



AUTUMN/WINTER 23/24

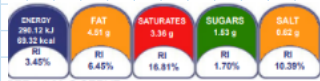
18th September, 9th October
6th November, 27th November,
18th December, 15th January,
5th February, 4th March,
25th March

DAIRY FREE WEEK 1

MONDAY

The traffic light values reflect per portion and the carbohydrate value reflects per 100g.

Margherita Pizza



PER 44.60 G SERVE

CARBOHYDRATE 12.97g per 100g

Potato Wedges



PER 100.00 G SERVE

CARBOHYDRATE 22g per 100g

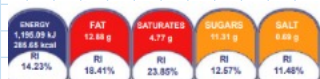
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Chocolate Crunch

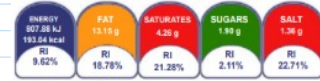


PER 69.13 G SERVE

CARBOHYDRATE 54.06g per 100g

TUESDAY

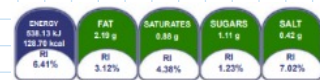
Sausages (2)



PER 79.00 G SERVE

CARBOHYDRATE 12.10g per 100g

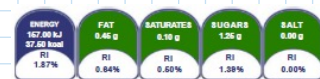
Mashed Potatoes



PER 161.00 G SERVE

CARBOHYDRATE 15.18g per 100g

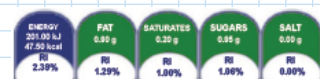
Peas



PER 50.00 G SERVE

CARBOHYDRATE 8.60g per 100g

Sweetcorn



PER 50.00 G SERVE

CARBOHYDRATE 15.60g per 100g

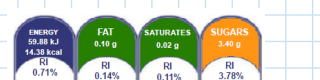
Flapjack



PER 45.00 G SERVE

CARBOHYDRATE 55.92g per 100g

Fresh Fruit Wedge

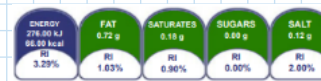


PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g

WEDNESDAY

Roast Chicken



PER 78.00 G SERVE

CARBOHYDRATE 0.00g per 100g

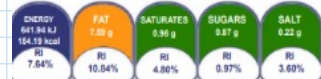
Roast Potatoes



PER 110.00 G SERVE

CARBOHYDRATE 16.27g per 100g

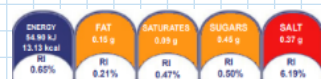
Yorkshire Pudding



PER 77.14 G SERVE

CARBOHYDRATE 22.18g per 100g

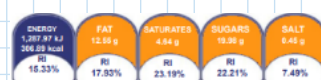
Gravy



PER 3.75 G SERVE

CARBOHYDRATE 70.00g per 100g

Apple Crumble

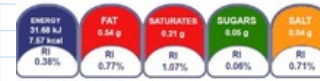


PER 1.44 G SERVE

CARBOHYDRATE 31.41g per 100g

THURSDAY

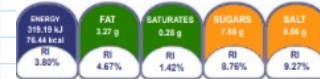
Beef Meatbals



PER 3.00 G SERVE

CARBOHYDRATE Carbohydrate, g per 100g/ml (As Sold/Unprepared) 8.8

Italian Pasta Sauce



PER 148.50 G SERVE

CARBOHYDRATE 5.88g per 100g

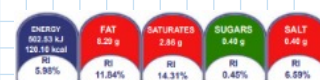
Penna Pasta



PER 50.00 G SERVE

CARBOHYDRATE 73.60g per 100g

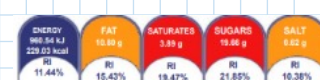
Garlic Bread



PER 25.65 G SERVE

CARBOHYDRATE 38.74g per 100g

Victoria Sponge



PER 64.35 G SERVE

CARBOHYDRATE 46.56g per 100g

FRIDAY

Battered Fish Fillet



PER 60.00 G SERVE

CARBOHYDRATE 15.60g per 100g

Chips



PER 100.00 G SERVE

CARBOHYDRATE 21.00g per 100g

Peas



PER 50.00 G SERVE

CARBOHYDRATE 8.60g per 100g

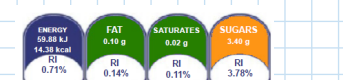
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Fresh Fruit Wedge



PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g



AUTUMN/WINTER 23/24

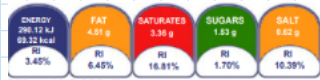
25th September, 16th October,
13th November, 4th December,
2nd January, 22nd January,
12th February, 11th March

DAIRY FREE WEEK 2

MONDAY

The traffic light values reflect per portion and the carbohydrate value reflects per 100g.

Margherita Pizza



PER 44.60 G SERVE

CARBOHYDRATE 12.97g per 100g

Potato Wedges



PER 100.00 G SERVE

CARBOHYDRATE 22g per 100g

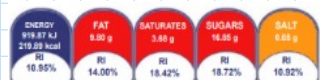
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Chocolate Nests

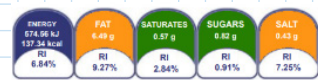


PER 51.50 G SERVE

CARBOHYDRATE 59.44g per 100g

TUESDAY

Veggie Bean Burger



PER 63.00 G SERVE

CARBOHYDRATE 24.90g per 100g

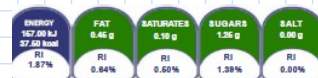
Potato Wedges



PER 100.00 G SERVE

CARBOHYDRATE 22g per 100g

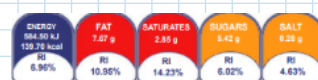
Peas



PER 50.00 G SERVE

CARBOHYDRATE 8.60g per 100g

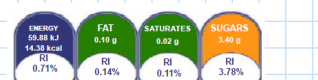
Shortbread Biscuit



PER 30.00 G SERVE

CARBOHYDRATE 53.62g per 100g

Fresh Fruit Wedge

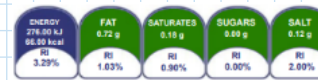


PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g

WEDNESDAY

Roast Chicken



PER 60.00 G SERVE

CARBOHYDRATE 0.00g per 100g

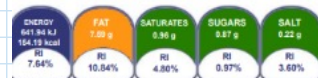
Roast Potatoes



PER 110.00 G SERVE

CARBOHYDRATE 16.27g per 100g

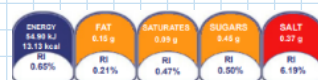
Yorkshire Pudding



PER 77.14 G SERVE

CARBOHYDRATE 22.18g per 100g

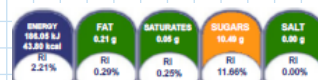
Gravy



PER 3.75 G SERVE

CARBOHYDRATE 70.00g per 100g

Fruit Salad

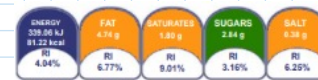


PER 90.00 G SERVE

CARBOHYDRATE 11.66g per 100g

THURSDAY

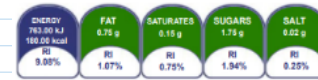
Beef Bolognese



PER 88.85 G SERVE

CARBOHYDRATE 3.50g per 100g

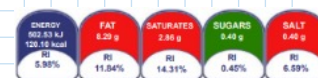
Penne Pasta



PER 50.00 G SERVE

CARBOHYDRATE 73.60g per 100g

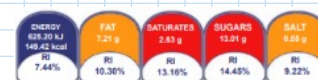
Garlic Bread



PER 25.65 G SERVE

CARBOHYDRATE 38.74g per 100g

Sponge Cake



PER 44.17 G SERVE

CARBOHYDRATE 44.41g per 100g

FRIDAY

Battered Fish Fillet



PER 60.00 G SERVE

CARBOHYDRATE 15.60g per 100g

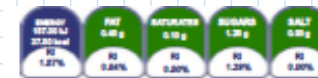
Chips



PER 100.00 G SERVE

CARBOHYDRATE 21.00g per 100g

Peas



PER 50.00 G SERVE

CARBOHYDRATE 8.60g per 100g

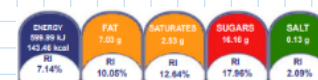
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

DF Ice Cream Sundae



PER 71.00 G SERVE

CARBOHYDRATE 25.94g per 100g



AUTUMN/WINTER 23/24

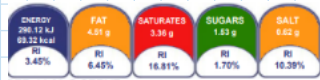
2nd October, 30th October,
20th November, 11th December,
8th January, 29th January,
26th February, 18th March

DAIRY FREE
WEEK 3

MONDAY

The traffic light values reflect per portion and the carbohydrate value reflects per 100g.

Margherita Pizza



PER 44.60 G SERVE

CARBOHYDRATE 12.97g per 100g

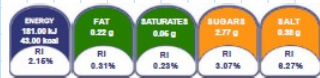
Potato Wedges



PER 100.00 G SERVE

CARBOHYDRATE 22g per 100g

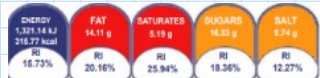
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Vanilla Crunch

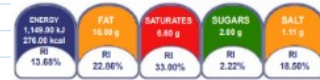


PER 75.38 G SERVE

CARBOHYDRATE 56.54g per 100g

TUESDAY

Vegan Sausage Roll



PER 100.00 G SERVE

CARBOHYDRATE 24.10g per 100g

Mashed Potatoes



PER 101.00 G SERVE

CARBOHYDRATE 15.18g per 100g

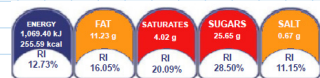
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Iced Sponge

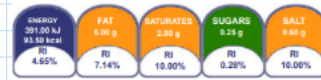


PER 69.83 G SERVE

CARBOHYDRATE 50.33g per 100g

WEDNESDAY

Roast Pork



PER 50.00 G SERVE

CARBOHYDRATE 0.50g per 100g

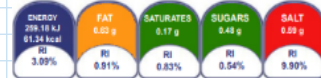
Roast Potatoes



PER 110.00 G SERVE

CARBOHYDRATE 16.27g per 100g

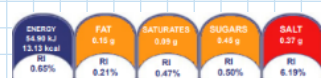
Sage & Onion Stuffing



PER 15.00 G SERVE

CARBOHYDRATE 76.45g per 100g

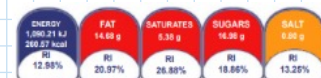
Gravy



PER 3.75 G SERVE

CARBOHYDRATE 70.00g per 100g

Chocolate Songe

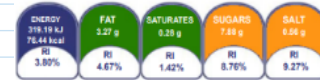


PER 69.00 G SERVE

CARBOHYDRATE 39.71g per 100g

THURSDAY

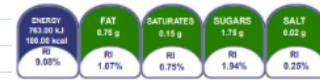
Italian Tomato Sauce



PER 148.50 G SERVE

CARBOHYDRATE 5.88g per 100g

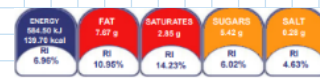
Penne Pasta



PER 100.00 G SERVE

CARBOHYDRATE 73.60g per 100g

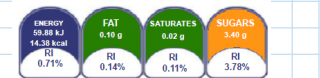
Shortbread Biscuit



PER 30.00 G SERVE

CARBOHYDRATE 53.62g per 100g

Fresh Fruit Wedge



PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g

FRIDAY

Battered Fish Fillet



PER 60.00 G SERVE

CARBOHYDRATE 15.60g per 100g

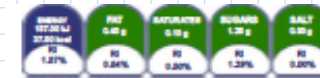
Chips



PER 100.00 G SERVE

CARBOHYDRATE 21.00g per 100g

Peas



PER 50.00 G SERVE

CARBOHYDRATE 8.60g per 100g

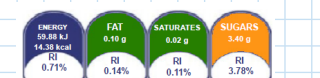
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Fresh Fruit Wedge



PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g