

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  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Aware Margherita Pizza                   | 126.45g      | 53.60g  | 44.30g        | 6.00g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Chickpea and Lentil Curry                | 38.46g       | 2.31g   | 0.29g         | 13.29g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Leek & Potato Gratin                     | 29.37g       | 10.18g  | 6.94g         | 3.69g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Aware - Veggie Cottage Pie               | 46.49g       | 4.82g   | 1.82g         | 10.09g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Free - Roast Chicken                     | 0.00g        | 3.62g   | 0.37g         | 10.94g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Aware Fish Fingers                       | 10.44g       | 5.34g   | 0.60g         | 7.38g   |        |             |      | YES  |        |       |      |          |         |      |         |        |     |      |
| Allergen Free Tomato Tumble                       | 238.14g      | 117.99g | 68.15g        | 57.69g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Aware Moroccan Vegan Balls               | 15.72g       | 5.65g   | 0.40g         | 11.31g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Aware - Turkey and Ham Potato Topped Pie | 18.16g       | 2.33g   | 0.64g         | 12.15g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Free Pasta Bake                          | 204.29g      | 85.24g  | 47.12g        | 29.28g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Aware Organic Beef Burger                | 0.80g        | 10.43g  | 4.62g         | 9.52g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Free - Roast Pork & Gravy                | 0.00g        | 1.33g   | 0.37g         | 8.25g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Roast Gammon & Pineapple                          | 3.73g        | 6.10g   | 1.25g         | 8.96g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Aware Pasta Bolognese                    | 212.87g      | 98.76g  | 55.59g        | 92.59g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |



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|------------------------------------------------|--------------|---------|---------------|---------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------|-----|------|
| Allergen Free - Vegetable Crumble              | 119.48g      | 125.60g | 65.08g        | 37.14g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Aware Sausage                         | 4.69g        | 6.30g   | 2.24g         | 3.81g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Aware Vegan Stuffed Sweet Potato      | 46.39g       | 13.49g  | 11.19g        | 6.91g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Roast Potatoes                                 | 17.64g       | 3.09g   | 0.22g         | 1.71g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Broccoli                                       | 1.92g        | 0.36g   | 0.09g         | 2.58g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Gravy                                          | 54.98g       | 3.00g   | 1.95g         | 4.28g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Baked Beans                                    | 6.40g        | 0.25g   | 0.05g         | 2.20g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Green Beans                                    | 3.08g        | 0.08g   | 0.08g         | 1.67g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Boiled potato                                  | 24.50g       | 0.12g   | 0.04g         | 2.38g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Carrots                                        | 4.62g        | 0.24g   | 0.06g         | 0.30g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Cabbage                                        | 2.46g        | 0.12g   | 0.02g         | 1.44g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Cauliflower                                    | 1.78g        | 0.17g   | 0.00g         | 1.61g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Diced Swede                                    | 1.00g        | 0.00g   | 0.00g         | 0.50g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Sweetcorn                                      | 5.80g        | 0.70g   | 0.20g         | 1.25g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Mixed Vegetables                               | 6.15g        | 0.15g   | 0.00g         | 2.07g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Peas                                           | 7.50g        | 0.25g   | 0.08g         | 4.33g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Sweet Potato Wedges                            | 21.30g       | 1.50g   | 0.18g         | 1.20g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Winter Rainbow Salad                           | 8.44g        | 2.34g   | 0.34g         | 1.44g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Mediterranean Vegetables                       | 2.31g        | 1.21g   | 0.18g         | 1.04g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Aware - GF Oat Cookie                 | 793.65g      | 271.90g | 100.25g       | 69.08g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Free - GF Shortbread                  | 622.95g      | 262.37g | 96.90g        | 28.35g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Free Pip Organic Apple Fruity Lollies | 4.16g        | 0.04g   | 0.00g         | 0.00g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Allergen Free Flapjack                         | 556.75g      | 97.20g  | 36.75g        | 51.80g  |        |             |      |      |        |       |      |          |         |      |         |        |     |      |
| Fresh Fruit Platter                            | 6.48g        | 0.19g   | 0.02g         | 0.47g   |        |             |      |      |        |       |      |          |         |      |         |        |     |      |