



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
Allergen All Day Breakfast	347.00g	36.76g	6.63g	430.2 8kcal	19.79g	6.48g	7.99g	18.98g	2.26g														
Allergen Apple Crumble & Fruit Iced Smoothie	239.17g	48.58g	32.39g	350.4 9kcal	14.41g	5.29g	5.22g	4.04g	0.01g														
Allergen Aware - GF Oat Cookie	38.50g	22.05g	9.60g	164.5 6kcal	7.55g	2.78g	1.02g	1.92g	0.36g														
Allergen Aware Beef Bolognese Gluten Free Pasta	221.33g	35.48g	2.47g	361.3 6kcal	16.46g	9.26g	5.05g	15.43g	0.94g														
Allergen Aware Fish Fingers	60.00g	10.44g	0.06g	120.0 0kcal	5.34g	0.60g	0.42g	7.38g	0.00g				✓										
Allergen Aware Moroccan Vegan Balls And G/F Pasta	394.50g	53.10g	5.73g	349.8 8kcal	7.04g	0.50g	6.29g	16.36g	0.57g														
Allergen Aware Organic Beef Burger	57.00g	0.80g	0.00g	137.3 7kcal	10.43g	4.62g	0.00g	9.52g	0.60g														
Allergen Beetroot Falafels 318547	49.00g	11.13g	1.50g	120.6 3kcal	8.03g	0.73g	2.77g	2.38g	0.37g														
Allergen Cauliflower & Tomato Bake	222.67g	10.94g	4.18g	137.8 9kcal	8.86g	5.85g	3.42g	2.54g	0.66g														



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Allergen Chicken Korma & Rice	172.25g	34.48g	9.03g	249.07kcal	5.53g	2.96g	1.79g	15.39g	0.48g															
Allergen Cottage Pie	240.33g	37.21g	3.38g	271.18kcal	7.01g	2.97g	3.38g	18.51g	0.10g															
Allergen Free - GF Shortbread	35.90g	20.76g	5.70g	165.88kcal	8.75g	3.23g	0.15g	0.94g	0.00g															
Allergen Free - Roast Chicken	60.00g	0.00g	0.00g	87.39kcal	3.62g	0.37g	0.00g	10.94g	0.09g															
Allergen Free Cheese & Tomato Pizza	100.00g	21.57g	0.97g	180.08kcal	8.95g	7.39g	2.99g	1.08g	0.87g															
Allergen Free Flapjack	62.50g	34.80g	21.82g	212.28kcal	6.08g	2.30g	2.75g	3.24g	0.00g															
Allergen Free Pasta Bake	225.33g	29.40g	1.77g	240.83kcal	11.70g	5.90g	3.22g	3.55g	0.65g															
Allergen Free Pip Organic Apple Fruity Lollies	40.00g	4.16g	3.96g	17.20kcal	0.04g	0.00g	0.00g	0.00g	0.00g															
Allergen Free Tomato Tumble	271.20g	23.81g	6.50g	235.27kcal	11.80g	6.82g	8.47g	5.77g	0.53g															
Allergen Fruit Jelly & Fruit Iced Smoothie	108.67g	10.36g	10.30g	43.13kcal	0.12g	0.02g	0.38g	0.71g	0.00g															
Allergen Leek & Potato Gratin	235.58g	29.37g	3.65g	224.76kcal	10.18g	6.94g	4.19g	3.69g	0.71g															



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Allergen Loaded Potato Skins	319.17g	53.89g	2.67g	304.5 3kcal	6.63g	5.58g	7.33g	7.23g	0.78g														
Allergen Peaches & Fruit Iced Smoothie	137.00g	23.66g	21.90g	97.52 kcal	0.22g	0.00g	0.91g	0.69g	0.00g														
Allergen Pear and Chocolate Crumble & Fruit Iced Smoothie	247.50g	53.64g	35.16g	387.6 6kcal	15.32g	5.84g	4.35g	5.92g	0.01g														
Allergen Potato Topped Pie	246.58g	44.29g	4.49g	234.1 7kcal	4.81g	1.82g	4.51g	10.24g	0.06g														
Allergen Roast Turkey	65.83g	0.76g	0.37g	57.24 kcal	0.50g	0.18g	0.28g	12.42g	0.41g														
Allergen Roasted Vegetable Lasagne	187.58g	25.08g	4.44g	195.3 8kcal	9.12g	3.57g	2.01g	2.93g	0.26g														
Allergen Spanish Rice	356.50g	34.15g	6.99g	197.2 6kcal	3.52g	0.38g	4.57g	5.92g	0.00g														
Allergen Summer Fruits & Fruit Iced Smoothie	135.00g	22.97g	21.86g	106.5 5kcal	0.29g	0.00g	3.65g	1.27g	0.00g														
Allergen Vegetable Stir Fry & rice	250.00g	45.07g	2.87g	240.6 9kcal	3.63g	0.40g	1.10g	6.17g	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														
Boiled potato	125.00g	24.50g	1.12g	102.50 kcal	0.12g	0.04g	2.50g	2.38g	0.01g														
Broccoli	50.00g	1.60g	0.95g	17.00 kcal	0.30g	0.07g	2.00g	2.15g	0.01g														
Carrots	50.00g	3.85g	3.60g	17.00 kcal	0.20g	0.05g	1.95g	0.25g	0.04g														
Chips	132.00g	25.50g	0.25g	215.43 kcal	10.87g	2.46g	2.25g	2.88g	0.00g														
Cowboy Pasta with Plant Based Balls	313.83g	38.70g	7.69g	314.14 kcal	9.10g	3.16g	7.37g	16.64g	0.91g														
Creamy Veg Risotto	342.25g	60.29g	6.94g	359.11 kcal	10.23g	6.16g	4.30g	6.22g	0.68g														
Diced Potatoes	125.00g	20.13g	0.75g	90.00 kcal	0.12g	0.12g	2.50g	2.12g	0.12g														
Gravy	43.00g	2.20g	0.35g	10.71 kcal	0.12g	0.08g	0.07g	0.17g	0.00g														
Green Beans	50.00g	1.85g	0.50g	16.50 kcal	0.05g	0.05g	2.20g	1.00g	0.00g														
Herby Diced Potatoes	125.25g	24.56g	1.13g	103.19 kcal	0.14g	0.04g	2.59g	2.41g	0.01g														
Mushrooms	67.00g	0.18g	0.18g	67.13 kcal	7.11g	0.49g	0.42g	0.60g	0.00g														



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Peas	50.00g	4.50g	1.55g	34.50 kcal	0.15g	0.05g	2.30g	2.60g	0.00g														
Potato Wedges	113.00g	24.30g	0.23g	164.9 kcal	5.65g	2.83g	2.60g	2.83g	0.00g														
Roast Gammon & Pineapple	83.00g	3.64g	3.12g	119.5 kcal	6.95g	1.43g	0.16g	10.19g	1.25g														
Roast Potatoes	93.00g	17.64g	0.81g	100.7 kcal	3.09g	0.22g	1.80g	1.71g	0.01g														
Roast Potatoes	93.00g	17.64g	0.81g	100.7 kcal	3.09g	0.22g	1.80g	1.71g	0.01g														
Seasonal Fresh Fruit Platter	126.25g	6.00g	6.00g	25.24 kcal	0.15g	0.02g	0.72g	0.42g	0.01g														
Seasonal Mixed Vegetables	113.00g	8.17g	5.23g	54.24 kcal	0.20g	0.00g	4.28g	2.75g	0.00g														
Side Salad	83.50g	1.41g	1.41g	10.69 kcal	0.24g	0.02g	0.91g	0.81g	0.01g														
Summer Salad Sticks	35.46g	1.61g	1.53g	8.27 kcal	0.12g	0.01g	0.77g	0.27g	0.01g														
Sweetcorn	50.00g	5.80g	4.05g	37.00 kcal	0.70g	0.20g	1.25g	1.25g	0.00g														
Tomato Ketchup	15.00g	5.25g	3.96g	22.95 kcal	0.01g	0.00g	0.10g	0.18g	0.00g														
Tomatoes	56.50g	1.70g	1.70g	7.91 kcal	0.06g	0.02g	0.56g	0.28g	0.01g														