

Week 1

	Carb Count	wheat/gluten	milk/dairy	eggs	soya/soyabeans
Updated April 2026		1	2	3	4
Homemade Pizza (v) Scone Base	26	x	x		
Homemade Pizza (v) Bread Base	26	x	x		x
Herby Tomato Pasta	30	x			
Garlic Bread	6	x			x
Baked Beans	9				
Mixed Salad	0				
Jacket Potato	35				
Cheese (40g)	0		x		
Cornflake Crunch	22	x	x		may
Fresh Fruit	10				
Burger - Q	0	x			x
Burger Bun	26	x			
Quorn Sausage Roll	14	x			
Pasta Salad	30	x			
Coleslaw	4			x	
Vanilla Shortbread	28	x			
Roast Gammon	0				
Vegetable Frittata	3		x	x	
Creamed Potatoes (per scoop)	10				
Peas	4				
Lemon Cake	20	x		x	
Chicken Fajitas	15	x	x		
Sweet Potato & Spinach Dhal	18				
Savoury Rice	30				
Mixed Vegetables	4				
Jelly	12				
Fish Fingers x 3	9	x			
GF Fish Fingers	8				
Veggie Nuggets x 3 (new product)	12.9	x			
Chips	25				
Sweetcorn	11				

