



Menu Item	Carbohydrate	Fat	Saturated Fat	Protein	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Cheese Tomato Pizza	0.00g	0.00g	0.00g	0.00g					YES		YES							
Baked Beans	6.40g	0.25g	0.05g	2.20g														
Banana Muffin	13.45g	4.30g	1.53g	1.44g			YES		YES									
Battered Salmon Fillet	0.14g	0.16g	0.02g	0.13g				YES	YES									
Cheese Wheels	22.50g	16.82g	9.14g	8.65g					YES		YES		YES					
Chips	25.50g	10.87g	2.46g	2.88g														
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							
Chocolate Cracknel	14.82g	4.77g	2.08g	1.25g					YES		YES							YES
Chocolate Drop Biscuits	32.29g	14.93g	5.57g	3.71g					YES									
Chocolate Rice Pudding	29.90g	4.05g	2.52g	3.36g							YES							



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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														
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									



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Rhubarb and Orange Cake with Custard	44.58g	18.96g	6.79g	5.94g			YES		YES		YES							
Organic Beef Burger with a Salad filled Bap	27.86g	11.27g	4.74g	14.58g					YES							YES		
Peas	7.50g	0.25g	0.08g	4.33g														
Plant Power Slider	30.32g	6.46g	1.18g	14.64g					YES							YES		
Pizza Margherita	28.24g	14.15g	6.80g	9.56g					YES		YES							
Moroccan Vegan Balls	11.68g	6.09g	0.44g	11.44g														
Lasagne	18.72g	6.98g	3.06g	15.67g				YES	YES		YES							
Quorn Dippers	14.11g	2.41g	0.28g	7.17g			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	22.17g	10.14g	5.71g	11.49g					YES		YES							
Tomato Tumble	20.49g	9.31g	5.49g	5.90g														



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Turkey and Ham Pie	13.99g	7.63g	3.34g	11.68g	YES				YES		YES							
Vegan Sausage Roll & Crunchy Carrot Sticks	33.53g	24.68g	13.33g	8.84g					YES		YES						YES	
Quorn Sausages	6.74g	8.85g	0.71g	6.05g			YES		YES		YES		YES					
Vegetable Plait	31.39g	10.16g	4.74g	6.86g			YES		YES		YES							
Veggie Cottage Pie with Sweet Potato Mash	34.64g	2.42g	0.39g	11.18g			YES		YES									YES
Veggie Roast & Stuffing	29.90g	8.95g	4.08g	7.00g	YES		YES		YES		YES		YES				YES	
Boiled potato	24.50g	0.12g	0.04g	2.38g														
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														
Leek and Potato Layer Bake	298.45g	272.73g	108.22g	142.45g			YES		YES		YES							



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Cauliflower	1.78g	0.17g	0.00g	1.61g														
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	6.48g	0.19g	0.02g	0.47g														
Veggie Fingers	13.63g	4.60g	0.34g	1.99g					YES									
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							
Macaroni Cheese	60.06g	17.98g	9.68g	16.92g					YES		YES		YES					
Mash Potato	32.67g	6.42g	2.38g	3.17g														
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							



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Sticky Chocolate Cake & Chocolate Sauce	23.75g	18.29g	1.70g	4.44g			YES		YES		YES							
Sticky Toffee Cake & Custard	66.13g	14.70g	5.95g	5.54g			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	0.33g	1.42g				YES	YES				YES					
Crusty Bread	14.56g	0.79g	0.21g	3.08g			YES		YES		YES							YES
Lentil Loaf	33.76g	15.25g	6.68g	17.56g			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		
Mini Battered Fish	12.24g	6.12g	0.66g	6.90g				YES	YES				YES					

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Mixed Vegetables	6.15g	0.15g	0.00g	2.07g														
Roast Chicken & Stuffing	0.00g	3.62g	0.37g	10.94g	YES		YES		YES		YES		YES				YES	
Roast Chicken filled High Fibre Bap	22.89g	7.55g	1.39g	13.46g					YES		YES					YES		
Mediterranean Vegetables	2.31g	1.21g	0.18g	1.04g														
Quorn Curry & Tilda Rice	14.33g	3.10g	1.61g	7.26g			YES										YES	
Roast Gammon & Pineapple	3.73g	6.10g	1.25g	8.96g														
Minced Beef Cobbler	45.59g	15.13g	5.62g	21.98g				YES	YES		YES							
Singapore Style Noodles	42.40g	4.31g	0.81g	13.86g			YES		YES				YES					YES
Roast Pork & Stuffing	0.00g	1.33g	0.37g	8.25g	YES		YES		YES		YES		YES				YES	
Mini Ploughmans	27.84g	11.55g	6.24g	11.10g					YES		YES					YES	YES	