SOUTH WEST norse

Week One

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
Vegetable Crumble	340.7	67.38	5.16	550.5	23.63	11.83	11.94	12.06	0.68		
Cheese & Tomato Pizza	132.4	27.73	1.91	304.6	16.48	8.05	1.73	10.71	0.01	Milk,Wheat	Soya
Baked Beans	50	6.4	1.85	41	0.25	0.05	2.1	2.2	0.225		
Potato Wedges	113	24.3	0.226	165	5.65	2.825	2.599	2.825	0.002		
Sweetcorn	50	5.8	4.05	37	0.7	0.2	1.25	1.25	0		
Vegan Sausage Roll	132	33.53	1.584	397.3	24.68	13.33	2.508	8.844	0.488	SO2,Wheat	Milk
Pancakes with sliced Banana & Honey	158	45.35	28.69	203.1	1.33	0.13	1.48	3.05	0	Eggs,Milk,Wheat	
Hunters Chicken & Rice	156.7	24.72	2.71	211.6	1.6	0.4	0.81	19.75	0.14	Milk,Mustard,Soya,Wheat	Celery,Mustard
Quorn & Vegetable Fajitas with Rice	177	44.48	3.76	351.5	10.73	2.58	6.74	16.25	0	Eggs,Milk,Mustard,Wheat	
Peas	83.33	7.5	2.58	57.5	0.25	0.08	3.83	130	0.006		
Broccoli	60	1.92	1.14	20.4	0.36	0.09	2.4	2.58	0.01		
Apple Crumble	145.8	31.89	18.07	213.1	8.22	2.94	2.9	2.14	0	Wheat	Soya
Custard	85.94	10.98	7.58	64.47	1.2	0.86	0	2.75	0	Milk	
Cheese Salad Baguette	209	58.29	0.21	559.4	24.38	12.07	0.225	24.22	1.123	Milk,Sesame,Undefined	
Roast Chicken	60	0	0	87.39	3.624	0.369	0	10.94	0.085		
Sage & Onion Stuffing	80	12.69	0.462	64.8	0.72	0	0.62	1.584	0.003	Celery,Eggs,Milk,Mustard,SO2,Wheat	
Leek and Potato Layer Bake	164.2	24.87	3.06	354.7	22.73	9.02	3.97	11.87	0.01	Eggs,Milk,Wheat	Soya
Roast Potatoes	93	17.64	0.81	100.8	3.087	0.225	1.8	1.71	0.009		

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Carrots	50	3.85	3.6	17	0.2	0.05	1.95	0.25	0.035		
Cabbage	50	2.05	2.05	13.5	0.1	0.02	2.05	1.2	0.01		
Gravy	43	2.2	0.35	0.12	0.12	0.08	0.07	0.17	0		
Boiled potato	125	24.5	1.125	102.5	0.125	0.037	2.5	2.375	0.013		
Fresh Fruit Platter	126.3	6	6	25.24	0.15	0.02	0.72	0.42	0.01		
Tuna Salad Sandwich	208	40.76	1.21	312.7	8.4	1.5	2.32	17.89	0.85	Eggs,Fish,Mustard,Sesame,Undefined	
Westcountry Pork Sausage, Mash & Gravy	278.8	62.74	3.55	366.3	8.7	3.73	5.89	8.22	1.16	Wheat	Celery,Eggs,Milk,Mustard,Soya
Gnocchi with Quorn Mince	242.1	39.6	3.24	239.7	2.16	0.34	6.21	13.32	0.63	Barley,Eggs,Wheat	Eggs,Milk
Country Mixed Vegetables	113	8.17	5.232	54.24	0.203	0	4.283	2.746	0		
Sticky Toffee Cake	96.67	35.76	23.41	226.4	7.79	2.9	2.37	3.49	0.01	Eggs,Milk,SO2,Soya,Wheat	Soya
Ice Cream	4000	636	636	8040	544	292	0	152	5.7	Milk	
Chicken Salad Bap	255	26.99	5.59	236.5	5.52	1.29	2.94	16.65	0.21	Eggs,Mustard,Soya,Wheat	
Quorn Dippers	56	14.11	0.504	112	2.408	0.28	2.576	7.168	0.001	Eggs,Milk,Wheat	
Fish Fingers	50	9.3	0.45	107	4.75	0.55	0.55	6.5	0.5	Fish,Wheat	
Wholemeal Pasta	121	21.38	0.734	109.2	0.52	0.123	2.49	3.517	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		
Chocolate Drop Biscuits	46.12	24.21	7.43	211.8	11.2	4.18	0.67	2.78	0	Wheat	Soya
Gammon & Salad Wrap	187	33.3	3.479	268.8	10.01	2.669	2.42	10.56	1.03	Sesame,Wheat	