Week 1

Updated November 2026	Carb Count	wheat/gluten	milk/dairy	eggs	soya/soyabeans	mustard	celery	fish	molluscs	Shellfish/Crustaceans	Sesame seeds	nuts	lupin	sulpher dioxide	peanuts
		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Mac n Cheese (Cheesy pasta)	30	x	x			x									
Medditerranean Pasta	18	x													
Chicken Tacos	9	x	x												
Mexican Bean Burrito	25	x	x												
Tomato Pasta	30	x													
Roast Chicken	10														
Stuffing	4														
Gravy															
Carrot & Lentil Bake	20	x		x											
Sausage Roll Slice	12														
Veggie Slice	9	x						x							
Fish Fingers x 3	9	x						x							
Veggie Nuggets x 3	12.9	x													