



Menu Item	1x Portion	Carbohydrate	Sugar	Energy	Fat	Saturated Fat	Fibre	Protein	Salt	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	SO2	Soya	
Breaded Salmon Bites	60.00g	18.90g	1.08g	166.8 0kcal	6.48g	0.96g	1.02g	8.28g	0.42g				✓	✓										
Cheese & Tomato Pizza	132.42g	28.24g	1.87g	281.3 3kcal	14.15g	6.80g	1.98g	9.56g	0.01g					✓		✓								
Roast Chicken & Stuffing	60.00g	0.00g	0.00g	87.39 kcal	3.62g	0.37g	0.00g	10.94g	0.09g	✓		✓		✓		✓		✓					✓	
Cottage Pie & Gravy	240.33g	37.21g	3.38g	271.1 8kcal	7.01g	2.97g	3.38g	18.51g	0.10g															
Westcountry Pork Sausage, Mash & Gravy	278.78g	62.74g	3.55g	366.2 8kcal	8.70g	3.73g	5.89g	8.22g	1.16g					✓										
Vegetable Plait	105.45g	31.39g	1.93g	247.0 3kcal	10.16g	4.74g	1.82g	6.86g	0.00g			✓		✓		✓								
Quorn Dippers	56.00g	14.11g	0.50g	112.0 0kcal	2.41g	0.28g	2.58g	7.17g	0.00g			✓		✓		✓								
Leek and Potato Layer Bake	164.17g	24.87g	3.06g	354.7 4kcal	22.73g	9.02g	3.97g	11.87g	0.01g			✓		✓		✓								
Gnocchi with Quorn Mince	242.06g	39.60g	3.24g	239.7 1kcal	2.16g	0.34g	6.21g	13.31g	0.63g			✓		✓		✓								
Moroccan Vegan Balls	142.76g	11.68g	5.73g	149.2 9kcal	6.09g	0.44g	2.98g	11.44g	0.57g															
Sticky Toffee Cake & Custard	96.68g	35.76g	23.41g	226.41	7.79g	2.90g	2.37g	3.49g	0.01g			✓		✓		✓							✓	✓



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Chocolate Drop Biscuits	46.12g	24.21g	7.43g	211.79kcal	11.20g	4.18g	0.67g	2.78g	0.00g														
Pancakes with sliced Banana & Honey	158.00g	45.35g	28.69g	203.14kcal	1.33g	0.13g	1.48g	3.05g	0.00g			✓		✓		✓							
Rhubarb and Orange Cake with Custard	129.30g	39.01g	18.92g	324.97kcal	16.59g	5.94g	2.01g	5.20g	0.00g			✓		✓		✓							
Fresh Fruit Platter	126.25g	6.00g	6.00g	25.24kcal	0.15g	0.02g	0.72g	0.42g	0.01g														
Quorn Curry & Tilda Rice	141.08g	14.33g	9.50g	124.48kcal	3.10g	1.61g	5.22g	7.26g	0.00g			✓										✓	
Turkey and Ham Pie	128.71g	13.91g	1.91g	185.71kcal	8.98g	3.53g	1.29g	11.68g	0.44g	YES				✓		✓							
Roast Gammon & Pineapple	76.67g	3.73g	3.20g	107.30kcal	6.10g	1.25g	0.16g	8.96g	1.10g														
Organic Beef Burger with a Salad filled Bap	194.00g	27.86g	5.11g	279.58kcal	11.27g	4.74g	4.20g	14.58g	1.11g					✓							✓		
Fish Fingers	50.00g	9.30g	0.45g	107.00kcal	4.75g	0.55g	0.55g	6.50g	0.50g				✓	✓									
Macaroni Cheese	244.75g	60.06g	11.53g	471.18kcal	17.98g	9.68g	1.90g	16.92g	0.00g					✓		✓		✓					



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Veggie Cottage Pie	280.42g	34.64g	5.25g	199.84kcal	2.42g	0.39g	5.89g	11.18g	0.05g			✓		✓										✓
Veggie Fingers	56.80g	13.63g	1.42g	106.78kcal	4.60g	0.34g	1.42g	1.99g	0.55g					✓										
Tomato Tumble	249.42g	20.49g	4.24g	202.49kcal	9.31g	5.49g	6.14g	5.90g	0.44g															
Lentil Loaf	195.25g	33.76g	2.15g	307.34kcal	15.25g	6.68g	3.30g	17.56g	0.00g			✓		✓		✓								
Apple Crumble & Ice Cream	145.83g	31.89g	18.07g	213.08kcal	8.22g	2.94g	2.90g	2.14g	0.00g					✓		✓								
Chocolate Cracknel	24.88g	14.82g	10.88g	108.12kcal	4.77g	2.08g	0.07g	1.25g	0.00g					✓		✓								✓
Banana Muffin	45.73g	16.80g	10.36g	123.79kcal	5.37g	1.91g	0.74g	1.79g	0.00g			✓		✓										
Jam Sponge & Custard	72.50g	33.57g	22.07g	225.18kcal	9.05g	3.24g	0.64g	2.79g	0.00g			✓		✓		✓								
Minced Beef Cobbler	223.54g	45.59g	3.26g	394.71kcal	15.13g	5.62g	5.66g	21.98g	0.08g				✓		✓		✓							
Mini Battered Fish	60.00g	12.24g	0.36g	132.60kcal	6.12g	0.66g	0.60g	6.90g	0.00g				✓		✓			✓						
Pizza Margherita	132.42g	28.24g	1.87g	281.33kcal	14.15g	6.80g	1.98g	9.56g	0.01g						✓	✓								
Lasagne	252.46g	18.72g	6.60g	200.29kcal	6.98g	3.06g	2.88g	15.67g	0.08g				✓		✓	✓								



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Roast Pork & Stuffing	50.23g	0.00g	0.00g	55.60 kcal	1.33g	0.37g	0.00g	8.25g	0.07g	✓		✓		✓		✓		✓				✓	
Cheese Wheels	105.21g	22.50g	0.84g	274.9 kcal	16.82g	9.14g	1.71g	8.65g	0.01g					✓		✓		✓					
Plant Power Slider	114.00g	30.32g	6.03g	249.0 kcal	6.46g	1.18g	4.74g	14.64g	1.07g					✓							✓		
Quorn Sausages	64.00g	6.74g	2.22g	138.1 kcal	8.85g	0.71g	2.00g	6.05g	0.42g			✓		✓		✓		✓					
Singapore Style Noodles	200.00g	42.40g	4.77g	277.5 kcal	4.31g	0.81g	4.09g	13.86g	0.00g			✓		✓				✓					✓
Veggie Roast & Stuffing	105.75g	29.90g	1.16g	232.3 kcal	8.95g	4.08g	2.25g	7.00g	0.00g	✓		✓		✓		✓		✓				✓	
Apple Gingerbread & Custard	70.71g	26.76g	15.64g	186.6 kcal	7.01g	2.42g	2.28g	2.91g	0.00g			✓				✓							
Chocolate Rice Pudding	186.67g	29.90g	19.99g	170.4 kcal	4.05g	2.52g	0.06g	3.36g	0.00g					✓		✓							
Homemade Jammie Dodger Biscuit	48.70g	26.99g	13.18g	182.3 kcal	6.99g	2.51g	0.63g	2.49g	0.00g			✓		✓									
Sticky Chocolate Cake & Chocolate Sauce	89.33g	23.75g	9.24g	276.2 kcal	18.29g	1.70g	0.71g	4.44g	0.00g			✓				✓							



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Baked Beans	50.00g	6.40g	1.85g	41.00 kcal	0.25g	0.05g	2.10g	2.20g	0.23g															
Garlic Bread	0.00g	0.00g	0.00g	0.00 kcal	0.00g	0.00g	0.00g	0.00g	0.00g															
Gravy	43.00g	2.20g	0.35g	10.71 kcal	0.12g	0.08g	0.07g	0.17g	0.00g															
Potato Wedges	113.00g	24.30g	0.23g	164.98 kcal	5.65g	2.83g	2.60g	2.83g	0.00g															
Chips	132.00g	25.50g	0.25g	215.43 kcal	10.87g	2.46g	2.25g	2.88g	0.00g															
Crunchy veg sticks	185.00g	8.72g	8.22g	45.90 kcal	0.91g	0.10g	4.50g	1.35g	0.08g															
Green Beans	83.33g	3.08g	0.83g	27.50 kcal	0.08g	0.08g	3.67g	1.67g	0.00g															
Herby Diced Potatoes	125.25g	24.56g	1.13g	103.19 kcal	0.14g	0.04g	2.59g	2.41g	0.01g															
Peas	83.33g	7.50g	2.58g	57.50 kcal	0.25g	0.08g	3.83g	4.33g	0.00g															
Sweet Potato Wedges	101.20g	21.30g	5.70g	97.79 kcal	1.50g	0.18g	0.00g	1.20g	0.10g															
Sweetcorn	50.00g	5.80g	4.05g	37.00 kcal	0.70g	0.20g	1.25g	1.25g	0.00g															
Boiled potato	125.00g	24.50g	1.12g	102.50 kcal	0.12g	0.04g	2.50g	2.38g	0.01g															



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Broccoli	60.00g	1.92g	1.14g	20.40 kcal	0.36g	0.09g	2.40g	2.58g	0.01g														
Cabbage	60.00g	2.46g	2.46g	16.20 kcal	0.12g	0.02g	2.46g	1.44g	0.01g														
Carrots	60.00g	4.62g	4.32g	20.40 kcal	0.24g	0.06g	2.34g	0.30g	0.04g														
Cauliflower	85.00g	1.78g	1.36g	18.70 kcal	0.17g	0.00g	1.87g	1.61g	0.00g														
Crusty Bread	40.60g	14.56g	0.49g	81.20 kcal	0.79g	0.21g	1.80g	3.08g	0.00g			✓		✓		✓							✓
Chocolate Sauce	106.83g	16.34g	12.25g	98.67 kcal	2.63g	1.69g	0.00g	2.01g	0.00g							✓							
Winter Rainbow Salad	132.08g	8.44g	7.99g	58.37 kcal	2.34g	0.34g	2.88g	1.44g	0.11g														
Roast Potatoes	93.00g	17.64g	0.81g	100.7 kcal	3.09g	0.22g	1.80g	1.71g	0.01g														
Mash Potato	175.00g	32.67g	1.50g	192.9 kcal	6.42g	2.38g	3.33g	3.17g	0.02g														
Diced Swede	50.00g	1.00g	1.00g	6.50 kcal	0.00g	0.00g	0.35g	0.50g	0.00g														
Roasted Winter Vegetables	92.08g	7.20g	4.58g	38.45 kcal	0.81g	0.10g	2.30g	1.01g	0.03g														
Wholemeal Pasta Portion	112.00g	18.42g	0.63g	94.08 kcal	0.45g	0.11g	2.14g	3.03g	0.00g					✓									



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Mediterranean Vegetables	85.67g	2.31g	1.94g	27.53 kcal	1.21g	0.18g	0.22g	1.04g	0.17g														
Jacket Potato & Baked Beans	250.00g	43.73g	2.05g	192.50 kcal	0.23g	0.07g	5.25g	5.12g	0.12g														
Jacket Potato & Tuna Mayo	250.00g	43.73g	2.05g	192.50 kcal	0.23g	0.07g	5.25g	5.12g	0.12g			✓	✓					✓					
Jacket Potato & Cheese	250.00g	43.73g	2.05g	192.50 kcal	0.23g	0.07g	5.25g	5.12g	0.12g						✓								
Cornish Pasty	142.71g	20.53g	1.12g	234.10 kcal	11.74g	5.83g	1.77g	10.80g	0.05g			✓		✓									
Egg Mayo & cress Bap	137.00g	23.38g	1.70g	264.60 kcal	13.08g	3.64g	3.16g	11.75g	0.51g			✓		✓				✓			✓		
Fish Finger High Fibre Bap	103.00g	32.15g	1.95g	248.75 kcal	7.75g	1.49g	3.70g	10.80g	0.50g				✓	✓							✓		
Ham Salad Wrap	199.00g	37.72g	3.86g	295.18 kcal	9.17g	0.74g	2.62g	13.80g	1.11g			✓		✓				✓					
Mini Ploughmans	204.50g	27.84g	6.83g	263.72 kcal	11.55g	6.24g	2.91g	11.10g	0.01g					✓	✓						✓	✓	
Roast Chicken filled High Fibre Bap	107.00g	22.89g	1.54g	228.07 kcal	7.55g	1.39g	3.15g	13.46g	0.68g					✓	✓						✓		
Tomato Pasta Pot	167.68g	20.49g	2.26g	222.86 kcal	10.06g	5.70g	3.74g	11.40g	0.00g					✓	✓								



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Sausage Roll	120.00g	27.72g	0.48g	411.60kcal	30.00g	11.52g	1.20g	7.92g	0.00g					✓		✓								
Gammon & Salad Baguette	264.00g	67.53g	8.91g	444.08kcal	10.43g	2.94g	6.22g	17.20g	0.62g					✓								✓		
Vegan Sausage Roll & Crunchy Carrot Sticks	132.00g	33.53g	1.58g	397.32kcal	24.68g	13.33g	2.51g	8.84g	0.49g					✓		✓							✓	
Roast Pork filled High Fibre Bap	113.00g	22.89g	1.54g	217.22kcal	6.02g	1.49g	3.15g	13.53g	0.69g					✓		✓						✓		
Houmous Salad Sticks & Pitta	132.50g	20.82g	2.23g	97.15kcal	0.58g	0.12g	1.77g	2.62g	0.02g					✓										