WHOLE SCHOOL MEALS - MENU LIST WITH ALLERGENS & CARB COUNT

	Carb Count	wheat/gluten	milk/dairy	eggs	fish	soya/soyabean	sulpher dioxide	nuts	peanuts	lupin	mustard	molluscs	celery	Sesame seeds	Shellfish/Crusta
Battered Fish	12	x			x										
Bolognese	10														
Breaded Fish	14	x			x										
Burger in a Bun	23.2	x				x									
Chicken Goujons x 2	15	x													
Chicken & Sweetcorn/Pastry Top	11	x													
Chicken Tacos	9		x												
Chicken Thigh	0														
Fish Fingers x 3	9	x			x										
GF Fish Fingers	8				x										
Lasagne	25	x	x												
Pork Meatballs x 2	4	x													
Roast Gammon	0														
Roast Pork	0														
Roast Turkey	0														
Salmon Bites x 3	18	x			x										
Sausages (Fresh) x 2	4	x					x								
Sausages (korkers) x 1	7	x													
Sausages GF x 1	5														
Sausage Roll	23	x					x								
Savoury Mince	8														
Tomato Base Sauce	0														
Tuna & Sweetcorn Pasta	30	x			x										
BBQ Jackfruit Tacos	41	x													
Cauliflower & Broccoli Bake	5	x	x								x				
Cheese & Tom Pinwheel	12	x	x												
Cheesy Topped Leek & Potato	20		x												
Chickpea Pattie	14	x													
Curried Veggie Pasty	22	x													
Homemade Pizza (v)	26	x	x												

Macaroni Cheese	30	x	x												
Meatless Meatballs	20	x													
Mexican Bean Wraps	28	x													
Mustardy Vegetble Sausage Bake	15	x		x		x					x		x		
Pasta Provencale	30	x													
Pitta Pizza	19	x	x												
Quorn Meatloaf	8	x	x	x											
Roated Vegetable Pasta Bake	30	x													
Spicy Bean Burger	24.9	x													
Tomato Pasta	30	x													
Vegan Quorn Sausages	5	x													
Veggie Nuggets x 3	15	x													
Veggie Sausage Roll	14	x													
Veggie Stir Fry	7					x									
Chips	25														
Creamed Potatoes (per scoop)	10														
Crushed Potatoes	20														
Garlic Dough Balls	5	x				x									
Garlic Flatbread	6	x				x									
GF Pasta	32														
Herby Diced Potatoes	25	x													
Jacket Potato	35														
Jacket Wedges	26														
Noodles	20	x		x											
Pasta	30	x													
Roast Potatoes (120g)	32														
Savoury Rice	30												x		

Baked Beans	9														
Broccoli	0														
Carrots	2														
Cauliflower	1														
Green Beans	1														
Mixed Vegetables	4														
Peas	4														
Swede	2														
Sweetcorn	11														
Apple Sauce	5														
Home made bread		x				x									
Cheese (40g)	0		x												
Gravy	4														
Mayonaise	3			x							x				
Stuffing	5	x													
Tomato Ketchup (per tsp)	5	x													
Tuna Mayo	6			x	x						x				
Angel Delight Mousse	8		x												
Banana Cake	25	x		x											
Chocolate Brownie		x		x											
Chocolate Krispie Cake	18														
Chocolate Sauce	10		x												
Chocolate Shortbread	28	x													
Chocolate Sponge	22	x		x											
Custard	10		x												
Fresh Fruit	10														
Frozen Fruit Smoothie	15														
Gooey Chocolate Biscuit	25	x		x											
Ice Cream	8		x												
Iced Carrot Cake	24	x		x											
Jelly	12														
Lemon Drizzle Cake	34	x		x											
Marble Sponge	20	x		x			x								
Oat Cookie	25	x													

Oaty Apple Bar	28		x													
Raspberry Buns	23		x		x											
Raspberry Ripple Mouse	18.9			x												
Swirly Jam Sponge	32		x		x											
Vanilla Shortbread	28		x													