

These figures are to be used as a guide only. If your child has any special dietary requirements, please arrange to speak to the kitchen supervisor. All figures are based on a weight per 100g

Dish	Kcal	Fat	Sat Fat	Carbs	Fibre	Sugar
Lentil Soup	57.95	0.55	0.2	9.41	1.31	1.93
Vegetable Soup	22.97	0.31	0.12	4.03	0.94	1.87
Tomato and Basil Soup	29.91	0.38	0.19	5.68	1.03	3.58
Tattie and Leek Soup	34.77	2.75	1.72	1.93	0.13	1.2
Cheese and Tomato Pizza	207	6.7	3.6	22	4.1	1.01
Veggie Sausage Casserole	66.96	2.13	0.21	6.3	2.5	3.27
Marry Me Chicken Meatballs	127.6	7.67	3.09	8.78	1.19	2.24
Roasted Vegetable Noodle Stir Fry	148.07	0.87	0.25	28.09	3.53	5.25
Bubble Salmon	227	9	0.7	25	0.9	0.5
QuornPro Vegan Dippers	203	11	2	12	4	1.5
Pork Sausage	179	9	3	14	0.6	1.1
Veggie Haggis	234	14.7	6.2	19.5	4	0.3
Macaroni Cheese	238.92	5.78	3.03	35.12	1.44	4.09
Veggie Nuggets	227	12	0.9	25	4.1	3.1
Breaded Fish Finger	185	5.7	0.4	20.5	0.3	0.1
Veggie Meatball Pasta Bolognese	142.93	1.15	0.27	23.1	4.14	2.81
Roast Chicken	119	4.71	1.2	0.51	0.51	0.5
Roast Quorn	98	1.2	0.1	3.9	8.3	0.1
Mince Beef	179.51	9.69	4.08	10.33	1.35	3.38
Vegan Sausage Roll	287	17	8	26	1.4	6
Veggie Curry	56.7	1.39	0.2	7.8	2.29	2.31
BBQ Chicken	148	2.2	0.6	0	0	0.5
Rainbow Pasta	100	0.51	0.08	21.79	2.14	3.17
Bubble Fish	227.1	9	0.7	25	0.9	0.5
Veggie Balls in Tomato Sauce	71.83	1.79	0.37	5.17	4.33	2.75
Homemade Steak Pie	90.19	4.78	2.12	6.01	0.33	1.08
QuornPro Vegan Sausages	124	3.7	0.4	8.7	5.2	0.1
Cowboy Beans	105.23	3.24	0.31	10.88	4.85	3.31
Salmon and Sweet Potato Fishcakes	185	7.4	0.57	21.8	2.7	1.8
Chicken Breast Curry	77.02	2.27	0.42	7.3	2.04	4.33
Veggie and Lentil Lasagne	133.37	3.52	1.99	18.47	2.1	3.31
Beef Burger in a Bun	226.68	7.08	3.01	22.76	3.98	3.23
QuornPro Southern Style Burger in a Bun	177.47	3.98	1.47	20.11	5.28	2.94
Veggie Chilli	113.23	1,40	0.29	14.22	5.69	2.24
Chicken Meatballs in a Tomato Sauce	120.88	6.31	1.47	8.47	1.8	3.18
Vegetable Pasta Bake	175.69	5.8	2.93	25.86	1.93	3.32
Breaded Fish Fillet	231	9.9	1.1	25	0.6	1.1
Sweet Chilli Quorn	101.63	2.68	0.65	10.21	4.54	8.63
Venison Pasta Bolognese	156.23	4.31	1.83	20.37	1.2	2.68
Veggie Cottage Pie	42.06	0.66	0.1	7.93	0.64	2.72
QuornPro Frankfurter Hot Dog in a Bun	117.02	1.62	0.47	20.49	2.18	1.78

Dish	Kcal	Fat	Sat Fat	Carbs	Fibre	Sugar
Battered Fish Fillet	189	9.3	0.7	15	0.7	2.5
Sweet Potato and Spinach Curry	49.48	0.43	0.09	10.68	1.46	3.91
Chicken Lasagne	145.71	4.27	2.21	18.13	1	3.29
Beef Chilli	53.38	0.92	0.09	8.02	1.37	1.53
Potato Wedges	145	3.8	0.47	26.5	3	1.7
Baby Potatoes	70	0.3	0.1	16.1	1.8	1.3
Chips	117	2.6	0.3	23	1.5	0.5
Mashed Potatoes	77.78	0.33	0.11	17.89	0.06	1.44
Potato Waffle	175	8	1	22	3	0.9
Roast Potatoes	157	6.6	0.8	23.4	3	1
Rice	363	3.11	0.11	74.6	3.5	0.7
Vegetable Rice	240.6	2.14	0.14	48.18	3.26	2.66
Baked Potato	97	0.2	0.1	22.6	2.6	1.4
Beans	75	0.5	0.08	13.5	4.9	3.3
Cheese	310	22	14	2	0	0
Vegan Cheese	298	24	22	21	0	0
Corn Cobettes	75	1.9	0.3	9.5	2.6	2.5
Green Beans	31	0	0	3.1	3.4	2.2
Peas	96	1.5	0.6	11	4.7	2.3
Carrots	42	0	0	7.9	2.4	7.4
Sweetcorn	65	1.8	0.2	8.1	1.5	2
Turnip	29	0.3	0	5	1.9	4.9
Broccoli	38	0.9	0.2	1.8	2.6	1.5
Cauliflower	38	0.9	0.2	1.8	1.8	2.5
Roasted Vegetables	31	1	0.2	4.3	2.9	4
Mangetout	29	0.5	0.1	3.2	2.2	2.3
Yogurt	69	1.3	0.8	10.2	0.5	8.4
Sweet Potato Brownie	239.66	6.93	2.96	35.07	1.97	14.48
Cheese Sandwich	314.9	14.4	7.4	28.9	5.44	1.86
Chicken Sandwich	201.16	4.18	1.06	24.98	4.66	1.62
Egg Mayo Sandwich	238.28	10	1.91	25.37	4.73	1.75
Tuna Mayo Sandwich	201.08	5.28	1.12	22.51	4.22	1.61
Vegan Cheese Sandwich	260.04	11.38	7.98	31.06	4.57	1.56
Raisins	293	0.4	0	69.3	2	69.3
Rice Pudding Pot	94	2	1.1	15.9	0.5	8.7
Jelly Pot	20	0.5	0.1	5.4	0	4.9