

Nutrients

Week 1

Monday

Beef Burger (GLUTEN, WHEAT)

Energy: 411.26Kcal Carbohydrate: 29.73g Salt: 1.67g Total Sugars: 3.09g Fat: 22.74g Protein: 21.43g
Saturated Fat: 10.32g Fibre: 1.65g

Potato Salad (EGGS)

Energy: 91.97Kcal Carbohydrate: 15.55g Salt: 0.13g Total Sugars: 1.45g Fat: 2.90g Protein: 1.86g
Saturated Fat: 0.30g Fibre: 1.01g

Roasted Vegetable Pasta Bake (GLUTEN, MILK, MUSTARD, SOYA, WHEAT, KAMUT)

Energy: 421.24Kcal Carbohydrate: 57.18g Salt: 2.70g Total Sugars: 7.10g Fat: 10.21g Protein: 23.35g
Saturated Fat: 5.78g Fibre: 4.90g

Homemade Garlic Bread (EGGS, GLUTEN, MILK, SOYA, WHEAT)

Energy: 121.58Kcal Carbohydrate: 21.74g Salt: 0.50g Total Sugars: 0.72g Fat: 1.27g Protein: 4.15g
Saturated Fat: 0.36g Fibre: 3.24g

Carrot and Coriander Salad (SULPHUR DIOXIDE)

Energy: 4.06Kcal Carbohydrate: 0.81g Salt: 0.01g Total Sugars: 0.75g Fat: 0.07g Protein: 0.11g
Saturated Fat: 0.02g Fibre: 0.21g

Apple Sponge (EGGS, GLUTEN, WHEAT)

Energy: 300.45Kcal Carbohydrate: 34.63g Salt: 0.62g Total Sugars: 20.73g Fat: 15.41g Protein: 4.75g
Saturated Fat: 5.65g Fibre: 1.26g

Tuesday

Love Joes Piri Piri Chicken Wrap (GLUTEN, KAMUT, SPELT, WHEAT)

Energy: 345.87Kcal Carbohydrate: 37.50g Salt: 3.30g Total Sugars: 6.27g Fat: 10.16g Protein: 25.29g
Saturated Fat: 3.45g Fibre: 1.82g

Mixed Rice

Energy: 214.43Kcal Carbohydrate: 45.82g Salt: 0.24g Total Sugars: 0.22g Fat: 0.94g Protein: 4.60g
Saturated Fat: 0.06g Fibre: 1.13g

Veggie Bean Wrap (GLUTEN, KAMUT, WHEAT)

Energy: 242.51Kcal Carbohydrate: 40.70g Salt: 0.48g Total Sugars: 4.86g Fat: 4.38g Protein: 9.10g
Saturated Fat: 1.76g Fibre: 4.61g

Syrup Sponge (EGGS, GLUTEN, WHEAT)

Energy: 410.99Kcal Carbohydrate: 67.66g Salt: 0.79g Total Sugars: 49.99g Fat: 12.55g Protein: 6.40g
Saturated Fat: 3.45g Fibre: 0.75g

Wednesday

Cottage Pie

Energy: 330.23 Kcal Carbohydrate: 29.75 g Salt: 0.43 g Total Sugars: 3.79 g Fat: 15.62 g Protein: 17.69 g
Saturated Fat: 5.80 g Fibre: 4.95 g

Vegetarian Cottage

Energy: 286.38Kcal Carbohydrate: 33.64g Salt: 0.58g Total Sugars: 5.65g Fat: 7.18g Protein: 18.07g
Saturated Fat: 1.66g Fibre: 8.94g

Carrot & Broccoli

Energy: 34.20Kcal Carbohydrate: 1.62g Salt: 0.02g Total Sugars: 1.35g Fat: 0.81g Protein: 3.96g
Saturated Fat: 0.18g Fibre: 2.34g

Homemade Caramel Biscuits (GLUTEN, KAMUT, WHEAT)

Energy: 234.55Kcal Carbohydrate: 26.99g Salt: 0.36g Total Sugars: 13.03g Fat: 13.03g Protein: 2.10g
Saturated Fat: 4.80g Fibre: 0.60g

Thursday

Chicken Tikka Masala (MILK)

Energy: 244.90Kcal Carbohydrate: 7.26g Salt: 4.45g Total Sugars: 5.80g Fat: 15.85g Protein: 20.57g
Saturated Fat: 3.92g Fibre: 1.57g

Cauliflower & Spinach Curry (GLUTEN, WHEAT)

Energy: 59.54 Kcal 255.86 Kcal 12.79 % Carbohydrate: 9.51 g 40.86 g 15.72 % Salt: 0.21 g 0.90 g 14.94 %
Total Sugars: 2.05 g 8.79 g 9.77 % Fat: 0.89 g 3.82 g 5.45 % Protein: 4.16 g 17.88 g 35.77 %
Saturated Fat: 0.15 g 0.63 g 3.15 % Fibre: 2.25 g 9.68 g 38.71 %

Garlic & Coriander Naan Bread (GLUTEN, WHEAT)

Energy: 101.15Kcal Carbohydrate: 18.20g Salt: 0.30g Total Sugars: 0.28g Fat: 1.72g Protein: 2.66g
Saturated Fat: 0.18g Fibre: 0.81g

Turmeric Rice

Energy: 211.46Kcal Carbohydrate: 47.02g Salt: 0.32g Total Sugars: 0.02g Fat: 0.02g Protein: 4.67g
Saturated Fat: 0.07g Fibre: 0.12g

Apricot Flapjack (BARLEY, GLUTEN, OATS, SULPHUR DIOXIDE, WHEAT)

Energy: 329.19Kcal Carbohydrate: 43.42g Salt: 0.22g Total Sugars: 30.25g Fat: 14.81g Protein: 3.72g
Saturated Fat: 5.06g Fibre: 3.92g

Friday

Fish Cake (FISH, GLUTEN, SEAFOOD, WHEAT)

Energy: 316.40Kcal Carbohydrate: 32.89g Salt: 0.75g Total Sugars: 1.52g Fat: 14.30g Protein: 13.67g
Saturated Fat: 3.40g Fibre: 1.37g

Quorn Sausages (GLUTEN, KAMUT, WHEAT)

Energy: 138.0 Kcal Carbohydrate: 8.10g Salt: 1.10g Total Sugars: 0.10g Fat: 4.60g Protein: 14.53g
Saturated Fat: 1.60g Fibre: 3.30g

Chips

Energy: 170.80 Kcal Carbohydrate: 30.80 g Salt: 0.11 g Total Sugars: 0.00g Fat: 3.08g Protein: 3.36g
Saturated Fat: 1.40g Fibre: 3.50g

Baked Beans

Energy: 91.00 Kcal Carbohydrate: 13.00g Salt: 0.70g Total Sugars: 6.80g Fat: 1.40g Protein: 4.50g
Saturated Fat: 0.20g Fibre: 4.70g

Raspberry Ripple Ice-cream Roll (EGGS, GLUTEN, MILK, SOYA, SOYBEANS, WHEAT)

Energy: 205.00 Kcal 123.00 Kcal 6.15 % Carbohydrate: 31.00 g 18.60 g 7.15 % Salt: 0.27 g 0.16 g 2.70 %
Total Sugars: 16.00 g 9.60 g 10.67 % Fat: 7.40 g 4.44 g 6.34 % Protein: 3.80 g 2.28 g 4.56 %
Saturated Fat: 4.00 g 2.40 g 12.00 % Fibre: 0.00 g 0.00 g 0.00 %

Week 2

Monday

Home-made Pizza (GLUTEN, MILK, WHEAT)

Energy: 354.75Kcal Carbohydrate: 48.82g Salt: 1.71g Total Sugars: 3.48g Fat: 8.84g Protein: 16.32g
Saturated Fat: 4.70g Fibre: 6.73g

Sweet Potato & Lentil Tagine

Energy: 225.33Kcal Carbohydrate: 41.85g Salt: 5.69g Total Sugars: 10.33g Fat: 0.35 g 1.72 g 2.46 %
Protein: 2.12 g 10.40 g 20.81 % Saturated Fat: 0.04 g 0.21 g 1.06 % Fibre: 1.35 g 6.66 g 26.62 %

Coleslaw (EGGS)

Energy: 65.72Kcal Carbohydrate: 3.34g Salt: 0.27g Total Sugars: 2.70g Fat: 5.66g Protein: 0.50g
Saturated Fat: 0.61g Fibre: 0.99g

Homemade Potato Wedges

Energy: 108.16Kcal Carbohydrate: 21.40g Salt: 7.04g Total Sugars: 1.00g Fat: 12.41g Protein: 2.54g
Saturated Fat: 3.74g Fibre: 2.68g

Fruity Chocolate Tray bake (EGGS, GLUTEN, MILK, SOYA, SOYBEANS, WHEAT)

Energy: 273.60Kcal Carbohydrate: 48.16g Salt: 0.91g Total Sugars: 31.66g Fat: 6.56g Protein: 3.87g
Saturated Fat: 2.00g Fibre: 2.33g

Tuesday

Chicken Cobbler (GLUTEN, KAMUT, MILK, WHEAT)

Energy: 535.70Kcal Carbohydrate: 18.83 g 48.65 g 18.71 % Salt: 0.41 g 1.07 g 17.83 % Total Sugars:
2.21 g 5.72 g 6.36 % Fat: 9.96 g 25.74 g 36.78 % Protein: 10.58 g 27.35 g 54.70 % Saturated Fat: 3.34
g 8.64 g 43.21 % Fibre: 3.00 g 7.75 g 30.99 %

Macaroni Cheese (GLUTEN, MILK, WHEAT)

Energy: 559.48Kcal Carbohydrate: 51.46g Salt: 1.19g Total Sugars: 8.15g Fat: 28.82g Protein: 22.58g
Saturated Fat: 15.03g Fibre: 2.05g

Sweetcorn

Energy: 52.00Kcal Carbohydrate: 6.48g Salt: 0.00g Total Sugars: 1.60g Fat: 1.44g Protein: 2.72g
Saturated Fat: 0.16g Fibre: 1.20g

Garlic Bread (GLUTEN, MILK, SOYA, SOYBEANS, WHEAT)

Energy: 164.16Kcal Carbohydrate: 15.84g Salt: 0.35g Total Sugars: 1.01g Fat: 9.12g Protein: 4.03g
Saturated Fat: 2.40g Fibre: 0.91g

Cocoa Brownie (EGGS, GLUTEN, KAMUT, WHEAT)

Energy: 298.01Kcal Carbohydrate: 35.48g Salt: 0.35g Total Sugars: 28.78g Fat: 14.58g Protein: 5.14g
Saturated Fat: 5.74g Fibre: 3.19g

Wednesday

Cumberland Sausage (GLUTEN, KAMUT, SULPHUR DIOXIDE, WHEAT)

Energy: 153.33Kcal Carbohydrate: 3.36g Salt: 0.68g Total Sugars: 1.88g Fat: 12.54g Protein: 6.84g
Saturated Fat: 3.99g Fibre: 0.91g

Quorn Roast (EGGS, MILK)

Energy: 72.00Kcal Carbohydrate: 1.68g Salt: 0.56g Total Sugars: 0.16g Fat: 0.80g Protein: 12.24g
Saturated Fat: 0.40g Fibre: 5.30g

Mash Potato (MILK, SULPHUR DIOXIDE)

Energy: 115.78Kcal Carbohydrate: 27.54g Salt: 0.01g Total Sugars: 1.36g Fat: 0.17g Protein: 2.73g
Saturated Fat: 0.02g Fibre: 1.12g

Carrot & Cauliflower

Energy: 34.20Kcal Carbohydrate: 1.62g Salt: 0.02g Total Sugars: 1.35g Fat: 0.81g Protein: 3.96g
Saturated Fat: 0.18g Fibre: 2.34g

Blueberry Muffin (EGGS, GLUTEN, MILK, SOYA, SOYBEANS, WHEAT)

Energy: 179.00Kcal Carbohydrate: 30.88g Salt: 0.24g Total Sugars: 15.24g Fat: 4.52g Protein: 2.64g
Saturated Fat: 1.88g Fibre: 2.02g

Thursday

Chicken Korma (MILK)

Energy: 333.64Kcal Carbohydrate: 12.56g Salt: 1.69g Total Sugars: 9.12g Fat: 22.88g Protein: 22.23g
Saturated Fat: 4.82g Fibre: 1.13g

Smokey BBQ Quesadilla (BARLEY, CELERIAC, CELERY, GLUTEN, SOYA, SOYBEANS, WHEAT)

Energy: 280.82Kcal Carbohydrate: 46.10g Salt: 0.57g Total Sugars: 5.42g Fat: 5.39g Protein: 10.43g
Saturated Fat: 1.79g Fibre: 6.13g

Garlic & Coriander Naan Bread (GLUTEN, WHEAT)

Energy: 101.15Kcal Carbohydrate: 18.20g Salt: 0.30g Total Sugars: 0.28g Fat: 1.72g Protein: 2.66g
Saturated Fat: 0.18g Fibre: 0.81g

Turmeric Rice

Energy: 211.46Kcal Carbohydrate: 47.02g Salt: 0.32g Total Sugars: 0.02g Fat: 0.02g Protein: 4.67g
Saturated Fat: 0.07g Fibre: 0.12g

Apple & Blackberry Shortbread (GLUTEN, WHEAT)

Energy: 266.56Kcal Carbohydrate: 31.37g Salt: 0.21g Total Sugars: 11.27g Fat: 13.91g Protein: 2.55g
Saturated Fat: 5.15g Fibre: 1.93g

Friday

Love Joe's BBQ Chicken Wrap (GLUTEN, WHEAT)

Energy: 355.32Kcal Carbohydrate: 38.52g Salt: 1.97g Total Sugars: 4.93g Fat: 10.68g Protein: 25.87g
Saturated Fat: 4.06g Fibre: 1.53g

Quorn Chilli Wrap (GLUTEN, MILK, SOYA, SOYBEANS, WHEAT)

Energy: 485.95Kcal Carbohydrate: 71.80g Salt: 1.07g Total Sugars: 6.94g Fat: 9.29g Protein: 23.72g
Saturated Fat: 4.36g Fibre: 6.73g

Chips

Energy: 170.80 Kcal Carbohydrate: 30.80 g Salt: 0.11 g Total Sugars: 0.00g Fat: 3.08g Protein: 3.36g
Saturated Fat: 1.40g Fibre: 3.50g

Baked Beans

Energy: 91.00 Kcal Carbohydrate: 13.00g Salt: 0.70g Total Sugars: 6.80g Fat: 1.40g Protein: 4.50g
Saturated Fat: 0.20g Fibre: 4.70g

Vanilla Ice Cream (MILK)

Energy: 176.00Kcal Carbohydrate: 20.00g Salt: 0.20g Total Sugars: 17.00g Fat: 8.40g Protein: 4.60g
Saturated Fat: 7.00g Fibre: 0.00g

Week 3

Monday

Beef Lasagne (**CELERICAC, CELERY, EGGS, GLUTEN, KAMUT, MILK, MUSTARD, SOYA, SOYBEANS, WHEAT**)

Energy: 574.86Kcal Carbohydrate: 48.83g Salt: 3.95g Total Sugars: 9.09g Fat: 28.49g Protein: 29.96g
Saturated Fat: 12.36g Fibre: 3.86g

Tomato & Basil Quiche (**EGGS, GLUTEN, MILK, SOYA, SOYBEANS, WHEAT**)

Energy: 254.70Kcal Carbohydrate: 26.07g Salt: 0.26g Total Sugars: 3.13g Fat: 13.81g Protein: 6.61g
Saturated Fat: 5.03g Fibre: 1.50g

Garlic Bread (**GLUTEN, MILK, SOYA, SOYBEANS, WHEAT**)

Energy: 164.16Kcal Carbohydrate: 15.84g Salt: 0.35g Total Sugars: 1.01g Fat: 9.12g Protein: 4.03g
Saturated Fat: 2.40g Fibre: 0.91g

Fruit Crumble & Custard (**GLUTEN, WHEAT, MILK**)

Energy: 531.77Kcal Carbohydrate: 82.19g Salt: 0.29g Total Sugars: 39.34g Fat: 19.96g Protein: 5.15g
Saturated Fat: 7.30g Fibre: 4.03g

Tuesday

Sticky Chicken (**SOYA, SOYBEANS, SULPHUR DIOXIDE**)

Energy: 126.44Kcal Carbohydrate: 5.24g Salt: 0.46g Total Sugars: 4.08g Fat: 3.37g Protein: 19.24g
Saturated Fat: 0.79g Fibre: 0.47g

Chinese Quorn (**MUSTARD, SOYA, SOYBEANS**)

Energy: 117.54Kcal Carbohydrate: 10.26g Salt: 1.68g Total Sugars: 6.43g Fat: 1.99g Protein: 11.57g
Saturated Fat: 0.60g Fibre: 5.58g

Mixed Rice

Energy: 214.43Kcal Carbohydrate: 45.82g Salt: 0.24g Total Sugars: 0.22g Fat: 0.94g Protein: 4.60g
Saturated Fat: 0.06g Fibre: 1.13g

Green Beans

Energy: 23.20Kcal Carbohydrate: 2.56g Salt: 0.00 g Total Sugars: 1.84g Fat: 0.40g Protein: 1.52g
Saturated Fat: 0.08g Fibre: 1.76g

Homemade Carrot Cake (**EGGS, GLUTEN, WHEAT**)

Energy: 387.33Kcal Carbohydrate: 47.79g Salt: 0.53g Total Sugars: 31.01g Fat: 19.31g Protein: 4.91g
Saturated Fat: 8.10g Fibre: 1.78g

Wednesday

Toad in the Hole (EGGS, GLUTEN, MILK, SULPHUR DIOXIDE, WHEAT)

Energy: 409.24Kcal Carbohydrate: 41.51g Salt: 2.06g Total Sugars: 3.12g Fat: 18.49g Protein: 19.19g
Saturated Fat: 4.89g Fibre: 2.36g

Stuffed Pepper (Milk)

Energy: 244.77Kcal Carbohydrate: 34.36g Salt: 0.33g Total Sugars: 9.41g Fat: 5.48g Protein: 15.81g
Saturated Fat: 2.87g Fibre: 5.79g

Boiled Potatoes

Energy: 87Kcal Carbohydrate: 20g Salt: 2.06g Total Sugars: 0.00g Fat: 0.1g Protein: 1.9g Saturated
Fat: 4.89g Fibre: 1.8g

Carrot & Broccoli

Energy: 34.20Kcal Carbohydrate: 1.62g Salt: 0.02g Total Sugars: 1.35g Fat: 0.81g Protein: 3.96g
Saturated Fat: 0.18g Fibre: 2.34g

Chocolate Chip Cookie (BARLEY, EGGS, GLUTEN, KAMUT, MILK, SOYA, SOYBEANS, WHEAT)

Energy: 135.39Kcal Carbohydrate: 18.57g Salt: 0.92g Total Sugars: 9.89g Fat: 5.88g Protein: 1.77g
Saturated Fat: 2.95g Fibre: 0.84g

Thursday

Chicken Balti (Mustard)

Energy: 269.80Kcal Carbohydrate: 28.08g Salt: 1.07g Total Sugars: 10.55g Fat: 4.31g Protein: 21.54g
Saturated Fat: 0.57g Fibre: 4.65g

Vegetable, Pea & Potato Curry (GLUTEN, WHEAT)

Energy: 602.80Kcal Carbohydrate: 81.70g Salt: 7.45g Total Sugars: 13.23g Fat: 17.68g Protein: 21.83g
Saturated Fat: 2.22g Fibre: 16.65g

Garlic & Coriander Naan Bread (GLUTEN, WHEAT)

Energy: 101.15Kcal Carbohydrate: 18.20g Salt: 0.30g Total Sugars: 0.28g Fat: 1.72g Protein: 2.66g
Saturated Fat: 0.18g Fibre: 0.81g

Turmeric Rice

Energy: 211.46Kcal Carbohydrate: 47.02g Salt: 0.32g Total Sugars: 0.02g Fat: 0.02g Protein: 4.67g
Saturated Fat: 0.07g Fibre: 0.12g

Banana Flapjack (BARLEY, GLUTEN, OATS, WHEAT)

Energy: 342.1 Kcal Carbohydrate: 44.42g Salt: 0.22g Total Sugars: 23.15g Fat: 15.77g Protein: 4.73g
Saturated Fat: 5.26g Fibre: 4.14g

Friday

Battered Cod (FISH, GLUTEN, SEAFOOD, WHEAT)

Energy: 184.50Kcal Carbohydrate: 14.40g Salt: 0.54g Total Sugars: 0.45g Fat: 9.90g Protein: 9.90g
Saturated Fat: 0.90g Fibre: 0.63g

Vegetarian Sausage Roll (**GLUTEN, SOYA, SOYBEANS, WHEAT**)

Energy: 637.00Kcal Carbohydrate: 52.10g Salt: 1.29g Total Sugars: 4.33g Fat: 37.68g Protein: 20.45g
Saturated Fat: 17.43g Fibre: 6.68g

Chips

Energy: 170.80 Kcal Carbohydrate: 30.80 g Salt: 0.11 g Total Sugars: 0.00g Fat: 3.08g Protein: 3.36g
Saturated Fat: 1.40g Fibre: 3.50g

Baked Beans

Energy: 91.00 Kcal Carbohydrate: 13.00g Salt: 0.70g Total Sugars: 6.80g Fat: 1.40g Protein: 4.50g
Saturated Fat: 0.20g Fibre: 4.70g

Mango & Orange Iced Smoothie

Energy: 63.20Kcal Carbohydrate: 14.40g Salt: 0.00g Total Sugars: 18.00g Fat: 0.40g Protein: 0.00g
Saturated Fat: 0.24g Fibre: 0.72g