



Menu Item	Carbohydrate	Fat	Saturated Fat	Protein	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Apple Crumble & Ice Cream	31.89g	8.22g	2.94g	2.14g					YES		YES							
Apple Gingerbread & Custard	26.76g	7.01g	2.42g	2.91g			YES		YES		YES							
Baked Beans	6.40g	0.25g	0.05g	2.20g														
Banana Muffin	16.80g	5.37g	1.91g	1.79g			YES		YES									
Battered Fish (mini)	12.24g	6.12g	0.66g	6.90g				YES	YES									
Boiled potato	24.50g	0.12g	0.04g	2.38g														
Breaded Salmon Bites	18.90g	6.48g	0.96g	8.28g				YES	YES									
Broccoli	1.92g	0.36g	0.09g	2.58g														
Cabbage	2.46g	0.12g	0.02g	1.44g														
Carrots	4.62g	0.24g	0.06g	0.30g														
Cauliflower	1.78g	0.17g	0.00g	1.61g														
Cheese & Tomato Pizza	28.24g	14.15g	6.80g	9.56g					YES		YES							
Cheese Wheels	22.50g	16.82g	9.14g	8.65g					YES		YES		YES					
Chips	25.50g	10.87g	2.46g	2.88g														
Chocolate Cracknel	14.82g	4.77g	2.08g	1.25g					YES		YES							YES
Chocolate Drop Biscuits	24.21g	11.20g	4.18g	2.78g					YES									
Chocolate Rice Pudding	29.90g	4.05g	2.52g	3.36g							YES							
Cornish Pasty	20.53g	11.74g	5.83g	10.80g			YES		YES									
Cottage Pie & Gravy	37.21g	7.01g	2.97g	18.51g														
Crunchy veg sticks	8.72g	0.91g	0.10g	1.35g														



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Crusty Bread	14.56g	0.79g	0.21g	3.08g			YES		YES		YES							YES
Diced Swede	1.00g	0.00g	0.00g	0.50g														
Egg Mayo & cress Bap	23.38g	13.08g	3.64g	11.75g			YES		YES				YES			YES		
Fish Finger High Fibre Bap	32.15g	7.75g	1.49g	10.80g				YES	YES							YES		
Fish Fingers	9.30g	4.75g	0.55g	6.50g				YES	YES									
Fresh Fruit Platter	6.00g	0.15g	0.02g	0.42g														
Gammon & Salad Baguette	67.53g	10.43g	2.94g	17.20g					YES							YES		
Gnocchi with Quorn Mince	39.60g	2.16g	0.34g	13.31g			YES		YES		YES							
Gravy	2.20g	0.12g	0.08g	0.17g														
Green Beans	3.08g	0.08g	0.08g	1.67g														
Ham Salad Wrap	37.72g	9.17g	0.74g	13.80g			YES		YES				YES					
Herby Diced Potatoes	24.83g	0.23g	0.07g	2.55g														
Jacket Potato & Baked Beans	43.73g	0.23g	0.07g	5.12g														
Jacket Potato & Cheese	43.73g	0.23g	0.07g	5.12g							YES							
Jacket Potato & Tuna Mayo	43.73g	0.23g	0.07g	5.12g			YES	YES					YES					
Jam Sponge & Custard	33.57g	9.05g	3.24g	2.79g			YES		YES		YES							
Jammie Dodger Biscuit	26.99g	6.99g	2.51g	2.49g			YES		YES									
Lasagne	18.72g	6.98g	3.06g	15.67g				YES	YES		YES							



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Leek and Potato Layer Bake	24.87g	22.73g	9.02g	11.87g			YES		YES		YES							
Lentil Loaf	33.76g	15.25g	6.68g	17.56g			YES		YES		YES							
Macaroni Cheese	60.06g	17.98g	9.68g	16.92g					YES		YES		YES					
Mash Potato	32.67g	6.42g	2.38g	3.17g														
Mediterranean Vegetables	2.31g	1.21g	0.18g	1.04g														
Minced Beef Cobbler	45.59g	15.13g	5.62g	21.98g				YES	YES		YES							
Mini Ploughmans	27.84g	11.55g	6.24g	11.10g					YES		YES					YES	YES	
Mixed Vegetables	6.15g	0.15g	0.00g	2.07g														
Moroccan Vegan Balls	11.68g	6.09g	0.44g	11.44g														
Organic Beef Burger with a Salad filled Bap	27.86g	11.27g	4.74g	14.58g					YES							YES		
Pancakes with sliced Banana & Honey	45.35g	1.33g	0.13g	3.05g			YES		YES		YES							
Peas	7.50g	0.25g	0.08g	4.33g														
Pizza Margherita	28.24g	14.15g	6.80g	9.56g					YES		YES							
Plant Power Slider	30.32g	6.46g	1.18g	14.64g					YES							YES		
Potato Wedges	24.30g	5.65g	2.83g	2.83g					YES									
Quorn Curry & Tilda Rice	14.33g	3.10g	1.61g	7.26g			YES										YES	
Quorn Dippers	14.11g	2.41g	0.28g	7.17g			YES		YES		YES							
Quorn Sausages	6.74g	8.85g	0.71g	6.05g			YES		YES		YES		YES					
Rhubarb and Orange Cake with Custard	39.01g	16.59g	5.94g	5.20g			YES		YES		YES							
Roast Chicken & Stuffing	0.00g	3.62g	0.37g	10.94g	YES		YES		YES		YES		YES				YES	



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Roast Chicken filled High Fibre Bap	22.89g	7.55g	1.39g	13.46g					YES		YES					YES		
Roast Pork filled High Fibre Bap	22.89g	6.02g	1.49g	13.53g					YES		YES					YES		
Roast Gammon & Pineapple	3.73g	6.10g	1.25g	8.96g														
Roast Pork & Stuffing	0.00g	1.33g	0.37g	8.25g	YES		YES		YES		YES		YES				YES	
Roast Potatoes	17.64g	3.09g	0.22g	1.71g														
Roasted Winter Vegetables	7.20g	0.81g	0.10g	1.01g														
Sausage Roll	27.72g	30.00g	11.52g	7.92g					YES		YES							
Singapore Style Noodles	42.40g	4.31g	0.81g	13.86g			YES		YES				YES					YES
Sticky Chocolate Cake & Chocolate Sauce	23.75g	18.29g	1.70g	4.44g			YES		YES		YES							
Sticky Toffee Cake & Custard	35.76g	7.79g	2.90g	3.49g			YES		YES		YES						YES	YES
Sweet Potato Wedges	21.30g	1.50g	0.18g	1.20g														
Sweetcorn	5.80g	0.70g	0.20g	1.25g														
Tomato Pasta Pot	20.49g	10.06g	5.70g	11.40g					YES		YES							
Tomato Tumble	20.49g	9.31g	5.49g	5.90g														
Turkey and Ham Pie	13.91g	8.98g	3.53g	11.68g	YES				YES		YES							
Vegan Sausage Roll & Crunchy Carrot Sticks	33.53g	24.68g	13.33g	8.84g					YES		YES						YES	
Vegetable Plait	31.39g	10.16g	4.74g	6.86g			YES		YES		YES							



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Veggie Cottage Pie with Sweet Potato Mash	34.64g	2.42g	0.39g	11.18g			YES		YES									YES
Veggie Fingers	13.63g	4.60g	0.34g	1.99g					YES									
Veggie Roast & Stuffing	29.90g	8.95g	4.08g	7.00g	YES		YES		YES		YES		YES				YES	
Westcountry Pork Sausage, Mash & Gravy	62.74g	8.70g	3.73g	8.22g					YES									
Wholemeal Pasta Portion	18.42g	0.45g	0.11g	3.03g					YES									
Winter Rainbow Salad	8.38g	2.34g	0.34g	1.44g														
Chocolate Sauce	16.34g	2.63g	1.69g	2.01g							YES							
Houmous Salad Sticks & Pitta	20.82g	0.58g	0.12g	2.62g					YES									