



AUTUMN/WINTER 23/24

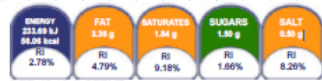
18th September, 9th October
6th November, 27th November,
18th December, 15th January,
5th February, 4th March,
25th March

GLUTEN FREE WEEK 1

MONDAY

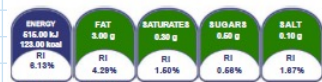
The traffic light values reflect per portion and the carbohydrate value reflects per 100g.

Margherita Pizza



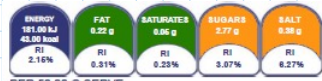
PER 40.10 G SERVE
CARBOHYDRATE 8.54g per 100g

Potato Wedges



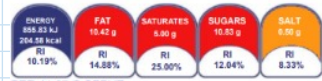
PER 100.00 G SERVE
CARBOHYDRATE 22g per 100g

Baked Beans



PER 50.00 G SERVE
CARBOHYDRATE 14.47g per 100g

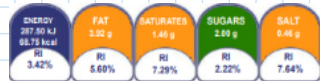
Muffin



PER 41.67 G SERVE
CARBOHYDRATE 61g per 100g

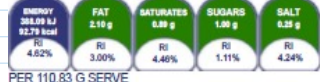
TUESDAY

Sausage (1)



PER 41.67 G SERVE
CARBOHYDRATE 9.70g per 100g

Mashed Potatoes



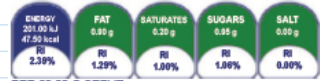
PER 110.83 G SERVE
CARBOHYDRATE 14.89g per 100g

Peas



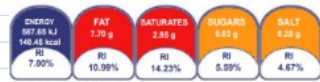
PER 50.00 G SERVE
CARBOHYDRATE 8.60g per 100g

Sweetcorn



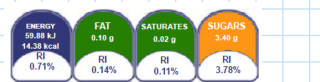
PER 50.00 G SERVE
CARBOHYDRATE 15.60g per 100g

Shortbread



PER 30.00 G SERVE
CARBOHYDRATE 56.67g per 100g

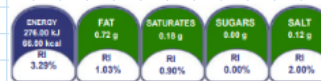
Fresh Fruit Wedge



PER 62.50 G SERVE
CARBOHYDRATE 5.44g per 100g

WEDNESDAY

Roast Chicken



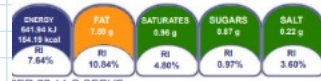
PER 3.00 G SERVE
CARBOHYDRATE 0.00g per 100g

Roast Potatoes



PER 110.00 G SERVE
CARBOHYDRATE 16.27g per 100g

Yorkshire Pudding



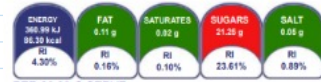
PER 77.14 G SERVE
CARBOHYDRATE 22.18g per 100g

Gravy



PER 3.75 G SERVE
CARBOHYDRATE 70.00g per 100g

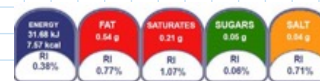
Fruit Jelly



PER 23.20 G SERVE
CARBOHYDRATE 92.10g per 100g

THURSDAY

Beef Meetbals



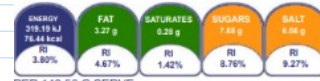
PER 3.00 G SERVE
CARBOHYDRATE Carbohydrate, g per 100g/ml (As Sold/ Unprepared) 8.8

Italian Pasta Sauce



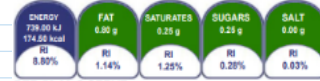
PER 148.50 G SERVE
CARBOHYDRATE 5.88g per 100g

Penna Pasta



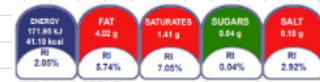
PER 50.00 G SERVE
CARBOHYDRATE 74.00g per 100g

Garlic Bread



PER 7.60 G SERVE
CARBOHYDRATE 14.83g per 100g

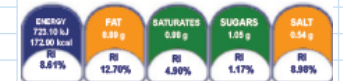
Vanilla Sponge



PER 41.67 G SERVE
CARBOHYDRATE 61g per 100g

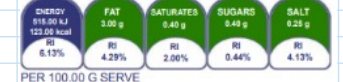
FRIDAY

Vegetable Couions



PER 70.00 G SERVE
CARBOHYDRATE 28.3g per 100g

Chips



PER 100.00 G SERVE
CARBOHYDRATE 21.00g per 100g

Peas



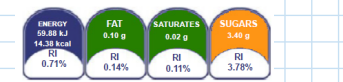
PER 50.00 G SERVE
CARBOHYDRATE 8.60g per 100g

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

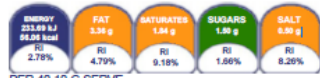
25th September, 16th October,
13th November, 4th December,
2nd January, 22nd January,
12th February, 11th March

GLUTEN FREE WEEK 2

MONDAY

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

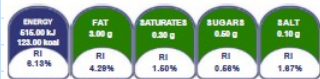
Margherita Pizza



PER 40.10 G SERVE

CARBOHYDRATE 8.54g per 100g

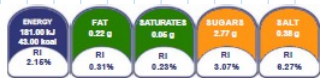
Potato Wedges



PER 100.00 G SERVE

CARBOHYDRATE 22g per 100g

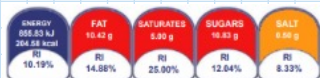
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Sponge

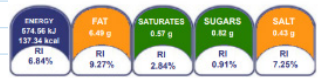


PER 41.67 G SERVE

CARBOHYDRATE 61.00g per 100g

TUESDAY

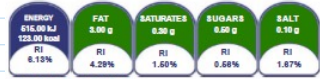
Veggie Bean Burger



PER 63.00 G SERVE

CARBOHYDRATE 24.90g per 100g

Potato Wedges



PER 100.00 G SERVE

CARBOHYDRATE 22g per 100g

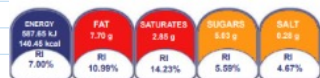
Peas



PER 50.00 G SERVE

CARBOHYDRATE 8.60g per 100g

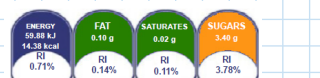
Shortbread



PER 30.00 G SERVE

CARBOHYDRATE 56.67g per 100g

Fresh Fruit Wedge

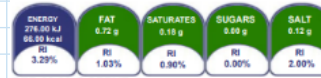


PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g

WEDNESDAY

Roast Chicken



PER 63.00 G SERVE

CARBOHYDRATE 0.00g per 100g

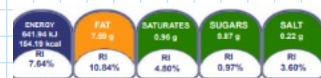
Roast Potatoes



PER 110.00 G SERVE

CARBOHYDRATE 16.27g per 100g

Yorkshire Pudding



PER 77.14 G SERVE

CARBOHYDRATE 22.18g per 100g

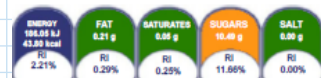
Gravy



PER 3.75 G SERVE

CARBOHYDRATE 70.00g per 100g

Fruit Salad

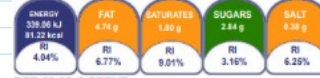


PER 90.00 G SERVE

CARBOHYDRATE 11.66g per 100g

THURSDAY

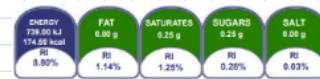
Beef Bolognese



PER 88.85 G SERVE

CARBOHYDRATE 3.50g per 100g

Penne Pasta



PER 50.00 G SERVE

CARBOHYDRATE 74.00g per 100g

Garlic Bread



PER 7.80 G SERVE

CARBOHYDRATE 14.83g per 100g

Sponge Cake

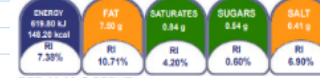


PER 41.67 G SERVE

CARBOHYDRATE 61g per 100g

FRIDAY

Gluten Free Fishcake



PER 60.00 G SERVE

CARBOHYDRATE 23.60g per 100g

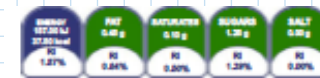
Chips



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

Ice Cream Sundae



PER 71.00 G SERVE

CARBOHYDRATE 29.21g per 100g



AUTUMN/WINTER 23/24

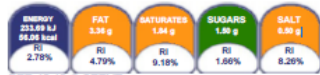
2nd October, 30th October,
20th November, 11th December,
8th January, 29th January,
26th February, 18th March

GLUTEN FREE WEEK 3

MONDAY

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

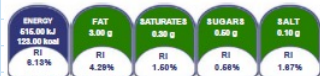
Margherita Pizza



PER 40.10 G SERVE

CARBOHYDRATE 8.54g per 100g

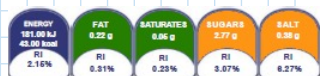
Potato Wedges



PER 100.00 G SERVE

CARBOHYDRATE 22g per 100g

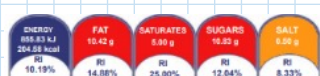
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Sponge Cake

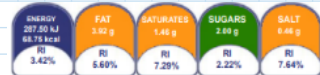


PER 41.67 G SERVE

CARBOHYDRATE 61.00g per 100g

TUESDAY

GF Sausage



PER 41.67 G SERVE

CARBOHYDRATE 9.70g per 100g

Mashed Potatoes



PER 110.83 G SERVE

CARBOHYDRATE 14.89g per 100g

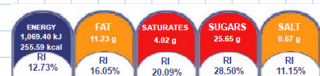
Baked Beans



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

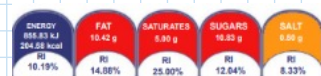
Gravy



PER 3.75 G SERVE

CARBOHYDRATE 70.00g per 100g

Chocolate Songe

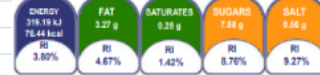


PER 41.67 G SERVE

CARBOHYDRATE 61.00g per 100g

THURSDAY

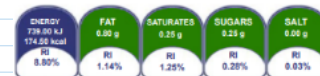
Italian Tomato Sauce



PER 148.50 G SERVE

CARBOHYDRATE 5.88g per 100g

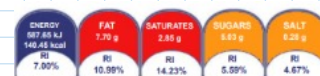
Penne Pasta



PER 50.00 G SERVE

CARBOHYDRATE 74.00g per 100g

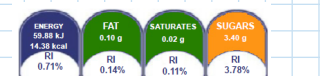
Shortbread



PER 30.00 G SERVE

CARBOHYDRATE 56.67g per 100g

Fresh Fruit Wedge

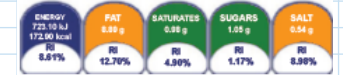


PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g

FRIDAY

Vegetable Goujons



PER 70.00 G SERVE

CARBOHYDRATE 28.3g per 100g

Chips



PER 100.00 G SERVE

CARBOHYDRATE 21.00g per 100g

Peas



PER 50.00 G SERVE

CARBOHYDRATE 8.60g per 100g

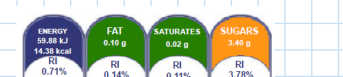
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Fresh Fruit Wedge



PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g