Updated April 2025	Carb Count	wheat/gluten	milk/dairy	eggs	fish	soya/soyabean	sulpher dioxide	nuts	peanuts	lupin	mustard	molluscs	celery	Sesame seeds	Shellfish/Crusta	
Battered Chicken Steak	10	x		х		х										<u> </u>
Beef Tacos	8	×	X	^												cheese
Bolognese	10	^	^													cheese
Breaded Chicken Steak	16	×	may			х					may		may			1
Chicken Tacos	9	X	x								may		ay			in cheese
Curried Chicken Chunks	4															iii cheese
Fish Fingers x 3	9	х			х											1
GF Fish Fingers	8				x											1
Fish Bites (each)	4.8	х			x											1
Mexican Beef Tortilla Bake	8	x	х													1
Pork Meatballs x 2	4	x														in stuffing
Roast Chicken	0															1
Roast Pork	0															1
Roast Turkey	0															1
Sausages (Fresh) x 2	4	х					х									1
Sausages (korkers) x 1	7	х														
Sausages GF x 1	5															1
Homemade Pizza (v)	26	х	х													1
Meatless Meatballs (each ball)	8.5	х	х													
Mixed Bean Wrap	25	х														
Tomato Pasta	30	х														]
Veggie/Vegan Burrito	21	x														wrap -
Vegan Quorn Sausages (each)	5	x														
Veggie Bolognese (without pasta)	7															
Vegetable & Chickpea Tart	49	x														
Vegetable Pasta Bake	30	x														
Veggie Meatballs	14	x				x										]
Veggie Meatloaf	20	x	х			x										in cheese
Veggie Nuggets x 3 (new product)	12.9	x														]
Veggie Tacos	8	х	X													
Chips	25															-
Creamed Potatoes (per scoop)	10															1
Garlic Dough balls (each)	6	х				Х										1

Garlic Flatbread	6	х		х					
GF Pasta	32								
Seasoned diced potatoes	26								
Jacket Potato	35								
1/2 Jacket Potato	17								
Pasta	30	х							
Rainbow Rice	30								
Rice	30								
Rustic Potatoes (120g)	32								
Savoury Rice	30							х	
Saute Potatoes (I20g)	20.5								
Vegetable Rice	30								

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Baked Beans	9														
Broccoli	0														
Carrots	2														
Cauliflower	1														
Coleslaw (Q)	2			х							х				
Green Beans	1														
Mixed Salad	0														
Mixed Vegetables	4														
Peas	4														
Swede	2														
Sweetcorn	11														
Roasted Vegetables	4														
Apple Sauce	5														
Cheese (40g)	0		х												
Gravy	4														
Home made bread	8	х				х									
Mayonaise	3			х							х				
Pitta Bread	12														
Stuffing	5	х													
Tomato Base Sauce	0														
Tomato Ketchup (per tsp)	5														
Yorkshire Pudding	10	х	х	х											
pig in blanket	1	х					х								
Angel Delight Mousse	8		х												
Cheeky Chocolate Cake	20	х		х											
Chelsea Bun	22.5	х				х	х								
Chocolate Krispie Cake	18.5	х													
Chocolate Shortbread	23.5	х													
Chocolate Sponge	18.5	х		х											
Fresh Fruit	10														
Frozen Fruit Smoothie	15														
Gingerbread Cookie	17.5	х		х											
Ginger Cake	26	х		х											
Golden Krispie Cake	18.5	х													
Gooey Chocolate Biscuit	17.5	х		х											
Iced Bun	22.5	х				х									
Iced Cookie Bun	15	х		х											
Ice Cream	8		х												

Iced Cake	21	х		х										
Iced Carrot Cake	21	х		х										
Jelly	12													
Lemon Cake	17	х		х										
Lemon Drizzle Cake	25	X		х										
Marble Sponge	17	X		х										
Oat Cookie	21	x												
Raspberry Ripple Mousse	18.9		х				ı	Not Suita	ble for V	egetarian	S			
Shrewsbury Biscuit	28	x		х										
Strawberry Mousse	18		х			Not Suitable for Vegetarians								
Swirly Jam Sponge	27	x		х										
Vanilla Shortbread	23.5	x												
Yoghurt & Fruit Compote	10		х											