

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Golden Flapjack & Apple Wedges	418	1,749	18.3g	6.6g	56.0g	29.5g	7.9g	5.4g	0.37g
Pip Ice Lolly	17	71	0.0g	0.0g	4.2g	1.6g	4.0g	0.0g	0.00g
Chocolate Surprise Brownie	172	720	6.5g	1.1g	25.6g	2.3g	13.0g	2.5g	0.34g
Baked Beans	41	172	0.3g	0.1g	6.4g	2.2g	1.7g	2.1g	0.33g
Herby Diced Potatoes	147	615	4.2g	2.1g	24.0g	2.4g	0.7g	2.1g	1.04g
Sweetcorn	37	155	0.7g	0.2g	6.0g	1.3g	4.1g	1.3g	0.02g
Potato Wedges	147	615	3.4g	1.7g	24.9g	2.8g	0.6g	2.7g	0.09g
Carrots	18	75	0.0g	0.0g	3.4g	1.6g	3.3g	0.2g	0.05g
Roast Potatoes	72	301	0.1g	0.0g	16.1g	0.8g	1.8g	1.7g	0.01g
Gravy	15	63	0.1g	0.0g	3.3g	0.0g	0.2g	0.1g	0.43g
Green Beans	17	71	0.0g	0.0g	1.9g	2.2g	0.5g	1.0g	0.02g
Spaghetti Portion	146	611	1.0g	0.0g	29.1g	1.0g	1.0g	5.2g	0.10g
Wholemeal Pasta	198	828	0.8g	0.2g	40.1g	1.1g	2.1g	7.0g	0.01g
Crusty Bread	91	381	0.6g	0.1g	18.2g	0.9g	0.7g	3.1g	0.19g
Crunchy Veg/Salad Sticks	226	946	0.7g	0.0g	5.5g	5.2g	2.9g	1.2g	0.04g
Roast Chicken	95	397	1.0g	0.3g	0.0g	0.0g	0.0g	21.6g	0.14g
Macaroni Cheese	474	1,983	18.3g	10.3g	58.8g	2.7g	10.5g	17.6g	0.78g
Cheesy Leek & Potato Parcels	220	920	11.5g	6.5g	5.7g	1.3g	1.9g	7.9g	0.49g

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Quorn Burger in a Bun	183	766	2.5 g	0.7 g	27.2 g	3.5 g	2.3 g	12.4 g	0.85 g
Beef Burger Bap	130	544	1.1 g	0.2 g	25.2 g	1.5 g	1.8 g	4.4 g	0.45 g
Beef Bolognese	115	481	2.0 g	0.9 g	9.3 g	2.9 g	2.1 g	12.8 g	0.24 g
Quorn Bolognese	124	519	1.4 g	0.3 g	13.6 g	8.3 g	4.8 g	11.0 g	0.14 g
Fruit Jelly	115	481	0.1 g	0.0 g	26.0 g	0.0 g	25.8 g	2.5 g	0.10 g
Vegetable Fingers	107	448	4.6 g	0.3 g	13.7 g	1.4 g	1.4 g	1.9 g	0.55 g
Jacket Potato & Tuna Mayo	357	1,494	6.3 g	0.7 g	53.6 g	4.6 g	6.6 g	20.2 g	0.86 g
Jacket Potato & Cheese	361	1,510	10.9 g	6.7 g	51.8 g	3.6 g	6.4 g	14.0 g	0.62 g
Jacket Potato & Baked Beans	279	1,167	0.9 g	0.3 g	58.2 g	5.7 g	8.1 g	8.4 g	0.36 g
Fish Fingers	89	372	2.7 g	0.4 g	9.4 g	0.0 g	0.5 g	6.6 g	0.25 g
Cheese Wheels	222	929	13.7 g	8.0 g	10.1 g	0.6 g	0.5 g	7.8 g	0.54 g
Garlic Bread	85	356	4.1 g	1.2 g	10.0 g	0.6 g	0.9 g	1.8 g	0.18 g
Chips	166	695	4.1 g	0.5 g	27.9 g	2.9 g	0.4 g	3.0 g	0.15 g
Veggie Meatballs in a Tomato Sauce	144	603	8.3 g	1.8 g	8.0 g	3.1 g	2.6 g	8.2 g	0.84 g
Peas	35	146	0.0 g	0.0 g	4.5 g	2.3 g	1.6 g	2.6 g	0.04 g
Quorn & Vegetable Fajitas	204	854	11.3 g	1.1 g	15.0 g	6.7 g	4.8 g	8.1 g	1.33 g
Quorn Vegan Dippers	116	485	6.0 g	0.6 g	6.2 g	3.8 g	0.1 g	7.3 g	0.49 g
Penne Pasta	198	828	0.9 g	0.2 g	40.1 g	1.1 g	2.1 g	7.1 g	0.01 g
Oat & Sultana cookie	183	766	7.2 g	2.7 g	26.9 g	1.3 g	12.6 g	3.0 g	0.22 g
Cheese Omelette	193	808	14.4 g	7.2 g	1.8 g	1.2 g	0.0 g	6.7 g	0.69 g

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Egg Mayo Sandwich	259	1,084	7.9 g	2.0 g	36.5 g	0.6 g	1.6 g	12.7 g	0.34 g
Ham & Salad Sandwich	250	1,046	6.4 g	1.9 g	36.5 g	0.9 g	1.9 g	13.9 g	0.73 g
Strawberry Mousse (Moosebreak)	48	201	1.4 g	1.2 g	7.0 g	6.1 g	0.1 g	1.9 g	0.17 g
Stuffing	25	105	0.3 g	0.0 g	5.8 g	0.3 g	0.2 g	0.7 g	0.29 g
Allergen Free Roast Gammon	83	347	4.5 g	1.5 g	0.0 g	0.0 g	0.0 g	10.5 g	1.32 g
Norse Butchers Sausages In Yorkshire pud	255	1,067	13.1 g	3.8 g	15.9 g	1.0 g	1.2 g	14.1 g	1.05 g
Vegetable Wellington	178	745	7.2 g	2.9 g	10.9 g	3.3 g	2.1 g	1.8 g	0.14 g
Margarita (Cheese & Tomato) Pizza	215	900	5.3 g	2.7 g	33.3 g	1.8 g	2.3 g	9.0 g	0.69 g
Chocolate Shortbread	412	1,724	20.9 g	8.6 g	51.7 g	2.8 g	14.9 g	5.8 g	0.40 g
Salmon Broccoli Pasta in Tomato Sauce	333	1,393	9.0 g	1.8 g	42.1 g	4.2 g	7.2 g	18.3 g	1.59 g
Scorse Chicken & Vegetables Meatballs in a Tomato Sauce	77	322	6.0 g	0.5 g	4.6 g	3.6 g	0.9 g	0.9 g	0.30 g
Sausage Roll	418	1,749	25.8 g	11.4 g	36.6 g	1.8 g	0.0 g	10.4 g	1.56 g
Sticky Toffee Cake	252	1,054	6.3 g	2.3 g	45.9 g	28.9 g	2.6 g	3.8 g	0.70 g
Orange & mango Smoothie	64	268	0.4 g	0.2 g	14.4 g	0.7 g	14.4 g	0.2 g	0.00 g
Roasted Veg Pasta bake	241	1,008	1.8 g	0.4 g	43.8 g	3.3 g	9.4 g	9.2 g	0.09 g
Rice Krispie Cake	279	1,167	10.1 g	4.4 g	44.3 g	0.7 g	24.8 g	2.4 g	0.64 g
Soy & Honey (Chinese) Chicken	162	678	3.6 g	0.5 g	1.8 g	0.1 g	1.5 g	30.2 g	0.35 g
Quorn Sausages & Yorkshire Pud	242	1,013	9.8 g	2.6 g	23.8 g	4.6 g	2.4 g	13.8 g	1.17 g
Oaty Apple Crunch	290	1,213	11.8 g	3.4 g	41.1 g	7.7 g	11.6 g	4.4 g	0.15 g
Jammy Dodger Biscuits	225	941	7.1 g	2.9 g	38.8 g	1.0 g	21.1 g	2.0 g	0.51 g

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Country Mixed Vegetables	16	67	0.1g	0.0g	2.3g	0.0g	1.9g	0.7g	0.03g
Chocolate Arctic roll			g	g	g	g	g	g	g
Vegan Sausage Roll	210	879	8.4g	4.0g	26.0g	2.1g	0.7g	6.4g	0.71g
Cheese & Salad Wrap	218	912	18.7g	11.3g	0.1g	0.1g	0.0g	12.5g	0.98g
Tuna Mayo Sandwich	309	1,293	5.3g	1.0g	48.5g	0.8g	2.0g	19.5g	0.63g
Cheese, Cucumber & Mayo Baguette	350	1,464	16.6g	8.9g	32.6g	3.6g	3.4g	15.8g	1.41g