





	T _i						MUSTARD					£
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	on	/drate				ed Fat					eans						S	75					
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	202	Soya
All Day Breakfast	384.00g	48.01g	6.06g	418.5 3kcal	14.13g	4.20g	7.65g	19.81g	1.96g			✓		✓		✓							
Allergen Free Pip Organic Apple Fruity				17.20																			
Lollies	40.00g	4.16g	3.96g	kcal 41.00	0.04g	0.00g	0.00g	0.00g	0.00g														-
Baked Beans	50.00g	6.40g	1.85g	kcal	0.25g	0.05g	2.10g	2.20g	0.23g														
Battered Salmon Fillet	1.00g	0.14g	0.01g		0.16g	0.02g	0.01g	0.13g	0.01g				✓	✓									
Boiled potato	125.00g	24.50g	1.12g		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				236.6																			
Bake	154.57g	17.45g	2.64g	2kcal	14.23g	7.54g	2.41g	10.13g	0.01g					✓		✓		✓					
Cheese & Onion				397.5																			
Pasty	127.00g	32.77g	1.52g		25.65g	14.35g	1.65g	8.51g	0.00g					✓		✓		✓					✓
Cheese & Tomato				304.5																			.
Pizza	132.42g	27.73g	1.91g		16.48g	8.05g	1.73g	10.71g	0.01g					✓		✓							
Cheese & Tomato roll	111.00g	23.77g	2.42g	258.7 2kcal	12.44g	6.35g	3.43g	 11.75g	0.58g					✓		✓					✓		























	1x Portion	Carbohydrate		λ:		Saturated Fat		in		^	Crustaceans			u			sosr	ard		uts	ne		
Menu Item	1x Po	Carbo	Sugar	Energy	Fat	Satur	Fibre	Protein	Salt	Celery	Crust	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	S02	Soya
Cheese & Tomato			<u> </u>	282.5		<u> </u>			,							_		_			<u> </u>		
Wrap	134.50g	19.44g	2.77g	8kcal	16.46g	8.43g	1.38g	14.17g	0.01g					✓		✓							İ
				243.1																			
Cheese Salad Pot	212.00g	4.06g	4.06g	6kcal	18.46g	11.33g	1.65g	15.86g	0.02g							✓							
				274.9																			
Cheese Wheels	105.21g	22.50g	0.84g	8kcal	16.82g	9.14g	1.71g	8.65g	0.01g					✓		✓		✓					
Chicken Korma &				249.0																			
Rice	172.25g	34.48g	9.03g		5.53g	2.96g	1.79g	15.39g	0.48g														
				236.4																			
Chicken Salad Roll	255.00g	26.99g	5.59g		5.52g	1.29g	2.94g	16.65g	0.21g					✓		✓					✓		
				215.4																			
Chips	132.00g	25.50g	0.25g		10.87g	2.46g	2.25g	2.88g	0.00g														
				192.2								,											
Chocolate Cookie	50.33g	26.31g	15.00g		8.10g	2.99g	0.92g	3.03g	0.00g			✓		✓									
	F.C. 7.F.	24.70	27.25	240.8	0.04	4.20	0.4.4	2.70	0.00					√		√							
Chocolate Cracknel	56.75g	34.79g	27.25g	7kcai 20.11	9.84g	4.38g	0.14g	2.78g	0.00g					•		•							<u> </u>
Coleslaw	F0 00~	2 61 ~	2 44~	_	0.40~	0.05~	1.06~	0.55g	0.02~			√						√					
Colesiaw	59.90g	3.01g		271.1	0.49g	0.05g	1.90g	0.55g	0.02g			•						_					
Cottage Pie & Gravy	240 330	37 21σ			7 01 g	2 97a	3 384	18 51a	Λ 10σ														
Cottage Fie & Glavy	240.33g	J7.218	J.J0g	OKCAI	7.01g	2.37g	J.J0g	10.518	U.IUg													\longrightarrow	
Cowboy Pasta with				241.3																			
1	297.17g	28.09g	5.39g		6.25g	2.78g	8.41g	14.90g	0.35g			✓		✓		✓							
	-28			359.1	8	0	8	38															
Creamy Veg Risotto	342.25g	60.29g	6.94g	1kcal	10.23g	6.16g	4.30g	6.22g	0.68g														























	Portion	Carbohydrate	jar	Energy		Saturated Fat	ē	Protein		ery	Crustaceans	S		Gluten	in	k	Molluscs	Mustard	S	Peanuts	Sesame	2	'a
Menu Item	1x l	Car	Sugar	Ene	Fat	Sat	Fibre	Pro	Salt	Celery	Cru	Eggs	Fish	Olu	Lupin	Milk	Мо	Mu	Nuts	Pea	Ses	SO2	Soya
				45.90																			
Crunchy veg sticks	185.00g	8.72g	8.22g		0.91g	0.10g	4.50g	1.35g	0.08g														
				81.15								,				,							
Crusty Bread	40.52g	14.55g	0.49g		0.79g	0.21g	1.80g	3.08g	0.00g			✓		✓		✓							✓
Custond	05 04~	10.00~	7 50~	64.41	1 20~	0.00-	0.00~	2 75~	0.00-							√							
Custard	85.94g	10.98g	7.58g	90.00	1.20g	0.86g	0.00g	2.75g	0.00g							•							
Diced Potatoes	125.00g	20 13σ	ი 75თ		Λ 12σ	Λ 12σ	2 50σ	2.12g	Λ 12σ														
Egg Mayo & Cress	123.006	20.136	0.756	198.2	0.128	0.128	2.308	2.128	0.128														$\overline{}$
	103.00g	18 NNø	1 10σ		9 31σ	1 54σ	Λ 81σ	10.12g	0 00g			✓		√				√					
- Triap	103.005	10.008	1.108	481.8	J.J18	1.546	0.018	10.128	0.008					-				-					$\overline{}$
Egg Mayo Roll	199.00g	24.67g	3.17g		36.35g	6.06g	3.21g	19.64g	0.58g			✓		✓		✓		✓			✓		
7	J	J		256.3	J	Ŭ	J	 	J														
Eve's Pudding	131.96g	31.65g	16.71g		12.25g	4.08g	1.80g	3.92g	0.00g			✓		✓		✓							
	J	J	Ŭ	107.0	J	Ŭ	J	l	J														
Fish Fingers	50.00g	9.30g	0.45g	0kcal	4.75g	0.55g	0.55g	6.50g	0.50g				✓	✓									
Fruit Jelly & Langage				285.6																			
Farm Ice Cream	239.33g	25.42g	25.42g	1kcal	18.25g	9.76g	0.14g	5.25g	0.19g							✓							
				95.40																			
Garlic Bread	30.00g	10.89g	0.87g	kcal	4.68g	1.41g	0.81g	2.07g	0.00g					✓		✓							✓
				327.1																			
Golden Flapjack	75.58g	39.62g	24.01g	9kcal	16.57g	5.66g	2.58g	3.55g	0.00g					✓									























Siravy 43.00g 2.20g 0.35g kcal 0.12g 0.08g 0.07g 0.17g 0.00g																					1,000			0
Seraty 43.00g 2.20g 0.35g kcal 0.12g 0.08g 0.07g 0.17g 0.00g	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
16.50 16.50 1.85g 0.50g kcal 0.05g kcal 0.05g 0.05g 0.05g 0.00g				10.71																				
16.50 16.50 1.85g 0.50g kcal 0.05g kcal 0.05g 0.05g 0.05g 0.00g Gravy	43.00g	2.20g	0.35g	kcal	0.12g	0.08g	0.07g	0.17g	0.00g															
Ham & Cucumber (Mrap 77.00g 17.98g 1.20g 5kcal 103.1 103.1 10.1 103.1 10.1 10.1 10.1 1					_																			
Ham & Cucumber (Mrap 77.00g 17.98g 1.20g 5kcal 103.1 103.1 10.1 103.1 10.1 10.1 10.1 1	Green Beans	50.00g	1.85g	0.50g	kcal	0.05g	0.05g	2.20g	1.00g	0.00g														
17.505 1	Ham & Cucumber																							•
125.25g 24.56g 1.13g 9kcal 0.14g 0.04g 2.59g 2.41g 0.01g 0.04g 0	Wrap	77.00g	17.98g	1.20g	5kcal	4.48g	0.50g	0.90g	8.66g	0.00g					✓									
Honey Cookie 36.59g 23.14g 11.37g 142.4 4.66g 1.70g 0.49g 1.68g 0.00g ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	Herby Diced				103.1																			
Aced Orange Muffin 105.94g 51.53g 32.84g 9kcal 14.28g 1.23g 0.82g 3.92g 0.11g	Potatoes	125.25g	24.56g	1.13g	9kcal	0.14g	0.04g	2.59g	2.41g	0.01g														
State Stat					142.4																			
Color Colo	Honey Cookie	36.59g	23.14g	11.37g	1kcal	4.66g	1.70g	0.49g	1.68g	0.00g					✓		✓							
acket Potato & 192.5 192.5					349.0																			
Baked Beans 250.00g 43.73g 2.05g 0kcal 0.23g 0.07g 5.25g 5.12g 0.12g 4 <t< td=""><td>Iced Orange Muffin</td><td>105.94g</td><td>51.53g</td><td>32.84g</td><td>9kcal</td><td>14.28g</td><td>1.23g</td><td>0.82g</td><td>3.92g</td><td>0.11g</td><td></td><td></td><td>\checkmark</td><td></td><td>✓</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Iced Orange Muffin	105.94g	51.53g	32.84g	9kcal	14.28g	1.23g	0.82g	3.92g	0.11g			\checkmark		✓									
192.5 192.	Jacket Potato &				192.5																			
Cheese 250.00g 43.73g 2.05g 0kcal 0.23g 0.07g 5.25g 5.12g 0.12g	Baked Beans	250.00g	43.73g	2.05g	0kcal	0.23g	0.07g	5.25g	5.12g	0.12g														
Acket Potato & 192.5 192.5	Jacket Potato &				192.5																			
Tuna Mayo 250.00g 43.73g 2.05g 0kcal 0.23g 0.07g 5.25g 5.12g 0.12g	Cheese	250.00g	43.73g	2.05g	0kcal	0.23g	0.07g	5.25g	5.12g	0.12g							✓							
asagne 253.50g 19.37g 7.24g 5kcal 7.18g 3.20g 2.88g 15.79g 0.08g	Jacket Potato &				192.5																			
Assagne 253.50g 19.37g 7.24g 5kcal 7.18g 3.20g 2.88g 15.79g 0.08g	Tuna Mayo	250.00g	43.73g	2.05g	0kcal	0.23g	0.07g	5.25g	5.12g	0.12g			✓	✓					✓					
Macaroni Cheese 244.75g 60.06g 11.53g 8kcal 17.98g 9.68g 1.90g 16.92g 0.00g ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓					205.2																			
Macaroni Cheese 244.75g 60.06g 11.53g 8kcal 17.98g 9.68g 1.90g 16.92g 0.00g ✓ </td <td>Lasagne</td> <td>253.50g</td> <td>19.37g</td> <td>7.24g</td> <td>5kcal</td> <td>7.18g</td> <td>3.20g</td> <td>2.88g</td> <td>15.79g</td> <td>0.08g</td> <td></td> <td></td> <td></td> <td>✓</td> <td>\checkmark</td> <td></td> <td>✓</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Lasagne	253.50g	19.37g	7.24g	5kcal	7.18g	3.20g	2.88g	15.79g	0.08g				✓	\checkmark		✓							
Mash Potato 175.00g 32.67g 1.50g 2kcal 6.42g 2.38g 3.33g 3.17g 0.02g					471.1																			
Mash Potato 175.00g 32.67g 1.50g 2kcal 6.42g 2.38g 3.33g 3.17g 0.02g 323.7 323.7	Macaroni Cheese	244.75g	60.06g	11.53g	8kcal	17.98g	9.68g	1.90g	16.92g	0.00g					✓		✓		✓					
323.7					192.9																			
	Mash Potato	175.00g	32.67g	1.50g	2kcal	6.42g	2.38g	3.33g	3.17g	0.02g														
Meat Pasty 142.00g 31.95g 1.70g 6kcal 17.61g 9.09g 2.13g 8.66g 0.00g ✓ ✓ ✓					323.7																			
	Meat Pasty	142.00g	31.95g	1.70g	6kcal	17.61g	9.09g	2.13g	8.66g	0.00g					✓		✓							





















	1x Portion	Carbohydrate	çar	Energy		Saturated Fat	ē	Protein		Celery	Crustaceans	S		Gluten	in	k	Molluscs	Mustard	ts	Peanuts	Sesame	2	æ
Menu Item	,	Car	Sugar		Fat	Sat	Fibre	Pro	Salt	Cel	Cro	Eggs	Fish	Glu	Lupin	Milk	Mo	Σ	Nuts	Pea	Ses	S02	Soya
Mini Battered Fish	60.00g	12.24g	0.36g		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		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				381.6																			
Wholemeal Pasta	176.93g	30.68g	6.33g		20.27g	8.14g	3.74g	17.55g	0.00g					✓		✓							
Pasta Bake	158.33g	29.90g	6.69g		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				296.0																			
Farm Ice Cream	183.33g	28.20g	28.20g		18.18g	9.73g	0.45g	5.32g	0.19g							✓							
Pear & Chocolate				256.8																			
Crumble	146.50g	38.38g	18.70g		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			ا ا	256.6					J														\neg
Vegetable Pie	306.69g	33.50g	9.74g	1kcal	8.63g	3.42g	6.52g	11.52g	0.03g			✓		✓		✓							



Sausage Roll

Seasonal Mixed

Vegetables

Platter

Seasonal Fresh Fruit



411.6

0kcal

25.24

54.24

kcal

30.00g 11.52g 1.20g 7.92g 0.00g

0.15g | 0.02g | 0.72g | 0.42g | 0.01g

0.20g | 0.00g | 4.28g | 2.75g | 0.00g

120.00g 27.72g 0.48g

126.25g 6.00g 6.00g

113.00g 8.17g 5.23g kcal



















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	502	Soya
	112.00	24.22	0.00	164.9	E 65	2.02	2.60	2 02	0.00														
Potato Wedges	113.00g	24.30g	0.23g		5.65g	2.83g	2.60g	2.83g	0.00g														
Quorn Dippers	56.00g	14.11g	0.50g	112.0 0kcal	2.41g	0.28g	2.58g	7.17g	0.00g			✓		✓		✓							
Quorn Dog	100.00g	28 05g	2 50g	195.0 0kcal	3.55g	0 40g	4 45σ	10 55σ	0 42g			√		√		✓					~		
Quem 20g	100.008	20.008	2.508	87.39	0.008	01.108	58	10.558	01.128														
Roast Chicken	60.00g	0.00g	0.00g	kcal	3.62g	0.37g	0.00g	10.94g	0.09g														
Roast Gammon &				3.98k																			
Pineapple	2.77g	0.12g	0.10g	cal	0.23g	0.05g	0.01g	0.34g	0.04g														
Roast Potatoes	93.00g	17.64g	0.81g	100.7 7kcal	3.09g	0.22g	1.80g	1.71g	0.01g														
Roast Turkey		0.00g		59.85	0.46g																	√	
Noust fulkey	37.00g	0.00g	0.00g	KCai	0. 4 0g	U.1/g	0.00g	13.318	0.07g														$\overline{}$
Roasted Vegetable				213.8																			
Lasagne	206.17g	16.29g	6.52g	0kcal	11.49g	4.32g	3.83g	10.18g	0.01g			✓		✓		✓							

























	1x Portion	Carbohydrate	Ē	gy		Saturated Fat	a	ein		ry	Crustaceans			en	u		Molluscs	Mustard		ıuts	me		
Menu Item	X P	Carb	Sugar	Energy	Fat	Satu	Fibre	Protein	Salt	Celery	Crus	Eggs	Fish	Gluten	Lupin	Milk	Moll	Mus	Nuts	Peanuts	Sesame	SO2	Soya
Seasonal Mixed	()		, J			, , , , , , , , , , , , , , , , , , ,	_		3 7						_						<u> </u>		
Vegetables				14.00																			
(Farmhouse)	50.00g	1.85g	1.70g	kcal	0.05g	0.00g	0.00g	0.85g	0.00g														
				10.69																			
Side Salad	83.50g	1.41g	1.41g	kcal	0.24g	0.02g	0.91g	0.81g	0.01g														
Southern Style				122.8																			
Quorn Burger	63.00g	9.13g	1.76g	5kcal	6.17g	0.76g	1.95g	6.74g	0.00g			✓		✓		✓							
				123.1																			
Spanish Omelette	157.64g	11.10g	3.74g	4kcal	5.20g	1.75g	1.09g	8.62g	0.01g			✓		✓		✓		✓					
				197.2																			
Spanish Rice	356.50g	34.15g	6.99g	6kcal	3.52g	0.38g	4.57g	5.92g	0.00g														
Sticky Chocolate																							
Cake & Chocolate				276.2																			
Sauce	89.33g	23.75g	9.24g	2kcal	18.29g	1.70g	0.71g	4.44g	0.00g			✓		✓		✓							
Summer Fruits &																							
Langage Farm Ice				224.0																			
Cream	112.69g	17.76g	17.75g		15.11g	8.11g	0.10g	4.24g	0.16g							✓							
				10.06																			
Summer Salad	69.48g	1.59g	1.55g		0.14g	0.02g	1.05g	0.69g	0.03g	✓													
				8.27k																			
Summer Salad Sticks	35.46g	1.61g	1.53g		0.12g	0.01g	0.77g	0.27g	0.01g														
Sweet Potato				97.79																			
Wedges	101.20g	21.30g	5.70g		1.50g	0.18g	0.00g	1.20g	0.10g														
				37.00																			
Sweetcorn	50.00g	5.80g	4.05g	kcal	0.70g	0.20g	1.25g	1.25g	0.00g														





















A	0.
	58
MAT MATE	95
100	

	uo	/drate				ed Fat					eans						Ş	75					
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	S02	Soya
				184.1															_	_		<u> </u>	
Toffee Banana Cake	58.96g	20.28g	8.72g	0kcal	10.73g	3.88g	0.56g	3.20g	0.00g			✓		✓		✓						✓	✓
To contract the contract of	45.00	F 25.	2.00	22.95	0.04	0.00	0.40	0.40	0.00														
Tomato Ketchup	15.00g	5.25g	3.96g	7.91k	0.01g	0.00g	0.10g	0.18g	0.00g													\vdash	
Tomatoes	56.50g	1.70g	1.70g	_	0.06g	0.02g	0.56g	0.28g	0.01g														
		8		129.3		515-8		1															
Tuna Salad Pot	190.00g	4.36g	3.99g	5kcal	5.82g	0.74g	2.17g	14.88g	0.03g				✓									✓	
				328.6																			
Turkey Salad bap	142.00g	24.22g	2.45g	9kcal	3.82g	0.89g	3.84g	14.10g	0.72g					✓		✓					✓		
				220.2																			
Vegetable Fajitas	149.20g	20.92g	3.03g	6kcal	7.03g	0.53g	8.00g	14.44g	0.00g			✓		✓				✓					
Vegetable Rainbow				110.1																			
Rice	66.12g	22.12g	2.44g		0.72g	0.11g	2.06g	2.91g	0.00g														
				11.87																			
Vegetable Sticks	45.20g	2.40g	2.26g		0.18g	0.02g	1.21g	0.32g	0.02g														
Vegetable	00.00	40.22	2.40	114.0	7.22	2.40	2.45	2.04	0.00														
Wellington	98.33g	10.32g	3.10g	3kcal 257.7	7.23g	2.48g	2.15g	2.01g	0.02g					✓		✓						\vdash	\vdash
Vegetarian Brunch	296.00g	33.33g	6.47g	_	6.10g	1.27g	6.90g	15.14g	0.95g														
- Securium Drumon		00.008	08	106.7	0.208	8	0.008		0.008														
Veggie Fingers	56.80g	13.63g	1.42g		4.60g	0.34g	1.42g	1.99g	0.55g					✓									
Wholemeal Pasta				4.55k																			
Portion	5.04g	0.89g	0.03g	cal	0.02g	0.01g	0.10g	0.15g	0.00g					✓									