

Week Two

Menu Item	1x Portion (g)	Carbohydrate (g)	Sugar (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens	May contain
Quorn Curry & Rice	141.1	14.33	9.5	124.48	3.1	1.61	5.22	7.26	0	Eggs,SO2	
Macaroni Cheese	244.8	60.06	11.52	471.2	17.98	9.67	1.9	16.92	0	Milk,Mustard,Rye,Wheat	
Peas	83.33	7.5	2.58	57.5	7.5	0.08	3.83	4.33	0		
Sweetcorn	50	5.8	4.05	37	0.7	0.2	1.25	1.25	0		
Banana Muffin	45.73	16.8	10.36	123.8	5.37	1.91	0.74	1.79	0	Eggs,Wheat	Soya
Egg Mayo & Cress filled Sandwich	165	39.84	0.2	336.5	13.35	3.536	1.645	13.38	0.703	Eggs,Mustard,Soya,Wheat	
Cottage Pie	240.3	37.21	3.38	271.2	7.01	2.97	3.38	18.51	0.1		Barley,Wheat
Tomato & Bean Pasta Bake	263.8	25.06	4.97	196.6	4.75	2.58	7.44	10.52	0	Milk,Wheat	
Crusty Bread	40.6	14.56	0.49	81.2	0.79	0.21	1.8	3.08	0	Eggs,Milk,Soya,Wheat	
Diced Swede	50	1	1	6.5	0	0	0.35	0.5	0		
Green Beans	83.33	3.08	0.83	27.5	0.08	0.08	3.67	1.67	0		
Gravy	43	2.2	0.35	10.71	0.12	0.08	0.07	0.17	0		
Jam Sponge	72.5	33.57	22.07	225.2	9.5	3.24	0.64	2.79	0	Eggs,Wheat	
Custard	78.57	10.04	6.93	58.89	1.09	0.79	0	2.52	0	Milk	
Fish Finger High Fibre Bap	103	32.15	1.95	248.8	7.75	1.49	3.7	10.8	0.5	Fish,Wheat	Sesame
Roast Gammon	76.67	3.73	3.2	107.3	6.1	1.25	0.16	8.96	1.1		
Vegetable Wellington	98.33	10.32	3.1	114	7.23	2.48	2.15	2.01	0.02	Milk,Wheat	
Roast Potatoes	93	17.64	0.81	100.8	3.087	0.225	1.8	1.71	0.01		
Carrots	60	4.62	4.32	20.4	0.24	0.06	2.34	0.3	0.04		
Cabbage	50	2.05	2.05	13.5	0.1	0.02	2.05	1.2	0.01		
Gravy	43	2.2	0.35	10.71	0.12	0.08	0.07	0.17	0		



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Boiled potato	125	24.5	1.125	102.5	0.125	0.037	2.5	2.375	0.01						
Fresh Fruit Platter	126.3	6	6	25.24	0.15	0.02	0.72	0.42	0.01						
Cheese & Onion Wrap	102.5	19.73	2.615	283.4	16.43	8.415	1.355	14.14	0.005	Milk,Wheat					
Organic Pork Meatballs & Wholemeal Pasta	176.9	30.68	6.33	381.7	20.27	8.14	3.74	17.55	0	Milk,Wheat					
Vegetarian Chilli	225.7	39.45	15.12	230.2	3.59	0.29	8.44	10.54	0.2						
Broccoli	60	1.92	1.14	20.4	0.36	0.09	2.4	2.58	0.01						
Seasonal Mixed Vegetables	50	1.85	1.7	14	0.05	0	0	0.85	0						
Potato Wedges	113	24.3	0.226	165	5.65	2.825	2.599	2.825	0.002						
Carrot Cake	60.67	14.51	6.54	173.6	11.74	3.43	2.33	2.89	0.02	Eggs,SO2,Wheat					Soya
Gammon & Salad Baguette	264	67.32	8.739	445.8	10.6	2.975	6.209	17.45	0.649	Sesame,Wheat					
Breaded Salmon Bites	60	18.9	1.08	166.8	6.48	0.96	1.02	8.28	0.42	Fish,Wheat					
Cheese & Tomato Quiche	135.2	21.76	2.51	217.2	12.72	4.59	1	6.43	0	Eggs,Milk,Mustard,Wheat					
Wholemeal Pasta Portion	112	18.42	0.63	94.08	0.45	0.11	2.14	3.03	0	Wheat					
Chips	132	25.5	0.25	215.4	10.87	2.462	2.25	2.875	0						
Crunchy Veg Sticks	185	8.72	8.22	45.9	0.91	0.1	4.495	1.35	0.079						
Baked Beans	50	6.4	1.85	41	0.25	0.05	2.1	2.2	0.225						
Chocolate Cracknel	56.75	61.3	48.02	424.4	17.33	7.72	0.25	4.9	0	Barley,Milk,Oats,Rye,Soya,Wheat					
Sausage Roll	120	27.72	0.48	411.6	30	11.52	1.2	7.92	0	Milk,Wheat					