Updated October 2024	Carb Count	wheat/gluten	milk/dairy	eggs	fish	soya/soyabean	sulpher dioxide	nuts	peanuts	lupin	mustard	molluscs	celery	Sesame seeds	Shellfish/Crusta	
Breaded Chicken Steak	16	x					x						x			
Burger - Salvatori	0						x				x		x			
Chicken Pie	15	x														
Fish Fingers x 3	9	x			x											
GF Fish Fingers	8				x											
Lasagne	25	x	x													
Mild Chicken Curry (100g)	5						x									
Pork Meatballs x 2	4	x														in stuffing
Roast Pork	0															
Roast Turkey	0															
Sausages (Fresh) x 2	4	x					x									
Sausages GF x 1	5															
Sausage Roll Slice	15	x	x		x		x									
Cheese Puff	12	x	x													
Curried Veggie Pasty	12	x														
Homemade Pizza (v)	26	x	x													
Mac n Cheese	30	x	x								x					
Meatless Meatballs (each ball)	8.5	x	x													
Pasta Provencale	17	x														
Pea & Basil Pesto Pasta	30	x	x				x									
Pizza Whirl	26	x	x													
Tomato Pasta	30	x														
Vegan Burrito	21	x														wrap -
Vegan Quorn Sausages	5	x														
Veggie Bolognese (without pasta)	7															
Veggie Burritos	21	x	x													Cheese and wrap
Veggie Nuggets x 3	15	x														
Veggie Sausage Roll	14	x														
Veggie Pie	16	x														
Winter Veg and Potato Bake	20		x													
Boiled Potatoes	20															
Burger Bun	25	x														
Chips	25															
Creamed Potatoes (per scoop)	10															

Crushed Potatoes	20														
Garlic Dough balls (each)	6	x				x									
Garlic Flatbread	6	x				x									
GF Pasta	32														
Herby diced potatoes	26	x													
Jacket Potato	35														
1/2 Jacket Potato	17														
Jacket Wedges	26														
Pasta	30	x													
Rice	30														
Roast Potatoes (120g)	32														
Savoury Rice	30												x		
Sub roll (half)	38	x												**may**	
Pastry Top	5	x													

Baked Beans	9														
Broccoli	0														
Carrots	2														
Cauliflower	1														
Coleslaw	4			x							x				
Green Beans	1														
Mixed Salad	0														
Mixed Vegetables	4														
Peas	4														
Sweetcorn	11														
Cheese (40g)	0		x												
Gravy	4														
Home made bread	8	x				x									
Mayonaise	3			x							x				
Pitta Bread	12														
Stuffing	5	x													
Tomato Base Sauce	0														
Tomato Ketchup (per tsp)	5														
Yorkshire Pudding	10	x	x	x											
pig in blanket	1	x					x								
Angel Delight Mousse	8		x												
Apple Flapjack	25	x													x
Chocolate Krispie Cake	22	x													
Chocolate Mousse	21		x					**Not suitable for vegetarians**							
Chocolate Sauce	10		x												
Chocolate Shortbread	28	x													
Chocolate Sponge	22	x		x											
Custard	10		x												
Fresh Fruit	10														
Fruit Crumble	40	x													
Frozen Fruit Smoothie	15														
Gingerbread Cookie	21	x		x											
Ginger Cake	31	x		x											
Golden Krispie Cake	22	x													
Iced Bun	27	x				x									
Ice Cream	8		x												
Iced Cake	25	x		x											

Iced Carrot Cake	25	x		x											
Jammie Pinwheel	9	x													
Jam Scone	33	x		x											
Jelly	12														
Lemon Cake	20	x		x											
Lemon Drizzle Cake	30	x		x											
Marble Sponge	20	x		x											
Oat Cookie	25	x													
Oaty Apple Bar	28	x													
Orange/Lemon Sauce	8														
Raspberry Buns	23	x		x											
Raspberry Ripple Mousse	18.9		x					**Not Suitable for Vegetarians**							
Strawberry Mousse	18		x					**Not Suitable for Vegetarians**							
Swirly Jam Sponge	32	x		x											
Syrup Sponge	27.6	x		x											
Vanilla Sauce	10														
Vanilla Shortbread	28	x													