): 14g of
which sugars: 14g Fibre: 1.4g Protein: 0.7g

TUESDAY

Soup

Canja

Energy (kcal): 44 Fat (total): 1.1g
Saturated Fat: 0.2g Carbohydrates
(total): 5.6g Of which sugars: 1.5g Fibre:
0.5g Protein: 2.9g Salt: 0.4g

Main

Steamed Barramundi

Energy (kcal): 154 Fat (total): 6.8g
Saturated Fat: 1.5g Carbohydrates
(total): 0g Of which sugars: 0g Fibre:
0g Protein: 23g Salt: 0.2g

Sides

Roast potato wedges

Energy (kcal): 172 Fat (total): 5.5g
Saturated Fat: 2.5g Carbohydrates
(total): 28g Of which sugars: 0.8g Fibre:
4.3g Protein: 2.8g Salt: 0.5g

Roasted Pumpkins

Energy (kcal): 104, Fat (total): 0.1g
Saturated Fat: 0.1g Carbohydrates (total):
3.5g, Of which sugars: 1.1g Fibre: 2.8g,
Protein: 1.1g, Salt: 0g

Dessert

Fruit Pots

Energy(kcal): 64 Fat(total): 0.5g Saturated
Fat: 0g Carbohydrates (total): 14g of
which sugars: 14g Fibre: 1.4g Protein: 0.7g

WEDNESDAY

Soup

Courgette

Energy (kcal): 24 Fat (total): 0g Saturated
Fat: 0g Carbohydrates (total): 4g Of
which sugars: 2g Fibre: 0.8g Protein: 1g
Salt: 0.3g

Main

Chicken Stroganoff

Energy (kcal): 102 Fat (total): 1.5g
Saturated Fat: 0.3g Carbohydrates
(total): 3.5g Of which sugars: 2.3g Fibre:
1g Protein: 18g Salt: 1g

Shoe string potatoes

Energy (kcal): 200 Fat (total): 6.7g
Saturated Fat: 0.8g Carbohydrates (total):
30g Of which sugars: 1.5g Fibre: 3.4g
Protein: 3.3g Salt: 0g

Sides

Jasmin Rice

Energy(kcal): 175, Fat(total): 2.3g
Saturated Fat: 0.5g Carbohydrates
(total): 35g, Of which sugars: 0g Fibre:
0.5g, Protein: 3.2g, Salt: 0

Peas

Energy(kcal): 67, Fat(total):
0.7g Saturated Fat: 0.1g Carbohydrates
(total): 10g, Of which sugars: 5.4g
Fibre: 5.3g, Protein: 5.3g, Salt: 0g

Dessert

Fruit Pots

Energy(kcal): 64 Fat(total): 0.5g Saturated
Fat: 0g Carbohydrates (total): 14g of
sugars: 14g Fibre: 1.4g Protein: 0.7g

THURSDAY

Soup

Roasted Carrot

Energy (kcal): 24 Fat (total): 1.1g
Saturated Fat: 0.1g Carbohydrates
(total): 2.4g Of which sugars: 2.1g Fibre:
1g Protein: 0.5g Salt: 0.5g

Main

Steamed Seabass

Energy (kcal): 154 Fat (total): 6.8g
Saturated Fat: 1.5g Carbohydrates
(total): 0g Of which sugars: 0g Fibre:
0g Protein: 23g Salt: 0.2g

Sides

Roasted Sweet Potatoes

Energy(kcal): 126 Fat(total): 0.5g
Saturated Fat: 0.2g Carbohydrates
(total): 26g Of which sugars: 14g
Fibre: 5.2g, Protein: 1.6g, Salt: 0.1

Stir-fried vegetables

Energy(kcal): 65, Fat(total): 3.6g
Saturated Fat: 0.4g Carbohydrates
(total): 6.1g, Of which sugars: 3.9g
Fibre: 1g, Protein: 2g, Salt: 0

Dessert

Fruit Pots

Energy(kcal): 64 Fat(total): 0.5g Saturated
Fat: 0g Carbohydrates (total): 14g of
which sugars: 14g Fibre: 1.4g Protein: 0.7g

FRIDAY

Soup

Broccoli

Energy (kcal): 26 Fat (total): 0.5g
Saturated Fat: 0.2g Carbohydrates
(total): 3.8g Of which sugars: 1.2g Fibre:
1g Protein: 1.7g Salt: 0.3g

Main

Meat Feast Pizza

Energy (kcal): 255 Fat (total): 10g
Saturated Fat: 4g Carbohydrates
(total): 27g Of which sugars: 1.8g Fibre:
2g Protein: 13g Salt: 1.1g

Sides

Garlic Bread

Energy(kcal): 348, Fat(total): 17g
Saturated Fat: 8.6g Carbohydrates
(total): 41g, Of which sugars:
2.8g Fibre: 2.7g, Protein: 7g, Salt: 1.2g

Sweetcorn

Energy(kcal): 84, Fat(total): 1.7g
Saturated Fat: 0.3g Carbohydrates
(total): 13g, Of which sugars:
7.2g Fibre: 3.1g, Protein: 2.6g, Salt: 0

Dessert

Dark Chocolate Brownie

Energy(kcal): 513, Fat(total): 31g Saturated
Fat: 16g Carbohydrates (total): 51g, Of
which sugars: 44g Fibre: 1.7g, Protein:
6.7g, Salt: 0.4g