

ALLERGEN AWARE MENU LOG



Menu Item	Carbohydrate	Fat	Saturated Fat	Protein	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Allergen - Westcountry Pork Sausage, Mash & Gravy	43.47g	19.09g	6.91g	10.91g	15.94g													
Allergen Mash Potato	32.67g	6.42g	2.38g	3.17g	18.67g													
Allergen Vegetable Sausage **	12.88g	12.14g	0.97g	2.30g	20.44g				YES									
Allergen - Winter Rainbow Salad	8.44g	2.34g	0.34g	1.44g	6.39g													
Allergen - Plant Power Slider	7.47g	5.71g	1.08g	10.34g	11.67g													
Allergen Aware Margherita Pizza	126.45g	53.60g	44.30g	6.00g	25.29g													
Allergen Chickpea and Lentil Curry	38.46g	2.31g	0.29g	13.29g	22.29g													
Allergen Leek & Potato Gratin	29.37g	10.18g	6.94g	3.69g	12.47g													
Allergen Aware - Veggie Cottage Pie	46.49g	4.82g	1.82g	10.09g	18.85g													
Allergen Free - Roast Chicken	0.00g	3.62g	0.37g	10.94g	0.00g													
Allergen Aware Fish Fingers	10.44g	5.34g	0.60g	7.38g	17.40g			YES										
Allergen Free Tomato Tumble	238.14g	117.99g	68.15g	57.69g	11.72g													
Allergen Aware Moroccan Vegan Balls	15.72g	5.65g	0.40g	11.31g	16.08g													
Allergen Aware - Turkey and Ham Potato Topped Pie	18.16g	2.33g	0.64g	12.15g	8.91g													
Allergen Free Pasta Bake	204.29g	85.24g	47.12g	29.28g	12.25g													
Allergen Aware Organic Beef Burger	0.80g	10.43g	4.62g	9.52g	1.40g													



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Allergen Free - Roast Pork & Gravy	0.00g	1.33g	0.37g	8.25g	0.00g													
Roast Gammon & Pineapple	3.73g	6.10g	1.25g	8.96g	4.87g													
Allergen Aware Pasta Bolognese	212.87g	98.76g	55.59g	92.59g	16.03g													
Allergen Free - Vegetable Crumble	119.48g	125.60g	65.08g	37.14g	7.27g													
Allergen Aware Sausage	4.69g	6.30g	2.24g	3.81g	13.40g													
Allergen Aware Vegan Stuffed Sweet Potato	46.39g	13.49g	11.19g	6.91g	14.59g													
Roast Potatoes	17.64g	3.09g	0.22g	1.71g	18.97g													
Gravy	2.20g	0.12g	0.08g	0.17g	5.11g													
Baked Beans	6.40g	0.25g	0.05g	2.20g	12.80g													
Mixed Vegetables	6.15g	0.15g	0.00g	2.07g	7.23g													
Sweet Potato Wedges	21.30g	1.50g	0.18g	1.20g	21.05g													
Winter Rainbow Salad	8.44g	2.34g	0.34g	1.44g	6.39g													
Mediterranean Vegetables	2.31g	1.21g	0.18g	1.04g	2.70g													
Allergen Aware - GF Oat Cookie	793.65g	271.90g	100.25g	69.08g	57.26g													
Allergen Free - GF Shortbread	622.95g	262.37g	96.90g	28.35g	57.84g													
Allergen Free Pip Organic Apple Fruity Lollies	4.16g	0.04g	0.00g	0.00g	10.40g													
Allergen Free Flapjack	556.75g	97.20g	36.75g	51.80g	55.68g													
Fresh Fruit Platter	6.00g	0.15g	0.02g	0.42g	4.76g													