

Baked Beans	9																					
Broccoli	0																					
Carrots	2																					
Cauliflower	1																					
Coleslaw	4						x															
Green Beans	1																					
Mixed Salad	0																					
Mixed Vegetables	4																					
Peas	4																					
Swede	2																					
Sweetcorn	11																					
Apple Sauce	5																					
Cheese (40g)	0						x															
Gravy	4																					
Home made bread	8	x									x											
Mayonaise	3																					
Pitta Bread	12																					
Stuffing	5	x																				
Tomato Base Sauce	0																					
Tomato Ketchup (per tsp)	5	x																				
Tuna Mayo	6																					
Yorkshire Pudding	6.5	x	x	x																		
pig in blanket	1	x																				
Angel Delight Mousse	8																					
Apple Flapjack	25	x																				x
Chocolate Krispie Cake	22	x																				
Chocolate Mousse	21																					
Chocolate Sauce	10																					
Chocolate Shortbread	28	x																				
Chocolate Sponge	22	x																				
Christmas Tree Ice Cream	31.4 per 100g																					
Custard	10																					
Fresh Fruit	10																					
Fruit Crumble	40	x																				
Frozen Fruit Smoothie	15																					
Gingerbread Cookie	21	x																				
Ginger Cake	31	x																				
Golden Krispie Cake	22	x																				
Iced Bun	27	x																				
Ice Cream	8																					
Iced Carrot Cake	25	x																				
Jammie Pinwheel	9	x																				
Jam Scone	33	x																				
Jelly	12																					
Lemon Cake	20	x																				
Marble Sponge	20	x																				
Oat Cookie	25	x																				
Oaty Apple Bar	28	x																				
Orange/Lemon Sauce	8																					
Raspberry Buns	23	x																				
Raspberry Ripple Mouse	18.9																					
Strawberry Mouse	18																					
Swirly Jam Sponge	32	x																				
Syrup Sponge	27.6	x																				
Vanilla Sauce	10																					
Vanilla Shortbread	28	x																				

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