

Main Menu



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
All Day Breakfast	384.00g	48.01g	6.06g	418.5 kcal	14.13g	4.20g	7.65g	19.81g	1.96g			✓		✓		✓							
Allergen Free Pip Organic Apple Fruity Lollies	40.00g	4.16g	3.96g	17.20 kcal	0.04g	0.00g	0.00g	0.00g	0.00g														
Baked Beans	50.00g	6.40g	1.85g	41.00 kcal	0.25g	0.05g	2.10g	2.20g	0.23g														
Battered Salmon Fillet	1.00g	0.14g	0.01g	2.54 kcal	0.16g	0.02g	0.01g	0.13g	0.01g				✓	✓									
Boiled potato	125.00g	24.50g	1.12g	102.5 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														
Cauliflower & Broccoli Cheese Bake	154.57g	17.45g	2.64g	236.6 kcal	14.23g	7.54g	2.41g	10.13g	0.01g					✓		✓		✓					
Cheese & Onion Pasty	127.00g	32.77g	1.52g	397.5 kcal	25.65g	14.35g	1.65g	8.51g	0.00g					✓		✓		✓					✓
Cheese & Tomato Pizza	132.42g	27.73g	1.91g	304.5 kcal	16.48g	8.05g	1.73g	10.71g	0.01g					✓		✓							
Cheese & Tomato roll	111.00g	23.77g	2.42g	258.7 kcal	12.44g	6.35g	3.43g	11.75g	0.58g					✓		✓					✓		





Main Menu



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
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														
Ham & Cucumber Wrap	77.00g	17.98g	1.20g	148.05 kcal	4.48g	0.50g	0.90g	8.66g	0.00g					✓									
Herby Diced Potatoes	125.25g	24.56g	1.13g	103.19 kcal	0.14g	0.04g	2.59g	2.41g	0.01g														
Honey Cookie	36.59g	23.14g	11.37g	142.41 kcal	4.66g	1.70g	0.49g	1.68g	0.00g					✓		✓							
Iced Orange Muffin	105.94g	51.53g	32.84g	349.09 kcal	14.28g	1.23g	0.82g	3.92g	0.11g			✓		✓									
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 & Cheese	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			✓	✓					✓					
Lasagne	253.50g	19.37g	7.24g	205.25 kcal	7.18g	3.20g	2.88g	15.79g	0.08g				✓	✓		✓							
Macaroni Cheese	244.75g	60.06g	11.53g	471.18 kcal	17.98g	9.68g	1.90g	16.92g	0.00g					✓		✓		✓					
Mash Potato	175.00g	32.67g	1.50g	192.92 kcal	6.42g	2.38g	3.33g	3.17g	0.02g														
Meat Pasty	142.00g	31.95g	1.70g	323.76 kcal	17.61g	9.09g	2.13g	8.66g	0.00g					✓		✓							

Main Menu



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
Mini Battered Fish	60.00g	12.24g	0.36g	132.6 0kcal	6.12g	0.66g	0.60g	6.90g	0.00g				✓	✓				✓					
Mixed Vegetables	85.00g	6.15g	3.94g	40.80 kcal	0.15g	0.00g	3.22g	2.07g	0.00g														
Mushrooms	67.00g	0.18g	0.18g	67.13 kcal	7.11g	0.49g	0.42g	0.60g	0.01g														
New Potatoes	127.58g	21.08g	0.99g	140.6 0kcal	5.42g	2.02g	2.53g	2.47g	0.06g														
Organic Beef Burger in a Bun	107.00g	23.65g	1.50g	258.8 7kcal	11.18g	4.72g	3.15g	13.82g	1.10g					✓							✓		
Organic Pork Meatballs and Wholemeal Pasta	176.93g	30.68g	6.33g	381.6 5kcal	20.27g	8.14g	3.74g	17.55g	0.00g					✓		✓							
Pasta Bake	158.33g	29.90g	6.69g	224.5 7kcal	7.14g	2.57g	4.53g	8.34g	0.00g					✓		✓							
Pasta Pot	167.22g	32.69g	6.51g	320.9 6kcal	13.94g	7.28g	3.71g	14.76g	0.00g					✓		✓		✓					
Peaches & Langage Farm Ice Cream	183.33g	28.20g	28.20g	296.0 0kcal	18.18g	9.73g	0.45g	5.32g	0.19g							✓							
Pear & Chocolate Crumble	146.50g	38.38g	18.70g	256.8 4kcal	10.42g	3.84g	1.74g	3.10g	0.00g					✓									
Peas	50.00g	4.50g	1.55g	34.50 kcal	0.15g	0.05g	2.30g	2.60g	0.00g														
Potato Topped Vegetable Pie	306.69g	33.50g	9.74g	256.6 1kcal	8.63g	3.42g	6.52g	11.52g	0.03g			✓		✓		✓							





