

Meal Plan	Cycle	Day	Meal Service	Section	Recipe	Portion Size (g)	Carbohydrates per portion (g)
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Mains	Beef, Bean & Vegetable Burger in a Bun	110	29.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Mains	Beef Burger in a Bun (Halal) not available in all schools	106	25
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Mains	Jacket Potato With Baked Beans (VE)	329	65.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Mains	Jacket Potato With Cheese (V)	304	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Mains	Jacket Potato with Cheese (VE)	294	65.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Mains	Jacket Potato with Tuna Mayonnaise	312	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Mains	Quorn Burger in a Bun	100	25
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Carbohydrates	McCains Wedges	114.09	20
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Carbohydrates	Homemade Wedges	132.33	28.7
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Vegetables	Corn on the Cob	62.5	5.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Desserts	Lemon Cookie (VE)	57.61	31
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Desserts	Crackers (00137)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Desserts	Crackers (00137) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Desserts	Crackers (95022)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Desserts	Crackers (95022) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Desserts	Yeo Valley Organic Strawberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Desserts	Yeo Valley Organic Mango & Vanilla Yoghurt	80	8.5

Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Desserts	Yeo Valley Organic Raspberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Desserts	Fruit Pot	95.54	9.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Salad Bar	Coleslaw	60	3.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Salad Bar	Mixed Peppers	41.67	2.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Salad Bar	Cucumber	80	2.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Salad Bar	Lettuce	44.92	1.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Salad Bar	Cherry Tomatoes	25	0.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Salad Bar	Beetroot	41.67	4.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Salad Bar	Grated Carrot	40	3.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Salad Bar	Pineapple	32.88	3.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 1	Lunch	Salad Bar	Potato Salad	70	2.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Mains	BBQ Chicken	107	5.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Mains	BBQ Chicken (Halal) not available in all schools	107	5.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Mains	Cheesy Tomato Pasta (V)	150.6	42.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Mains	Crispy Vegetable Fingers (VE)	94.8	22.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Carbohydrates	Diced Potatoes	114.09	18.6
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Vegetables	Broccoli	62.5	4.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Desserts	Fresh Fruit Platter (VE)	92.09	9.5

Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Desserts	Crackers (00137)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Desserts	Crackers (00137) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Desserts	Crackers (95022)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Desserts	Crackers (95022) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Desserts	Yeo Valley Organic Strawberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Desserts	Yeo Valley Organic Mango & Vanilla Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Desserts	Yeo Valley Organic Raspberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Desserts	Fruit Pot	95.54	9.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Salad Bar	Coleslaw	60	3.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Salad Bar	Mixed Peppers	41.67	2.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Salad Bar	Cucumber	80	2.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Salad Bar	Lettuce	44.92	1.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Salad Bar	Cherry Tomatoes	25	0.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Salad Bar	Beetroot	41.67	4.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Salad Bar	Grated Carrot	40	3.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Salad Bar	Pineapple	32.88	3.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 2	Lunch	Salad Bar	Potato Salad	70	2.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Mains	Margherita Pizza (V)	136.88	26

Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Mains	Margherita Pizza (V) (KS2)	182.5	34.7
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Mains	Jacket Potato With Baked Beans (VE)	329	65.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Mains	Jacket Potato With Cheese (V)	304	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Mains	Jacket Potato with Cheese (VE)	294	65.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Mains	Jacket Potato with Tuna Mayonnaise	312	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Mains	Cauliflower & Lentil Curry topped Dippers (VE)	316.61	43.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Carbohydrates	Potato Dippers (Lamb Weston)	100	22
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Vegetables	Sweetcorn	62.5	7.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Fruit Jelly (Strawberry)	168.5	7.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Fruit Jelly (Raspberry)	168.5	7.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Fruit Jelly (Orange)	168.5	7.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Crackers (00137)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Crackers (00137) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Crackers (95022)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Crackers (95022) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Yeo Valley Organic Strawberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Yeo Valley Organic Mango & Vanilla Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Yeo Valley Organic Raspberry Yoghurt	80	8.5

Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Desserts	Fruit Pot	95.54	9.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Salad Bar	Coleslaw	60	3.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Salad Bar	Mixed Peppers	41.67	2.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Salad Bar	Cucumber	80	2.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Salad Bar	Lettuce	44.92	1.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Salad Bar	Cherry Tomatoes	25	0.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Salad Bar	Beetroot	41.67	4.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Salad Bar	Grated Carrot	40	3.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Salad Bar	Pineapple	32.88	3.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 3	Lunch	Salad Bar	Potato Salad	70	2.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Mains	Traditional Roast Turkey	50	0.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Mains	Gravy	30.71	1.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Mains	Cheesy Tomato Pasta (V)	150.6	42.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Mains	Mince & Onion Puff (VE)	118.75	28.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Carbohydrates	McCains Roast Potatoes	113.33	24
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Carbohydrates	Roast Potatoes (Vac Pack)	130.33	19.6
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Carbohydrates	Yorkshire Pudding	28	11.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Carbohydrates	Yorkshire Puddings (VE)	58.25	14.4

Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Vegetables	Peas	62.5	5.6
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Vegetables	Diced Carrots	62.5	6.7
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Desserts	Vanilla Ice Cream Tub	80	14.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Desserts	Crackers (00137)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Desserts	Crackers (00137) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Desserts	Crackers (95022)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Desserts	Crackers (95022) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Desserts	Yeo Valley Organic Strawberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Desserts	Yeo Valley Organic Mango & Vanilla Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Desserts	Yeo Valley Organic Raspberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Desserts	Fruit Pot	95.54	9.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Salad Bar	Coleslaw	60	3.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Salad Bar	Mixed Peppers	41.67	2.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Salad Bar	Cucumber	80	2.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Salad Bar	Lettuce	44.92	1.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Salad Bar	Cherry Tomatoes	25	0.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Salad Bar	Beetroot	41.67	4.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Salad Bar	Grated Carrot	40	3.3

Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Salad Bar	Pineapple	32.88	3.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 4	Lunch	Salad Bar	Potato Salad	70	2.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	MSC Cod Fish Fingers	75	13.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Jacket Potato With Baked Beans (VE)	329	65.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Jacket Potato With Cheese (V)	304	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Jacket Potato with Cheese (VE)	294	65.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Jacket Potato with Tuna Mayonnaise	312	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Ham Baguette White	125	41.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Ham Baguette Malted Wheat	112.5	32
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Ham Baguette (in a Bun- KS1)	100	23.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Cheese Baguette White (V)	125	41.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Cheese Baguette Malted Wheat (V)	112.5	31.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Cheese Baguette (in a Bun- KS1) V	100	23
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Cheese Baguette White (VE)	115	49.7
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Tuna Mayo Baguette White	133.88	41.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Tuna Mayo Baguette Malted Wheat	121.38	31.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Mains	Tuna Mayo Baguette (in a Bun- KS1)	108.88	23.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Carbohydrates	Oven Baked Chips	103.18	21.7

Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Vegetables	Baked Beans	70.81	7.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Desserts	Cherry Muffin (V)	55.29	23.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Desserts	Crackers (00137)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Desserts	Crackers (00137) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Desserts	Crackers (95022)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Desserts	Crackers (95022) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Desserts	Yeo Valley Organic Strawberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Desserts	Yeo Valley Organic Mango & Vanilla Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Desserts	Yeo Valley Organic Raspberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Desserts	Fruit Pot	95.54	9.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Salad Bar	Coleslaw	60	3.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Salad Bar	Mixed Peppers	41.67	2.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Salad Bar	Cucumber	80	2.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Salad Bar	Lettuce	44.92	1.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Salad Bar	Cherry Tomatoes	25	0.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Salad Bar	Beetroot	41.67	4.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Salad Bar	Grated Carrot	40	3.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Salad Bar	Pineapple	32.88	3.9

Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 5	Lunch	Salad Bar	Potato Salad	70	2.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 6					
Primary 3 Choice (Mayors Meals) Sept 2023	Week 1	Day 7					
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Mains	Margherita Pizza (V)	136.88	26
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Mains	Margherita Pizza (V) (KS2)	182.5	34.7
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Mains	Jacket Potato With Baked Beans (VE)	329	65.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Mains	Jacket Potato With Cheese (V)	304	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Mains	Jacket Potato with Cheese (VE)	294	65.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Mains	Jacket Potato with Tuna Mayonnaise	312	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Mains	Sausage Roll (VE)	65	16.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Carbohydrates	Potato Dippers (Lamb Weston)	100	22
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Vegetables	Sweetcorn	62.5	7.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Desserts	Strawberry Iced Fruit Smoothie (VE)	80	15.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Desserts	Crackers (00137)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Desserts	Crackers (00137) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Desserts	Crackers (95022)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Desserts	Crackers (95022) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Desserts	Yeo Valley Organic Strawberry Yoghurt	80	8.5

Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Desserts	Yeo Valley Organic Mango & Vanilla Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Desserts	Yeo Valley Organic Raspberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Desserts	Fruit Pot	95.54	9.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Salad Bar	Coleslaw	60	3.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Salad Bar	Mixed Peppers	41.67	2.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Salad Bar	Cucumber	80	2.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Salad Bar	Lettuce	44.92	1.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Salad Bar	Cherry Tomatoes	25	0.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Salad Bar	Beetroot	41.67	4.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Salad Bar	Grated Carrot	40	3.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Salad Bar	Pineapple	32.88	3.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 1	Lunch	Salad Bar	Potato Salad	70	2.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Mains	Keralan Chicken Curry	179.28	10.6
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Mains	Keralan Chicken Curry (Halal)	179.28	10.6
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Mains	Chicken Curry (No Coconut)	222.88	11.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Mains	Cheesy Tomato Pasta (V)	150.6	42.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Mains	Golden Dippers (VE)	80	7.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Carbohydrates	50 50 Rice	35	26.9

Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Carbohydrates	Diced Potatoes	114.09	18.6
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Vegetables	Carrots	71.43	5.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Desserts	Toffee Muffin (V)	69.4	30.6
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Desserts	Crackers (00137)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Desserts	Crackers (00137) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Desserts	Crackers (95022)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Desserts	Crackers (95022) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Desserts	Yeo Valley Organic Strawberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Desserts	Yeo Valley Organic Mango & Vanilla Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Desserts	Yeo Valley Organic Raspberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Desserts	Fruit Pot	95.54	9.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Salad Bar	Coleslaw	60	3.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Salad Bar	Mixed Peppers	41.67	2.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Salad Bar	Cucumber	80	2.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Salad Bar	Lettuce	44.92	1.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Salad Bar	Cherry Tomatoes	25	0.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Salad Bar	Beetroot	41.67	4.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Salad Bar	Grated Carrot	40	3.3

Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Salad Bar	Pineapple	32.88	3.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 2	Lunch	Salad Bar	Potato Salad	70	2.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Mains	Sticky Chicken	123.6	2.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Mains	Sticky Chicken (Halal) not available in all schools	123.6	2.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Mains	Jacket Potato With Baked Beans (VE)	329	65.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Mains	Jacket Potato With Cheese (V)	304	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Mains	Jacket Potato with Cheese (VE)	294	65.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Mains	Jacket Potato with Tuna Mayonnaise	312	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Mains	Mac N Cheese (V)	303.17	57.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Carbohydrates	Vegetable Savoury Rice	61.59	40.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Vegetables	Peas	62.5	5.6
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Fruit Jelly (Strawberry)	168.5	7.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Fruit Jelly (Raspberry)	168.5	7.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Fruit Jelly (Orange)	168.5	7.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Crackers (00137)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Crackers (00137) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Crackers (95022)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Crackers (95022) with Cheese	33.5	11.9

Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Yeo Valley Organic Strawberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Yeo Valley Organic Mango & Vanilla Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Yeo Valley Organic Raspberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Desserts	Fruit Pot	95.54	9.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Salad Bar	Coleslaw	60	3.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Salad Bar	Mixed Peppers	41.67	2.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Salad Bar	Cucumber	80	2.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Salad Bar	Lettuce	44.92	1.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Salad Bar	Cherry Tomatoes	25	0.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Salad Bar	Beetroot	41.67	4.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Salad Bar	Grated Carrot	40	3.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Salad Bar	Pineapple	32.88	3.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 3	Lunch	Salad Bar	Potato Salad	70	2.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Mains	Sausages (Pork)	114	8.7
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Mains	Gravy	30.71	1.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Mains	Cheesy Tomato Pasta (V)	150.6	42.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Mains	Sausages (VE)	100	8.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Carbohydrates	Mash Potato- Simply Mash	125	20.1

Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Carbohydrates	Mash Potato- Lamb Weston	125	21.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Vegetables	Broccoli	62.5	4.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Desserts	Fresh Fruit Platter (VE)	92.09	9.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Desserts	Crackers (00137)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Desserts	Crackers (00137) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Desserts	Crackers (95022)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Desserts	Crackers (95022) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Desserts	Yeo Valley Organic Strawberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Desserts	Yeo Valley Organic Mango & Vanilla Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Desserts	Yeo Valley Organic Raspberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Desserts	Fruit Pot	95.54	9.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Salad Bar	Coleslaw	60	3.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Salad Bar	Mixed Peppers	41.67	2.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Salad Bar	Cucumber	80	2.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Salad Bar	Lettuce	44.92	1.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Salad Bar	Cherry Tomatoes	25	0.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Salad Bar	Beetroot	41.67	4.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Salad Bar	Grated Carrot	40	3.3

Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Salad Bar	Pineapple	32.88	3.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 4	Lunch	Salad Bar	Potato Salad	70	2.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	MSC Gluten Free Salmon Fillet Fingers	90	29.6
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Jacket Potato With Baked Beans (VE)	329	65.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Jacket Potato With Cheese (V)	304	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Jacket Potato with Cheese (VE)	294	65.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Jacket Potato with Tuna Mayonnaise	312	57.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Ham Baguette White	125	41.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Ham Baguette Malted Wheat	112.5	32
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Ham Baguette (in a Bun- KS1)	100	23.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Cheese Baguette White (V)	125	41.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Cheese Baguette Malted Wheat (V)	112.5	31.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Cheese Baguette (in a Bun- KS1) V	100	23
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Cheese Baguette White (VE)	115	49.7
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Tuna Mayo Baguette White	133.88	41.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Tuna Mayo Baguette Malted Wheat	121.38	31.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Mains	Tuna Mayo Baguette (in a Bun- KS1)	108.88	23.1
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Carbohydrates	Oven Baked Chips	103.18	21.7

Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Vegetables	Baked Beans	70.81	7.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Desserts	Vanilla Cookie (VE)	49.02	28.7
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Desserts	Crackers (00137)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Desserts	Crackers (00137) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Desserts	Crackers (95022)	16	10.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Desserts	Crackers (95022) with Cheese	33.5	11.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Desserts	Yeo Valley Organic Strawberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Desserts	Yeo Valley Organic Mango & Vanilla Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Desserts	Yeo Valley Organic Raspberry Yoghurt	80	8.5
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Desserts	Fruit Pot	95.54	9.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Salad Bar	Coleslaw	60	3.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Salad Bar	Mixed Peppers	41.67	2.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Salad Bar	Cucumber	80	2.9
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Salad Bar	Lettuce	44.92	1.4
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Salad Bar	Cherry Tomatoes	25	0.8
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Salad Bar	Beetroot	41.67	4.2
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Salad Bar	Grated Carrot	40	3.3
Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Salad Bar	Pineapple	32.88	3.9

Primary 3 Choice (Mayors Meals) Sept 2023	Week 2	Day 5	Lunch	Salad Bar	Potato Salad	70	2.1
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