

Week 2

	Carb Count	wheat/gluten	milk/dairy	eggs	soya/soybeans
Updated April 2026		1	2	3	4
Cheese Whirl	12	x	x		
Loaded Chilli Bean Wedges	25		x		
1/2 Jacket Potato	17				
Baked Beans	9				
Mixed Salad	0				
Jacket Potato	35				
Cheese (40g)	0		x		
Ice Cream	8		x		
Fresh Fruit	10				
Pork Meatballs x 2	4	x			
Meatless Meatballs (each ball)	8.5	x	x		
Pasta	30	x			
Carrots	2				
Mixed Vegetables	4				
Chocolate Sponge	18.5	x		x	
Roast Chicken	0				
Yorkshire Pudding	10	x	x	x	
Gravy	4				
Roasted Cauli Bites	2				
Rustic Potatoes (120g)	32				
Broccoli	0				
Sweetcorn	11				
Oat Cookie	21	x			
Sausages (Fresh) x 2	4	x			
Vegan Quorn Sausages (each)	5	x			
Crushed Potatoes	20				
Peas	4				
Summer Fruits Pinwheel	10	x			
Fish Fingers x 3	9	x			
GF Fish Fingers	8				
Veggie Nuggets x 3 (new product)	12.9	x			
Chips	25				
Sweetcorn	11				

