

	<i>Energy (kCal)</i>	<i>Energy (kJ)</i>	<i>Fat</i>	<i>of which saturates</i>	<i>Carbohydrates</i>	<i>of which sugars</i>	<i>Fibre</i>	<i>Protein</i>	<i>Salt</i>
Cheese & Tomato Pizza (Margherita)	366	1,531	16.6g	8.4g	36.9g	6.1g	10.7g	18.2g	2.38g
Red Pepper & Sweetcorn Frittata	139	582	9.2g	1.7g	9.6g	4.2g	2.7g	3.2g	0.21g
Fish Pie	176	736	5.3g	1.8g	6.2g	2.5g	1.2g	12.6g	0.43g
Cheese Wheels	189	791	13.8g	8.0g	9.4g	0.4g	0.0g	6.6g	0.53g
Roast Pork	81	339	3.3g	1.1g	0.0g	0.0g	0.0g	13.9g	0.08g
Quorn & Leek Pastry Puff	365	1,527	22.5g	11.5g	28.5g	4.0g	1.4g	9.3g	0.74g
Beef Bolognese	115	481	2.0g	0.9g	9.3g	2.9g	2.1g	12.8g	0.24g
Mediterranean Vegetable Bolognese	121	506	3.7g	0.3g	15.6g	2.4g	1.2g	7.2g	0.24g
Fish Fingers	89	372	2.7g	0.4g	9.4g	0.0g	0.5g	6.6g	0.25g
Arctic Roll	119	498	4.3g	2.1g	17.7g	9.4g	0.2g	2.2g	0.17g
Fruit Jelly	110	460	0.1g	0.0g	27.2g	0.6g	27.2g	0.1g	0.08g
Flapjack (Primary)	316	1,322	15.1g	5.8g	40.6g	24.5g	2.5g	3.3g	0.42g
Pip Ice Lolly	17	71	0.0g	0.0g	4.2g	1.6g	4.0g	0.0g	0.00g