Week 1													
Bolognaise Twists	26g	Cereals containing Gluten,Wheat	Chicken & Vegetable Pie	17g	Cereals containing Gluten,Wheat	Roast Gammon & Gravy	0g & 2g	None	Caribbean Chicken	11g	Sulphur Dioxide and Sulphites, Milk.	Salmon Fish Cake or Fish Finger	11g ea/5g ea
Spanish Omlette	15g	Egg, Milk	Tomato & Basil Pasta	35g	Cereals containing Gluten,Wheat,Sulphur Dioxide and Sulphites,Celery	Shepherdess Pie	30g	Cereals containing Gluten,Barley,Eggs,celery, Sulphur & Sulphites	Quorn in Tomato Sauce	7g	Sulphur Dioxide and Sulphites, Egg, Celery.	Roasted Vegetable Pinwheels	14g
Jacket & Cheese	32g	Milk	Jacket & Cheese	32g	Milk	Jacket & Cheese	32g	Milk	Jacket & Cheese	32g	Milk	Jacket & Cheese	32g
Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g
Jacket & Beans	35g	None	Jacket & Beans	35g	None	Jacket & Beans	35g	None	Jacket & Beans	35g	None	Jacket & Beans	35g
Garlic Bread-No added fat	8g	Cereals containing Gluten,Wheat,Soybean, May Egg & Milk											
			Mashed Potatoes	18g	None	Roast Potatoes	26g	None	Coconut Rice	21g	Sulphur Dioxide and Sulphites	Skinny Chips	40g
Peas	4g	None	Seasonal Vegetables	5g	None	Cabbage	1g	None	Sweetcorn	8g	None	Baked Beans	8g
Green Beans	3g	None				Carrots	2g	None	Peppers	2g	None	Peas	4g
Rice Pudding & Jam	16g	Sulphur Dioxide and Sulphites, Milk.	Fruit Jelly	12g	None	Jam Tart	43g	Sulphur Dioxide and Sulphites, Cereals contain Gluten,Wheat	Red Mandarin Sponge	36g	Cereals containing Gluten,Wheat, Eggs	Ginger Biscuit	28g
						Custard	16g	Milk					
Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat	Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat	Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat	Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat	Fruit Pots	15g
Fruit Pots	15g	None	Fruit Pots	15g	None	Fruit Pots	15g	None	Fruit Pots	15g	None	Yoghurts	10g/13g
Yoghurts	10g/13g	Milk	Yoghurts	10g/13g	Milk	Yoghurts	10g/13g	Milk	Yoghurts	10g/13g	Milk		
Week 2													
Burger in a Bun	27g	Cereals containing Gluten,Wheat, May contain Sesame Seeds	BBQ Pork	13g	Celery,Sulphur Dioxide and Sulphites	Roast Chicken & Gravy	0g/2g	None	Chicken Jambalaya	24g	Sulphur Dioxide and Sulphites,Celery	Fish Fingers	5g each
Bean Enchiladas	28g	Cereals containing Gluten,Wheat, Milk, Mustard	Falafel in Tomato Sauce	16g	Celery,Sulphur Dioxide and Sulphites	Quorn Spin Tomato Pasta.	17g	Cereals containing Gluten,Wheat,Eggs	Macaroni Cheese	29g	Cereals containing Gluten,Wheat,Milk	Bruschetta	14g
Jacket & Cheese	32g	Milk	Jacket & Cheese	32g	Milk	Jacket & Cheese	32g	Milk	Jacket & Cheese	32g	Milk	Jacket & Cheese	32g
Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g
Jacket & Beans	35g	None	Jacket & Beans	35g	None	Jacket & Beans	35g	None	Jacket & Beans	35g	None	Jacket & Beans	35g
Herby Diced Potato	25g	Cereals containing Gluten,Wheat	WG Rice	22g	None	Roast Potatoes	26g	None	Homemade Tomato Bread	8g	Cereals containing Gluten,Wheat, Soybean, May contain Milk & Egg	Chunky Chips	36g
Coleslaw	3g	Egg, Mustard	Green Beans	4g	None	Seasonal Vegetables	5g	None	Broccoli	1g	None	Baked Beans	8g
Sweetcorn	8g	None	Peppers	2g	None				Carrots	2g	None	Peas	4g
Crumble Bar	46g	Cereals containing Gluten,Wheat, Oats, Sulphur Dioxides & Sulp	Iced Chocolate Sponge	31g	Cereals containing Gluten,Wheat, Eggs	Fruit Jelly	17g	None	Apple Pie	19g	Cereals containing Gluten,Wheat,	Apricot Biscuit	31g
									Custard	16g	Milk		
Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat	Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat,	Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat	Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat	Fruit Pots	15g
Fruit Pots	15g	None	Fruit Pots	15g	None	Fruit pots	15g	None	Fruit Pts	15g	None	Yoghurts	10g/13g
Yoghurts	10g/13g	Milk	Yoghurts	10g/13g	Milk	Yoghurts	10g/13g	Milk	Yoghurts	10g/13g	Milk		
Week 3													
Meatballs & Pasta Chicken/Pork	28g	Cereals containing Gluten,Wheat,Celery, Sulphur Dioxide & Sul	Chicken & Sweetcorn Pizza	17g	Cereals containing Gluten,Wheat,Soybean, Milk,May Egg	Roast Pork & Gravy	0g & 2g	None	Sticky Chicken	11g	Cereals containing Gluten,Wheat,Soybean,Celery,Sulphur Dioxide,Sulphites	Battered Fish	11g Frozen 0
Sweet Potato Boat	33g	None	Margarita Pizza	17g	Cereals containing Gluten,Wheat,Soybean, Milk,May Egg	Vegetable Pattie	18g	None	Tomato & Sweet Pepper Pasta	32g	Cereals containing Gluten,Wheat,Sulphur Dioxide and Sulphites,Celery	Cheese & onion Quiche	14g
Jacket & Cheese	32g	Milk	Jacket & Cheese	32g	Milk	Jacket & Cheese	32g	Milk	Jacket & Cheese	32g	Milk	Jacket & Cheese	32g
Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g	Fish, Egg, Mustard	Jacket & Tuna Mayonnaise	33g
Jacket & Beans	35g	None	Jacket & Beans	35g	None	Jacket & Beans	35g	None	Jacket & Beans	35g	None	Jacket & Beans	35g
Herby Bread-No added fat	8g	Cereals containing Gluten,Wheat,Soybean, May Egg & Milk							WG Rice	27g	None		
Broccoli	1g	None				Roast Potatoes	26g	None				Chunky Chips	36g
Cauliflower	3g	None	Sweetcorn	8g	None	Carrots	2g	None	Seasonal Vegetables	5g	None	Baked Beans	8g
Cheese & Biscuits	13g	Cereals containing Gluten,Wheat,Oats, Milk	Peppers	2g	None	Peas	4g	None				Coleslaw	3g
Custard	16g	Milk											
Apple Crumble	28g	Cereals containing Gluten,Wheat	Fruit Jelly	12g	None	Angel Delight	17g	Milk	Ice cream (See brackets for Tub #5/27)	17g/23g	Milk	Flapjack	28g
			Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat	Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat	Mr Nourish Biscuit Lemon/Orange	24g/22g	Cereals containing Gluten,Wheat	Fruit Pots	15g
Fruit Pots	15g	None	Fruit Pots	15g	None	Fruit Pots	15g	None	Fruit Pots	15g	None	Yoghurts	10g/13g
Yoghurts	10g/13g	Milk	Yoghurts	10g/13g	Milk	Yoghurts	10g/13g	Milk	Yoghurts	10g/13g	Milk		

NON= Fruit-based Desserts

CHO = Carbohydrate

The allergen and carbohydrate information is based upon product data supplied by manufacturers and suppliers and is calculated using McCance tables. Information is therefore approximate and may change during the menu cycle.
Date: 5th June 2017.