

Content of Added Sugars (in gram per portion)

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Bolognese 0 Pasta 0	Lamb Flatbread 0 Rice 0	Roast Chicken 0 Sage and Onion Stuffing 0 Roast Potatoes 0 or Wholemeal Pasta 0	Burger 0 Bun 0 Diced Potatoes 0	Fish Fingers 0 Low Fat Chips 0 or Wholemeal Pasta 0
Sweet Potato Slice (V) 0 Pasta 0	Veggie Sausage Pasta Bake (V) 0	Sage & Onion Quorn Pieces (V) 0 Roast Potatoes 0 or Wholemeal Pasta 0	Beany Pasta Bake (V) 0 Wholemeal Bread Wedge 0	Cheese and Tomato Pizza (V) 0 Low Fat Chips 0 or Wholemeal Pasta 0
Jacket Potato with various Toppings*	Jacket Potato with various Toppings*	Jacket Potato with various Toppings*	Jacket Potato with various Toppings*	Jacket Potato with various Toppings*
Fruity Brownie 5	Mini Sponge Finger 3	Lemon Sponge 6 Custard 3	Mini Shortbread 4	Favourite Cookie 8
Tuna Baguette 0	Cheese Roll 0	Ham Roll 0	Chicken Baguette 0	Egg Roll 0
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Meat Balls 0 Poultry Gravy 0 Savoury Rice 0	Beefy Joes 0 Potato Wedges 0	Roast Pork 0 Apple Sauce 4 Roast Potatoes 0 or Wholemeal Pasta 0	Chicken Pie 0 New Potatoes 0	Fish Fillet 0 Low Fat Chips 0 or Wholemeal Pasta 0
Sticky Vegetarian Sausages (V) 5 Savoury Rice 0	Quorn Sausage Pattie (V) 0 Potato Wedges 0	Vegetable Lasagne (V) 0 Roast Potatoes 0 or Wholemeal	Sweet Potato Curry (V) 0 Rice 0	Pizza Whirl (V) 0 Low Fat Chips 0 or Wholemeal Pasta

		Pasta 0		0
Jacket Potato with various Toppings*	Jacket Potato with various Toppings*	Jacket Potato with various Toppings*	Jacket Potato with various Toppings*	Jacket Potato with various Toppings*
Fruity Twist Cupcake 2	Ice Cream 6	Apple Sponge 4 Custard 3	Mini Cookie 4	Chocolate Brickwall 8
Tuna Roll 0	Ham Roll 0	Chicken Baguette 0	Cheese Roll 0	Egg Baguette 0
WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish Goujons 0 Potato Wedges 0	Pork Sausages 0 Onion Gravy 0 Creamed Potatoes 0	Roast Beef 0 Yorkshire Pudding 0 Roast Potatoes 0 or Wholemeal Pasta 0	Ratatouille Pork 0 Diced Potatoes 0	Salmon Pinwheel 0 Low Fat Chips 0 or Wholemeal Pasta 0
Macaroni Cheese (V) 0 Garlic Bread 0	Vegetarian Roll (V) 0 Creamed Potatoes 0	Tomato Bolognese (V) 0 Roast Potatoes 0 or Wholemeal Pasta 0	Quorn Frankfurter (V) 0 Roll 0 Diced Potatoes 0	Cheese and Tomato Pizza (V) 0 Low Fat Chips 0 or Wholemeal Pasta 0
Jacket Potato with various Toppings*	Jacket Potato with various Toppings*	Jacket Potato with various Toppings*	Jacket Potato with various Toppings*	Jacket Potato with various Toppings*
Banana Muffin 6	Mini Chocolate Sponge 3	Strawberry Mousse 4 Mini Shortbread 4	Mini Cookie 4	Homemade Digestive Biscuit 7
Chicken Baguette 0	Tuna Roll 0	Ham Roll 0	Cheese Baguette 0	Egg Roll 0

*** Toppings for Jacket Potatoes**

Topping	Added Sugars (g)/per portion
Cheese & Coleslaw	0
Baked Beans	5
Cheese	0
Vegetarian Chilli	0
Tuna	0
Tuna & Sweetcorn	0
Bolognaise	0
Beef Chilli	0
Ratatouille	0
B.B.Q Vege Sausage	3

Alternative Dessert Options

Topping	Added Sugars (g)/per portion
Shortbread biscuit, large	7
Shortbread Biscuit, small	4
Cheese and Crackers	0
Yoghurt	1
Fruit Jelly	13