

Nutritional Information - Primary School Meals

April to September 2022

| WEEK | DAY | TRAY | DISH NAME | CARBOHYDRATES (g) | PROTEIN (g) |
|--------|-----------|---------|---------------------------------|-------------------|-------------|
| Week 1 | Monday | STARTER | NR BREAD ROLL 2 IN 1 | 13.8 | 3.3 |
| Week 1 | Monday | STARTER | NR HOMEMADE LENTIL SOUP | 11.9 | 3.9 |
| Week 1 | Monday | MEAL 1 | NR BREADED HADDOCK | 15.2 | 9.4 |
| Week 1 | Monday | MEAL 1 | NR BABY BOILED POTATOES | 14.9 | 1.8 |
| Week 1 | Monday | MEAL 1 | NR PEAS WESTLOTHIAN | 9 | 5.5 |
| Week 1 | Monday | MEAL 2 | NR TOMATO AND QUORN PASTA | 21.5 | 11.3 |
| Week 1 | Monday | MEAL 2 | NR BREADSTICKS | 10.4 | 1.4 |
| Week 1 | Monday | MEAL 2 | NR SWEETCORN | 21.3 | 2.3 |
| Week 1 | Monday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 7 |
| Week 1 | Monday | MEAL 3 | NR CHERRY TOMATOES | 2.9 | 0.9 |
| Week 1 | Monday | MEAL 3 | NR TUNA MAYONNAISE | 0.7 | 8.2 |
| Week 1 | Monday | MEAL 3 | NR SLICED CHICKEN | 0.6 | 5.7 |
| Week 1 | Monday | DESSERT | NR RAISINS | 9.7 | 0 |
| Week 1 | Monday | DESSERT | NR APPLE WL | 9.4 | 0.3 |
| Week 1 | Monday | DESSERT | NR BANANA W | 18.6 | 1 |
| Week 1 | Monday | DRINK | WATER | 0 | 0 |
| Week 1 | Monday | DRINK | MILK | 9.4 | 6.8 |
| Week 1 | Tuesday | STARTER | NR RAISINS | 9.7 | 0 |
| Week 1 | Tuesday | STARTER | NR STRAWBERRIE WL | 4.8 | 0.6 |
| Week 1 | Tuesday | STARTER | NR BANANA W | 18.6 | 1 |
| Week 1 | Tuesday | MEAL 1 | NR RICE | 30.9 | 2.6 |
| Week 1 | Tuesday | MEAL 1 | NR DICED MIX VEG | 7 | 1.8 |
| Week 1 | Tuesday | MEAL 1 | NR WHOLEMEAL PITTA BREAD | 29.2 | 5.8 |
| Week 1 | Tuesday | MEAL 1 | NR BEEF CURRY | 13.3 | 19.6 |
| Week 1 | Tuesday | MEAL 2 | NR BRAKES POTATO WEDGES | 17 | 1.8 |
| Week 1 | Tuesday | MEAL 2 | NR CHEESE AND TOMATO PIZZA | 21 | 6 |
| Week 1 | Tuesday | MEAL 2 | NR HEALTHY CHOICE BEANS | 9.1 | 3.9 |
| Week 1 | Tuesday | MEAL 3 | NR CHEESE SLICE | 0.1 | 7.8 |
| Week 1 | Tuesday | MEAL 3 | NR EGG MAYONNAISE | 1.3 | 6.4 |
| Week 1 | Tuesday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 7 |
| Week 1 | Tuesday | MEAL 3 | NR CUCUMBER STICKS | 1.2 | 0.6 |
| Week 1 | Tuesday | DESSERT | NR FROMAGE FRAIS | 4.1 | 2.7 |
| Week 1 | Tuesday | DRINK | WATER | 0 | 0 |
| Week 1 | Tuesday | DRINK | MILK | 9.4 | 6.8 |
| Week 1 | Wednesday | STARTER | NR BREADSTICKS | 10.4 | 1.4 |
| Week 1 | Wednesday | STARTER | NR CREAMY VEGETABLE SOUP | 4.7 | 0.7 |
| Week 1 | Wednesday | MEAL 1 | NR MASHED POTATO SD | 16.1 | 1.7 |
| Week 1 | Wednesday | MEAL 1 | NR BROCCOLI AND CAULIFLOWER MIX | 2.5 | 1.5 |
| Week 1 | Wednesday | MEAL 1 | NR ROAST CHICKEN | 1.5 | 16.7 |
| Week 1 | Wednesday | MEAL 2 | NR HOMEMADE CHEESEY PASTA | 66.2 | 18.7 |
| Week 1 | Wednesday | MEAL 2 | NR GARLIC AND HERB BREAD (32) | 1.2 | 2.1 |
| Week 1 | Wednesday | MEAL 2 | NR FRENCHBEANS | 2.3 | 1.4 |
| Week 1 | Wednesday | MEAL 3 | NR EGG MAYONNAISE | 1.3 | 6.4 |
| Week 1 | Wednesday | MEAL 3 | NR CARROTS | 3.8 | 0.3 |
| Week 1 | Wednesday | MEAL 3 | NR SLICED CHICKEN | 0.6 | 5.7 |
| Week 1 | Wednesday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 7 |
| Week 1 | Wednesday | DESSERT | NR RAISINS | 9.7 | 0 |

| WEEK | DAY | TRAY | DISH NAME | CARBOHYDRATES (g) | PROTEIN (g) |
|--------|-----------|---------|------------------------------|-------------------|-------------|
| Week 1 | Wednesday | DESSERT | NR APPLE WL | 9.4 | 0.3 |
| Week 1 | Wednesday | DESSERT | NR BANANA W | 18.6 | 1 |
| Week 1 | Wednesday | DRINK | WATER | 0 | 0 |
| Week 1 | Wednesday | DRINK | MILK | 9.4 | 6.8 |
| Week 1 | Thursday | STARTER | NR RAISINS | 9.7 | 0 |
| Week 1 | Thursday | STARTER | NR APPLE WL | 9.4 | 0.3 |
| Week 1 | Thursday | STARTER | NR RASPBERRIES | 4.1 | 0.6 |
| Week 1 | Thursday | MEAL 1 | NR MCCAINS 7/16 CHIPS | 14.2 | 1.3 |
| Week 1 | Thursday | MEAL 1 | NR SESAME BURGER BUN | 23.8 | 4.6 |
| Week 1 | Thursday | MEAL 1 | NR QMS BURGER | 1.6 | 9.3 |
| Week 1 | Thursday | MEAL 1 | NR HEALTHY CHOICE BEANS | 9.1 | 3.9 |
| Week 1 | Thursday | MEAL 2 | NR VEGGIE HOTDOG BAKE | 7.3 | 7 |
| Week 1 | Thursday | MEAL 2 | NR BASIC MIXED SALAD | 1.7 | 0.5 |
| Week 1 | Thursday | MEAL 2 | NR BRAKES BAKED POTATOES(20) | 39.6 | 4.9 |
| Week 1 | Thursday | MEAL 3 | NR CHERRY TOMATOES | 2.9 | 0.9 |
| Week 1 | Thursday | MEAL 3 | NR CHEESE SLICE | 0.1 | 7.8 |
| Week 1 | Thursday | MEAL 3 | NR TUNA MAYONNAISE | 0.7 | 8.2 |
| Week 1 | Thursday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 7 |
| Week 1 | Thursday | DESSERT | NR CHOCOLATE COOL DELIGHT | 19.2 | 3 |
| Week 1 | Thursday | DRINK | MILK | 9.4 | 6.8 |
| Week 1 | Thursday | DRINK | WATER | 0 | 0 |
| Week 1 | Friday | MEAL 3 | NR FLAPJACK | 21.9 | 2.5 |
| Week 1 | Friday | MEAL 3 | NR CHEESE SANDWICH | 34.7 | 16 |
| Week 1 | Friday | MEAL 3 | NR CUCUMBER STICKS | 0.6 | 0.3 |
| Week 1 | Friday | MEAL 3 | NR HAM SANDWICH | 34.7 | 13.5 |
| Week 1 | Friday | MEAL 3 | NR TUNA MAYO SANDWICH | 35.7 | 16.7 |
| Week 1 | Friday | MEAL 3 | NR CARROTS | 1.9 | 0.2 |
| Week 1 | Friday | DESSERT | NR BANANA W | 18.6 | 1 |
| Week 1 | Friday | DESSERT | NR APPLE WL | 9.4 | 0.3 |
| Week 1 | Friday | DRINK | WATER | 0 | 0 |
| Week 2 | Monday | STARTER | NR CREAM TOMATO SOUP | 7.2 | 0.9 |
| Week 2 | Monday | STARTER | NR BREAD ROLL 2 IN 1 | 13.8 | 11 |
| Week 2 | Monday | MEAL 1 | NR SALMON BITES | 21 | 10 |
| Week 2 | Monday | MEAL 1 | NR BABY BOILED POTATOES | 14.9 | 1.8 |
| Week 2 | Monday | MEAL 1 | NR PEAS WESTLOTHIAN | 11.3 | 6.9 |
| Week 2 | Monday | MEAL 2 | NR MINI CORN COB | 9.5 | 3.6 |
| Week 2 | Monday | MEAL 2 | NR RICE | 30.9 | 2.6 |
| Week 2 | Monday | MEAL 2 | NR VEGETABLE SWEET & SOUR | 10.2 | 1.3 |
| Week 2 | Monday | MEAL 3 | NR TUNA MAYONNAISE | 1.6 | 17.8 |
| Week 2 | Monday | MEAL 3 | NR SLICED CHICKEN | 2 | 19 |
| Week 2 | Monday | MEAL 3 | NR CHERRY TOMATOES | 3.6 | 1.1 |
| Week 2 | Monday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 9.4 |
| Week 2 | Monday | DESSERT | NR BANANA W | 18.6 | 1.2 |
| Week 2 | Monday | DESSERT | NR APPLE WL | 11.8 | 0.4 |
| Week 2 | Monday | DESSERT | NR RAISINS | 9.7 | 0.3 |
| Week 2 | Monday | DRINKS | WATER | 0 | 0 |
| Week 2 | Monday | DRINKS | MILK | 9.4 | 3.4 |
| Week 2 | Tuesday | STARTER | NR STRAWBERRIE WL | 6 | 0.8 |
| Week 2 | Tuesday | STARTER | NR PINEAPPLE FRESH | 11.4 | 0.5 |
| Week 2 | Tuesday | STARTER | NR BANANA W | 18.6 | 1.2 |

| WEEK | DAY | TRAY | DISH NAME | CARBOHYDRATES (g) | PROTEIN (g) |
|--------|-----------|---------|---------------------------------|-------------------|-------------|
| Week 2 | Tuesday | MEAL 1 | NR BROCCOLI AND CAULIFLOWER MIX | 3.1 | 1.9 |
| Week 2 | Tuesday | MEAL 1 | NR MASHED POTATO SD | 16.1 | 1.7 |
| Week 2 | Tuesday | MEAL 1 | NR MINCE | 2.7 | 6.6 |
| Week 2 | Tuesday | MEAL 2 | NR PASTA SALAD | 18.2 | 2.9 |
| Week 2 | Tuesday | MEAL 2 | NR GOLDEN NUGGETS | 20.9 | 17.8 |
| Week 2 | Tuesday | MEAL 2 | NR Salsa | 11.1 | 1.3 |
| Week 2 | Tuesday | MEAL 2 | NR TOMATO TORTILLA WRAP | 48.4 | 8.7 |
| Week 2 | Tuesday | MEAL 3 | NR EGG MAYONNAISE | 1.8 | 9.1 |
| Week 2 | Tuesday | MEAL 3 | NR CUCUMBER STICKS | 1.5 | 0.7 |
| Week 2 | Tuesday | MEAL 3 | NR CHEESE SLICE | 0.2 | 26 |
| Week 2 | Tuesday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 9.4 |
| Week 2 | Tuesday | DESSERT | NR COOLDELIGHT VANILLA | 25 | 0 |
| Week 2 | Tuesday | DRINKS | WATER | 0 | 0 |
| Week 2 | Tuesday | DRINKS | MILK | 9.4 | 3.4 |
| Week 2 | Wednesday | STARTER | NR BREADSTICKS | 10.4 | 9 |
| Week 2 | Wednesday | STARTER | NR HOMEMADE LENTIL SOUP | 6.8 | 2.2 |
| Week 2 | Wednesday | MEAL 1 | NR ROAST BEEF | 0 | 31 |
| Week 2 | Wednesday | MEAL 1 | NR YORKSHIRE PUDDING 2 IN | 34.8 | 7.2 |
| Week 2 | Wednesday | MEAL 1 | NR GRAVY | 4.3 | 0.2 |
| Week 2 | Wednesday | MEAL 1 | NR BOILED POTATOES | 19.1 | 2.2 |
| Week 2 | Wednesday | MEAL 1 | NR DICED MIX VEG | 8.8 | 2.3 |
| Week 2 | Wednesday | MEAL 2 | NR SAUTE POTATOES | 21.4 | 2.4 |
| Week 2 | Wednesday | MEAL 2 | NR HOTDOG ROLL | 18.6 | 9 |
| Week 2 | Wednesday | MEAL 2 | NR TOMATO SAUCE SACHET | 3.4 | 0.9 |
| Week 2 | Wednesday | MEAL 2 | NR BASIC MIXED SALAD | 2.9 | 0.8 |
| Week 2 | Wednesday | MEAL 2 | NR QUORN FRANFURTER | 4 | 13.5 |
| Week 2 | Wednesday | MEAL 3 | NR EGG MAYONNAISE | 1.8 | 9.1 |
| Week 2 | Wednesday | MEAL 3 | NR CARROTS | 4.7 | 0.4 |
| Week 2 | Wednesday | MEAL 3 | NR SLICED CHICKEN | 2 | 19 |
| Week 2 | Wednesday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 9.4 |
| Week 2 | Wednesday | DESSERT | NR RAISINS | 9.7 | 0.3 |
| Week 2 | Wednesday | DESSERT | NR APPLE WL | 11.8 | 0.4 |
| Week 2 | Wednesday | DESSERT | NR BANANA W | 18.6 | 1.2 |
| Week 2 | Wednesday | DRINKS | WATER | 0 | 0 |
| Week 2 | Wednesday | DRINKS | MILK | 9.4 | 3.4 |
| Week 2 | Thursday | STARTER | NR RAISINS | 9.7 | 0.3 |
| Week 2 | Thursday | STARTER | NR BANANA W | 18.6 | 1.2 |
| Week 2 | Thursday | STARTER | BLACKBERRIES | 5.1 | 0.9 |
| Week 2 | Thursday | MEAL 1 | NR CHAPATI | 27.1 | 8.9 |
| Week 2 | Thursday | MEAL 1 | NR CHICKEN CURRY 1 | 3.7 | 15.2 |
| Week 2 | Thursday | MEAL 1 | NR GREEN BEANS | 2.9 | 1.8 |
| Week 2 | Thursday | MEAL 1 | NR BOILED RICE | 31.1 | 2.8 |
| Week 2 | Thursday | MEAL 2 | NR BASIC MIXED SALAD | 2.9 | 0.8 |
| Week 2 | Thursday | MEAL 2 | NR PASTA WITH TOMATO SAUCE | 18.1 | 4.1 |
| Week 2 | Thursday | MEAL 2 | NR CHEESE TOMATO PIZZA | 33.3 | 9.6 |
| Week 2 | Thursday | MEAL 3 | NR CUCUMBER STICKS | 1.5 | 0.7 |
| Week 2 | Thursday | MEAL 3 | NR TUNA MAYONNAISE | 1.6 | 17.8 |
| Week 2 | Thursday | MEAL 3 | NR CHEESE SLICE | 0.2 | 26 |
| Week 2 | Thursday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 9.4 |
| Week 2 | Thursday | DESSERT | NR FROMAGE FRAIS | 9.2 | 6 |
| Week 2 | Thursday | DRINKS | WATER | 0 | 0 |

| WEEK | DAY | TRAY | DISH NAME | CARBOHYDRATES (g) | PROTEIN (g) |
|--------|-----------|---------|--------------------------------|-------------------|-------------|
| Week 2 | Thursday | DRINKS | MILK | 9.4 | 3.4 |
| Week 2 | Friday | MEAL 3 | NR TUNA MAYO SANDWICH | 25.9 | 12.1 |
| Week 2 | Friday | MEAL 3 | NR CHEESE SANDWICH | 28.9 | 13.3 |
| Week 2 | Friday | MEAL 3 | NR CARROTS | 4.7 | 0.4 |
| Week 2 | Friday | MEAL 3 | NR HAM SANDWICH | 27.8 | 10.8 |
| Week 2 | Friday | MEAL 3 | NR CUCUMBER STICKS | 1.5 | 0.7 |
| Week 2 | Friday | MEAL 3 | NR FLAPJACK | 52.2 | 6 |
| Week 2 | Friday | DESSERT | NR APPLE WL | 11.8 | 0.4 |
| Week 2 | Friday | DESSERT | NR BANANA W | 18.6 | 1.2 |
| Week 2 | Friday | DESSERT | NR RAISINS | 9.7 | 0.3 |
| Week 2 | Friday | DRINKS | WATER | 0 | 0 |
| Week 3 | Monday | STARTER | NR LENTIL SOUP | 8.4 | 2.8 |
| Week 3 | Monday | STARTER | NR BREAD ROLL 2 IN 1 | 13.8 | 11 |
| Week 3 | Monday | MEAL 1 | NR HARRY RAMSDEN JUNIOR SALMON | 13.8 | 12.7 |
| Week 3 | Monday | MEAL 1 | NR TOMATO SAUCE SACHET | 3.4 | 0.9 |
| Week 3 | Monday | MEAL 1 | NR BASIC MIXED SALAD | 2.9 | 0.8 |
| Week 3 | Monday | MEAL 1 | NR WHOLEMEAL PITTA BREAD | 48.7 | 9.6 |
| Week 3 | Monday | MEAL 2 | NR HOMEMADE CHEESEY PASTA | 26.6 | 7.5 |
| Week 3 | Monday | MEAL 2 | NR TOMATO FRESH | 3 | 0.5 |
| Week 3 | Monday | MEAL 3 | NR TUNA MAYONNAISE | 1.6 | 17.8 |
| Week 3 | Monday | MEAL 3 | NR SLICED CHICKEN | 2 | 19 |
| Week 3 | Monday | MEAL 3 | NR CHERRY TOMATOES | 3.6 | 1.1 |
| Week 3 | Monday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 9.4 |
| Week 3 | Monday | DESSERT | NR APPLE WL | 11.8 | 0.4 |
| Week 3 | Monday | DESSERT | HONEYDEW MELON | 6.6 | 0.6 |
| Week 3 | Monday | DESSERT | NR RAISINS | 9.7 | 0.3 |
| Week 3 | Monday | DRINKS | MILK | 9.4 | 3.4 |
| Week 3 | Monday | DRINKS | WATER | 0 | 0 |
| Week 3 | Tuesday | STARTER | NR BANANA W | 18.6 | 1.2 |
| Week 3 | Tuesday | STARTER | NR RAISINS | 9.7 | 0.3 |
| Week 3 | Tuesday | STARTER | NR RASPBERRIES WL | 4.6 | 1.4 |
| Week 3 | Tuesday | STARTER | NR BLACKBERRIES WL | 5.1 | 0.9 |
| Week 3 | Tuesday | MEAL 1 | NR MINCE BOLOGNAISE | 3.6 | 8.3 |
| Week 3 | Tuesday | MEAL 1 | NR FUSILLI PASTA | 32.9 | 4.8 |
| Week 3 | Tuesday | MEAL 1 | NR FRENCHBEANS | 2.9 | 1.8 |
| Week 3 | Tuesday | MEAL 2 | NR MASHED POTATO SD | 16.1 | 1.7 |
| Week 3 | Tuesday | MEAL 2 | NR QUORN FISHLESS FINGER | 29.2 | 4.5 |
| Week 3 | Tuesday | MEAL 2 | NR BEANS | 11.4 | 4.9 |
| Week 3 | Tuesday | MEAL 3 | NR EGG MAYONNAISE | 1.8 | 9.1 |
| Week 3 | Tuesday | MEAL 3 | NR CUCUMBER STICKS | 1.5 | 0.7 |
| Week 3 | Tuesday | MEAL 3 | NR CHEESE SLICE | 0.2 | 26 |
| Week 3 | Tuesday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 9.4 |
| Week 3 | Tuesday | DESSERT | NR COOLDELIGHT STRAWBERRY | 25 | 3.4 |
| Week 3 | Tuesday | DRINKS | MILK | 9.4 | 3.4 |
| Week 3 | Tuesday | DRINKS | WATER | 0 | 0 |
| Week 3 | Wednesday | STARTER | NR BREADSTICKS | 10.4 | 9 |
| Week 3 | Wednesday | STARTER | NR MINESTRONE SOUP | 4 | 0.8 |
| Week 3 | Wednesday | MEAL 1 | NR STEAK PIE | 10.8 | 10.9 |
| Week 3 | Wednesday | MEAL 1 | NR CARROT/TURNIP BATONS | 5.5 | 0 |
| Week 3 | Wednesday | MEAL 1 | NR BABY BOILED POTATOES | 14.9 | 1.8 |
| Week 3 | Wednesday | MEAL 2 | NR SESAME BURGER BUN | 47.5 | 9.1 |

| WEEK | DAY | TRAY | DISH NAME | CARBOHYDRATES (g) | PROTEIN (g) |
|--------|-----------|---------|--|-------------------|-------------|
| Week 3 | Wednesday | MEAL 2 | NR CHEESE&VEG COUNTRY BAKE | 26.7 | 0 |
| Week 3 | Wednesday | MEAL 2 | NR SWEETCORN | 26.6 | 2.9 |
| Week 3 | Wednesday | MEAL 2 | NR BRAKES POTATO WEDGES | 22.6 | 2.4 |
| Week 3 | Wednesday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 9.4 |
| Week 3 | Wednesday | MEAL 3 | NR EGG MAYONNAISE | 1.8 | 9.1 |
| Week 3 | Wednesday | MEAL 3 | NR CARROTS | 4.7 | 0.4 |
| Week 3 | Wednesday | MEAL 3 | NR SLICED CHICKEN | 2 | 19 |
| Week 3 | Wednesday | DESSERT | NR RAISINS | 9.7 | 0.3 |
| Week 3 | Wednesday | DESSERT | Grapes | 15.4 | 0.4 |
| Week 3 | Wednesday | DESSERT | NR BANANA W | 18.6 | 1.2 |
| Week 3 | Wednesday | DRINKS | WATER | 0 | 0 |
| Week 3 | Wednesday | DRINKS | MILK | 9.4 | 3.4 |
| Week 3 | Thursday | STARTER | NR STRAWBERRIE WL | 6 | 0.8 |
| Week 3 | Thursday | STARTER | NR RASPBERRIES WL | 4.6 | 1.4 |
| Week 3 | Thursday | STARTER | NR BANANA W | 18.6 | 1.2 |
| Week 3 | Thursday | MEAL 1 | NR SWEET CHILLI CHICKEN FILLET | 3.3 | 21.5 |
| Week 3 | Thursday | MEAL 1 | NR BABY CARROT/GREEN BEAN/BABY CORN MEDLEY | 3.9 | 1.7 |
| Week 3 | Thursday | MEAL 1 | NR GARLIC NOODLES | 44.8 | 5.7 |
| Week 3 | Thursday | MEAL 2 | NR HOMEMADE COLESLAW | 6.4 | 1.1 |
| Week 3 | Thursday | MEAL 2 | NR BASIC MIXED SALAD | 2.9 | 0.8 |
| Week 3 | Thursday | MEAL 2 | NR CHEDDAR CHEESE | 0.1 | 25.1 |
| Week 3 | Thursday | MEAL 2 | NR PANINI | 44 | 7.7 |
| Week 3 | Thursday | MEAL 3 | NR CUCUMBER STICKS | 1.5 | 0.7 |
| Week 3 | Thursday | MEAL 3 | NR KINGSMILL BREAD 50/50 | 31.4 | 9.4 |
| Week 3 | Thursday | MEAL 3 | NR TUNA MAYONNAISE | 1.6 | 17.8 |
| Week 3 | Thursday | MEAL 3 | NR CHEESE SLICE | 0.2 | 26 |
| Week 3 | Thursday | DESSERT | NR PEACHES CANNED IN JUICE | 9.7 | 0.6 |
| Week 3 | Thursday | DESSERT | NR FROMAGE FRAIS | 9.2 | 6 |
| Week 3 | Thursday | DRINKS | WATER | 0 | 0 |
| Week 3 | Thursday | DRINKS | MILK | 9.4 | 3.4 |
| Week 3 | Friday | MEAL 3 | NR CARROTS | 4.7 | 0.4 |
| Week 3 | Friday | MEAL 3 | NR TUNA MAYO SANDWICH | 25.9 | 12.1 |
| Week 3 | Friday | MEAL 3 | NR HAM SANDWICH | 27.8 | 10.8 |
| Week 3 | Friday | MEAL 3 | NR CUCUMBER STICKS | 1.5 | 0.7 |
| Week 3 | Friday | MEAL 3 | NR CHEESE SANDWICH | 28.9 | 13.3 |
| Week 3 | Friday | MEAL 3 | NR FLAPJACK | 52.2 | 6 |
| Week 3 | Friday | DESSERT | NR APPLE WL | 11.8 | 0.4 |
| Week 3 | Friday | DESSERT | NR BANANA W | 18.6 | 1.2 |
| Week 3 | Friday | DESSERT | NR RAISINS | 9.7 | 0.3 |
| Week 3 | Friday | DRINKS | WATER | 0 | 0 |