

WEEK 1 Winter 24/25 (All Menu Information)										
	Monday		Tuesday		Wednesday		Thursday		Friday	
<i>Choice 1</i>	Spaghetti Bolognese		Chicken & Ham Melt		Roast Chicken Breast		Mini Ham Pizza Muffins		Southern Style Goujon	
<i>Allergens</i>	SU G		DA SU		X		DA SE SY SU G		G	
<i>Age 4 – 10 Portion Size / Carb Information</i>	248g	41.3g	100g	0.6g	70g	0g	X2 Topped Muffins (162g)	32.7g	X2 (60g)	7.9g
<i>Choice 2</i>	(v) Spaghetti Bolognese		Sausage Roll (vgn)		Sausages (vgn)		(v) Cheese & Tomato Pasta Bake		Battered Nuggets (vgn)	
<i>Allergens</i>	G EG SU G		G SU		G		G DA SU		G	
<i>Age 4 – 10 Portion Size / Carb Information</i>	248g	42.5g	½ Roll (70g)	20.3g	X1 (50g)	4g	223g	41.7g	X3 (60g)	5.5g
<i>Choice 3</i>	Jacket Potato W25		Jacket Potato W25		Jacket Potato W25		Jacket Potato W25		Breaded Fish Star	
<i>Allergens</i>	X		X		X		X		G F	
<i>Age 4 – 10 Portion Size / Carb Information</i>	X1 (60s)	56.5g	X1 (60s)	56.5g	X1 (60s)	56.5	X1 (60s)	56.5	X1 (50g)	11.5g
<i>Choice 4</i>	Filled Sandwich W25		Choice of Barmcake W25		Filled Tortilla Wrap W25		Filled Sandwich W25		Filled Tortilla Wrap W25	
<i>Allergens</i>	SY G		G		G		SY G		G	
<i>Age 4 – 10 Portion Size / Carb Information</i>	X3 Quarters	26g	X1 (63g)	24.7g	X1 10" Wrap (65g)	30.2g	X3 Quarters	26g	X1 10" Wrap (65g)	30.2g
<i>Fillings (Allergens)</i>	HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA)	
<i>Age 4 – 10 Portion Size / Carb Information</i>	HAM 50g TUNA MAYO 70g CHEESE 25g BAKED BEANS 60g TUNA CRUNCH 110g	0.2g 1.8g 0g 8.1g 3.9g	HAM 50g TUNA MAYO 70g CHEESE 25g BAKED BEANS 60g TUNA CRUNCH 110g	0.2g 1.8g 0g 8.1g 3.9g	HAM 50g TUNA MAYO 70g CHEESE 25g BAKED BEANS 60g TUNA CRUNCH 110g	0.2g 1.8g 0g 8.1g 3.9g	HAM 50g TUNA MAYO 70g CHEESE 25g BAKED BEANS 60g TUNA CRUNCH 110g	0.2g 1.8g 0g 8.1g 3.9g	HAM 50g TUNA MAYO 70g CHEESE 25g	0.2g 1.8g 0g
Please Note – Sides and desserts are not pre-ordered										
<i>With (Allergens)</i>	Broccoli & Cauliflower X		Garlic Butter Corn Cob (vgn) SU Seasoned Potato Wedges (vgn) X		Gravy (vgn) X Carrot & Swede X Roast Potatoes (vgn) X		Carrots X Pasta side (vgn) G		Peas X Chips (vgn) X	
<i>Age 4 – 10 Portion Size / Carb Information</i>	40g	1.3g	Cob 66g Wedges 125g	2.8g 22.5g	Gravy 20g C & Swede 50g Roast Potatoes 82g	0.9g 3.1g 14.3g	Carrots 40g Pasta 100g	3g 37g	Peas 40g Chips 60g	3.6g 23g
<i>Dessert</i>	Sticky Pineapple & Ice-cream (v)		(v) Chocolate Brownie		(v) Homemade Cookies		(v) Sponge Cake & Custard		Chocanana Pot (v)	
<i>Allergens</i>	DA SY		G EG DA		EG SY G		EG DA SY G		DA	
<i>Age 4 – 10 Portion Size / Carb Information</i>	116g	22.6g	50g	30.6g	28g	16.3g	41g Cake 100g Custard	29.6g	116g	21.5g

ALLERGEN KEY: (G-Gluten/Cereals containing Gluten)(SE-Sesame)(SU-Sulphites)(DA- Dairy/Milk Products)(SY-Soya)(EG-Egg)(F-Fish)(MU-Mustard)(CE-Celery)(NU-Tree nuts & “Ground nuts” such as peanuts)(MO-Molluscs)(CR-Crustaceans)(LU-Lupin)(X-No allergens known)

ONLY AVAILAIBLE FOR SPECIAL DIETS WHEN REQUIRED

(v) = Suitable for Vegetarians & Halal Diets
(vgn) = Suitable Vegan & Halal Diet

WEEK 1 Winter 24/25 (Limited Allergens Menus)										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Limited Allergen Choice 1	LA Pasta Bolognese		LA Chicken & Ham Violife Melt				LA Cheesy Tomato Pizza Slice (vgn)			
Allergens	SY SU		SU				SU			
Age 4 – 10 Portion Size / Carb Information	248g	43.5g	100g	4.3g			102g	31.8g		
Limited Allergen Choice 2	LA Pasta Bolognese (vgn)						LA Cheesy Tomato Pasta Bake (vgn)		LA GF Fish Fingers	
Allergens	SY SU						SY SU		F	
Age 4 – 10 Portion Size / Carb Information	243g	47g					223g	47.7g	60g	9.6g
Limited Allergen Choice 3	LA Jacket Potato (vgn)		LA Jacket Potato (vgn)		LA Jacket Potato (vgn)		LA Jacket Potato (vgn)		LA Jacket Potato (vgn)	
Allergens	X		X		X		X		X	
Age 4 – 10 Portion Size / Carb Information	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g
Limited Allergen Choice 4	LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)	
Allergens	X		X		X		X		X	
Age 4 – 10 Portion Size / Carb Information	59g	24.2g	59g	24.2g	59g	24.2g	59g	24.2g	59g	24.2g
Limited Allergen Fillings (Allergens)	LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X	
Age 4 – 10 Portion Size / Carb Information	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g
Please Note – Sides and desserts are not pre-ordered. It they are not suitable from the standard menu, the below will be served with the pre-order choice instead where suitable										
Limited Allergens With (Allergens)							LA GF Pasta (side) (vgn) SY			
Age 4 – 10 Portion Size / Carb Information							100g	39g		
Limited Allergens Dessert	LA Sticky Pineapple & Sorbet (vgn)		LA Cooks Muffin (vgn)		LA Cookie (VGN)		LA Cooks Muffin (vgn)		LA Banana & Raisins (vgn)	
Allergens	X		X		X		X		X	
Age 4 – 10 Portion Size / Carb Information	Smoothie pot x1 Sticky Pineapple 66g	27.7g	36g	17.7g	48g	29.1g	36g	17.7g	90g	25.6g

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WEEK 2 Winter 24/25 (All Menu Information)										
	Monday		Tuesday		Wednesday		Thursday		Friday	
<i>Choice 1</i>	Beef & Cheese Flatbread		Pork Sausage		Roast Chicken Breast		Warm Ham & Cheese Roll		Two Cheese Pizza (v)	
<i>Allergens</i>	G DA SY SU		SY G SU		X		G DA SE SU		EG DA SY SU G	
<i>Age 4 – 10 Portion Size / Carb Information</i>	167g	45.4g	X1 (57g)	5.1g	70g	0g	2/3rds (135g)	31.9g	90g	28.6g
<i>Choice 2</i>	Homemade Vegetable Curry (vgn)		Sausages (vgn)		Savoury Mince (v)		Winter Cheese Pasta Bake (v)		Fish Fingers	
<i>Allergens</i>	SU G		G		G EG		G DA		G F	
<i>Age 4 – 10 Portion Size / Carb Information</i>	113g	17.2g	X1 (50g)	4g	93g	3.3g	243g	42.7g	X2 (50g)	8.8g
<i>Choice 3</i>	Jacket Potato W25		Jacket Potato W25		Jacket Potato W25		Jacket Potato W25		Jacket Potato W25	
<i>Allergens</i>	X		X		X		X		X	
<i>Age 4 – 10 Portion Size / Carb Information</i>	X1 (60s)	56.5g	X1 (60s)	56.5g	X1 (60s)	56.5g	X1 (60s)	56.5g	X1 (60s)	56.5g
<i>Choice 4</i>	Filled Sandwich W25		Choice of Barmcake W25		Filled Tortilla Wrap W25		Filled Sandwich W25		Filled Tortilla Wrap W25	
<i>Allergens</i>	SY G		G		G		SY G		G	
<i>Age 4 – 10 Portion Size / Carb Information</i>	X3 Quarters	26g	X1 (63g)	24.7g	X1 10" Wrap (65g)	30.2g	X3 Quarters	26g	X1 10" Wrap (65g)	30.2g
<i>Fillings (Allergens)</i>	HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)	
<i>Age 4 – 10 Portion Size / Carb Information</i>	HAM 50g	0.2g	HAM 50g	0.2g	HAM 50g	0.2g	HAM 50g	0.2g	HAM 50g	0.2g
	TUNA MAYO 70g	1.8g	TUNA MAYO 70g	1.8g	TUNA MAYO 70g	1.8g	TUNA MAYO 70g	1.8g	TUNA MAYO 70g	1.8g
	CHEESE 25g	0g	CHEESE 25g	0g	CHEESE 25g	0g	CHEESE 25g	0g	CHEESE 25g	0g
	BAKED BEANS 60g	8.1g	BAKED BEANS 60g	8.1g	BAKED BEANS 60g	8.1g	BAKED BEANS 60g	8.1g	BAKED BEANS 60g	8.1g
	TUNA CRUNCH 110g	3.9g	TUNA CRUNCH 110g	3.9g	TUNA CRUNCH 110g	3.9g	TUNA CRUNCH 110g	3.9g	TUNA CRUNCH 110g	3.9g
Please Note – Sides and desserts are not pre-ordered										
<i>With (Allergens)</i>	Seasonal Vegetables X Rice (vgn) X		Baked Beans (vgn) - Veg Side X Crispy Diced Potatoes (vgn) SU		Carrot & Swede X Roast Potatoes (vgn) X		Corn Cob X Garlic Bread (vgn) SE SU G Pasta side (vgn) G		Chips (vgn) X Peas & Sweetcorn X	
<i>Age 4 – 10 Portion Size / Carb Information</i>	S Veg 45g	2.8g	Beans 60g	8.1g	C&S 50g	3.1g	Corn Cob 60g	2.7g	Peas & Corn 50g	4.1g
	Rice 105g	26.7g	CD Potatoes	18.7g	R Potatoes 82g	14.3g	Garlic Bread 20g	8.7g	Chips 60g	23g
							Pasta 100g	36.8g		
<i>Dessert</i>	Peaches & Custard (v)		(v) Cooks Muffin		(v) Chocolate Brownie		Caramel Apple Tart (vgn)		Shortbread (vgn)	
<i>Allergens</i>	DA		EG SY G		G EG DA		G		G SY	
<i>Age 4 – 10 Portion Size / Carb Information</i>	73g Custard	26.4g	50g	24.5g	50g	30.6g	88g	22.4g	30g	16g
	60g Peaches									

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WEEK 2 Winter 24/25 (Limited Allergens Menus)										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Limited Allergen Choice 1	LA Beef & Violife Melt		LA Quorn Fillet (vgn)		LA Savoury Mince (vgn)		LA Tomato & Violife Toastie (vgn)		LA Cheesy Tomato Pizza Slice (vgn)	
Allergens	SU		G		SY		X		SU	
Age 4 – 10 Portion Size / Carb Information	134g	28.5g	X1 (69g)	3.4g	93g	6g	109g	30.2g	102g	31.8g
Limited Allergen Choice 2	LA Homemade Vegetable Curry (vgn)								LA GF Fish Fingers	
Allergens	SU								F	
Age 4 – 10 Portion Size / Carb Information	92g	5.9g							60g	9.6g
Limited Allergen Choice 3	LA Jacket Potato (vgn)		LA Jacket Potato (vgn)		LA Jacket Potato (vgn)		LA Jacket Potato (vgn)		LA Jacket Potato (vgn)	
Allergens	X		X		X		X		X	
Age 4 – 10 Portion Size / Carb Information	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g
Limited Allergen Choice 4	LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)	
Allergens	X		X		X		X		X	
Age 4 – 10 Portion Size / Carb Information	59g	24.2g	59g	24.2g	59g	24.2g	59g	24.2g	59g	24.2g
Limited Allergen Fillings (Allergens)	LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X	
Age 4 – 10 Portion Size / Carb Information	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g
Please Note – Sides and desserts are not pre-ordered. If they are not suitable from the standard menu, the below will be served with the pre-order choice instead where suitable										
Limited Allergens With (Allergens)							LA GF Pasta (side) (vgn) SY			
Age 4 – 10 Portion Size / Carb Information							100g	39g		
Limited Allergens Dessert	LA Peaches (vgn)		LA Cooks Muffin (vgn)		LA Cooks Muffin (vgn)		LA Caramel Apples (vgn)		LA Cookie (VGN)	
Allergens	X		X		X		X		X	
Age 4 – 10 Portion Size / Carb Information	60g	5.8g	36g	17.7g	36g	17.7g	56g	9.1g	48g	29.1g

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WEEK 3 Winter 24/25 (All Menu Information)										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Choice 1	Meatball Sub		Sausages (vgn)		Roast Chicken Breast		Beef Chilli		Fish Fingers / Salmon Bites	
Allergens	SU G		G		X		SU		FG / FG	
Age 4 – 10 Portion Size / Carb Information	128g	34.6g	X1 (50g)	4g	70g	0g	117g	4.1g	Fingers x2 (50g)	8.8g
									S Bites x3 (60g)	14.4g
Choice 2	Two Cheese Pizza (v)		Chicken - Swedish Style		Quorn Fillet (vgn)		Homemade Vegetable Curry (vgn)		Sausage Roll (vgn)	
Allergens	EG DA SY SU G		DA		G		SU G		G SU	
Age 4 – 10 Portion Size / Carb Information	90g	28.6g	82g	1.1g	69g	3.4g	113g	17.2g	½ (70g)	20.3g
Choice 3	Jacket Potato W25		Jacket Potato W25		Jacket Potato W25		Jacket Potato W25		Jacket Potato W25	
Allergens	X		X		X		X		X	
Age 4 – 10 Portion Size / Carb Information	X1 (60s)	56.5g	X1 (60s)	56.5g	X1 (60s)	56.5g	X1 (60s)	56.5g	X1 (60s)	56.5g
Choice 4	Filled Sandwich W25		Choice of Barmcake W25		Filled Tortilla Wrap W25		Filled Sandwich W25		Filled Tortilla Wrap W25	
Allergens	SY G		G		G		SY G		G	
Age 4 – 10 Portion Size / Carb Information	X3 Quarters	26g	X1 (63g)	24.7g	X1 10" Wrap (65g)	30.2g	X3 Quarters	26g	X1 10" Wrap (65g)	30.2g
Fillings (Allergens)	HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) BAKED BEANS (X) TUNA CRUNCH (EG F MU)	
Age 4 – 10 Portion Size / Carb Information	HAM 50g	0.2g	HAM 50g	0.2g	HAM 50g	0.2g	HAM 50g	0.2g	HAM 50g	0.2g
	TUNA MAYO 70g	1.8g	TUNA MAYO 70g	1.8g	TUNA MAYO 70g	1.8g	TUNA MAYO 70g	1.8g	TUNA MAYO 70g	1.8g
	CHEESE 25g	0g	CHEESE 25g	0g	CHEESE 25g	0g	CHEESE 25g	0g	CHEESE 25g	0g
	BAKED BEANS 60g	8.1g	BAKED BEANS 60g	8.1g	BAKED BEANS 60g	8.1g	BAKED BEANS 60g	8.1g	BAKED BEANS 60g	8.1g
	TUNA CRUNCH 110g	3.9g	TUNA CRUNCH 110g	3.9g	TUNA CRUNCH 110g	3.9g	TUNA CRUNCH 110g	3.9g	TUNA CRUNCH 110g	3.9g
Please Note – Sides and desserts are not pre-ordered										
With (Allergens)	Peas & Sweetcorn X Pasta side (vgn) G		Mashed Potato (vgn) SU Peas X		Gravy (vgn) X Carrot & Swede X Roast Potatoes (vgn) X		Rice (vgn) X Seasonal Vegetables X		Chips (vgn) X Baked Beans (vgn) - Veg Side X	
Age 4 – 10 Portion Size / Carb Information	Peas & Sweetcorn 50g	4.1g	Mash 133g	22.4g	Gravy 20g	0.9g	S Veg 45g	2.8g	Chips 60g	23g
	Pasta 100g	37g	Peas 40g	3.6g	C & Swede 50g	3.1g	Rice 105g	26.7g	Beans 60g	8.1g
					Roast Potatoes 82g	14.3g				
Dessert	(v) Ice-Cream Fruit Crumble (vgn)		Winter Berry Cheesecake Crumble (v)		Strawberry Mousse (v)		(v) Chocolate Cake & Chocolate Custard		Homemade Flapjack (vgn)	
Allergens	Crumble G SY / Ice-Cream DA SY		DA SY G		DA		EG DA SY G		G	
Age 4 – 10 Portion Size / Carb Information	Crumble 100g	28.1g	80g	11.7g	100g	17.1g	147g	30.6	30g	16.7g
	Ice-cream – 70g	13g								

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	Monday		Tuesday		Wednesday		Thursday		Friday	
Limited Allergen Choice 1	LA Cheesy Tomato Pizza Slice (vgn)		LA Chicken in Gravy				LA Homemade Vegetable Curry (vgn)			
Allergens	SU		X				SU			
Age 4 – 10 Portion Size / Carb Information	102g	31.8g	85g	1g			92g	5.9g		
Limited Allergen Choice 2	LA Meatball melt								LA GF Fish Fingers	
Allergens	SU								F	
Age 4 – 10 Portion Size / Carb Information	132g	34.2g							60g	9.6g
Limited Allergen Choice 3	LA Jacket Potato (vgn)		LA Jacket Potato (vgn)		LA Jacket Potato (vgn)		LA Jacket Potato (vgn)		LA Jacket Potato (vgn)	
Allergens	X		X		X		X		X	
Age 4 – 10 Portion Size / Carb Information	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g	X1 60s (250g)	56.5g
Limited Allergen Choice 4	LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)		LA Choice of Sandwich (vgn)	
Allergens	X		X		X		X		X	
Age 4 – 10 Portion Size / Carb Information	59g	24.2g	59g	24.2g	59g	24.2g	59g	24.2g	59g	24.2g
Limited Allergen Fillings (Allergens)	LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X		LA Tuna Spread F LA Violife X LA Sliced Tomato X Sweetcorn X	
Age 4 – 10 Portion Size / Carb Information	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g	Tuna Spread 75g Violife 30g Sweetcorn 45g Sliced Tomato 25g	0.1g 6.3g 3.4g 0.8g
Please Note – Sides and desserts are not pre-ordered. If they are not suitable from the standard menu, the below will be served with the pre-order choice instead where suitable										
Limited Allergens With (Allergens)	LA GF Pasta (side) (vgn) X									
Age 4 – 10 Portion Size / Carb Information	100g	39g								
Limited Allergens Dessert	LA Fruit & Smoothie Pot (vgn)		LA Cooks Muffin (vgn)		LA Frozen Smoothie Pot (vgn)		LA Cooks Muffin (vgn)		LA Cookie (VGN)	
Allergens	X		X		X		X		X	
Age 4 – 10 Portion Size / Carb Information	130g	19.2g	36g	17.7g	80g	14.4g	36g	17.7g	48g	29.1g

ALLERGEN KEY: (G-Gluten/Cereals containing Gluten)(SE-Sesame)(SU-Sulphites)(DA- Dairy/Milk Products)(SY-Soya)(EG-Egg)(F-Fish)(MU-Mustard)(CE-Celery)(NU-Tree nuts & “Ground nuts” such as peanuts)(MO-Molluscs)(CR-Crustaceans)(LU-Lupin)(X-No allergens known)

ONLY AVAILABLE FOR SPECIAL DIETS WHEN REQUIRED

(v) = Suitable for Vegetarians & Halal Diets

(vgn) = Suitable Vegan & Halal Diet

Salad Bar Item Examples

<u>Item</u>	<u>Portion Size</u>	<u>Carbs</u>
Carrot	10g	0.8g
Cucumber	10g	0.1g
Tomatoes	10g	0.4g
Lettuce	10g	0.1g
Apple	10g	1.1g
Orange	50g	4.5g
Coleslaw	20g	0.9g
Raisins	10g	6.9g
Plain Pasta (cooked)	100g	37g
Sliced Bread	Per ½ Slice (17g)	7g

ALLERGEN KEY: (G-Gluten/Cereals containing Gluten)(SE-Sesame)(SU-Sulphites)(DA- Dairy/Milk Products)(SY-Soya)(EG-Egg)(F-Fish)(MU-Mustard)(CE-Celery)(NU-Tree nuts & “Ground nuts” such as peanuts)(MO-Molluscs)(CR-Crustaceans)(LU-Lupin)(X-No allergens known)

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