

Sanders

Week 1

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs & Spaghetti 224g 83.4g	Chicken Balti 316g 47.5g	Beef Stir Fry 138g 31.8g	Roast Chicken 124g 19.7g	Piri Piri Chicken Wrap 122g 10.1g
Quorn Meatballs & Spaghetti 234g 88.2g	Vegetable Balti 395g 30.1g	Vegetable Chow Mein 158g 31.3g	Broccoli & Cheese Puff 267g 26.3g	Vinegar Infused Tempura Fish Fillet 60g 10.3g
				Salmon Goujons 90g 16.8g
				Stuffed Jacket Potato Skins 103g 10.5g
Garlic Bread	Rice	Egg Fried Rice	Roast Potato	Chips
	Bombay Potatoes		Yorkshire Pudding	
			Stuffing	
Sweetcorn			Seasonal Vegetables	Mixed Salad
Rocky Road 99g 52.2g	Chocolate Sundae 117g 54.6g Strawberry Sundae 92g 23.7g	Cornflake Cake 30g 18.9g	Chocolate Sponge & Custard 163g 51.1g	Pancakes with Toppings 52g 24.9g

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Week 2

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Beef & Tomato Cannelloni 345g 52.6g	Chicken Tikka 229g 11.8g	BBQ Chicken Wrap 158g 16.5g	Roast Beef 130g 4.8g	Chicken Stack Wrap 309g 26.1g
Spinach & Ricotta Cannelloni 277g 28.2g	Quorn Tikka 230g 11.5g	BBQ Quorn Wrap 123g 14.7g	Country Vegetable Puff 182g 26.7g	Vinegar Infused Tempura Fish Fillet 60g 10.3g
				Salmon Goujons 90g 16.8g
				Cheese & Vegetable Bake 344g 21.5g
Garlic Bread	Rice	Potato Wedges	Roast Potatoes	Chips
			Yorkshire Pudding	
		Mixed Salad	Stuffing	
Green Beans	Mushroom Bhajis	Corn on the Cob	Seasonal Vegetables	Mixed Salad
Rocky Road 99g 52.2g	Chocolate Sundae 117g 54.6g Strawberry Sundae 92g 23.7g	Cornflake Cake 30g 18.9g	Chocolate Sponge & Custard 163g 51.1g	Pancakes with Toppings 52g 24.9g

Week 3

Key:Weights in Black- Portion Size

Weights in Red- Carbohydrates per Portion.

Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Topped Jacket Potatoes				
Chilli Beef 385g 59.3g	Chicken Korma 210g 14.6g	Chicken Enchiliadas 221g 33.0g	Roast Turkey 100g 0.2g	BBQ Sausage Baguette 266g 73.3g
Bolognese 380g 56.7g				
Chicken Tikka 385g 58.5g	Mushroom & Sweet Potato Korma 138g 11.0g	Vegetable Enchiliadas 184g 33.4g	Roast Quorn Fillet 69g 2.8g	Vinegar Infused Tempura Fish Fillet 60g 10.3g
Firecracker Chicken 385g 57.4g				Salmon Goujons 90g 16.8g
Baked Beans 365g 61.5g				
Cheese 350g 51.7g				
Tuna Mayonnaise 378g 57.7g				BBQ Quorn Sausage Baguette 202g 58.5g
Quorn Chilli 420g 57.1g				
Quorn Bolognese 420g 55.8g				
Peas	Rice	Herby Diced Potatoes	Roast Potatoes	Chips
Sweetcorn	Naan Bread		Yorkshire Pudding	
			Stuffing	
Mixed Salad	Mushroom Bhaji	Peas	Seasonal Vegetables	Mixed Salad
Rocky Road 99g 52.2g	Chocolate Sundae 117g 54.6g Strawberry Sundae 92g 23.7g	Cornflake Cake 30g 18.9g	Chocolate Sponge & Custard 163g 51.1g	Pancakes with Toppings 52g 24.9g