Menu Item	1xPortion	Carbohydrate	Sugar	Energy	Fat	Saturated Fat	Fibre	Protein	Salt	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Allergen - Westcountry Pork Sausage, Mash & Gravy	272.78g	43.47g	3.06g	382.54 kcal	19.09g	6.91g	4.22g	10.91g	0.86g														
Allergen Mash Potato	175.00g	32.67g	1.50g	192.92 kcal	6.42g	2.38g	3.33g	3.17g	0.02g														
Allergen Vegetable Sausage	63.00g	12.88g	0.39g	172.69 kcal	12.14g	0.97g	1.79g	2.30g	0.41g					✓									
Allergen - Winter Rainbow Salad	132.08g	8.44g	7.99g	58.37k cal	2.34g	0.34g	2.88g	1.44g	0.11g														
Allergen - Plant Power Slider	64.00g	7.47g	4.53g	127.56 kcal	5.71g	1.08g	1.59g	10.34g	0.57g														
Allergen Aware Margherita Pizza	83.33g	21.07g	0.48g	177.75 kcal	8.93g	7.38g	2.82g	1.00g	0.87g														
Allergen Chickpea and Lentil Curry	172.54g	38.46g	10.17g	201.66 kcal	2.31g	0.29g	5.96g	13.29g	0.00g														
Allergen Leek & Potato Gratin	235.58g	29.37g	3.65g	224.76 kcal	10.18g	6.94g	4.19g	3.69g	0.71g														
Allergen Aware - Veggie Cottage Pie	246.58g	46.49g	4.58g	239.38 kcal	4.82g	1.82g	4.41g	10.09g	0.01g														
Allergen Free - Roast Chicken	60.00g	0.00g	0.00g	87.39k cal	3.62g	0.37g	0.00g	10.94g	0.09g														

Menu Item	1xPortion	Carbohydrate	Sugar	Energy	Fat	Saturated Fat	Fibre	Protein	Salt	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Allergen Aware Fish Fingers	60.00g	10.44g	0.06g	120.00 kcal	5.34g	0.60g	0.42g	7.38g	0.00g				✓										
Allergen Free Tomato Tumble	271.20g	23.81g	6.50g	235.27 kcal	11.80g	6.82g	8.47g	5.77g	0.53g														
Allergen Aware Moroccan Vegan Balls	97.71g	15.72g	3.58g	161.99 kcal	5.65g	0.40g	2.16g	11.31g	0.57g														
Allergen Aware - Turkey and Ham Potato Topped Pie	203.71g	18.16g	1.86g	143.78 kcal	2.33g	0.64g	2.69g	12.15g	0.55g														
Allergen Free Pasta Bake	278.00g	34.05g	3.71g	289.49 kcal	14.21g	7.85g	4.85g	4.88g	0.87g														
Allergen Aware Organic Beef Burger	57.00g	0.80g	0.00g	137.37 kcal	10.43g	4.62g	0.00g	9.52g	0.60g														
Allergen Free - Roast Pork & Gravy	50.23g	0.00g	0.00g	55.60k cal	1.33g	0.37g	0.00g	8.25g	0.07g														
Roast Gammon & Pineapple	76.67g	3.73g	3.20g	107.30 kcal	6.10g	1.25g	0.16g	8.96g	1.10g														
Allergen Aware Pasta Bolognese	221.33g	35.48g	2.47g	361.36 kcal	16.46g	9.26g	5.05g	15.43g	0.94g														
Allergen Free - Vegetable Crumble	274.00g	19.91g	4.23g	310.45 kcal	20.93g	10.85g	7.91g	6.19g	0.65g														
Allergen Aware Sausage	35.00g	4.69g	0.67g	91.35k cal	6.30g	2.24g	0.42g	3.81g	0.42g														

Menu Item	1xPortion	Carbohydrate	Sugar	Energy	Fat	Saturated Fat	Fibre	Protein	Salt	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Allergen Aware Vegan Stuffed Sweet Potato	159.00g	23.20g	4.78g	168.85 kcal	6.74g	5.60g	2.08g	3.45g	0.71g														
Roast Potatoes	93.00g	17.64g	0.81g	100.77 kcal	3.09g	0.22g	1.80g	1.71g	0.01g														
Gravy	43.00g	2.20g	0.35g	10.71k cal	0.12g	0.08g	0.07g	0.17g	0.00g														
Baked Beans	50.00g	6.40g	1.85g	41.00k cal	0.25g	0.05g	2.10g	2.20g	0.23g														
Mixed Vegetables	85.00g	6.15g	3.94g	40.80k cal	0.15g	0.00g	3.22g	2.07g	0.00g														
Sweet Potato Wedges	101.20g	21.30g	5.70g	97.79k cal	1.50g	0.18g	0.00g	1.20g	0.10g														
Winter Rainbow Salad	132.08g	8.44g	7.99g	58.37k cal	2.34g	0.34g	2.88g	1.44g	0.11g														
Mediterranean Vegetables	85.67g	2.31g	1.94g	27.53k cal	1.21g	0.18g	0.22g	1.04g	0.17g														
Allergen Aware - GF Oat Cookie	38.50g	22.05g	9.60g	164.56 kcal	7.55g	2.78g	1.02g	1.92g	0.36g														
Allergen Free - GF Shortbread	35.90g	20.76g	5.70g	165.88 kcal	8.75g	3.23g	0.15g	0.94g	0.00g														
Allergen Free Pip Organic Apple Fruity Lollies	40.00g	4.16g	3.96g	17.20k cal	0.04g	0.00g	0.00g	0.00g	0.00g														

Menu Item	1xPortion	Carbohydrate	Sugar	Energy	Fat	Saturated Fat	Fibre	Protein	Salt	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya
Allergen Free Flapjack	62.50g	34.80g	21.82g	212.28 kcal	6.08g	2.30g	2.75g	3.24g	0.00g														
Fresh Fruit Platter	126.25g	6.00g	6.00g	25.24k cal	0.15g	0.02g	0.72g	0.42g	0.01g														