



SPRING/SUMMER 2024

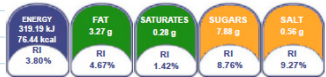
15th April, 6th May, 3rd June
24th June, 15th July
16th September, 7th October



MONDAY

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

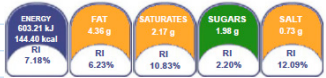
Italian Tomato Pasta Sauce



PER 148.50 G SERVE

CARBOHYDRATE 5.88g per 100g

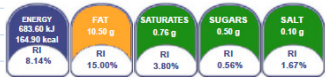
Margherita Pizza



PER 60.00 G SERVE

CARBOHYDRATE 33.88g per 100g

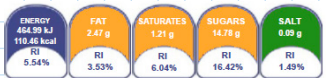
Potato Wedges



PER 110.00 G SERVE

CARBOHYDRATE 13.64g per 100g

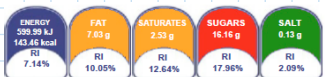
Ice Cream Sundae



PER 71.00 G SERVE

CARBOHYDRATE 27.04g per 100g

DF Ice Cream Sundae

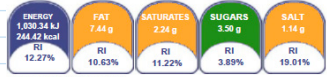


PER 71.00 G SERVE

CARBOHYDRATE 25.94g per 100g

TUESDAY

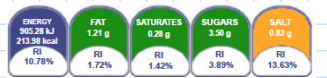
Hot Dog



PER 96.00 G SERVE

CARBOHYDRATE 35.30g per 100g

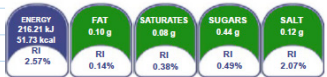
Veggie Hot Dog



PER 114.00 G SERVE

CARBOHYDRATE 36.94g per 100g

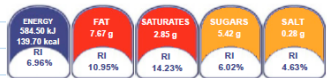
Herby Diced Potatoes



PER 70.50 G SERVE

CARBOHYDRATE 16.13g per 100g

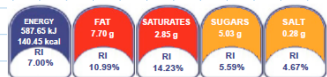
Shortbread Biscuit



PER 30.00 G SERVE

CARBOHYDRATE 53.62g per 100g

GF Shortbread

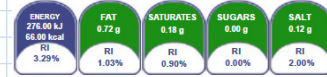


PER 30.00 G SERVE

CARBOHYDRATE 56.67g per 100g

WEDNESDAY

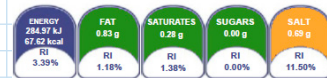
Roast Chicken



PER 60.00 G SERVE

CARBOHYDRATE 0.00g per 100g

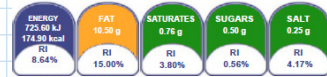
Roast Quorn Fillet



PER 69.00 G SERVE

CARBOHYDRATE 4.90g per 100g

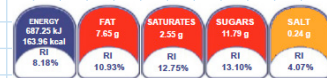
Roast Potatoes



PER 110.00 G SERVE

CARBOHYDRATE 16.27g per 100g

Flapjack

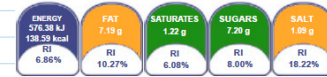


PER 37.50 G SERVE

CARBOHYDRATE 53.93g per 100g

THURSDAY

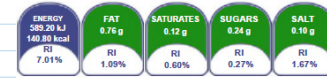
Chicken Curry



PER 190.00 G SERVE

CARBOHYDRATE 3.47g per 100g

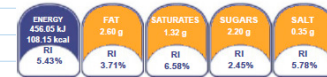
Rice



PER 40.00 G SERVE

CARBOHYDRATE 73.90g per 100g

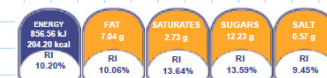
Naan



PER 35.00 G SERVE

CARBOHYDRATE 49.30g per 100g

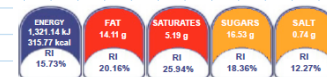
BBQ Quorn Taco



PER 92.00 G SERVE

CARBOHYDRATE 28.44g per 100g

Vanilla Crunch

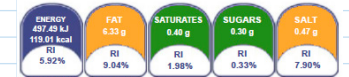


PER 75.38 G SERVE

CARBOHYDRATE 56.54g per 100g

FRIDAY

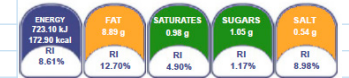
Battered Fish



PER 60.00 G SERVE

CARBOHYDRATE 16.30g per 100g

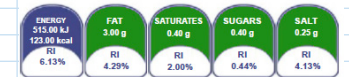
Vegetable Goujon



PER 70.00 G SERVE

CARBOHYDRATE 28.30g per 100g

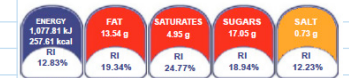
Chips



PER 100.00 G SERVE

CARBOHYDRATE 21.00g per 100g

Cup Cake



PER 67.83 G SERVE

CARBOHYDRATE 42.80g per 100g



SPRING/SUMMER 2024

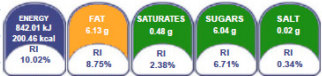
22nd April, 13th May, 10th June
1st July, 2nd September,
23rd September, 14th October



MONDAY

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

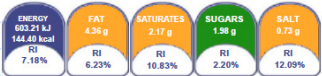
Vegetable Pasta Bolognaise



PER 151.67 G SERVE

CARBOHYDRATE 19.27g per 100g

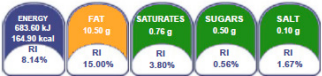
Margherita Pizza



PER 60.00 G SERVE

CARBOHYDRATE 33.88g per 100g

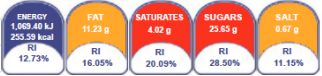
Potato Wedges



PER 110.00 G SERVE

CARBOHYDRATE 13.64g per 100g

Iced Sponge

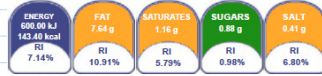


PER 69.83 G SERVE

CARBOHYDRATE 50.33g per 100g

TUESDAY

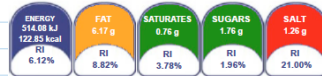
Breaded Chicken Steak



PER 60.00 G SERVE

CARBOHYDRATE 16.53g per 100g

Southern Style Quorn



PER 63.00 G SERVE

CARBOHYDRATE 14.50g per 100g

WEDNESDAY

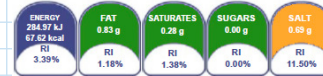
Pork



PER 50.00 G SERVE

CARBOHYDRATE 0.50g per 100g

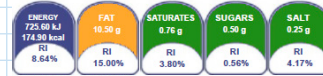
Roast Quorn Fillet



PER 69.00 G SERVE

CARBOHYDRATE 4.90g per 100g

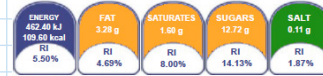
Roast Potatoes



PER 110.00 G SERVE

CARBOHYDRATE 16.27g per 100g

Vanilla Ice Cream

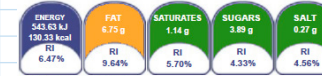


PER 80.00 ML SERVE

CARBOHYDRATE 20.30g per 100g

THURSDAY

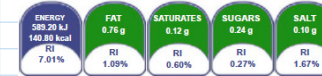
Sweet & Sour Chicken



PER 99.06 G SERVE

CARBOHYDRATE 4.57g per 100g

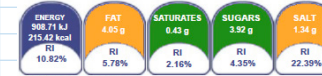
Rice



PER 40.00 G SERVE

CARBOHYDRATE 73.90g per 100g

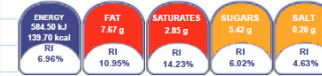
Vegetable Chow Mein



PER 97.66 G SERVE

CARBOHYDRATE 37.52g per 100g

Shortbread Biscuit

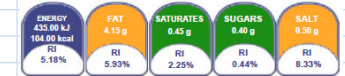


PER 30.00 G SERVE

CARBOHYDRATE 53.62g per 100g

FRIDAY

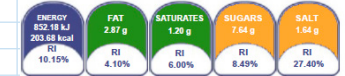
Fish Fingers



PER 50.00 G SERVE

CARBOHYDRATE 20.60g per 100g

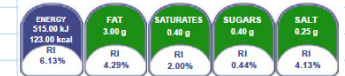
Veg Spring Roll



PER 120.00 G SERVE

CARBOHYDRATE 25.42g per 100g

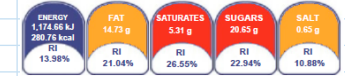
Chips



PER 100.00 G SERVE

CARBOHYDRATE 21.00g per 100g

Lemon Drizzle Cake



PER 86.88 G SERVE

CARBOHYDRATE 38.06g per 100g



SPRING/SUMMER 2024

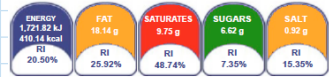
29th April, 20th May, 17th June,
8th July, 9th September,
30th September, 21st October



MONDAY

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

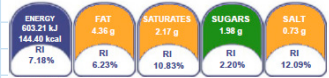
Macaroni Cheese



PER 190.00 G SERVE

CARBOHYDRATE 23.16g per 100g

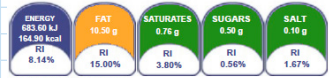
Margherita Pizza



PER 60.00 G SERVE

CARBOHYDRATE 33.88g per 100g

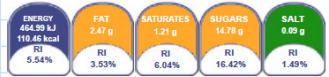
Potato Wedges



PER 110.00 G SERVE

CARBOHYDRATE 13.64g per 100g

Ice Cream Sundae

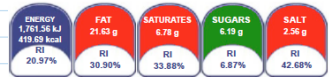


PER 71.00 G SERVE

CARBOHYDRATE 27.04g per 100g

TUESDAY

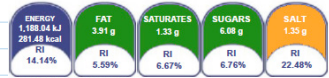
Breakfast Brunch



PER 236.00 G SERVE

CARBOHYDRATE 14.31g per 100g

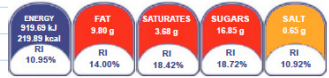
Vegan Breakfast Brunch



PER 217.00 G SERVE

CARBOHYDRATE 22.80g per 100g

Chocolate Nests

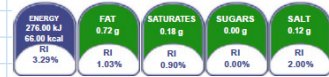


PER 51.50 G SERVE

CARBOHYDRATE 59.44g per 100g

WEDNESDAY

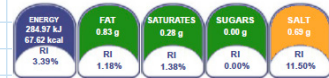
Roast Chicken



PER 60.00 G SERVE

CARBOHYDRATE 0.00g per 100g

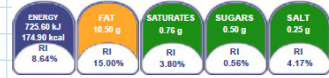
Roast Quorn Fillet



PER 69.00 G SERVE

CARBOHYDRATE 4.90g per 100g

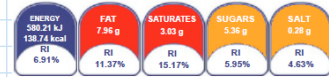
Roast Potatoes



PER 110.00 G SERVE

CARBOHYDRATE 16.27g per 100g

Chocolate Cookie

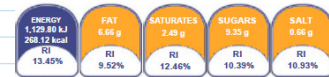


PER 30.00 G SERVE

CARBOHYDRATE 47.88g per 100g

THURSDAY

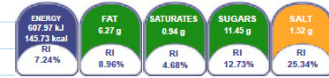
BBQ Chicken Wrap



PER 126.00 G SERVE

CARBOHYDRATE 29.09g per 100g

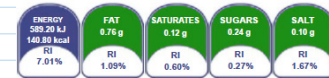
Vegetable Curry



PER 277.50 G SERVE

CARBOHYDRATE 5.07g per 100g

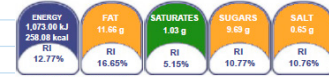
Rice



PER 40.00 G SERVE

CARBOHYDRATE 73.90g per 100g

Fruit Muffin

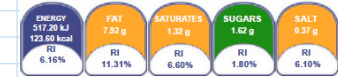


PER 70.33 G SERVE

CARBOHYDRATE 47.80g per 100g

FRIDAY

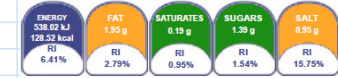
Chicken Dippers



PER 60.00 G SERVE

CARBOHYDRATE 7.70g per 100g

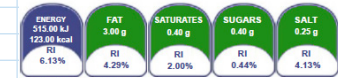
Quorn Dippers



PER 63.00 G SERVE

CARBOHYDRATE 25.60g per 100g

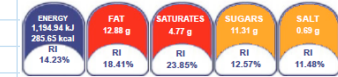
Chips



PER 100.00 G SERVE

CARBOHYDRATE 21.00g per 100g

Chocolate crunch



PER 69.13 G SERVE

CARBOHYDRATE 54.06g per 100g



SPRING/SUMMER 2024

PACKED LUNCH / VEGETABLES JACKET POTATOS

MONDAY

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

Cheese Roll



PER 55.00 G SERVE

CARBOHYDRATE 31.39g per 100g

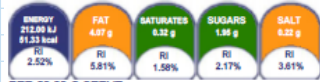
Cheese Wrap



PER 81.00 G SERVE

CARBOHYDRATE 34.92g per 100g

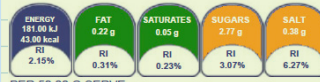
Coleslaw



PER 50.00 G SERVE

CARBOHYDRATE 6.4g per 100g

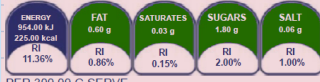
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE 14.47g per 100g

Plain Jacket Potato



PER 300.00 G SERVE

CARBOHYDRATE 17.20g per 100g

TUESDAY

Ham Roll



PER 55.00 G SERVE

CARBOHYDRATE 30.89g per 100g

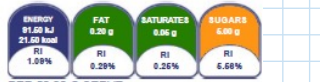
Ham Wrap



PER 81.00 G SERVE

CARBOHYDRATE 34.73g per 100g

Apple



PER 50.00 G SERVE

CARBOHYDRATE 10g per 100g

WEDNESDAY

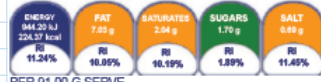
Tuna Mayo Roll



PER 50.00 G SERVE

CARBOHYDRATE 30.19g per 100g

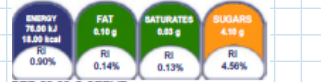
Tuna Mayo Wrap



PER 91.00 G SERVE

CARBOHYDRATE 31.62g per 100g

Satsuma

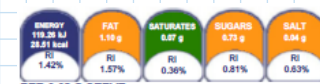


PER 50.00 G SERVE

CARBOHYDRATE 8.20g per 100g

THURSDAY

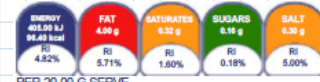
Popcorn



PER 6.00 G SERVE

CARBOHYDRATE 60.90g per 100g

Tortilla Chips



PER 20.00 G SERVE

CARBOHYDRATE 64.00g per 100g

FRIDAY

Carrot Sticks



PER 60.00 G SERVE

CARBOHYDRATE 6g per 100g

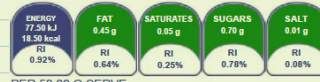
Cucumber Sticks



PER 80.00 G SERVE

CARBOHYDRATE 1.20g per 100g

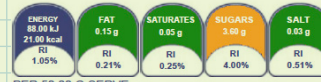
Broccoli



PER 50.00 G SERVE

CARBOHYDRATE 2.30g per 100g

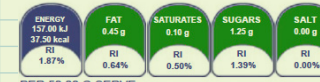
Carrots



PER 50.00 G SERVE

CARBOHYDRATE 7.70g per 100g

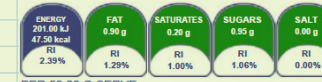
Peas



PER 50.00 G SERVE

CARBOHYDRATE 8.60g per 100g

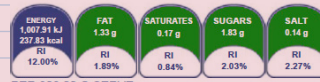
Sweetcorn



PER 50.00 G SERVE

CARBOHYDRATE 15.60g per 100g

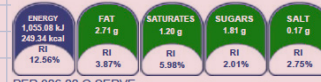
Jacket Potato with Tuna



PER 306.00 G SERVE

CARBOHYDRATE 16.77g per 100g

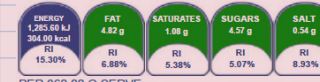
Jacket Potato with Cheese



PER 306.00 G SERVE

CARBOHYDRATE 16.89g per 100g

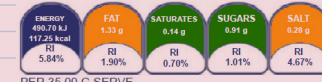
Jacket Potato with Beans



PER 360.00 G SERVE

CARBOHYDRATE 16.34g per 100g

Bread Roll



PER 35.00 G SERVE

CARBOHYDRATE 66.00g per 100g