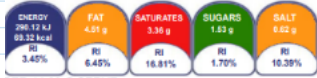


MONDAY

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

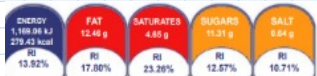
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Chocolate Crunch

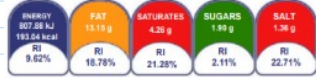


PER 64.38 G SERVE

CARBOHYDRATE 75.96g per 100g

TUESDAY

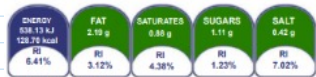
Sausages (1)



PER 79.00 G SERVE

CARBOHYDRATE 22.90g 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

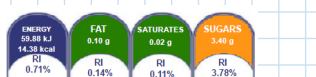
Flapjack



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 Quorn



PER 89.00 G SERVE

CARBOHYDRATE 4.90g per 100g

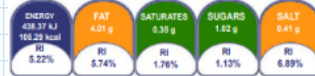
Roast Potatoes



PER 110.00 G SERVE

CARBOHYDRATE 16.27g per 100g

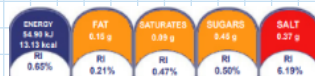
Yorkshire Pudding



PER 47.50 G SERVE

CARBOHYDRATE 30.40g per 100g

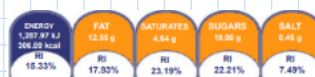
Gravy



PER 3.75 G SERVE

CARBOHYDRATE 70.00g per 100g

Apple Crumble

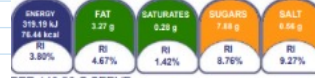


PER 1.44 17 G SERVE

CARBOHYDRATE 31.41g per 100g

THURSDAY

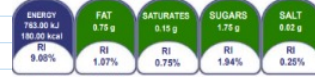
Italian Pasta Sauce



PER 148.50 G SERVE

CARBOHYDRATE 5.88g per 100g

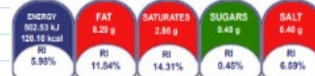
Penne Pasta



PER 50.00 G SERVE

CARBOHYDRATE 73.60g per 100g

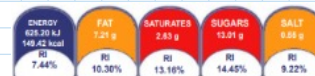
Garlic Bread



PER 25.65 G SERVE

CARBOHYDRATE 38.74g per 100g

Vegan Sponge

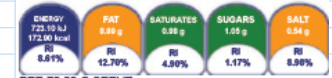


PER 44.17 G SERVE

CARBOHYDRATE 44.41g 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

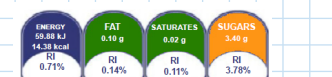
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Fresh Fruit Wedge



PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g



AUTUMN/WINTER 23/24

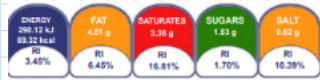
25th September, 16th October,
13th November, 4th December,
2nd January, 22nd January,
12th February, 11th March

VEGAN 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

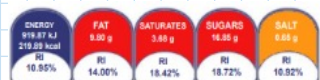
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Chocolate Nests

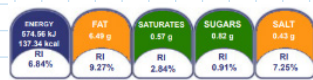


PER 51.50 G SERVE

CARBOHYDRATE 59.44g per 100g

TUESDAY

Veggie Bean Burger



PER 63.00 G SERVE

CARBOHYDRATE 24.90g per 100g

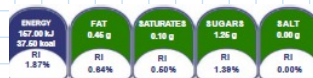
Potato Wedges



PER 100.00 G SERVE

CARBOHYDRATE 22g per 100g

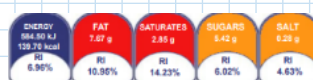
Peas



PER 50.00 G SERVE

CARBOHYDRATE 8.60g per 100g

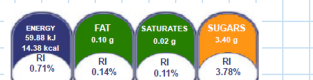
Shortbread Biscuit



PER 30.00 G SERVE

CARBOHYDRATE 53.62g per 100g

Fresh Fruit Wedge

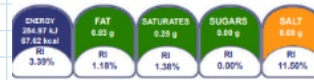


PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g

WEDNESDAY

Roast Quorn



PER 89.00 G SERVE

CARBOHYDRATE 4.90g per 100g

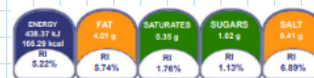
Roast Potatoes



PER 110.00 G SERVE

CARBOHYDRATE 16.27g per 100g

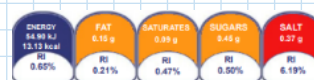
Yorkshire Pudding



PER 47.50 G SERVE

CARBOHYDRATE 30.40g per 100g

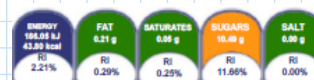
Cravy



PER 3.75 G SERVE

CARBOHYDRATE 70.00g per 100g

Fruit Salad

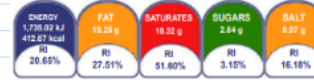


PER 90.00 G SERVE

CARBOHYDRATE 11.66g per 100g

THURSDAY

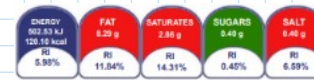
Macaroni Cheese



PER 198.00 G SERVE

CARBOHYDRATE 25.40g per 100g

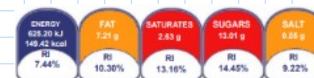
Garlic Bread



PER 25.65 G SERVE

CARBOHYDRATE 38.74g per 100g

Vegan Sponge

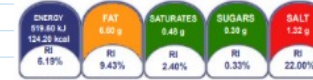


PER 44.17 G SERVE

CARBOHYDRATE 44.41g per 100g

FRIDAY

Southern Style Quorn Nuggets



PER 60.00 G SERVE

CARBOHYDRATE 15.00g per 100g

Chips



PER 100.00 G SERVE

CARBOHYDRATE 21.00g per 100g

Peas



PER 50.00 G SERVE

CARBOHYDRATE 8.60g per 100g

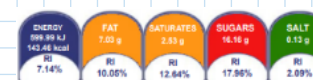
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

DF Ice Cream Sundae



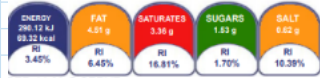
PER 71.00 G SERVE

CARBOHYDRATE 25.94g per 100g

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

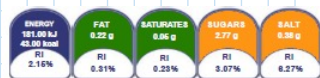
Potato Wedges



PER 100.00 G SERVE

CARBOHYDRATE 22g per 100g

Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Vanilla Crunch

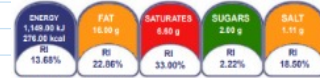


PER 75.38 G SERVE

CARBOHYDRATE 60.27g 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

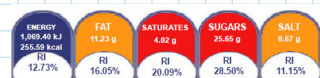
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Iced Sponge

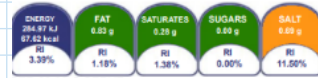


PER 69.83 G SERVE

CARBOHYDRATE 50.33g per 100g

WEDNESDAY

Roast Quorn



PER 89.00 G SERVE

CARBOHYDRATE 4.90g per 100g

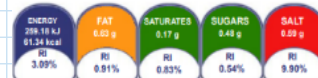
Roast Potatoes



PER 110.00 G SERVE

CARBOHYDRATE 16.27g per 100g

Sage & Onion Stuffing



PER 15.00 G SERVE

CARBOHYDRATE 76.45g per 100g

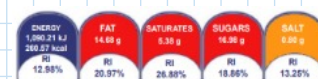
Gravy



PER 3.75 G SERVE

CARBOHYDRATE 70.00g per 100g

Chocolate Songe

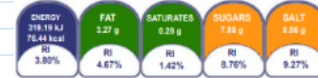


PER 69.00 G SERVE

CARBOHYDRATE 44.41g per 100g

THURSDAY

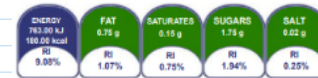
Italian Tomato Sauce



PER 148.50 G SERVE

CARBOHYDRATE 5.88g per 100g

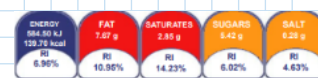
Penne Pasta



PER 100.00 G SERVE

CARBOHYDRATE 73.60g per 100g

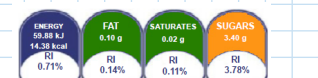
Shortbread Biscuit



PER 30.00 G SERVE

CARBOHYDRATE 53.62g per 100g

Fresh Fruit Wedge

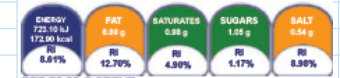


PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g

FRIDAY

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

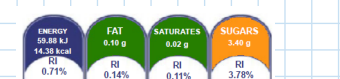
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Fresh Fruit Wedge



PER 62.50 G SERVE

CARBOHYDRATE 5.44g per 100g