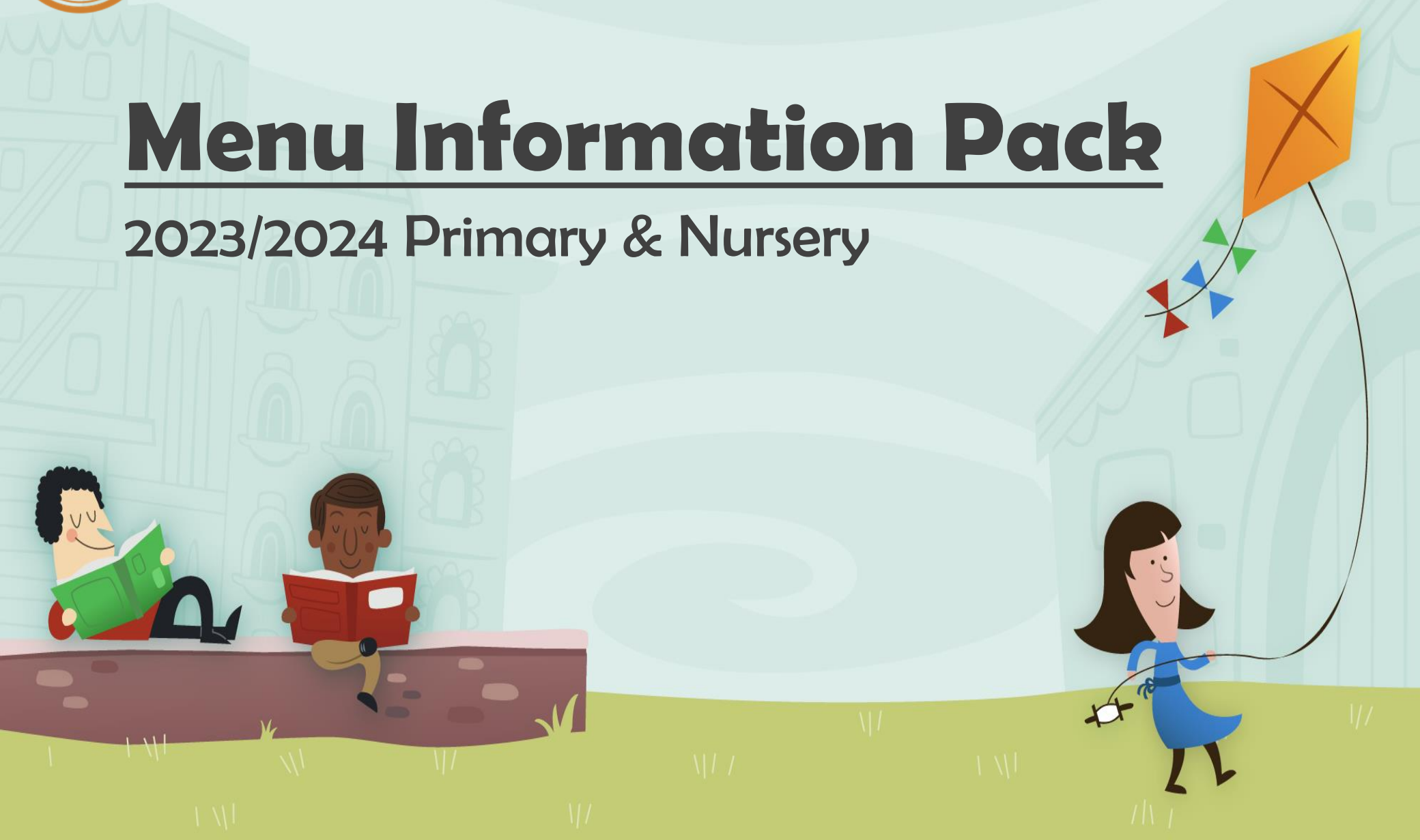




# Menu Information Pack

2023/2024 Primary & Nursery

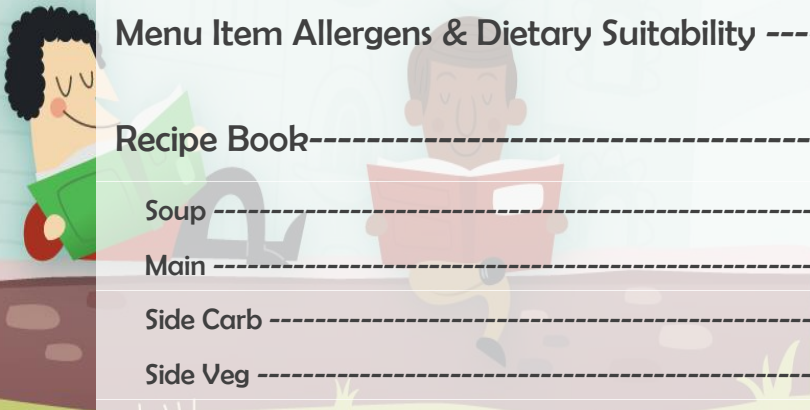


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## Abbreviations

V	Vegetarian
VE	Vegan
GF	Gluten Free
DF	Dairy Free
EF	Egg Free
SF	Soya Free



# 2023 Menu Cycle



JANUARY						
M	T	W	T	F	S	S
	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MARCH						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JULY						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- Week 1
- Week 2
- Week 3

# 2024 Menu Cycle



JANUARY						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

MARCH						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SEPTEMBER						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

OCTOBER						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- Week 1
- Week 2
- Week 3



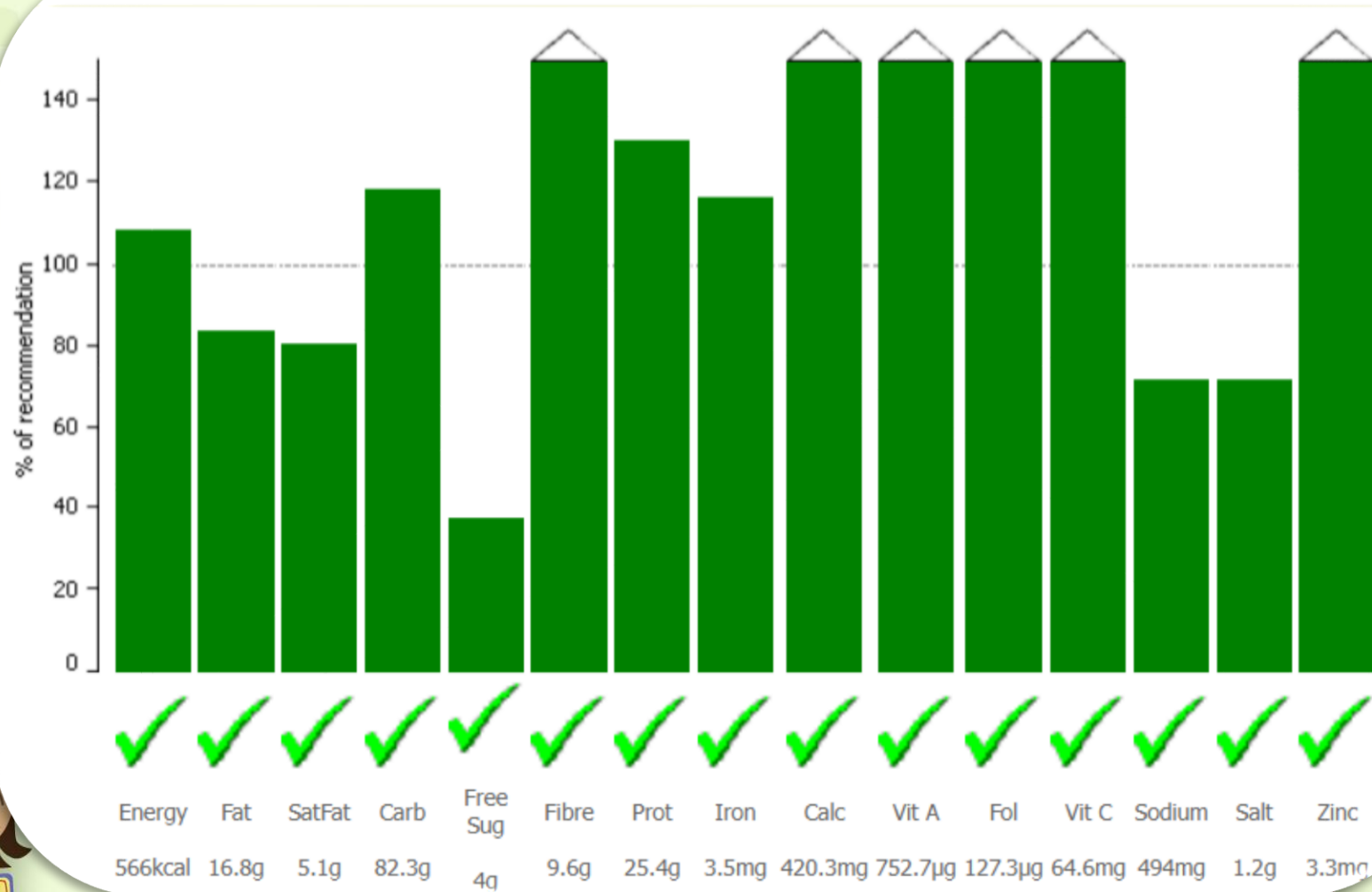
# 2023/2024 Primary Week 1



# Nutritional Analysis Report

## 2023/2024 Primary Week 1

Weekly Avg Chart





# 2023/2024 Primary



## Week 1 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301	SO2302	SO2301	SO2303	SO2301
<b>Vegetable Soup (ve)</b>	<b>Tangy Tomato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>	<b>Leek &amp; Potato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2301	MA2303	MA2304	MA2306	MA2309
<b>Bangers 'N' Mash</b> (Broccoli, Carrot)	<b>Chicken Nuggets With Potato Wedges</b> (Rainbow Salad, Coleslaw) (serve with condiment)	<b>Margherita Pizza (v)</b> (Broccoli, Mexican-Style Corn Salad)	<b>Sloppy Joe's Tacos</b> (Rainbow Salad, Coleslaw)	<b>Mediterranean Fish Wrap</b> (Sweetcorn, Spinach Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2302	MA2328, 2329, 2330	MA2305	MA2307, 2308	MA2310
<b>Creamy Pesto Bow-Tie Pasta With Garlic Bread (v)</b> (Broccoli, Carrot)	<b>Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey)</b> (Rainbow Salad, Coleslaw)	<b>Oriental Chow Mein (ve)</b> (Broccoli, Mexican-Style Corn Salad)	<b>Selection of Jacket Potato (Cheese (v), or Beans (v))</b> (Rainbow Salad, Coleslaw)	<b>Fragrant Thai Green Curry With Rice (ve)</b> (Sweetcorn, Spinach Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302	DE2301	DE2304	DE2303	DE2305
<b>Fruity Yoghurt (v)</b>	<b>Orange Jelly (ve)</b>	<b>Oaty Flapjack (v)</b>	<b>Fruit Salad with Honey Lemon Dressing (ve)</b>	<b>Vanilla Ice Cream (v)</b>

- Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)
- This menu is free from Nut and Peanut



# 2023/2024 Primary Allergy-Friendly

## Week 1 Allergy-Friendly Alternatives\*

(All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301	SO2302	SO2301	SO2303	SO2301
<b>Vegetable Soup (ve)</b>	<b>Tangy Tomato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>	<b>Leek &amp; Potato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2301VE	MA2303A	MA2304VE	MA2306A	MA2309A
<b>Meat-Free Bangers 'N' Mash (ve)</b> (Broccoli, Carrot)	<b>Allergy-Friendly Chicken Goujons With Potato Wedges</b> (Rainbow Salad, VE Coleslaw) (serve with condiment)	<b>VE Margherita Pizza (ve)</b> (Broccoli, Mexican-Style Corn Salad)	<b>Allergy-Friendly Sloppy Joe's Jacket Potato</b> (Rainbow Salad, VE Coleslaw)	<b>Allergy-Friendly Fish Wrap</b> (Sweetcorn, Spinach Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2302A	MA2328A, 2329A, 2330A		MA2307VE, 2308VE	MA2310
<b>Allergy-Friendly Creamy Pesto Pasta With VE Garlic Bread (ve)</b> (Broccoli, Carrot)	<b>Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey)</b> (Rainbow Salad, VE Coleslaw)		<b>Selection of Jacket Potato (VE Cheese (ve), or Beans (ve))</b> (Rainbow Salad, VE Coleslaw)	<b>Fragrant Thai Green Curry With Rice (ve)</b> (Sweetcorn, Spinach Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302VE	DE2301	DE2305VE	DE2303	DE2305VE
<b>Vanilla Dessert (ve)</b>	<b>Orange Jelly (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>	<b>Fruit Salad with Honey Lemon Dressing (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>

\* Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements  
Menu also includes daily portions of : **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)



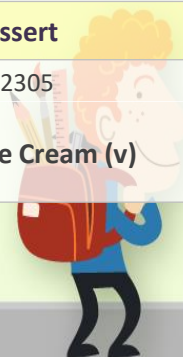
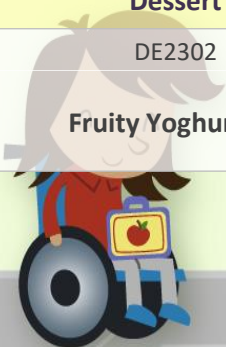


# 2023/2024 Primary Veg & Fish, Vegetarian, Halal

## Week 1 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301 <b>Vegetable Soup (ve)</b>	SO2302 <b>Tangy Tomato Soup (ve)</b>	SO2301 <b>Vegetable Soup (ve)</b>	SO2303 <b>Leek &amp; Potato Soup (ve)</b>	SO2301 <b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2301VE <b>Meat-Free Bangers 'N' Mash (ve)</b> (Broccoli, Carrot)	MA2303VE <b>Veg Nuggets With Potato Wedges (ve)</b> (Rainbow Salad, VE Coleslaw) (serve with condiment)	MA2304 <b>Margherita Pizza (v)</b> (Broccoli, Mexican-Style Corn Salad)	MA2307 <b>Cheese Jacket Potato (v)</b> (Rainbow Salad, Coleslaw)	MA2309 <b>Mediterranean Fish Wrap</b> (Sweetcorn, Spinach Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2302 <b>Creamy Pesto Bow-Tie Pasta With Garlic Bread (v)</b> (Broccoli, Carrot)	MA2328, 2329 <b>Selection of Sandwich (Cheese (v), Tuna Mayo)</b> (Rainbow Salad, Coleslaw)	MA2305 <b>Oriental Chow Mein (ve)</b> (Broccoli, Mexican-Style Corn Salad)	MA2307, 2308 <b>Beans Jacket Potato (ve)</b> (Rainbow Salad, Coleslaw)	MA2310 <b>Fragrant Thai Green Curry With Rice (ve)</b> (Sweetcorn, Spinach Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302 <b>Fruity Yoghurt (v)</b>	DE2301 <b>Orange Jelly (ve)</b>	DE2304 <b>Oaty Flapjack (v)</b>	DE2303 <b>Fruit Salad with Honey Lemon Dressing (ve)</b>	DE2305 <b>Vanilla Ice Cream (v)</b>

\* Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

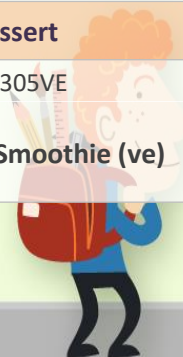
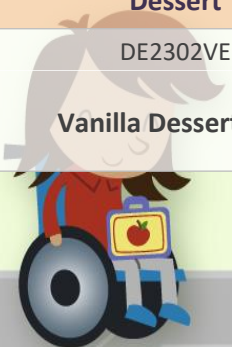


# 2023/2024 Primary Plant-Based (Vegan)

## Week 1 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301	SO2302	SO2301	SO2303	SO2301
<b>Vegetable Soup (ve)</b>	<b>Tangy Tomato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>	<b>Leek &amp; Potato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2301VE	MA2303VE	MA2304VE	MA2307VE	MA2310
<b>Meat-Free Bangers 'N' Mash (ve)</b> (Broccoli, Carrot)	<b>Veg Nuggets With Potato Wedges (ve)</b> (Rainbow Salad, VE Coleslaw) (serve with condiment)	<b>VE Margherita Pizza (ve)</b> (Broccoli, Mexican-Style Corn Salad)	<b>VE Cheese Jacket Potato (ve)</b> (Rainbow Salad, VE Coleslaw)	<b>Fragrant Thai Green Curry With Rice (ve)</b> (Sweetcorn, Spinach Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2302A	MA2328VE	MA2305	MA2308VE	
<b>Allergy-Friendly Creamy Pesto Pasta with VE Garlic Bread (ve)</b> (Broccoli, Carrot)	<b>VE Cheese Sandwich (ve)</b> (Rainbow Salad, VE Coleslaw)	<b>Oriental Chow Mein (ve)</b> (Broccoli, Mexican-Style Corn Salad)	<b>Beans Jacket Potato (ve)</b> (Rainbow Salad, VE Coleslaw)	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302VE	DE2301	DE2305VE	DE2303	DE2305VE
<b>Vanilla Dessert (ve)</b>	<b>Orange Jelly (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>	<b>Fruit Salad with Honey Lemon Dressing (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>

\* Menu also includes daily portions of : Soya **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)





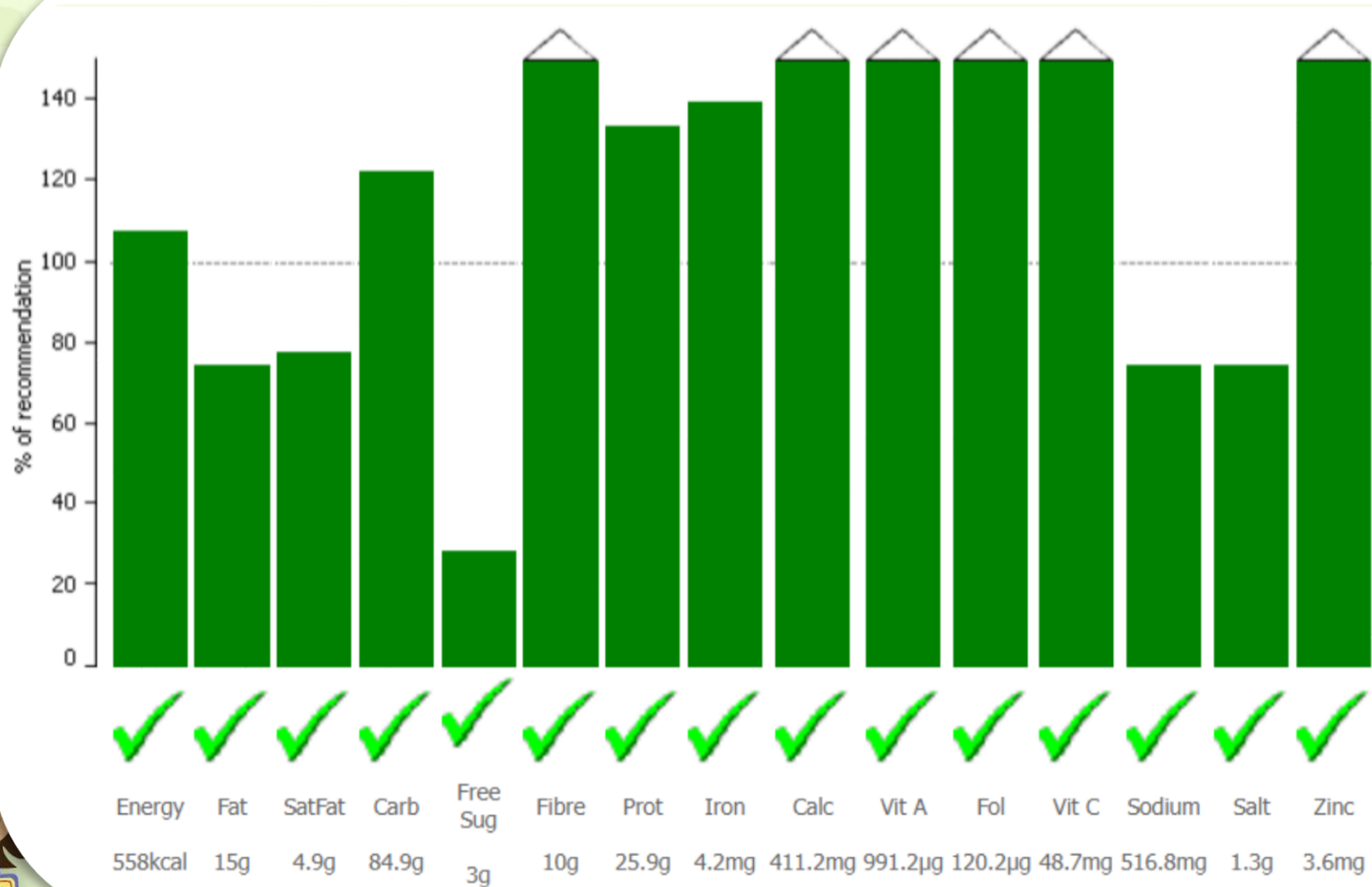
# 2023/2024 Primary Week 2



# Nutritional Analysis Report

## 2023/2024 Primary Week 2

Weekly Avg Chart





# 2023/2024 Primary

## Week 2 Menu\*



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301	SO2303	SO2301	SO2302	SO2301
<b>Vegetable Soup (ve)</b>	<b>Leek &amp; Potato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>	<b>Tangy Tomato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2311	MA2313	MA2314	MA2316	MA2318
<b>Stack Your Beef Burger Oven Chips</b> (Broccoli) (serve with condiment)	<b>Creamy Chicken Potato- Topped Pie</b> (Rainbow Salad, Coleslaw)	<b>Gnocchi &amp; Tomato Bake with Garlic Bread (v)</b> (Spinach Salad)	<b>Crispy Salmon Bites with Baked Sweet Potato Fries</b> (Peas, Rainbow Salad) (serve with condiment)	<b>Jumbo Hot Dog</b> (Carrot, Mexican-Style Corn Salad) (serve with condiment)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2312, MA2312V	MA2328, 2329, 2330	MA2315	MA2317, MA2317V	MA2319
<b>Tuna Mayo Pasta / Herby Tomato Pasta (v)</b> <b>With Garlic Bread</b> (Broccoli)	<b>Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey)</b> (Rainbow Salad, Coleslaw)	<b>Zingy Chipotle Burrito (ve)</b> (Spinach Salad)	<b>Chicken Katsu Curry / Quorn Katsu Curry (ve)</b> <b>with Rice</b> (Peas, Rainbow Salad)	<b>Egg Stir-Fried Rice Noodles (v)</b> (Carrot, Mexican-Style Corn Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302	DE2301	DE2304	DE2303	DE2305
<b>Fruity Yoghurt (v)</b>	<b>Orange Jelly (ve)</b>	<b>Oaty Flapjack (v)</b>	<b>Fruit Salad with Honey Lemon Dressing (ve)</b>	<b>Vanilla Ice Cream (v)</b>

- Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)
- This menu is free from Nut and Peanut



# 2023/2024 Primary Allergy-Friendly

## Week 2 Allergy-Friendly Alternatives\*

(All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301	SO2303	SO2301	SO2302	SO2301
<b>Vegetable Soup (ve)</b>	<b>Leek &amp; Potato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>	<b>Tangy Tomato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2311A	MA2313A	MA2315A	MA2316A	MA2319VE
<b>Allergy-Friendly Stack Your Beef Burger with Oven Chips (Broccoli)</b> (serve with condiment)	<b>Allergy-Friendly Creamy Chicken Potato-Topped Pie</b> (Rainbow Salad, Coleslaw)	<b>Allergy-Friendly Zingy Chipotle Burrito (ve)</b> (Spinach Salad)	<b>Allergy-Friendly Salmon Fish Fingers with Baked Sweet Potato Fries</b> (Peas, Rainbow Salad) (serve with condiment)	<b>Ogg Stir-Fried Rice Noodles (v)</b> (Carrot, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2312A, MA2312VA	MA2328A, 2329A, 2330A		MA2317	
<b>Allergen Friendly Tuna Mayo Pasta / Herby Tomato Pasta (ve)</b> <b>With VE Garlic Bread</b> (Broccoli)	<b>Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey)</b> (Rainbow Salad, VE Coleslaw)		<b>Chicken Katsu Curry with Rice</b> (Peas, Rainbow Salad)	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302VE	DE2301	DE2305VE	DE2303	DE2305VE
<b>Vanilla Dessert (ve)</b>	<b>Orange Jelly (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>	<b>Fruit Salad with Honey Lemon Dressing (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>

\* Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements  
Menu also includes daily portions of : **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

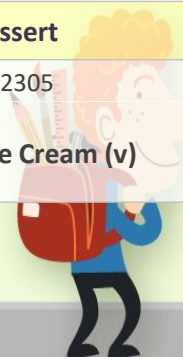
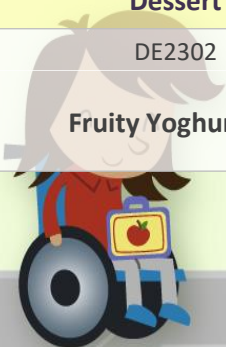


# 2023/2024 Primary Veg & Fish, Vegetarian, Halal

## Week 2 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301 <b>Vegetable Soup (ve)</b>	SO2303 <b>Leek &amp; Potato Soup (ve)</b>	SO2301 <b>Vegetable Soup (ve)</b>	SO2302 <b>Tangy Tomato Soup (ve)</b>	SO2301 <b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2311VE <b>Stack Your Vegan Burger Oven Chips (ve)</b> (Broccoli) (serve with condiment)	MA2328 <b>Cheese Sandwich (v)</b> (Rainbow Salad, Coleslaw)	MA2314 <b>Gnocchi &amp; Tomato Bake with Garlic Bread (v)</b> (Spinach Salad)	MA2316 <b>Crispy Salmon Bites with Baked Sweet Potato Fries</b> (Peas, Rainbow Salad) (serve with condiment)	MA2319 <b>Egg Stir-Fried Rice Noodles (v)</b> (Carrot, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2312, MA2312V <b>Tuna Mayo Pasta / Herby Tomato Pasta (v)</b> <b>With Garlic Bread</b> (Broccoli)	MA2329 <b>Tuna Mayo Sandwich</b> (Rainbow Salad, Coleslaw)	MA2315 <b>Zingy Chipotle Burrito (ve)</b> (Spinach Salad)	MA2317V <b>Quorn Katsu Curry (ve)</b> <b>with Rice</b> (Peas, Rainbow Salad)	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302 <b>Fruity Yoghurt (v)</b>	DE2301 <b>Orange Jelly (ve)</b>	DE2304 <b>Oaty Flapjack (v)</b>	DE2303 <b>Fruit Salad with Honey Lemon Dressing (ve)</b>	DE2305 <b>Vanilla Ice Cream (v)</b>

\* Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

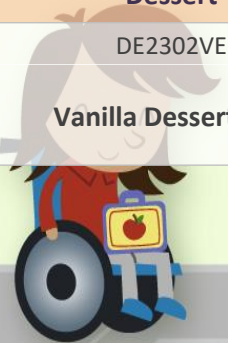


# 2023/2024 Primary Plant-Based (Vegan)

## Week 2 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301	SO2303	SO2301	SO2302	SO2301
<b>Vegetable Soup (ve)</b>	<b>Leek &amp; Potato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>	<b>Tangy Tomato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2311VE	MA2328VE	MA2315	MA2317V	MA2319VE
<b>Stack Your Vegan Burger Oven Chips (ve)</b> (Broccoli) (serve with condiment)	<b>VE Cheese Sandwich (ve)</b> (Rainbow Salad, VE Coleslaw)	<b>Zingy Chipotle Burrito (ve)</b> (Spinach Salad)	<b>Quorn Katsu Curry (ve) with Rice</b> (Peas, Rainbow Salad)	<b>Ogg Stir-Fried Rice Noodles (v)</b> (Carrot, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2312VA				
<b>Herby Tomato Pasta (ve) With VE Garlic Bread</b> (Broccoli)				
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302VE	DE2301	DE2305VE	DE2303	DE2305VE
<b>Vanilla Dessert (ve)</b>	<b>Orange Jelly (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>	<b>Fruit Salad with Honey Lemon Dressing (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>

\* Menu also includes daily portions of : Soya **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)







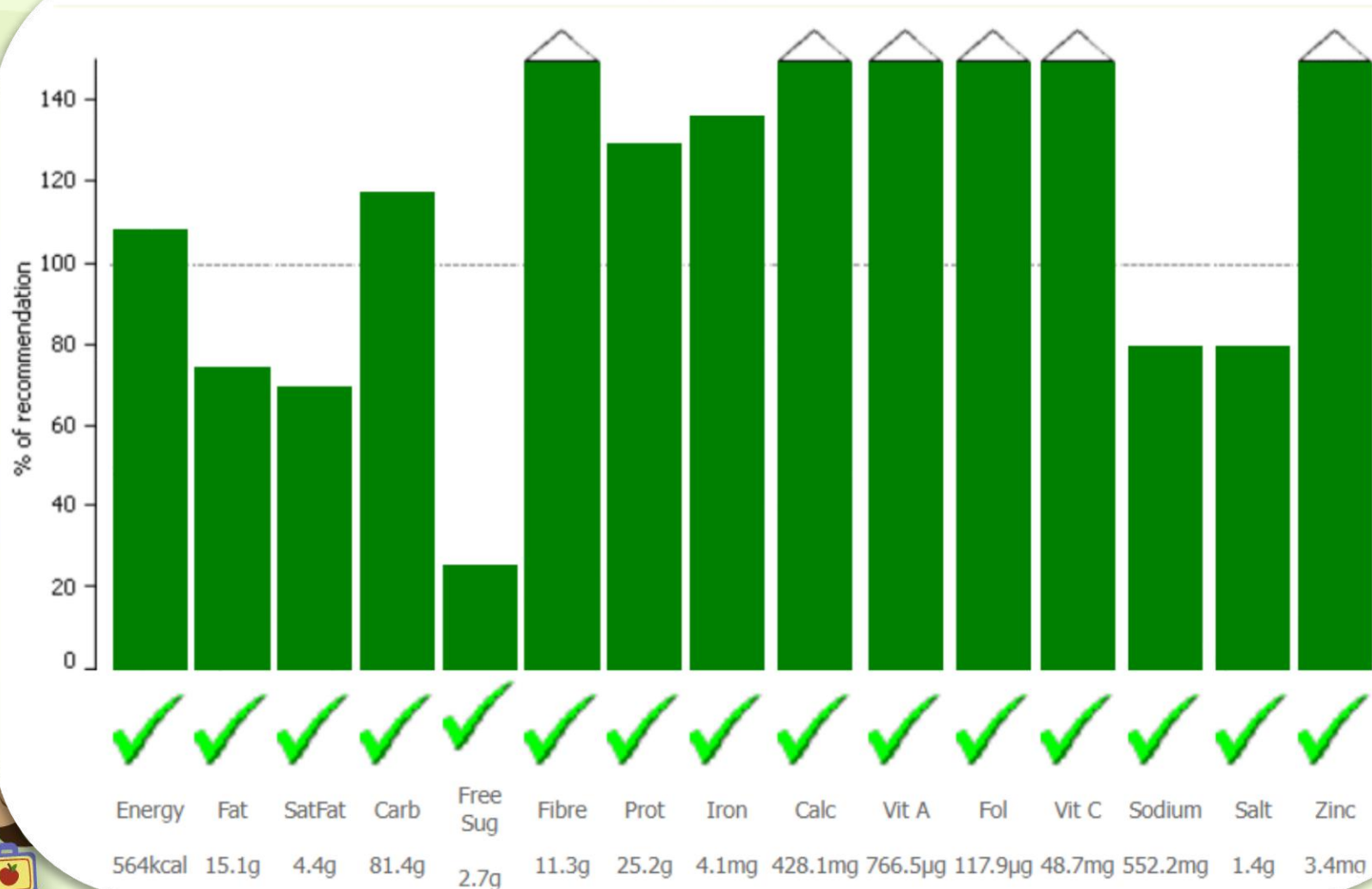
# 2023/2024 Primary Week 3



# Nutritional Analysis Report

## 2023/2024 Primary Week 3

Weekly Avg Chart





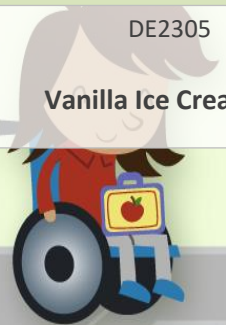
# 2023/2024 Primary



## Week 3 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301 <b>Vegetable Soup (ve)</b>	SO2304 <b>Vegetable &amp; Rice Soup (ve)</b>	SO2301 <b>Vegetable Soup (ve)</b>	SO2302 <b>Tangy Tomato Soup</b>	SO2301 <b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2320 <b>Chicken Biryani</b> (Carrot, Mexican-Style Corn Salad)	MA2322 <b>Meatball Sub Melt</b> (Rainbow Salad, Coleslaw)	MA2324 <b>BBQ Pepper &amp; Beans Fajita (ve)</b> (Baked Beans, Spinach Salad)	MA2325 <b>Bubble Fish &amp; Chips</b> (Rainbow Salad, Coleslaw) (serve with condiment)	MA2326 <b>Simply Perfect Spaghetti Bolognese with Garlic Bread</b> (Broccoli, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2321 <b>Vegetable Samosas with Chutney Dip (ve)</b> (Carrot, Mexican-Style Corn Salad)	MA2328, 2329, 2330 <b>Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey)</b> (Rainbow Salad, Coleslaw)	MA2323 <b>Sausage Roll with Potato Wedges (ve)</b> (Baked Beans, Spinach Salad) (serve with condiment)	MA2307, 2308 <b>Selection of Jacket Potato (Cheese (v), or Beans (v))</b> (Rainbow Salad, Coleslaw)	MA2327, 2304 <b>Hawaiian Pizza / Margherita Pizza (v)</b> (Broccoli, Mexican-Style Corn Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2305 <b>Vanilla Ice Cream (v)</b>	DE2304 <b>Oaty Flapjack (v)</b>	DE2302 <b>Fruity Yoghurt (v)</b>	DE2303 <b>Fruit Salad with Honey Lemon Dressing (ve)</b>	DE2301 <b>Orange Jelly (ve)</b>

- Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)
- This menu is free from Nut and Peanut



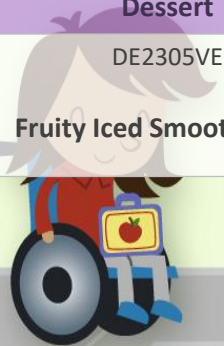
# 2023/2024 Primary Allergy-Friendly

## Week 3 Allergy-Friendly Alternatives\*

(All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301	SO2304	SO2301	SO2302	SO2301
<b>Vegetable Soup (ve)</b>	<b>Vegetable &amp; Rice Soup (ve)</b>	<b>Vegetable Soup (ve)</b>	<b>Tangy Tomato Soup</b>	<b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2320	MA2322A	MA2324A	MA2325A	MA2326A
<b>Chicken Biryani</b> (Carrot, Mexican-Style Corn Salad)	<b>Allergy-Friendly Meatball Sub Melt</b> (Rainbow Salad, VE Coleslaw)	<b>Allergy-Friendly BBQ Pepper &amp; Beans Fajita (ve)</b> (Baked Beans, Spinach Salad)	<b>Allergy-Friendly Bubble Fish &amp; Chips</b> (Rainbow Salad, VE Coleslaw) (serve with condiment)	<b>Allergy-Friendly Beef Spaghetti Bolognese with VE Garlic Bread</b> (Broccoli, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
	MA2328A, 2329A, 2330A	MA2323A	MA2307VE, 2308VE	MA2327A, 2304VE
	<b>Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey)</b> (Rainbow Salad, VE Coleslaw)	<b>Allergy-Friendly Veg Sausages with Potato Wedges(ve)</b> (Baked Beans, Spinach Salad) (serve with condiment)	<b>Selection of Jacket Potato (VE Cheese (ve), or Beans (ve))</b> (Rainbow Salad, VE Coleslaw)	<b>Allergy-Friendly Hawaiian Pizza / VE Margherita Pizza (ve)</b> (Broccoli, Mexican-Style Corn Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2305VE	DE2305VE	DE2302VE	DE2303	DE2301
<b>Fruity Iced Smoothie (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>	<b>Vanilla Dessert (ve)</b>	<b>Fruit Salad with Honey Lemon Dressing (ve)</b>	<b>Orange Jelly (ve)</b>

\* Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements  
Menu also includes daily portions of : **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

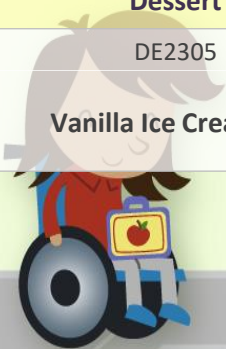


# 2023/2024 Primary Veg & Fish, Vegetarian, Halal

## Week 3 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301	SO2304	SO2301	SO2302	SO2301
<b>Vegetable Soup (ve)</b>	<b>Vegetable &amp; Rice Soup (ve)</b>	<b>Vegetable Soup (ve)</b>	<b>Tangy Tomato Soup</b>	<b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2320VE	MA2328	MA2324	MA2325	MA2304
<b>Quorn Biryani (ve)</b> (Carrot, Mexican-Style Corn Salad)	<b>Cheese Sandwich (v)</b> (Rainbow Salad, Coleslaw)	<b>BBQ Pepper &amp; Beans Fajita (ve)</b> (Baked Beans, Spinach Salad)	<b>Bubble Fish &amp; Chips</b> (Rainbow Salad, Coleslaw) (serve with condiment)	<b>Margherita Pizza (v)</b> (Broccoli, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2321	MA2329	MA2323	MA2307, 2308	
<b>Vegetable Samosas with Chutney Dip (ve)</b> (Carrot, Mexican-Style Corn Salad)	<b>Tuna Mayo Sandwich</b> (Rainbow Salad, Coleslaw)	<b>Veg Sausage Roll with Potato Wedges (ve)</b> (Baked Beans, Spinach Salad) (serve with condiment)	<b>Selection of Jacket Potato (Cheese (v), or Beans (v))</b> (Rainbow Salad, Coleslaw)	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2305	DE2304	DE2302	DE2303	DE2301
<b>Vanilla Ice Cream (v)</b>	<b>Oaty Flapjack (v)</b>	<b>Fruity Yoghurt (v)</b>	<b>Fruit Salad with Honey Lemon Dressing (ve)</b>	<b>Orange Jelly (ve)</b>

\* Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

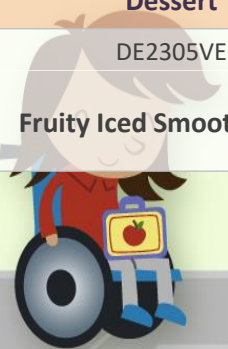


# 2023/2024 Primary Plant-Based (Vegan)

## Week 3 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301	SO2304	SO2301	SO2302	SO2301
<b>Vegetable Soup (ve)</b>	<b>Vegetable &amp; Rice Soup (ve)</b>	<b>Vegetable Soup (ve)</b>	<b>Tangy Tomato Soup</b>	<b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2320VE	MA2328VE	MA2324	MA2307VE	MA2304VE
<b>Quorn Biryani (ve)</b> (Carrot, Mexican-Style Corn Salad)	<b>VE Cheese Sandwich (ve)</b> (Rainbow Salad, VE Coleslaw)	<b>BBQ Pepper &amp; Beans Fajita (ve)</b> (Baked Beans, Spinach Salad)	<b>VE Cheese Jacket Potato (ve)</b> (Rainbow Salad, VE Coleslaw)	<b>VE Margherita Pizza (ve)</b> (Broccoli, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2321		MA2323	MA2308VE	
<b>Vegetable Samosas with Chutney Dip (ve)</b> (Carrot, Mexican-Style Corn Salad)		<b>Veg Sausage Roll with Potato Wedges(ve)</b> (Baked Beans, Spinach Salad) (serve with condiment)	<b>Beans Jacket Potato (ve)</b> (Rainbow Salad, VE Coleslaw)	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2305VE	DE2305VE	DE2302VE	DE2303	DE2301
<b>Fruity Iced Smoothie (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>	<b>Vanilla Dessert (ve)</b>	<b>Fruit Salad with Honey Lemon Dressing (ve)</b>	<b>Orange Jelly (ve)</b>

\* Menu also includes daily portions of : Soya **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)



# 2023/2024 Nursery Week 1



**2023/2024 Nursery**  
**Week 1**





# 2023/2024 Nursery

## Week 1 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
\	SO2302 <b>Tangy Tomato Soup (ve)</b>	\	SO2303 <b>Leek &amp; Potato Soup (ve)</b>	\
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2301 <b>Bangers 'N' Mash</b> (Broccoli, Carrot)	MA2303 <b>Chicken Nuggets With Potato Wedges</b> (Rainbow Salad, Coleslaw) (serve with condiment)	MA2304 <b>Margherita Pizza (v)</b> (Broccoli, Mexican-Style Corn Salad)	MA2306N <b>Sloppy Joe's Jacket Potato</b> (Rainbow Salad, Coleslaw)	MA2309 <b>Mediterranean Fish Wrap</b> (Sweetcorn, Spinach Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2302 <b>Creamy Pesto Bow-Tie Pasta With Garlic Bread (v)</b> (Broccoli, Carrot)	MA2328, 2329, 2330 <b>Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey)</b> (Rainbow Salad, Coleslaw)	MA2305 <b>Oriental Chow Mein (ve)</b> (Broccoli, Mexican-Style Corn Salad)	MA2307N <b>Cheese Bread Roll</b> (Rainbow Salad, Coleslaw)	MA2310 <b>Fragrant Thai Green Curry With Rice (ve)</b> (Sweetcorn, Spinach Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302 <b>Fruity Yoghurt (v)</b>	\	DE2304 <b>Oaty Flapjack (v)</b>	\	DE2305 <b>Vanilla Ice Cream (v)</b>

• This menu is free from Nut and Peanut

# 2023/2024 Nursery Allergy-Friendly

## Week 1 Allergy-Friendly Alternatives\*

(All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
\	SO2302 Tangy Tomato Soup (ve)	\	SO2303 Leek & Potato Soup (ve)	\
Main	Main	Main	Main	Main
MA2301VE <b>Meat-Free Bangers 'N' Mash (ve)</b> (Broccoli, Carrot)	MA2303A <b>Allergy-Friendly Chicken Goujons With Potato Wedges</b> (Rainbow Salad, VE Coleslaw) (serve with condiment)	MA2304VE <b>VE Margherita Pizza (ve)</b> (Broccoli, Mexican-Style Corn Salad)	MA2306A <b>Allergy-Friendly Sloppy Joe's Jacket Potato</b> (Rainbow Salad, VE Coleslaw)	MA2309A <b>Allergy-Friendly Fish Wrap</b> (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302A <b>Allergy-Friendly Creamy Pesto Pasta With VE Garlic Bread (ve)</b> (Broccoli, Carrot)	MA2328A, 2329A, 2330A <b>Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey)</b> (Rainbow Salad, VE Coleslaw)		MA2307VE, 2308VE <b>Selection of Jacket Potato (VE Cheese (ve), or Beans (ve))</b> (Rainbow Salad, VE Coleslaw)	MA2310 <b>Fragrant Thai Green Curry With Rice (ve)</b> (Sweetcorn, Spinach Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302VE Vanilla Dessert (ve)	\	DE2305VE Fruity Iced Smoothie (ve)	\	DE2305VE Fruity Iced Smoothie (ve)

\* Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements  
Menu also includes daily portions of : **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

# 2023/2024 Nursery Veg & Fish, Vegetarian, Halal

## Week 1 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
\	SO2302 <b>Tangy Tomato Soup (ve)</b>	\	SO2303 <b>Leek &amp; Potato Soup (ve)</b>	\
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2301VE <b>Meat-Free Bangers 'N' Mash (ve)</b> (Broccoli, Carrot)	MA2303VE <b>Veg Nuggets With Potato Wedges (ve)</b> (Rainbow Salad, VE Coleslaw) (serve with condiment)	MA2304 <b>Margherita Pizza (v)</b> (Broccoli, Mexican-Style Corn Salad)	MA2307 <b>Cheese Jacket Potato (v)</b> (Rainbow Salad, Coleslaw)	MA2309 <b>Mediterranean Fish Wrap</b> (Sweetcorn, Spinach Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2302 <b>Creamy Pesto Bow-Tie Pasta With Garlic Bread (v)</b> (Broccoli, Carrot)	MA2328, 2329 <b>Selection of Sandwich (Cheese (v), Tuna Mayo)</b> (Rainbow Salad, Coleslaw)	MA2305 <b>Oriental Chow Mein (ve)</b> (Broccoli, Mexican-Style Corn Salad)	MA2307, 2308 <b>Beans Jacket Potato (ve)</b> (Rainbow Salad, Coleslaw)	MA2310 <b>Fragrant Thai Green Curry With Rice (ve)</b> (Sweetcorn, Spinach Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302 <b>Fruity Yoghurt (v)</b>	\	DE2304 <b>Oaty Flapjack (v)</b>	\	DE2305 <b>Vanilla Ice Cream (v)</b>

# 2023/2024 Nursery Plant-Based (Vegan)

## Week 1 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
\	SO2302 <b>Tangy Tomato Soup (ve)</b>	\	SO2303 <b>Leek &amp; Potato Soup (ve)</b>	\
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2301VE <b>Meat-Free Bangers 'N' Mash (ve)</b> (Broccoli, Carrot)	MA2303VE <b>Veg Nuggets With Potato Wedges (ve)</b> (Rainbow Salad, VE Coleslaw) (serve with condiment)	MA2304VE <b>VE Margherita Pizza (ve)</b> (Broccoli, Mexican-Style Corn Salad)	MA2307VE <b>VE Cheese Jacket Potato (ve)</b> (Rainbow Salad, VE Coleslaw)	MA2310 <b>Fragrant Thai Green Curry With Rice (ve)</b> (Sweetcorn, Spinach Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2302A <b>Allergy-Friendly Creamy Pesto Pasta with VE Garlic Bread (ve)</b> (Broccoli, Carrot)	MA2328VE <b>VE Cheese Sandwich (ve)</b> (Rainbow Salad, VE Coleslaw)	MA2305 <b>Oriental Chow Mein (ve)</b> (Broccoli, Mexican-Style Corn Salad)	MA2308VE <b>Beans Jacket Potato (ve)</b> (Rainbow Salad, VE Coleslaw)	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2302VE <b>Vanilla Dessert (ve)</b>	\	DE2305VE <b>Fruity Iced Smoothie (ve)</b>	\	DE2305VE <b>Fruity Iced Smoothie (ve)</b>

**2023/2024 Nursery**  
**Week 2**



**2023/2024 Nursery**  
**Week 2**



# 2023/2024 Nursery

## Week 2 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301 <b>Vegetable Soup (ve)</b>	\	\	SO2302 <b>Tangy Tomato Soup (ve)</b>	SO2301 <b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2311 <b>Stack Your Beef Burger Oven Chips</b> (Broccoli) (serve with condiment)	MA2313 <b>Creamy Chicken Potato- Topped Pie</b> (Rainbow Salad, Coleslaw)	MA2314 <b>Gnocchi &amp; Tomato Bake with Garlic Bread (v)</b> (Spinach Salad)	MA2316 <b>Crispy Salmon Bites with Baked Sweet Potato Fries</b> (Peas, Rainbow Salad) (serve with condiment)	MA2318N <b>Omelette with Potato Wedges (v)</b> (Carrot, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2312, MA2312V <b>Tuna Mayo Pasta / Herby Tomato Pasta (v) With Garlic Bread</b> (Broccoli)	MA2328, 2329, 2330 <b>Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey)</b> (Rainbow Salad, Coleslaw)	MA2315 <b>Zingy Chipotle Burrito (ve)</b> (Spinach Salad)	MA2317, MA2317V <b>Chicken Katsu Curry / Quorn Katsu Curry (ve) with Rice</b> (Peas, Rainbow Salad)	MA2319 <b>Egg Stir-Fried Rice Noodles (v)</b> (Carrot, Mexican-Style Corn Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
\	DE2301 <b>Orange Jelly (ve)</b>	DE2304 <b>Oaty Flapjack (v)</b>	\	\

• This menu is free from Nut and Peanut

# 2023/2024 Nursery Allergy-Friendly

## Week 2 Allergy-Friendly Alternatives\*

(All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301			SO2302	SO2301
Vegetable Soup (ve)	\	\	Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311A <b>Allergy-Friendly Stack Your Beef Burger with Oven Chips</b> (Broccoli) (serve with condiment)	MA2313A <b>Allergy-Friendly Creamy Chicken Potato-Topped Pie</b> (Rainbow Salad, Coleslaw)	MA2315A <b>Allergy-Friendly Zingy Chipotle Burrito (ve)</b> (Spinach Salad)	MA2316A <b>Allergy-Friendly Salmon Fish Fingers with Baked Sweet Potato Fries</b> (Peas, Rainbow Salad) (serve with condiment)	MA2319VE <b>Ogg Stir-Fried Rice Noodles (v)</b> (Carrot, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2312A, MA2312VA <b>Allergen Friendly Tuna Mayo Pasta / Herby Tomato Pasta (ve)</b> <b>With VE Garlic Bread</b> (Broccoli)	MA2328A, 2329A, 2330A <b>Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey)</b> (Rainbow Salad, VE Coleslaw)		MA2317 <b>Chicken Katsu Curry with Rice</b> (Peas, Rainbow Salad)	
Dessert	Dessert	Dessert	Dessert	Dessert
\	DE2301 <b>Orange Jelly (ve)</b>	DE2305VE <b>Fruity Iced Smoothie (ve)</b>	\	\

\* Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements  
Menu also includes daily portions of : **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)



# 2023/2024 Nursery Veg & Fish, Vegetarian, Halal

## Week 2 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301 <b>Vegetable Soup (ve)</b>	\	\	SO2302 <b>Tangy Tomato Soup (ve)</b>	SO2301 <b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2311VE <b>Stack Your Vegan Burger Oven Chips (ve)</b> (Broccoli) (serve with condiment)	MA2328 <b>Cheese Sandwich (v)</b> (Rainbow Salad, Coleslaw)	MA2314 <b>Gnocchi &amp; Tomato Bake with Garlic Bread (v)</b> (Spinach Salad)	MA2316 <b>Crispy Salmon Bites with Baked Sweet Potato Fries</b> (Peas, Rainbow Salad) (serve with condiment)	MA2318N <b>Omelette with Potato Wedges (v)</b> (Carrot, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2312, MA2312V <b>Tuna Mayo Pasta / Herby Tomato Pasta (v) With Garlic Bread</b> (Broccoli)	MA2329 <b>Tuna Mayo Sandwich</b> (Rainbow Salad, Coleslaw)	MA2315 <b>Zingy Chipotle Burrito (ve)</b> (Spinach Salad)	MA2317V <b>Quorn Katsu Curry (ve) with Rice</b> (Peas, Rainbow Salad)	MA2319 <b>Egg Stir-Fried Rice Noodles (v)</b> (Carrot, Mexican-Style Corn Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
\	DE2301 <b>Orange Jelly (ve)</b>	DE2304 <b>Oaty Flapjack (v)</b>	\	\

# 2023/2024 Nursery Plant-Based (Vegan)

## Week 2 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
SO2301			SO2302	SO2301
<b>Vegetable Soup (ve)</b>	\	\	<b>Tangy Tomato Soup (ve)</b>	<b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2311VE	MA2328VE	MA2315	MA2317V	MA2319VE
<b>Stack Your Vegan Burger Oven Chips (ve)</b> (Broccoli) (serve with condiment)	<b>VE Cheese Sandwich (ve)</b> (Rainbow Salad, VE Coleslaw)	<b>Zingy Chipotle Burrito (ve)</b> (Spinach Salad)	<b>Quorn Katsu Curry (ve) with Rice</b> (Peas, Rainbow Salad)	<b>Ogg Stir-Fried Rice Noodles (v)</b> (Carrot, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2312VA				
<b>Herby Tomato Pasta (ve) With VE Garlic Bread</b> (Broccoli)				
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
	DE2301	DE2305VE		
\	<b>Orange Jelly (ve)</b>	<b>Fruity Iced Smoothie (ve)</b>	\	\

**2023/2024 Nursery**  
**Week 3**



**2023/2024 Nursery**  
**Week 3**





# 2023/2024 Nursery

## Week 3 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
\	SO2304 <b>Vegetable &amp; Rice Soup (ve)</b>	\	\	SO2301 <b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2320 <b>Chicken Biryani</b> (Carrot, Mexican-Style Corn Salad)	MA2322N <b>Meatball in Gravy with Mashed Potato</b> (Rainbow Salad, Coleslaw)	MA2324 <b>BBQ Pepper &amp; Beans Fajita (ve)</b> (Baked Beans, Spinach Salad)	MA2325 <b>Bubble Fish &amp; Chips</b> (Rainbow Salad, Coleslaw) (serve with condiment)	MA2326 <b>Simply Perfect Spaghetti Bolognese with Garlic Bread</b> (Broccoli, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2321 <b>Vegetable Samosas with Chutney Dip (ve)</b> (Carrot, Mexican-Style Corn Salad)	MA2328, 2329, 2330 <b>Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey)</b> (Rainbow Salad, Coleslaw)	MA2323 <b>Sausage Roll with Potato Wedges (ve)</b> (Baked Beans, Spinach Salad) (serve with condiment)	MA2307, 2308 <b>Selection of Jacket Potato (Cheese (v), or Beans (v))</b> (Rainbow Salad, Coleslaw)	MA2327, 2304 <b>Hawaiian Pizza / Margherita Pizza (v)</b> (Broccoli, Mexican-Style Corn Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2305 <b>Vanilla Ice Cream (v)</b>	\	DE2302 <b>Fruity Yoghurt (v)</b>	DE2303 <b>Fruit Salad with Honey Lemon Dressing (ve)</b>	\

• This menu is free from Nut and Peanut



# 2023/2024 Nursery Allergy-Friendly

## Week 3 Allergy-Friendly Alternatives\*

(All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
\	SO2304 <b>Vegetable &amp; Rice Soup (ve)</b>	\	\	SO2301 <b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2320 <b>Chicken Biryani</b> (Carrot, Mexican-Style Corn Salad)	MA2322NA <b>Allergy-Friendly Meatball in Gravy with Mashed Potato</b> (Rainbow Salad, VE Coleslaw)	MA2324A <b>Allergy-Friendly BBQ Pepper &amp; Beans Fajita (ve)</b> (Baked Beans, Spinach Salad)	MA2325A <b>Allergy-Friendly Bubble Fish &amp; Chips</b> (Rainbow Salad, VE Coleslaw) (serve with condiment)	MA2326A <b>Allergy-Friendly Beef Spaghetti Bolognese with VE Garlic Bread</b> (Broccoli, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
\	MA2328A, 2329A, 2330A <b>Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey)</b> (Rainbow Salad, VE Coleslaw)	MA2323A <b>Allergy-Friendly Veg Sausages with Potato Wedges(ve)</b> (Baked Beans, Spinach Salad) (serve with condiment)	MA2307VE, 2308VE <b>Selection of Jacket Potato (VE Cheese (ve), or Beans (ve))</b> (Rainbow Salad, VE Coleslaw)	MA2327A, 2304VE <b>Allergy-Friendly Hawaiian Pizza / VE Margherita Pizza (ve)</b> (Broccoli, Mexican-Style Corn Salad)
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2305VE <b>Fruity Iced Smoothie (ve)</b>	\	DE2302VE <b>Vanilla Dessert (ve)</b>	DE2303 <b>Fruit Salad with Honey Lemon Dressing (ve)</b>	\

\* Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements  
 Menu also includes daily portions of : **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

# 2023/2024 Nursery Veg & Fish, Vegetarian, Halal

## Week 3 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
\	SO2304 <b>Vegetable &amp; Rice Soup (ve)</b>	\	\	SO2301 <b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2320VE <b>Quorn Biryani (ve)</b> (Carrot, Mexican-Style Corn Salad)	MA2328 <b>Cheese Sandwich (v)</b> (Rainbow Salad, Coleslaw)	MA2324 <b>BBQ Pepper &amp; Beans Fajita (ve)</b> (Baked Beans, Spinach Salad)	MA2325 <b>Bubble Fish &amp; Chips</b> (Rainbow Salad, Coleslaw) (serve with condiment)	MA2304 <b>Margherita Pizza (v)</b> (Broccoli, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2321 <b>Vegetable Samosas with Chutney Dip (ve)</b> (Carrot, Mexican-Style Corn Salad)	MA2329 <b>Tuna Mayo Sandwich</b> (Rainbow Salad, Coleslaw)	MA2323 <b>Veg Sausage Roll with Potato Wedges (ve)</b> (Baked Beans, Spinach Salad) (serve with condiment)	MA2307, 2308 <b>Selection of Jacket Potato (Cheese (v), or Beans (v))</b> (Rainbow Salad, Coleslaw)	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2305 <b>Vanilla Ice Cream (v)</b>	\	DE2302 <b>Fruity Yoghurt (v)</b>	DE2303 <b>Fruit Salad with Honey Lemon Dressing (ve)</b>	\

# 2023/2024 Nursery Plant-Based (Vegan)

## Week 3 Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
\	SO2304 <b>Vegetable &amp; Rice Soup (ve)</b>	\	\	SO2301 <b>Vegetable Soup (ve)</b>
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2320VE <b>Quorn Biryani (ve)</b> (Carrot, Mexican-Style Corn Salad)	MA2328VE <b>VE Cheese Sandwich (ve)</b> (Rainbow Salad, VE Coleslaw)	MA2324 <b>BBQ Pepper &amp; Beans Fajita (ve)</b> (Baked Beans, Spinach Salad)	MA2307VE <b>VE Cheese Jacket Potato (ve)</b> (Rainbow Salad, VE Coleslaw)	MA2304VE <b>VE Margherita Pizza (ve)</b> (Broccoli, Mexican-Style Corn Salad)
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
MA2321 <b>Vegetable Samosas with Chutney Dip (ve)</b> (Carrot, Mexican-Style Corn Salad)		MA2323 <b>Veg Sausage Roll with Potato Wedges(ve)</b> (Baked Beans, Spinach Salad) (serve with condiment)	MA2308VE <b>Beans Jacket Potato (ve)</b> (Rainbow Salad, VE Coleslaw)	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
DE2305VE <b>Fruity Iced Smoothie (ve)</b>	\	DE2302VE <b>Vanilla Dessert (ve)</b>	DE2303 <b>Fruit Salad with Honey Lemon Dressing (ve)</b>	\



# 2023/2024 Primary

## Portion Sizes, Carb & Fat Counts



# 2023/2024 Primary

## Analysed Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for allergy-friendly and Vegetarian/Vegan alternatives

Soup	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Vegetable Soup (ve)	200ml (208g)	2.1g	4.4g	0.1g	0.2g
Tangy Tomato Soup (ve)	200ml (223g)	3.2g	7.1g	0.1g	0.2g
Leek & Potato Soup (ve)	200ml (225g)	5.2g	11.7g	0.1g	0.2g
Vegetable & Rice Soup (ve)	200ml (210g)	3.4g	7.1g	0.2g	0.4g
Main Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Bangers in Gravy	183g	8.5g	15.6g	9.9g	18.1g
Creamy Pesto Bow-Tie Pasta	186g	14.5g	27.0g	4.0g	7.5g
Chicken Nuggets	100g	11.0g	11.0g	9.7g	9.7g
Margherita Pizza	125g	37.5g	46.8g	6.7g	8.4g
Oriental Chow Mein	140g	13.3g	18.6g	1.1g	1.5g
Sloppy Joe's Tacos	200g	20.7g	38.2g	7.4g	13.7g
Cheese Jacket Potato	170g	16.0g	27.2g	4.6g	7.8g
Beans Jacket Potato	170g	20.1g	34.2g	0.3g	0.5g
Mediterranean Fish Wrap	150g	22.2g	33.3g	4.6g	6.9g
Fragrant Thai Green Curry	195g	16.3g	31.8g	8.4g	16.4g
Stack Your Beef Burger	193g	16.4g	28.8g	4.3g	7.4g
Tuna Mayo Pasta	153g	16.1g	24.6g	2.8g	3.8g
Herby Tomato Pasta	186g	14.7g	27.4g	0.7g	1.3g
Creamy Chicken Potato-Topped Pie	296g	7.5g	22.2g	0.8g	2.4g
Gnocchi & Tomato Bake	211g	11.5g	24.3g	1.8g	3.8g
Zingy Chipotle Burrito	278g	20.0g	55.6g	1.6g	4.4g
Crispy Salmon Bites	100g	21.2g	21.2g	12.5g	12.5g

# 2023/2024 Primary

## Analysed Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for allergy-friendly and Vegetarian/Vegan alternatives

Main Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Chicken Katsu Curry	184g	9.7g	17.8g	5.7g	10.5g
Quorn Katsu Curry	184g	9.1g	16.7g	5.7g	10.5g
Jumbo Hot Dog	150g	20.5g	30.8g	17.0g	25.5g
Egg Stir-Fired Noodles	152g	45.8g	69.6g	2.5g	3.8g
Chicken Biryani	207	11.7g	24.2g	1.3g	2.7g
Vegetable Samosas with Chutney Dip	170g	26.4g	44.8g	8.4g	14.4g
Meatball Sub Melt	195g	20.3g	39.6g	6.1g	12.0g
Veg Sausage Roll	64g	28.0g	17.9g	16.0g	10.2g
BBQ Pepper & Beans Fajita	258g	17.9g	46.1g	2.3g	5.9g
Bubble Fish	120g	25.0g	30.0g	6.0g	7.2g
Spaghetti Bolognese	281g	9.7g	27.3g	1.8g	5.1g
Hawaiian Pizza	143g	33.5g	47.9g	6.1g	8.7g
Cheese Sandwich	103g	32.6g	33.5g	6.3g	6.5g
Tuna Mayo Sandwich	109g	31.6g	34.5g	4.4g	4.8g
Turkey Sandwich	106g	32.2g	34.1g	3.6g	3.8g
Side Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Mashed Potato	100g	26.1g	26.1g	0.0g	0.0g
Potato Wedges	100g	22.0g	22.0g	3.0g	3.0g
Baked Sweet Potato Fries	100g	27.9g	27.9g	0.4g	0.4g
Oven Chips	100g	21.0g	21.0g	3.0g	3.0g
Garlic Bread	32g	40.0g	12.8g	14.0g	4.5g
Rice	120g	26.5g	31.8g	0.7g	0.8g

# 2023/2024 Primary

## Analysed Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for allergy-friendly and Vegetarian/Vegan alternatives

Side Vegetables	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Carrot	50g	4.7g	2.4g	0.3g	0.2g
Broccoli	50g	2.5g	1.2g	0.9g	0.4g
Peas	50g	11.2g	5.6g	0.7g	0.4g
Baked Beans	50g	14.0g	7.0g	0.6g	0.3g
Sweetcorn	50g	4.6g	2.3g	0.6g	0.3g
Rainbow Salad	50g	3.4g	1.7g	0.3g	0.2g
Mexican-Style Corn Salad	50g	5.2g	2.6g	2.6g	1.3g
Creamy Coleslaw	50g	5.4g	2.7g	3.4g	1.7g
Spinach Salad	50g	1.0g	0.5g	5.6g	2.8g
Dessert Items	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Orange Jelly	65g	15.1g	9.8g	0.1g	0.1g
Fruity Yoghurt	100g	11.6g	11.6g	0.5g	0.5g
Fruit Salad with Honey Lemon Dressing	107g	12.6g	13.5g	0.0g	0.0g
Oaty Flapjack	30g	55.4g	16.6g	14.6g	4.4g
Vanilla Ice Cream	80g	18.0g	14.4g	1.0g	0.8g
Condiments	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Tomato Ketchup	10g	11g	1.1g	0g	0g
Mayonnaise	10g	7.4g	0.7g	26g	2.6g
Fruit	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Apple	115g	11.6g	13.3g	0.5g	0.6g
Banana	120g	20.3g	24.4g	0.1g	0.1g
Mandarin Orange	80g	8.2g	6.6g	0.2g	0.2g
Honeydew Melon	80g	4.3g	3.4g	0.1g	0.1g

# 2023/2024 Nursery

## Portion Sizes, Carb & Fat Counts



# 2023/2024 Nursery

## Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for allergy-friendly and Vegetarian/Vegan alternatives

Soup	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Vegetable Soup (ve)	200ml (208g)	2.1g	4.4g	0.1g	0.2g
Tangy Tomato Soup (ve)	200ml (223g)	3.2g	7.1g	0.1g	0.2g
Leek & Potato Soup (ve)	200ml (225g)	5.2g	11.7g	0.1g	0.2g
Vegetable & Rice Soup (ve)	200ml (210g)	3.4g	7.1g	0.2g	0.4g
Main Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Bangers in Gravy	183g	8.5g	15.6g	9.9g	18.1g
Creamy Pesto Bow-Tie Pasta	144g	14.5g	21.6g	4.0g	6.0g
Chicken Nuggets	80g	11.0g	8.8g	9.7g	7.8g
Margherita Pizza	100g	37.5g	37.5g	6.7g	6.7g
Oriental Chow Mein	112g	13.3g	14.9g	1.1g	1.2g
Sloppy Joe's Jacket Potato	200g	16.5g	32.8g	1.3g	2.6g
Cheese Bread Roll	73g	30.7g	22.4g	8.7g	6.4g
Cheese Jacket Potato	170g	16.0g	27.2g	4.6g	7.8g
Beans Jacket Potato	170g	20.1g	34.2g	0.3g	0.5g
Mediterranean Fish Wrap	150g	22.2g	33.3g	4.6g	6.9g
Fragrant Thai Green Curry	170g	16.3g	25.4g	8.4g	13.1g
Stack Your Beef Burger	193g	16.4g	28.8g	4.3g	7.4g
Tuna Mayo Pasta	122g	16.1g	19.7g	2.8g	3.0g
Herby Tomato Pasta	148g	14.7g	21.9g	0.7g	1.0g
Creamy Chicken Potato-Topped Pie	240g	7.5g	17.8g	0.8g	1.9g
Gnocchi & Tomato Bake	170g	11.5g	19.4g	1.8g	3.0g
Zingy Chipotle Burrito	220g	20.0g	44.5g	1.6g	3.5g
Crispy Salmon Bites	80g	21.2g	17.0g	12.5g	10.0g

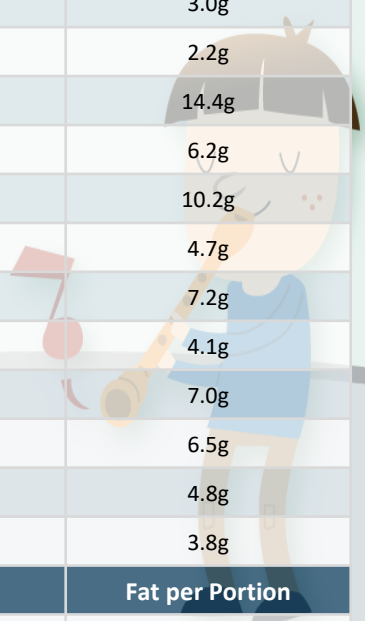


# 2023/2024 Nursery

## Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for allergy-friendly and Vegetarian/Vegan alternatives

Main Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Chicken Katsu Curry	144g	9.7g	14.3g	5.7g	8.4g
Quorn Katsu Curry	144g	9.1g	13.4g	5.7g	8.4g
Omelette	100g	2.8g	2.8g	11.5g	11.5g
Egg Stir-Fired Noodles	120g	45.8g	55.7g	2.5g	3.0g
Chicken Biryani	165g	11.7g	19.4g	1.3g	2.2g
Vegetable Samosas with Chutney Dip	170g	26.4g	44.8g	8.4g	14.4g
Meatball in Gravy	143g	6.6g	9.5g	4.4g	6.2g
Veg Sausage Roll	64g	28.0g	17.9g	16.0g	10.2g
BBQ Pepper & Beans Fajita	220g	17.9g	36.7g	2.3g	4.7g
Bubble Fish	120g	25.0g	30.0g	6.0g	7.2g
Spaghetti Bolognese	230g	9.7g	21.8g	1.8g	4.1g
Hawaiian Pizza	120g	33.5g	38.3g	6.1g	7.0g
Cheese Sandwich	103g	32.6g	33.5g	6.3g	6.5g
Tuna Mayo Sandwich	109g	31.6g	34.5g	4.4g	4.8g
Turkey Sandwich	106g	32.2g	34.1g	3.6g	3.8g
Side Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Mashed Potato	80g	26.1g	20.9g	0.0g	0.0g
Potato Wedges	80g	22.0g	17.6g	3.0g	2.4g
Baked Sweet Potato Fries	80g	27.9g	22.3g	0.4g	0.3g
Oven Chips	80g	21.0g	16.8g	3.0g	2.4g
Garlic Bread	32g	40.0g	128g	14.0g	4.5g
Rice	100g	26.5g	26.5g	0.7g	0.7g



# 2023/2024 Nursery

## Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for allergy-friendly and Vegetarian/Vegan alternatives

Side Vegetables	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Carrot	40g	4.7g	1.9g	0.3g	0.2g
Broccoli	40g	2.5g	1.0g	0.9g	0.3g
Peas	40g	11.2g	4.5g	0.7g	0.3g
Baked Beans	40g	14.0g	5.6g	0.6g	0.2g
Sweetcorn	40g	4.6g	1.8g	0.6g	0.2g
Rainbow Salad	40g	3.4g	1.1g	0.3g	0.1g
Mexican-Style Corn Salad	40g	5.2g	1.8g	2.6g	0.9g
Creamy Coleslaw	40g	5.4g	2.0g	3.4g	1.2g
Spinach Salad	40g	1.0g	0.4g	5.6g	2.2g
Dessert Items	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Orange Jelly	65g	15.1g	9.8	0.1g	0.1
Fruity Yoghurt	100g	11.6g	11.6g	0.5g	0.5g
Fruit Salad with Honey Lemon Dressing	86g	12.6g	10.8g	0.0g	0.0g
Oaty Flapjack	30g	55.4g	16.6g	14.6g	4.4g
Vanilla Ice Cream	80ml	18.0g	14.4g	1.0g	0.8g
Condiments	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Tomato Ketchup	10g	11g	1.1g	0g	0g
Mayonnaise	10g	7.4g	0.7g	26g	2.6g

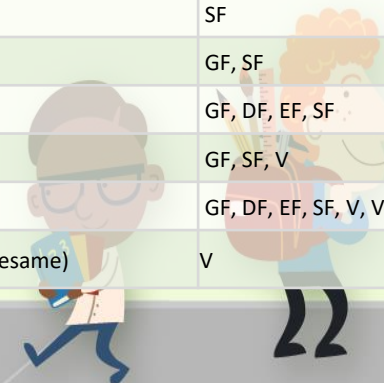
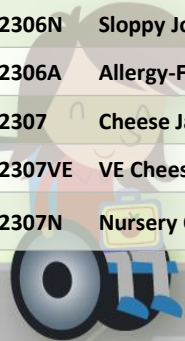


# 2023/2024 Primary & Nursery

## Allergen & Dietary Suitability Report

Menu Item	Allergens	Dietary Suitability*
SO2301 Vegetable Soup (ve)	None.	GF, DF, EF, SF, V, VE
SO2302 Tangy Tomato Soup (ve)	None.	GF, DF, EF, SF, V, VE
SO2303 Leek & Potato Soup (ve)	None.	GF, DF, EF, SF, V, VE
SO2304 Vegetable & Rice Soup (ve)	None.	GF, DF, EF, SF, V, VE
<del>SO2305 Sweet Potato &amp; Coconut Soup (ve)</del>	<del>None.</del>	<del>GF, DF, EF, SF, V, VE</del>
MA2301 Bangers 'N' Mash (Broccoli, Carrot)	Gluten (Wheat), SO2 .	DF, EF, SF
<del>MA2301A Allergy-Friendly Bangers 'N' Mash (Broccoli, Carrot)</del>	<del>SO2</del>	<del>GF, DF, EF, SF, V, VE</del>
MA2301VE Meat-Free Bangers 'N' Mash (Broccoli, Carrot) (ve)	None.	GF, DF, EF, SF, V, VE
MA2302 Creamy Pesto Bow-Tie Pasta with Garlic Bread (Broccoli, Carrot) (v)	Gluten (Wheat), Milk. (May contain: Soya)	EF, V
MA2302A Allergy-Friendly Pesto Pasta with VE Garlic Bread (Broccoli, Carrot) (ve)	None.	GF, DF, EF, SF, V, VE
MA2303 Chicken Nuggets with Potato Wedges (Rainbow Salad, Coleslaw)	Gluten (Wheat), Egg.	DF, SF
MA2303A Allergy-Friendly Chicken Goujons with Wedges (Rainbow Salad, VE Coleslaw)	None.	GF, DF, EF, SF
MA2303VE Veg Nuggets with Wedges (Rainbow Salad, VE Coleslaw) (ve)	Gluten (Wheat).	DF, EF, SF, V, VE
MA2304 Margherita Pizza (Broccoli, Mexican-Style Corn Salad) (v)	Gluten (Wheat, Barley, Rye), Milk, SO2. (May contain: Milk, Egg)	SF, V
MA2304VE VE Margherita Pizza (Broccoli, Mexican-Style Corn Salad) (ve)	Oat, SO2	GF, DF, EF, SF, V, VE
MA2305 Oriental Chow Mein (Broccoli, Mexican-Style Corn Salad) (ve)	Gluten (Wheat, Barley), SO2.	DF, EF, SF, V, VE
MA2306 Sloppy Joe's Tacos (Rainbow Salad, Coleslaw)	Milk, Egg. (May contain: Gluten (Wheat))	SF
MA2306N Sloppy Joe's Jacket Potato (Rainbow Salad, Coleslaw)	Milk, Egg	GF, SF
MA2306A Allergy-Friendly Sloppy Joe's Jacket Potato (Rainbow Salad, VE Coleslaw)	None.	GF, DF, EF, SF
MA2307 Cheese Jacket Potato (Rainbow Salad, Coleslaw) (v)	Milk, Egg.	GF, SF, V
MA2307VE VE Cheese Jacket Potato (Rainbow Salad, VE Coleslaw) (ve)	None.	GF, DF, EF, SF, V, VE
MA2307N Nursery Only Cheese Bread Roll (Rainbow Salad, Coleslaw) (v)	Gluten (Wheat), Milk, Egg, Soya. (May Contain: Oat, Rye, Barley, Sesame)	V

\* GF: gluten free   DF: dairy free   EF: egg free   SF: soya free   V: vegetarian   VE: vegan



# 2023/2024 Primary & Nursery

## Allergen & Dietary Suitability Report

Menu Item	Allergens	Dietary Suitability*
MA2308 Beans Jacket Potato (Rainbow Salad, Coleslaw) (v)	Egg.	GF, DF, SF, V
MA2308VE Beans Jacket Potato (Rainbow Salad, VE Coleslaw) (ve)	None.	GF, DF, EF, SF, V, VE
MA2309 Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)	Gluten (Wheat), Milk, Fish, SO2.	EF, SF
MA2309A Allergy-Friendly Fish Wrap (Sweetcorn, Spinach Salad)	Fish, SO2.	GF, DF, EF, SF
MA2310 Fragrant Thai Green Curry with Rice (Sweetcorn, Spinach Salad) (ve)	SO2.	GF, DF, EF, SF, V, VE
MA2311 Stack Your Beef Burger with Oven Chips (Broccoli)	Gluten (Wheat), Milk, Soya, SO2. (May contain: Egg, Oat, Rye, Barley, Sesame)	\
MA2311A Allergy-Friendly Stack Your Beef Burger with Oven Chips (Broccoli)	Soya, SO2.	GF, DF, EF
MA2311VE Stack Your Vegan Burger with Oven Chips (Broccoli) (ve)	Gluten (Wheat).	DF, EF, SF, V, VE
MA2312 Tuna Mayo Pasta with Garlic Bread (Broccoli)	Gluten (Wheat), Milk, Egg, Fish. (May contain: Soya)	\
MA2312A Allergy-Friendly Tuna Mayo Pasta with VE Garlic Bread (Broccoli)	Fish.	GF, DF, EF, SF
MA2312V Herby Tomato Pasta with Garlic Bread (Broccoli) (v)	Gluten (Wheat), Milk. (May contain: Soya)	EF, V
MA2312VA Allergy-Friendly Herby Tomato Pasta with VE Garlic Bread (Broccoli) (ve)	None.	GF, DF, EF, SF, V, VE
MA2313 Creamy Chicken Potato-Topped Pie (Rainbow Salad, Coleslaw)	Milk, Egg .	GF, SF
MA2313A Allergy-Friendly Chicken Potato-Topped Pie (Rainbow Salad, VE Coleslaw)	None.	GF, DF, EF, SF
MA2314 Gnocchi & Tomato Bake with Garlic Bread (Spinach Salad) (v)	Gluten (Wheat), Milk, SO2. (May contain: Soya)	EF, V
MA2315 Zingy Chipotle Burrito (Spinach Salad) (ve)	Gluten (Wheat), SO2.	DF, EF, SF, V, VE
MA2315A Allergy-Friendly Zingy Chipotle Burrito (Spinach Salad) (ve)	SO2.	GF, DF, EF, SF, V, VE
MA2316 Crispy Salmon Bites with Sweet Potato Fries (Peas, Rainbow Salad)	Gluten (Wheat), Fish.	DF, EF, SF
MA2316A Allergy-Friendly Fish Fingers with Sweet Potato Fries (Peas, Rainbow Salad)	Fish.	GF, DF, EF, SF
MA2317 Chicken Katsu Curry with Rice (Peas, Rainbow Salad)	Soya, Mustard.	GF, DF, EF
MA2317V Quorn Katsu Curry with Rice (Peas, Rainbow Salad) (ve)	Gluten (Wheat), Soya, Mustard.	DF, EF, V, VE

\* GF: gluten free    DF: dairy free    EF: egg free    SF: soya free    V: vegetarian    VE: vegan



# 2023/2024 Primary & Nursery

## Allergen & Dietary Suitability Report

Menu Item	Allergen	Dietary Suitability*
MA2318 Jumbo Hot Dog (Carrot, Mexican-Style Corn Salad)	Gluten (Wheat), SO2. (May contain: Sesame)	DF, EF, SF
MA2318N Nursery Only Omelette (Carrot, Mexican-Style Corn Salad) (v)	Milk, Egg, SO2	GF, SF, V
MA2319 Egg Stir-Fired Noodles (Carrot, Mexican-Style Corn Salad) (v)	Egg, Soya, SO2.	GF, DF, V
MA2319VE Ogg Stir-Fried Noodles (Carrot, Mexican-Style Corn Salad) (ve)	Soya, SO2	GF, DF, EF, V, VE
MA2320 Chicken Biryani (Carrot, Mexican-Style Corn Salad)	SO2.	GF, DF, EF, SF
MA2320VE Quorn Biryani (Carrot, Mexican-Style Corn Salad) (ve)	Gluten (Wheat, Barley), SO2.	DF, EF, SF, V, VE
MA2321 Vegetable Samosas with Chutney Dip (Carrot, Mexican-Style Corn Salad) (ve)	Gluten (Wheat) SO2.	DF, EF, SF, V, VE
MA2322 Meatball Sub Melt (Rainbow Salad, Coleslaw)	Gluten (Wheat), Milk, Egg, Soya, SO2. (May contain: Sesame)	\
MA2322A Allergy-Friendly Meatball Sub Melt (Rainbow Salad, VE Coleslaw)	Soya, Oat, SO2.	GF, DF, EF
MA2322N Nursery Only Meatball in Gravy with Mashed Potato (Rainbow Salad, Coleslaw)	Egg, Soya, SO2	GF, DF
MA2322NA Allergy-Friendly Nursery Only Meatball in Gravy with Mash (Salad, VE Coleslaw)	Soya, SO2	GF, DF, EF
MA2323 Veg Sausage Roll with Potato Wedges (Baked Beans, Spinach Salad) (ve)	Gluten (Wheat), SO2.	DF, EF, SF, V, VE
MA2323A Allergy-Friendly Veg Sausage with Wedges (Baked Beans, Spinach Salad) (ve)	SO2	GF, DF, EF, SF, V, VE
MA2324 BBQ Pepper & Beans Fajita (Baked Beans, Spinach Salad) (ve)	Gluten (Wheat), SO2	DF, EF, SF, V, VE
MA2324A Allergy-Friendly BBQ Pepper & Beans Fajita (Baked Beans, Spinach Salad) (ve)	SO2.	GF, DF, EF, SF, V, VE
MA2325 Bubble Fish 'N' Chips (Rainbow Salad, Creamy Coleslaw)	Fish, Egg.	GF, DF, SF
MA2325A Bubble Fish 'N' Chips (Rainbow Salad, VE Coleslaw)	Fish.	GF, DF, EF, SF
MA2326 Spaghetti Bolognese with Garlic Bread (Broccoli, Mexican-Style Corn Salad)	Gluten (Wheat), Milk, Soya, SO2. (May contain: Soya)	EF
MA2326A Allergy-Friendly Spaghetti Bolognese with VE Garlic Bread (Broccoli, Corn Salad)	Soya, SO2.	GF, DF, EF
MA2327 Hawaiian Pizza (Broccoli, Mexican-Style Corn Salad)	Gluten (Wheat, Barley, Rye), Milk, SO2. (May contain: Milk, Egg)	SF
MA2327A Allergy-Friendly Hawaiian Pizza (Broccoli, Mexican-Style Corn Salad)	Oat, SO2.	GF, DF, EF, SF

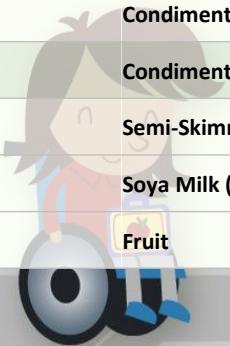
\* GF: gluten free    DF: dairy free    EF: egg free    SF: soya free    V: vegetarian    VE: vegan

# 2023/2024 Primary & Nursery

## Allergen & Dietary Suitability Report

Menu Item	Allergen	Dietary Suitability*
MA2328 Cheese Sandwich (Rainbow Salad, Coleslaw) (v)	Gluten (Wheat), Milk, Egg, Soya.	V
MA2328A Allergy-Friendly VE Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)	None.	GF, DF, EF, SF, V, VE
MA2328VE VE Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)	Gluten (Wheat), Soya.	DF, EF, V, VE
MA2329 Tuna Mayo Sandwich (Rainbow Salad, Coleslaw)	Gluten (Wheat), Egg, Fish, Soya.	DF
MA2329A Allergy-Friendly Tuna Mayo Sandwich (Rainbow Salad, VE Coleslaw)	Fish.	GF, DF, EF, SF
MA2330 Turkey Sandwich (Rainbow Salad, Coleslaw)	Gluten (Wheat), Egg, Soya.	DF
MA2330A Allergy-Friendly Turkey Sandwich (Rainbow Salad, VE Coleslaw)	None.	GF, DF, EF, SF
DE2301 Orange Jelly (ve)	None.	GF, DF, EF, SF, V, VE
DE2302 Fruity Yoghurt (v)	Milk	GF, EF, SF, V
DE2302VE Vanilla Dessert (ve)	Soya.	GF, DF, EF, V, VE
DE2303 Fruit Salad with Honey Lemon Dressing (ve)	SO2	GF, DF, EF, SF, V, VE
DE2304 Oaty Flapjack (v)	Gluten, Oat. (May contain: Gluten (Wheat, Barley), Milk, Egg, Soya)	V
DE2305 Vanilla Ice Cream (v)	Milk	GF, EF, SF, V
DE2305VE Fruity Iced Smoothie (ve)	None.	GF, DF, EF, SF, V, VE
Condiment: Tomato Ketchup	None.	GF, DF, EF, SF, V, VE
Condiment: Mayonnaise	Egg, Mustard.	GF, DF, SF, V
Semi-Skimmed Milk (250ml)	Milk	GF, EF, SF, V
Soya Milk (250ml)	Soya	GF, DF, EF, V, VE
Fruit	None.	GF, DF, EF, SF, V, VE

\* GF: gluten free    DF: dairy free    EF: egg free    SF: soya free    V: vegetarian    VE: vegan



# 2023/2024 Recipe Book



# Section 1 Soup

<b>Menu Item</b>	
<b>SO2301</b>	<b>Vegetable Soup (ve)</b>
<b>SO2302</b>	<b>Tangy Tomato Soup (ve)</b>
<b>SO2303</b>	<b>Leek &amp; Potato Soup (ve)</b>
<b>SO2304</b>	<b>Vegetable &amp; Rice Soup (ve)</b>
<b>SO2305</b>	<b>Sweet Potato &amp; Coconut Soup (ve)</b>

# Vegetable Soup (ve)

Allergens: None

Dietary Suitability: GF, DF, EF, SF V, VE



## Ingredients:

Code	Ingredient	Weight	Allergens
\	Water	2.5L	
133534	Knorr Veg Stock	50g	
30501	Onions	200g	
461235	Leeks	500g	
3326	Carrots	700g	
4777	Turnip	200g	

## Servings & Portions:

Group	Servings	Portion Size
Primary	20	200ml
Nursery	25	160ml

## Cooking Method:

- 1 Heat a large pot with **vegetable oil**, once hot, add in **vegetables**, cook until **vegetables** are starting to soften.
- 2 Add in **veg stock** and **water**, bring to boil over a high heat. Once boiling, reduce to low heat and simmer until vegetables are completely soften. Ready to serve.

**Serving** Serve in the white cups

## Vegetable Soup (ve)

Allergens: None

Dietary Suitability: GF, DF, EF, SF V, VE

Nutrient	Per 100g	Per Portion (Primary)	Per Portion (Nursery)	Units
Energy	11.0	22.0	17.6	kcal
Fat	0.1	0.2	0.2	g
SatFat	0.0	0.0	0.0	g
Carb	2.1	4.4	3.5	g
NMES	0.0	0.0	0.0	g
Tot Sug	1.4	2.9	2.3	g
Fibre	1.1	1.7	1.4	g
Prot	0.4	0.8	0.6	g
Iron	0.1	0.2	0.2	mg
Calc	15.3	31.8	25.4	mg
Vit A	217.8	453.0	362.4	µg
Fol	8.9	18.5	14.8	µg
Vit C	1.2	2.5	2.0	mg
Sodium	83.0	172.6	138.1	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.2	0.2	mg



# Tangy Tomato Soup (ve)

Allergens: None

Dietary Suitability: GF, DF, EF, SF V, VE



## Ingredients:

Code	Ingredient	Weight	Allergens
\	Water	2.5L	
133534	Knorr Veg Stock	50g	
6437	Chopped Tomato	1.2kg	
114938	Tomato Paste	500g	
30501	Onion	200g	
35006	Dried Basil	5g	
33592	Dried Oregano	5g	
33686	Garlic Powder	5g	

## Servings & Portions:

Group	Servings	Portion Size
Primary	20	200ml
Nursery	25	160ml

## Cooking Method:

- 1 Heat a large pot with **vegetable oil**, once hot, add in **onion**, cook until **onions** are starting to soften.
- 2 Add in **veg stock, water, chopped tomato, tomato paste, dried basil, dried oregano** and **garlic powder**, bring to boil over a high heat. Once boiling, reduce to low heat and simmer until vegetables are completely soften. Remove from heat, blend until smooth. Ready to serve.

**Serving** Serve in the white cups

# Tangy Tomato Soup (ve)

Allergens: None

Dietary Suitability: GF, DF, EF, SF V, VE

Nutrient	Per 100g	Per Portion (Primary)	Per Portion (Nursery)	Units
Energy	16	36	28.8	kcal
Fat	0.1	0.2	0.16	g
SatFat	0	0	0	g
Carb	3.2	7.1	5.68	g
NMES	0	0	0	g
Tot Sug	2.6	5.8	4.64	g
Fibre	0.9	1.6	1.28	g
Prot	0.8	1.8	1.44	g
Iron	0.3	0.7	0.56	mg
Calc	14.2	31.7	25.36	mg
Vit A	49.6	110.6	88.48	µg
Fol	11.1	24.8	19.84	µg
Vit C	10.9	24.3	19.44	mg
Sodium	123.4	275.2	220.2	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.2	0.16	mg

# Leek & Potato Soup (ve)

Allergens: None

Dietary Suitability: GF, DF, EF, SF V, VE



## Ingredients:

Code	Ingredient	Weight	Allergens
\	Water	2.5L	
133534	Knorr Veg Stock	50g	
461235	Leek	800g	
350002	Potato	1kg	
30501	Onion	125g	
33591	Dried Parsley	15g	

## Servings & Portions:

Group	Servings	Portion Size
Primary	20	200ml
Nursery	25	160ml

## Cooking Method:

- 1 Heat a large pot with **vegetable oil**, once hot, add in **leeks**, **potato**, and **onion**. Cook over a low heat for 5 min.
- 2 Add in **veg stock** and **water**, bring to boil over a high heat, once boiling, reduce heat to low and simmer until vegetable are completely soften.

**Serving** Serve in white cups with **parsley** garnished on top

# Leek & Potato Soup (ve)

Allergens: None

Dietary Suitability: GF, DF, EF, SF V, VE

Nutrient	Per 100g	Per Portion (Primary)	Per Portion (Nursery)	Units
Energy	24	54	43.2	kcal
Fat	0.1	0.2	0.16	g
SatFat	0	0	0	g
Carb	5.2	11.7	9.36	g
NMES	0	0	0	g
Tot Sug	0.9	2	1.6	g
Fibre	0.9	1.6	1.28	g
Prot	0.8	1.8	1.44	g
Iron	0.3	0.7	0.56	mg
Calc	14.8	33.3	26.64	mg
Vit A	13.6	30.6	24.48	µg
Fol	12.1	27.2	21.76	µg
Vit C	2.9	6.5	5.2	mg
Sodium	1.1	2.5	2.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.2	0.16	mg

# Vegetable & Rice Soup (ve)

Allergens: None

Dietary Suitability: GF, DF, EF, SF V, VE



## Ingredients:

Code	Ingredient	Weight	Allergens
\	Water	2.5L	
133534	Knorr Veg Stock	50g	
3326	Carrot	700g	
461235	Leek	500g	
4777	Turnip	200g	
533	Rice	250g	

## Servings & Portions:

Group	Servings	Portion Size
Primary	20	200ml
Nursery	25	160ml

## Cooking Method:

- 1 Heat a large pot with **vegetable oil** over a medium-high heat, once hot, add in **vegetables**, cook until tender.
- 2 Add in **veg stock** and **water**, bring to boil over a high heat. Once boiling, add in **rice**, cover the pot and cook over a medium heat until rice is tender. Ready to serve.

**Serving** Serve in the white cups.

# Vegetable & Rice Soup (ve)

Allergens: None

Dietary Suitability: GF, DF, EF, SF V, VE

Nutrient	Per 100g	Per Portion (Primary)	Per Portion (Nursery)	Units
Energy	16	35	28	kcal
Fat	0.2	0.4	0.32	g
SatFat	0	0	0	g
Carb	3.4	7.1	5.68	g
NMES	0	0	0	g
Tot Sug	1.2	2.5	2	g
Fibre	0.9	1.5	1.2	g
Prot	0.5	1	0.8	g
Iron	0.1	0.2	0.16	mg
Calc	14.8	31.1	24.88	mg
Vit A	215.1	451.7	361.36	µg
Fol	8.8	18.5	14.8	µg
Vit C	1	2.1	1.68	mg
Sodium	5.5	11.6	9.3	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.2	0.16	mg

# **Section 2**

## **Main**

Menu Item			
MA2301	Bangers 'N' Mash (Broccoli, Carrot)	MA2316	Crispy Salmon Bites with Sweet Potato Fries (Peas, Rainbow Salad)
MA2301A	Allergy-Friendly Bangers 'N' Mash (Broccoli, Carrot)	MA2316A	Allergy-Friendly Fish Fingers with Sweet Potato Fries (Peas, Rainbow Salad)
MA2301VE	Meat-Free Bangers 'N' Mash (Broccoli, Carrot)	MA2317	Chicken Katsu Curry with Rice (Peas, Rainbow Salad)
MA2302	Creamy Pesto Bow-Tie Pasta with Garlic Bread (Broccoli, Carrot) (v)	MA2317V	Quorn Katsu Curry with Rice (Peas, Rainbow Salad) (ve)
MA2302A	Allergy-Friendly Pesto Pasta with VE Garlic Bread (Broccoli, Carrot) (ve)	MA2318	Jumbo Hot Dog (Carrot, Mexican-Style Corn Salad)
MA2303	Chicken Nuggets with Potato Wedges (Rainbow Salad, Coleslaw)	MA2318N	Nursery Only Omelette with Potato Wedges (Carrot, Mexican-Style Corn Salad) (v)
MA2303A	Allergy-Friendly Chicken Goujons with Wedges (Salad, VE Coleslaw)	MA2319	Egg Stir-Fired Noodles (Carrot, Mexican-Style Corn Salad) (v)
MA2303VE	Veg Nuggets with Wedges (Rainbow Salad, VE Coleslaw) (ve)	MA2319VE	Ogg Stir-Fried Noodles (Carrot, Mexican-Style Corn Salad) (ve)
MA2304	Margherita Pizza (Broccoli, Mexican-Style Corn Salad) (v)	MA2320	Chicken Biryani (Carrot, Mexican-Style Corn Salad)
MA2304VE	VE Margherita Pizza (Broccoli, Mexican-Style Corn Salad) (ve)	MA2320VE	Quorn Biryani (Carrot, Mexican-Style Corn Salad) (ve)
MA2305	Oriental Chow Mein (Broccoli, Mexican-Style Corn Salad) (ve)	MA2321	Vegetable Samosas with Chutney Dip (Carrot, Mexican-Style Corn Salad) (ve)
MA2306	Sloppy Joe's Tacos (Rainbow Salad, Coleslaw)	MA2322	Meatball Sub Melt (Rainbow Salad, Coleslaw)
MA2306N	Sloppy Joe's Jacket Potato (Rainbow Salad, Coleslaw) (Nursery)	MA2322A	Allergy-Friendly Meatball Sub Melt (Rainbow Salad, VE Coleslaw)
MA2306A	Allergy-Friendly Sloppy Joe's Jacket Potato (Rainbow Salad, VE Coleslaw)	MA2322N	Nursery Only Meatball in Gravy with Mashed Potato (Rainbow Salad, Coleslaw)
MA2307	Cheese Jacket Potato (Rainbow Salad, Coleslaw) (v)	MA2322NA	Allergy-Friendly Nursery Only Meatball in Gravy with Mashed Potato (Salad, VE Coleslaw)
MA2307N	Nursery Only Cheese Bread Roll (Rainbow Salad, Coleslaw) (v)	MA2323	Veg Sausage Roll with Potato Wedges (Baked Beans, Spinach Salad) (ve)
MA2307VE	VE Cheese Jacket Potato (Rainbow Salad, VE Coleslaw) (ve)	MA2323A	Allergy-Friendly Veg Sausage with Wedges (Baked Beans, Spinach Salad) (ve)
MA2308	Beans Jacket Potato (Rainbow Salad, Coleslaw) (v)	MA2324	BBQ Pepper & Beans Fajita (Baked Beans, Spinach Salad) (ve)
MA2308VE	Beans Jacket Potato (Rainbow Salad, VE Coleslaw) (ve)	MA2324A	Allergy-Friendly BBQ Pepper & Beans Fajita (Baked Beans, Spinach Salad) (ve)
MA2309	Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)	MA2325	Bubble Fish 'N' Chips (Rainbow Salad, Creamy Coleslaw)
MA2309A	Allergy-Friendly Fish Wrap (Sweetcorn, Spinach Salad)	MA2325A	Allergy-Friendly Bubble Fish 'N' Chips (Rainbow Salad, VE Coleslaw)
MA2310	Fragrant Thai Green Curry with Rice (Sweetcorn, Spinach Salad) (ve)	MA2326	Spaghetti Bolognese with Garlic Bread (Broccoli, Mexican-Style Corn Salad)
MA2311	Stack Your Beef Burger with Oven Chips (Broccoli)	MA2326A	Allergy-Friendly Spaghetti Bolognese with VE Garlic Bread (Broccoli, Corn Salad)
MA2311A	Allergy-Friendly Stack Your Beef Burger with Oven Chips (Broccoli)	MA2327	Hawaiian Pizza (Broccoli, Mexican-Style Corn Salad)
MA2311VE	Stack Your Vegan Burger with Oven Chips (Broccoli) (ve)	MA2327A	Allergy-Friendly Hawaiian Pizza (Broccoli, Mexican-Style Corn Salad)
MA2312	Tuna Mayo Pasta with Garlic Bread (Broccoli)	MA2328	Cheese Sandwich (Rainbow Salad, Coleslaw) (v)
MA2312A	Allergy-Friendly Tuna Mayo Pasta with VE Garlic Bread (Broccoli)	MA2328A	Allergy-Friendly Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)
MA2312V	Herby Tomato Pasta with Garlic Bread (Broccoli) (v)	MA2328VE	VE Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)
MA2312VA	Allergy-Friendly Herby Tomato Pasta with VE Garlic Bread (Broccoli) (ve)	MA2329	Tuna Mayo Sandwich (Rainbow Salad, Coleslaw)
MA2313	Creamy Chicken Potato-Topped Pie (Rainbow Salad, Coleslaw)	MA2329A	Allergy-Friendly Tuna Mayo Sandwich (Rainbow Salad, VE Coleslaw)
MA2313A	Allergy-Friendly Chicken Potato-Topped Pie (Salad, VE Coleslaw)	MA2330	Turkey Sandwich (Rainbow Salad, Coleslaw)
MA2314	Gnocchi & Tomato Bake with Garlic Bread (Spinach Salad) (v)	MA2330A	Allergy-Friendly Turkey Sandwich (Rainbow Salad, VE Coleslaw)
MA2315	Zingy Chipotle Burrito (Spinach Salad) (ve)		
MA2315A	Allergy-Friendly Zingy Chipotle Burrito (Spinach Salad) (ve)		



**MA2301**

# Bangers 'N' Mash

**Side Carb: Mashed Potato** | **Side Veg: Carrot, Broccoli***Allergens: Gluten (Wheat), SO2**Dietary Suitability: DF, EF, SF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Sausage	30198	Pork Sausage	40 pieces (2280g)	Gluten (Wheat), SO2
Red Onion Gravy	133534	Knorr Veg Stock	20g	
	\	Water	1L	
	3ORKG	Onion (McLays)	5 onions (approx. 700g)	
	114956	G/F Flour	5 tsp (12g)	
Sides	SideCarb2301	Mashed Potato	2kg	
	SideVeg2301	Carrot	1kg	
	SideVeg2302	Broccoli	1kg	

Please refer to '**Side Carb**' and '**Side Veg**' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per child
Primary	20	2 Sausages + 70ml Red Onion Gravy
Nursery	20	2 Sausages + 70ml Red Onion Gravy

Please refer to '**Side Carb**' and '**Side Veg**' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
<b>MA2301A</b>	<b>Allergy-Friendly Bangers 'N' Mash (Carrot, Broccoli)</b>	<b>30198 Pork Sausage</b>	<b>105864 G/F Sausage</b>	<b>SO2</b>
MA2301VE	Meat-Free Bangers 'N' Mash (Carrot, Broccoli)	30198 Pork Sausage	<b>129633 Vegan Sausage</b>	None

# Bangers 'N' Mash

Side Carb: Mashed Potato | Side Veg: Carrot, Broccoli

Allergens: Gluten (Wheat), SO2

Dietary Suitability: DF, EF, SF

## Cooking Method:

**Prep:** Peel and slice red onions

- 1 Cook **sausages**, according to the instructions on the packaging.
- 2 Heat a large pan/pot with **vegetable oil**, once hot, add **sliced onion** with a pinch of **salt**. Cook until onions are softened and caramelized. While onions are cooking, mix **veg stock** with **water**.
- 3 Add in **G/F flour**, stir and evenly coat the onions. Then add in **mixed veg stock**, increase heat and cook until thickened to a gravy-like consistency. This is your **red onion gravy**

**Serving** Serve **sausages** with **red onion gravy**, and **mashed potato**, **carrot** and **broccoli** on the side.

## Nutritional Information for Bangers in Gravy

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 183g)	Per Portion (Nursery 183g)	Units
Energy	150.0	275	275	kcal
Fat	9.9	18.1	18.1	g
SatFat	2.0	3.6	3.6	g
Carb	8.5	15.6	15.6	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.0	3.8	3.8	g
Fibre	1.1	2.1	2.1	g
Prot	6.2	11.4	11.4	g
Iron	0.9	1.6	1.6	mg
Calc	9.8	17.9	17.9	mg
Vit A	0.3	0.5	0.5	µg
Fol	1.9	3.5	3.5	µg
Vit C	0.5	0.9	0.9	mg
Sodium	276.0	505.1	505.1	mg
Salt	0.7	1.3	1.3	g
Zinc	0.8	1.5	1.5	mg

**MA2302**

# Creamy Pesto Bow-Tie Pasta (v)

**Side Carb: Garlic Bread** | **Side Veg: Carrot, Broccoli***Allergens: Gluten (Wheat), Milk**May contain: Soya**Dietary Suitability: EF, V***Ingredients:**

Component	Code	Ingredient	Weight	Allergens
Creamy Pesto Farfalle	123386	Farfalle	1.2kg (uncooked wt.)	Gluten (Wheat)
	\	Pasta Water	1L	
	30RKG	Onion (McLays)	600g	
	30866	Spinach	400g	
	71776	Soft Cheese	200g	Milk
	131779	Green Pesto	150g	
	27543	Grated Cheddar	150g	Milk
	35006	Dried Basil	3g	
	133534	Knorr Veg Stock	20g	
Sides	SideCarb2303	Garlic Bread	20 pieces (640g)	Gluten (Wheat), Milk May contain: Soya
	SideVeg2301	Carrot	1kg	
	SideVeg2302	Broccoli	1kg	

Please refer to '**Side Carb**' and '**Side Veg**' section for details of sides in this meal**Servings & Portions:**

Group	Servings	Serving Instructions per Child
Primary	20	186g Creamy Pasta
Nursery	25	144g Creamy Pasta

Please refer to '**Side Carb**' and '**Side Veg**' section for servings and portion sizes of sides in this meal**Dietary & Lifestyle Alternatives**

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2302A	Allergy-Friendly Pesto Pasta with VE Garlic Bread (Carrot Broccoli) (ve)	123386 Farfalle 71776 Soft Cheese 27543 Grated Cheddar SideCarb2303 Garlic Bread	<b>126919/124869 G/F Pasta</b> <b>133532 Vegan Soft Cheese</b> <b>122000 Vegan Grated Cheese</b> <b>SideCarb2303VE: VE Garlic Bread (make with McGhees G/F Roll, Flora and Garlic Powder)</b>	None

# Creamy Pesto Bow-Tie Pasta

Side Carb: Garlic Bread | Side Veg: Carrot, Broccoli

Allergens: Gluten (Wheat), Milk

May contain: Soya

Dietary Suitability: EF, V

## Cooking Method:

**Prep:** Peel and slice red onions

- 1 Boil **farfalle**. While the farfalle is boiling, heat a large pot with **oil** over a medium heat, once hot, add sliced **onion**, cook until onion starts to soften.
- 2 Add **cooked farfalle** to the pot with the onion, add in **veg stock, soft cheese, dried basil, pesto**, most of the **grated cheese** and **starchy pasta water**. Cook until the sauce is creamy and starting to thicken.
- 3 Add in **spinach** and stir through until wilted, season to taste (add a splash more starchy water if the sauce looks too dry). Ready to serve.

**Serving** Serve the **creamy pesto farfalle** with **grated cheese** garnished on top. Serve with sides: **garlic bread, carrot** and **broccoli**.

## Nutritional Information for Creamy Pesto Bow-Tie Pasta

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 186g)	Per Portion (Nursery 144g)	Units
Energy	111.0	206.0	164.8	kcal
Fat	4.0	7.5	6.0	g
SatFat	0.9	1.7	1.4	g
Carb	14.5	27.0	21.6	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.1	3.9	3.1	g
Fibre	1.7	2.4	1.9	g
Prot	4.3	8.1	6.5	g
Iron	0.7	1.3	1.0	mg
Calc	76.6	142.5	114.0	mg
Vit A	146.7	272.8	218.2	µg
Fol	18.1	33.7	27.0	µg
Vit C	1.2	2.2	1.8	mg
Sodium	119.6	222.5	178.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	0.8	0.6	mg

# Chicken Nuggets

Side Carb: Potato Wedges | Side Veg: Rainbow Salad, Coleslaw

Allergens: Gluten (Wheat), Egg.

Dietary Suitability: DF, SF



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Nuggets	113982	Chicken Nuggets	2kg	Gluten (Wheat)
Sides	SideCarb2302	Potato Wedges	2kg	
	VE2301	Rainbow Salad	1kg	
	VE2303	Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	4 pieces (100g) Chicken Nuggets Serve with options of condiments
Nursery	25	3 pieces (80g) Chicken Nuggets Serve with options of condiments

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2303A	Allergy-Friendly Chicken Goujons with Wedges (Rainbow Salad, VE Coleslaw)	113982 Chicken Nuggets VE2303 Coleslaw	125459 G/F Chicken Goujons VE2303VE Vegan Coleslaw	None
MA2303VE	Veg Nuggets with Wedges (Rainbow Salad, VE Coleslaw) (ve)	113982 Chicken Nuggets VE2303 Coleslaw	134570 Veg Nuggets VE2303VE Vegan Coleslaw	Gluten (Wheat)

# Chicken Nuggets

Side Carb: Potato Wedges | Side Veg: Rainbow Salad, Coleslaw

Allergens: Gluten (Wheat), Egg.

Dietary Suitability: DF, SF

## Cooking Method:

Follow cooking instructions on the packaging.

**Serving** Serve chicken nuggets with potato wedges, rainbow salad, and coleslaw on the side. Offer options of condiments.

## Nutritional Information for Chicken Nuggets

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units
Energy	157.0	157.0	125.6	kcal
Fat	9.7	9.7	7.8	g
SatFat	1.0	1.0	0.8	g
Carb	11.0	11.0	8.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	0.5	0.5	0.4	g
Fibre	0.7	0.5	0.4	g
Prot	17.2	17.2	13.8	g
Iron	1.2	1.2	1.0	mg
Calc	31.0	31.0	24.8	mg
Vit A	0.0	0.0	0.0	µg
Fol	22.0	22.0	17.6	µg
Vit C	0.5	0.5	0.4	mg
Sodium	240.0	240.0	192.0	mg
Salt	0.6	0.6	0.5	g
Zinc	0.7	0.7	0.6	mg

**MA2304**

# Margherita Pizza (v)

**Side Veg: Broccoli, Mexican-Style Corn Salad***Allergens: Gluten (Wheat, Barley, Rye), Milk, SO2.**May contain: Milk, Egg**Dietary Suitability: SF, V*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Pizza Base	33829	12" Pizza Base	5 bases (1.5kg)	Gluten (Wheat, Barley, Rye) May contain: Milk, Egg
Pizza Sauce	114938	Passata	500g	
	35006	Dried Basil	10g	
	33686	Garlic Powder	5g	
Pizza Topping	10163	Grated Mozzarella	450g	Milk
	113879	Basil Leaves	30g	
Sides	SideVeg2302	Broccoli	1kg	
	VE2302	Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1/4 (125g) Pizza
Nursery	25	1/5 (100g) Pizza

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2304VE	VE Pizza Margherita (Broccoli, Mexican-Style Corn Salad) (ve)	33829 Pizza Base 10163 Grated Mozzarella	133505 10" Pizza Base 135420 Vegan Mozzarella	Oat, SO2

Serving Instruction for MA2304VE: **1/3 pizza** per primary child, **1/4 pizza** per nursery child

# Margherita Pizza (v)

Side Veg: Broccoli, Mexican-Style Corn Salad

Allergens: Gluten (Wheat, Barley, Rye), Milk, SO2.

May contain: Milk, Egg

Dietary Suitability: SF, V

## Cooking Method:

- 1 Make the sauce: mix **passata**, **dried basil** and **garlic powder**, season to taste.
- 2 Heat the oven to 240C/220C fan/gas 8. Smooth **sauce** over bases with the back of a spoon. Scatter **cheese** on top. Bake in the oven for 8-10min or until crisp. Cut the pizza, ready to serve.

**Serving** Serve **pizza** with **basil leaves** on top, serve with **broccoli** and **corn salad** on the side.

## Nutritional Information for Margherita Pizza

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 125g)	Per Portion (Nursery 100g)	Units
Energy	242.0	302.0	242.0	kcal
Fat	6.7	8.4	6.7	g
SatFat	2.4	3.0	2.4	g
Carb	37.5	46.8	37.5	g
NMES	1.4	1.7	1.4	g
Tot Sug	4.6	5.8	4.6	g
Fibre	2.5	2.4	2.5	g
Prot	10.2	12.8	10.2	g
Iron	1.5	1.9	1.5	mg
Calc	178.7	223.4	178.7	mg
Vit A	118.7	148.3	118.7	µg
Fol	16.0	20.1	16.0	µg
Vit C	8.9	11.2	8.9	mg
Sodium	360.6	450.8	360.6	mg
Salt	0.0	0.0	0.0	g
Zinc	0.8	1.0	0.8	mg



# Oriental Chow Mein (ve)

Side Veg: Broccoli, Mexican-Style Corn Salad

Allergens: Gluten (Wheat, Barley), SO2.

Dietary Suitability: DF, EF, SF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Chow Mein	105854	Noodles	2kg	Gluten (Wheat)
	134294	Oriental Plant Based Pulled Duck	800g	Gluten (Wheat, Barley)
Sides	SideVeg2302	Broccoli	1kg	
	VE2302	Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	140g Chow Mein
Nursery	25	112g Chow Mein

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

# Oriental Chow Mein (ve)

Side Veg: Broccoli, Mexican-Style Corn Salad

Allergens: Gluten (Wheat, Barley), Soya, SO2.

Dietary Suitability: DF, EF, V, VE

## Cooking Method:

- 1 Place the noodles in boiling water. Remove from heat and leave to soak for 7 min. Stir frequently to separate the noodles.
- 2 Heat a large pot with vegetable oil, add in drained noodles and Oriental filling. Heat and mix well. Season to taste, ready to serve.

**Serving** Serve chow mein with broccoli and corn salad on the side.

## Nutritional Information for Oriental Chow Mein

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 140g)	Per Portion (Nursery 112g)	Units
Energy	82.0	114.0	91.2	kcal
Fat	1.1	1.5	1.2	g
SatFat	0.1	0.1	0.1	g
Carb	13.3	18.6	14.9	g
NMES	0.0	0.0	0.0	g
Tot Sug	3.0	4.2	3.4	g
Fibre	1.1	1.1	0.9	g
Prot	5.1	7.1	5.7	g
Iron	0.2	0.3	0.2	mg
Calc	3.6	5.0	4.0	mg
Vit A	0.0	0.0	0.0	µg
Fol	1.4	2.0	1.6	µg
Vit C	0.0	0.0	0.0	mg
Sodium	23.6	33.0	26.4	mg
Salt	0.0	0.0	0.0	g
Zinc	0.2	0.3	0.2	mg

**MA2306**

# Sloppy Joe's Tacos

**Side Veg: Rainbow Salad, Coleslaw***Allergens: Milk, Egg**May contain: Gluten (Wheat)**Dietary Suitability: SF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Taco Shell	85788	Taco Shell	40 shells (860g)	May contain: Gluten (Wheat)
Cheese	27543	Grated Cheddar	200g	Milk
Sloppy Filling	SML	Mince (McLays)	1kg	
	30501	Onion	400g	
	2PRKG	Pepper (McLays)	400g	
	114938	Tomato Paste	1kg	
	33686	Garlic Powder	10g	
	113184	BBQ Sauce	100ml	
	\	Water	500ml (reduce to 0)	
Sides	VE2301	Rainbow Salad	1kg	
	VE2303	Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	2 Tacos shells + 150g Filling (75g each) + 10g Cheese on top (5g each)
Nursery	n/a	n/a, this item is not suitable for nursery child, please see below alternative

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2306N	Sloppy Joe's Jacket Potato (Rainbow Salad, Creamy Coleslaw) (Nursery)	85788 Taco Shell	3PB15 Baking Potato	Milk, Egg
MA2306A	Allergy-Friendly Sloppy Joes Jacket Potato (Rainbow Salad, VE Coleslaw)	85788 Taco Shell 27543 Grated Cheddar VE2303 Coleslaw	3PB15 Baking Potato 122000 Vegan Grated Cheese VE2303VE Vegan Coleslaw	None

Serving Instructions for MA2306N &amp; MA2306A: 1 potato + 75g filling per primary and nursery child

# Sloppy Joe's Tacos

Side Veg: Rainbow Salad, Coleslaw

Allergens: Milk, Egg

May contain: Gluten (Wheat)

Dietary Suitability: SF

## Cooking Method:

- 1 Start with a cold pot/pan, add in **beef** and **onion**, cook over a medium heat, stir well. **Drain out beef fat if necessary.**
- 2 Add in **garlic powder** and **pepper**, stir for 2-3 min.
- 3 Add in **water**, **tomato paste**, **BBQ sauce**, season with salt & pepper. Stir well.
- 4 Let the mixture simmer until water evaporates to reach a very thick consistency. Ready to serve.

**Serving** Serve **tacos** filled with **sloppy fillings**, top with **grated cheese**. Serve with **salad** and **coleslaw** on the side.

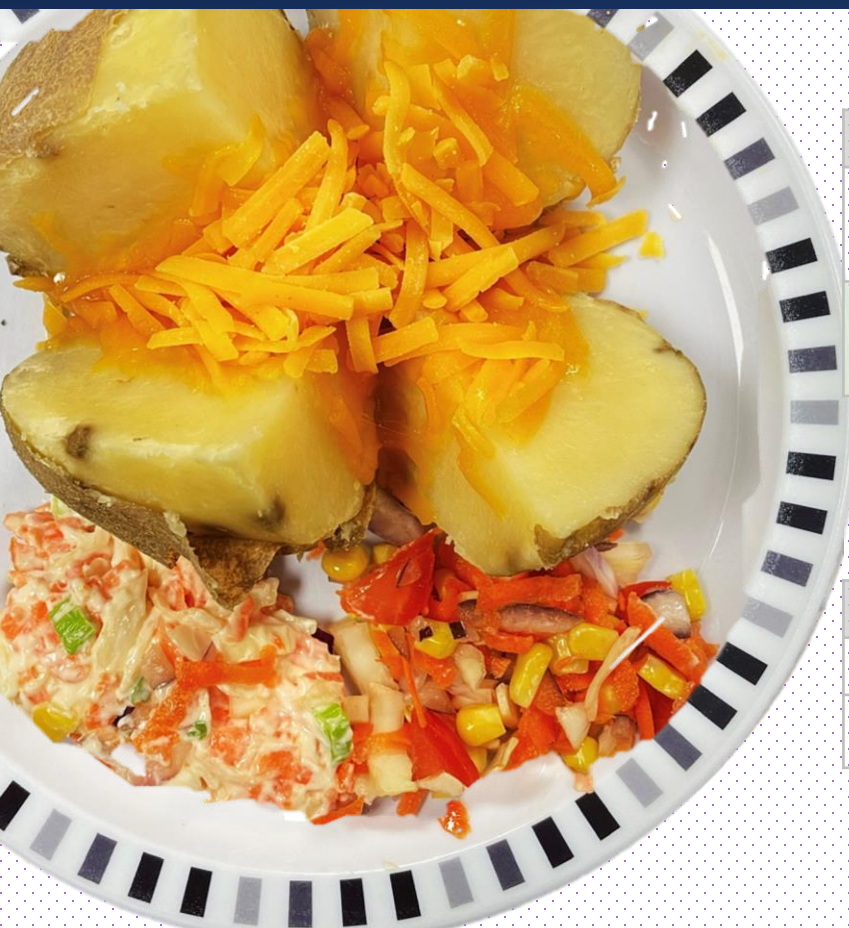
## Nutritional Information for Sloppy Joe's Tacos

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 200g)	Per Portion (Nursery n/a)	Units
Energy	192.0	355.0	n/a	kcal
Fat	7.4	13.7	n/a	g
SatFat	2.2	4.0	n/a	g
Carb	20.7	38.2	n/a	g
NMES	0.0	0.0	n/a	g
Tot Sug	5.6	10.3	n/a	g
Fibre	2.5	3.5	n/a	g
Prot	10.7	19.8	n/a	g
Iron	1.3	2.5	n/a	mg
Calc	89.2	165.1	n/a	mg
Vit A	98.1	181.5	n/a	µg
Fol	39.3	72.6	n/a	µg
Vit C	23.4	43.2	n/a	mg
Sodium	165.6	306.3	n/a	mg
Salt	0.0	0.0	n/a	g
Zinc	1.9	3.6	n/a	mg

**MA2307**

# Cheese Jacket Potato (v)

**Side Veg: Rainbow Salad, Coleslaw***Allergens: Milk, Egg.**Dietary Suitability: GF, SF, V*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Baked Potato with Cheese	3PB15	Baking Potato	20 Potatoes (2.4kg)	
	27543	Grated Cheddar	1kg	Milk
Sides	VE2301	Rainbow Salad	1kg	
	VE2303	Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 Potato + 50g Cheese
Nursery	20	1 Potato + 50g Cheese

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2307VE	VE Cheese Jacket Potato (Rainbow Salad, VE Coleslaw) (ve)	27543 Grated Cheddar VE2303 Coleslaw	<b>122000 Vegan Grated Cheese</b> <b>VE2303VE Vegan Coleslaw</b>	None

# Cheese Jacket Potato (v)

Side Veg: Rainbow Salad, Coleslaw

Allergens: Milk, Egg.

Dietary Suitability: GF, SF, V

## Cooking Method:

- 1 Preheat the oven. Bake **potato** until the skin is crisp and the inside soft.
- 2 Make a cross in the center of each potato, dollop over the grated **cheese**. Ready to serve.

**Serving** Serve the **baked potato** with **cheese** on top, **salad** and **coleslaw** on the side.

## Nutritional Information for Cheese Jacket Potato

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 170g)	Per Portion (Nursery 170g)	Units
Energy	161.0	274.0	274.0	kcal
Fat	4.6	7.8	7.8	g
SatFat	0.9	1.6	1.6	g
Carb	15.9	27.2	27.2	g
NMES	0.0	0.0	0.0	g
Tot Sug	1.0	1.7	1.7	g
Fibre	1.3	1.7	1.7	g
Prot	9.1	15.5	15.5	g
Iron	0.6	1.1	1.1	mg
Calc	225.1	382.7	382.7	mg
Vit A	107.1	182.0	182.0	µg
Fol	21.8	37.1	37.1	µg
Vit C	4.3	7.2	7.2	mg
Sodium	1.4	2.4	2.4	mg
Salt	0.0	0.0	0.0	g
Zinc	1.5	2.5	2.5	mg

MA2307N

# Nursery Only Cheese Bread Roll (v)

Side Veg: Rainbow Salad, Coleslaw

Allergens: Gluten (Wheat), Milk, Egg, Soya

May Contain: Milk, Egg, Oat, Rye, Barley, Sesame

Dietary Suitability: V



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Cheese Bread Roll	121701	Burger Bun	20 buns (1kg)	Gluten (Wheat), Soya May contain: Milk, Egg, Oat, Rye, Barley, Sesame
	74453	Cheese Slices	20 slices (400g)	Milk
	71402	Flora	60g	
Sides	VE2301	Rainbow Salad	800g	
	VE2303	Coleslaw	800g	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	n/a	n/a
Nursery	20	1 Bun + 1 slices of Cheese + 3g Flora

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
None				

# Nursery Only Cheese Bread Roll (v)

Side Veg: Rainbow Salad, Coleslaw

Allergens: Gluten (Wheat), Milk, Egg, Soya

May Contain: Milk, Egg, Oat, Rye, Barley, Sesame

Dietary Suitability: V

## Cooking Method:

1 n/a

2

Serving n/a

## Nutritional Information for Cheese Bread Roll

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary n/a)	Per Portion (Nursery 73g)	Units
Energy	270	n/a	197	kcal
Fat	8.7	n/a	6.4	g
SatFat	2.1	n/a	1.5	g
Carb	30.7	n/a	22.4	g
NMES	0.0	n/a	0.0	g
Tot Sug	1.9	n/a	1.4	g
Fibre	3.5	n/a	2.6	g
Prot	13.7	n/a	10.0	g
Iron	1.8	n/a	1.3	mg
Calc	340.1	n/a	248.3	mg
Vit A	99.7	n/a	72.8	µg
Fol	47.5	n/a	34.7	µg
Vit C	0.0	n/a	0.0	mg
Sodium	266.8	n/a	194.8	mg
Salt	0.7	n/a	0.5	g
Zinc	2.1	n/a	1.5	mg



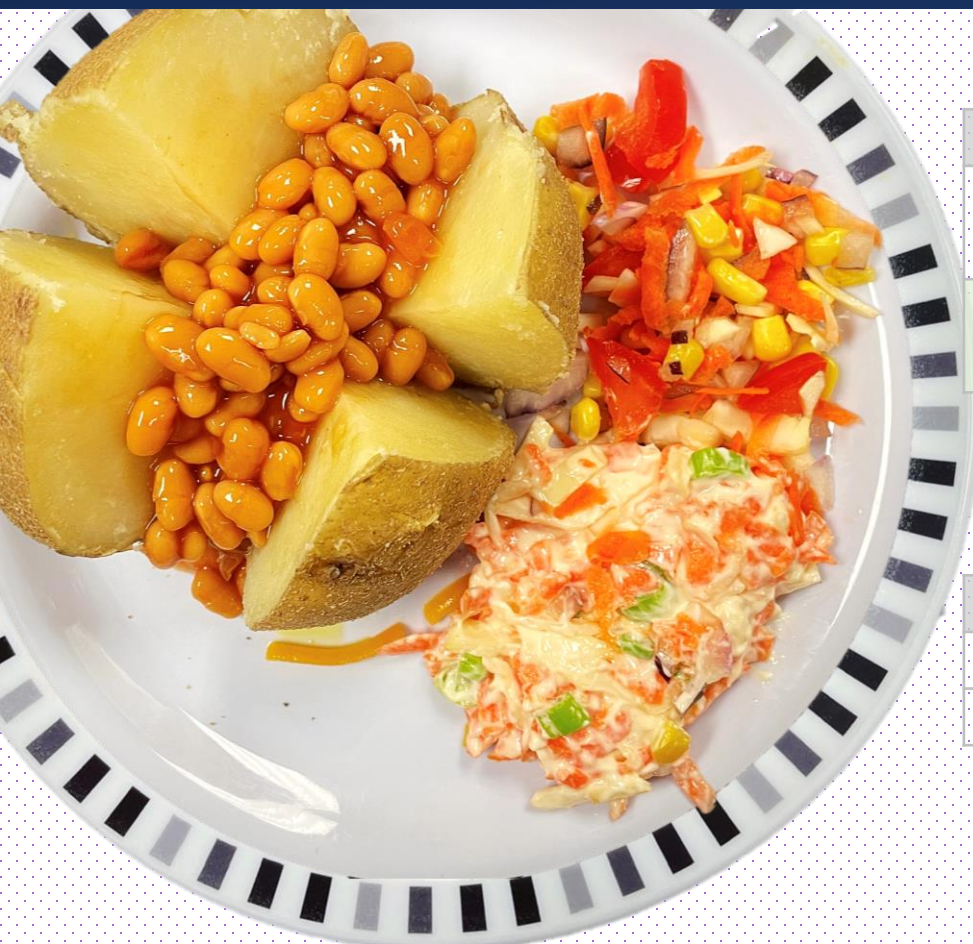
MA2308

# Beans Jacket Potato (v)

Side Veg: Rainbow Salad, Coleslaw

Allergens: Egg.

Dietary Suitability: GF, DF, SF, V



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Baked Potato with Beans	3PB15	Baking Potato	20 Potatoes (2.4kg)	
	28758	Baked Beans	1kg	
Sides	VE2301	Rainbow Salad	1kg	
	VE2303	Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 Potato + 50g Beans
Nursery	20	1 Potato + 50g Beans

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2308VE	Beans Jacket Potato (Rainbow Salad, VE Coleslaw) (ve)	VE2303 Coleslaw	VE2303VE Vegan Coleslaw	None

# Beans Jacket Potato (v)

Side Veg: Rainbow Salad, Coleslaw

Allergens: Egg.

Dietary Suitability: GF, DF, SF, V

## Cooking Method:

- 1 Preheat the oven. Bake **potato** until the skin is crisp and the inside soft.
- 2 Make a cross in the center of each potato, dollop over the baked beans. Ready to serve.

**Serving** Serve the **baked potato** with **beans** on top, **salad** and **coleslaw** on the side.

## Nutritional Information for Beans Jacket Potato

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 170g)	Per Portion (Nursery 170g)	Units
Energy	94.0	159.0	159.0	kcal
Fat	0.3	0.5	0.5	g
SatFat	0.1	0.2	0.2	g
Carb	20.1	34.2	34.2	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.2	3.7	3.7	g
Fibre	2.4	3.1	3.1	g
Prot	3.0	5.1	5.1	g
Iron	0.9	1.5	1.5	mg
Calc	21.3	36.2	36.2	mg
Vit A	0.0	0.0	0.0	µg
Fol	36.5	62.0	62.0	µg
Vit C	4.2	7.1	7.1	mg
Sodium	80.8	137.4	137.4	mg
Salt	0.0	0.0	0.0	g
Zinc	0.5	0.8	0.8	mg

**MA2309**

# Mediterranean Fish Wrap

**Side Veg: Sweetcorn, Spinach Salad***Allergens: Gluten (Wheat), Milk, Fish, SO2.**Dietary Suitability: EF, SF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Wrap	4719	Tortilla Wrap	1kg	Gluten (Wheat)
Fish	54402	Fish Finger	1kg	Gluten (Wheat), Fish
Veg Filling	2CUCL	Cucumber (sliced)	300g	
	2LI	Lettuce (shredded)	300g	
	6437	Tomato (chopped)	300g	
Yoghurt	74550	Natural Yoghurt	200g	Milk
Sides	SideVeg2305	Sweetcorn	1kg	
	VE2304	Spinach Salad	1kg	SO2

Please refer to '**Side Carb**' and '**Side Veg**' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 Wrap + 2 Fish fingers + 45g Veg filling + 10g Natural yoghurt
Nursery	20	1 Wrap + 2 Fish fingers + 45g Veg filling + 10g Natural yoghurt

Please refer to '**Side Carb**' and '**Side Veg**' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2309A	Allergy-Friendly Fish Wrap (Sweetcorn, Spinach Salad)	4719 Tortilla Wrap 54402 Fish Finger 74550 Natural Yoghurt	<b>129230 G/F Wrap</b> <b>123824 G/F Fish Finger</b> <b>134989 Vegan Yoghurt</b>	<b>Fish, SO2</b>

# Mediterranean Fish Wrap

Side Veg: Sweetcorn, Spinach Salad

Allergens: Gluten (Wheat), Milk, Fish, SO2.

Dietary Suitability: EF, SF

## Cooking Method:

### Prep: slice cucumber and shred lettuce

- 1 Follow instructions on the packaging and bake **fish fingers**.
- 2 Mix **sliced cucumber, shredded lettuce, chopped tomato** in a large bowl. Season with salt & pepper.
- 3 Fill the **tortillas** with **cooked fish, mixed veg**, and a dollop of **natural yoghurt**. Ready to serve.

**Serving** Serve the **fish wrap** with **sweetcorn** and **spinach salad** on the side.

## Nutritional Information for Mediterranean Fish Wrap

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 150g)	Per Portion (Nursery 150g)	Units
Energy	164.0	245.0	245.0	kcal
Fat	4.6	6.9	6.9	g
SatFat	1.5	2.2	2.2	g
Carb	22.2	33.3	33.3	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.1	3.2	3.2	g
Fibre	1.6	1.8	1.8	g
Prot	7.5	11.2	11.2	g
Iron	0.3	0.4	0.4	mg
Calc	45.6	68.4	68.4	mg
Vit A	7.9	11.8	11.8	µg
Fol	13.5	20.2	20.2	µg
Vit C	2.6	3.9	3.9	mg
Sodium	174.0	261.0	261.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.2	0.3	0.3	mg

MA2310

# Fragrant Thai Green Curry (ve)

Allergens: SO2.

Side Carb: Rice | Side Veg: Sweetcorn, Spinach Salad

Dietary Suitability: GF, DF, EF, SF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Green Curry	4792	Ratatouille Mix	2kg	
	33601	Chilli Powder	5g	
	33583	Ground Ginger	15g	
	85108	Curry Paste	200g	
	133534	Knorr Veg Stock	20g	
	\	Water	1.4L	
	134445	Coconut Cream	200g	
	114947	Lemon Juice	50ml	SO2
Sides	SideCarb2304	Long Grain Rice	2.4kg (cooked weight)	
	SideVeg2305	Sweetcorn	1kg	
	VE2304	Spinach Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	195g Thai Green Curry
Nursery	25	170g Thai Green Curry

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
None				

# Fragrant Thai Green Curry (ve)

Allergens: SO2.

Side Carb: Rice | Side Veg: Sweetcorn, Spinach Salad

Dietary Suitability: GF, DF, EF, SF, V, VE

## Cooking Method:

### Prep: thaw ratatouille

- 1 Heat a large pan/pot with **vegetable oil** over a medium-high heat. Once hot, add in **thawed ratatouille** with a large pinch of **salt**, cook until veg starting to soften.
- 2 Once veg had softened, add in **curry paste**, **chilli powder**, and **ground ginger**. Mix and cook for 2 min.
- 3 Mix **veg stock** with **water**, **coconut cream** and **lemon juice**, then add the **mixed stock** to the veg. Bring to boil. Once boiling, reduce heat and let it simmer until all vegetables are tender and the sauce has thickened. Ready to serve.

**Serving** Serve **thai green curry** with **rice**, **sweetcorn**, and **spinach salad** on the side.

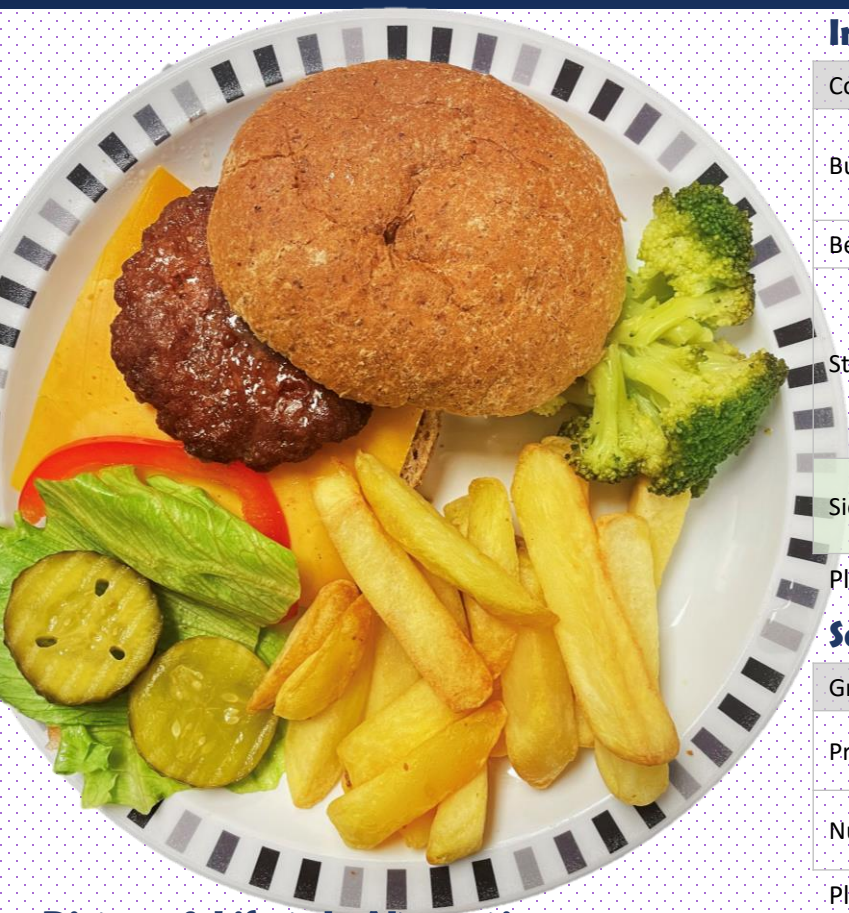
## Nutritional Information for Fragrant Thai Green Curry

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 195g)	Per Portion (Nursery 170g)	Units
Energy	80.0	155.0	124.0	kcal
Fat	8.4	16.4	13.1	g
SatFat	2.6	5.1	4.1	g
Carb	16.3	31.8	25.4	g
NMES	0.0	0.0	0.0	g
Tot Sug	5.8	11.3	9.0	g
Fibre	0.0	0.0	0.0	g
Prot	1.1	2.1	1.7	g
Iron	1.4	2.7	2.2	mg
Calc	2.5	4.9	3.9	mg
Vit A	4.0	7.8	6.2	µg
Fol	12.5	24.4	19.5	µg
Vit C	9.8	19.1	15.3	mg
Sodium	80.0	156.0	124.8	mg
Salt	0.2	0.3	0.3	g
Zinc	0.5	1.0	0.8	mg

**MA2311**

# Stack Your Beef Burger

**Side Carb: Oven Chips | Side Veg: Broccoli***Allergens: Gluten (Wheat), Milk, Soya SO2**May Contain: Milk, Egg, Oat, Rye, Barley, Sesame**Dietary Suitability: \*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Bun	121701	Burger Bun	20 buns (1kg)	Gluten (Wheat), Soya May contain: Milk, Egg, Oat, Rye, Barley, Sesame
Beef Burger	118193	Beef Burger	20 burgers (1.7kg)	Soya, SO2
Stackings	2LI	Lettuce (McLays)	200g	
	28797	Gherkin Slices	40 slices (300g)	
	2TKG	Tomato (McLays)	20 slices (400g)	
	74453	Cheese Slices	20 slices (400g)	Milk
Sides	SideCarb2306	Oven Chips	2kg	
	SideVeg2302	Broccoli	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 Bun + 1 Burger + 10g Lettuce + 2 Gherkin slices + 1 Tomato slice + 1 Cheese slice Serve with options of condiments
Nursery	20	1 Bun + 1 Burger + 10g Lettuce + 2 Gherkin slices + 1 Tomato slice + 1 Cheese slice Serve with options of condiments

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2311A	Allergy-Friendly Beef Stack Burger with Chips (Broccoli)	121701 Burger Bun 74453 Cheese Slice	<b>7204 McGhees G/F Roll</b> <b>122001 VE Cheese Slice</b>	<b>Soya, SO2</b>
MA2311VE	Vegan Stack Burger with Oven Chips (Broccoli) (ve)	121701 Burger Bun 118193 Beef Burger 74453 Cheese Slice	<b>7204 McGhees G/F Roll</b> <b>134187 Vegan Burger</b> <b>122001 VE Cheese Slice</b>	<b>Gluten (Wheat)</b>

# Stack Your Beef Burger

Side Carb: Oven Chips | Side Veg: Broccoli

Allergens: Gluten (Wheat), Milk, Soya SO2

May Contain: Milk, Egg, Oat, Rye, Barley, Sesame

Dietary Suitability: \

## Cooking Method:

**Prep:** wash and slice tomatoes and lettuce

- 1 Cook beef burgers according to cooking instructions on the packaging.

## Serving

Encourage children to **stack up their own burgers** with the ingredients provided on the plate. Offer options of **condiments**. Serve with **oven chips** and **broccoli** on the side.

## Nutritional Information for Beef Stack Burger

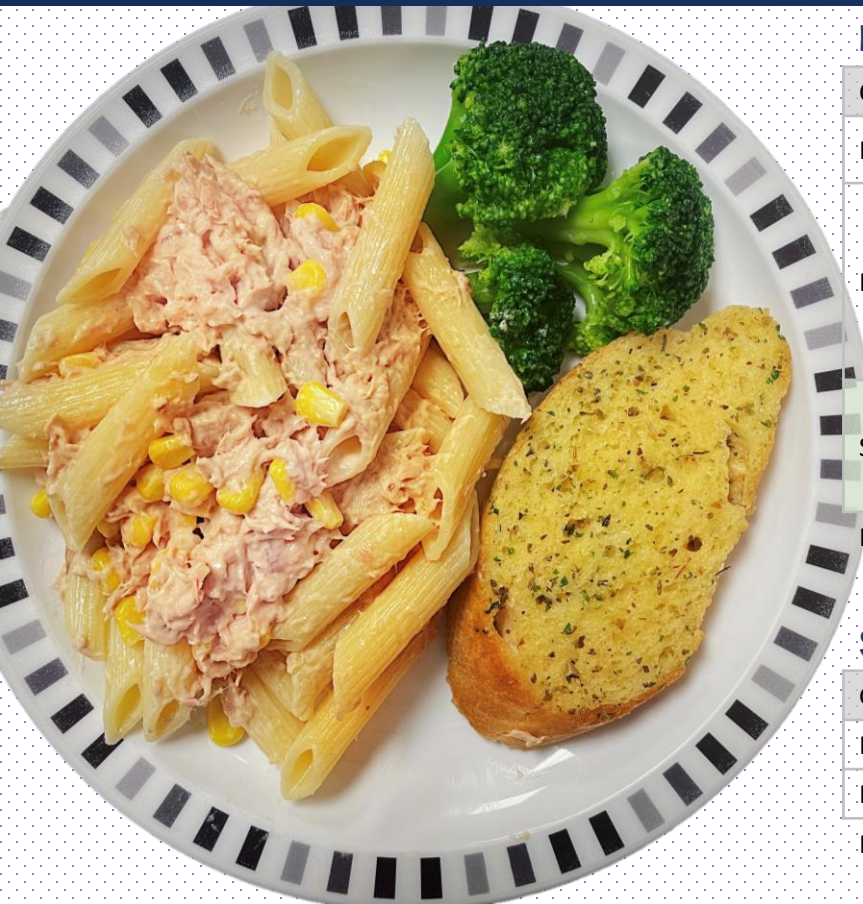
Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 193g)	Per Portion (Nursery 193g)	Units
Energy	166.0	321.0	321.0	kcal
Fat	4.7	9.1	9.1	g
SatFat	1.3	2.6	2.6	g
Carb	14.9	28.8	28.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	1.1	2.1	2.1	g
Fibre	1.2	1.8	1.8	g
Prot	10.7	20.7	20.7	g
Iron	1.9	3.7	3.7	mg
Calc	138.4	267.1	267.1	mg
Vit A	44.0	85.0	85.0	µg
Fol	23.2	44.8	44.8	µg
Vit C	2.5	4.7	4.7	mg
Sodium	213.6	412.3	412.3	mg
Salt	0.0	0.0	0.0	g
Zinc	2.9	5.7	5.7	mg



**MA2312**

# Tuna Mayo Pasta

**Side Carb: Garlic Bread | Side Veg: Broccoli***Allergens: Gluten (Wheat), Fish, Milk, Egg**May contain: Soya**Dietary Suitability: \*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Pasta	123383	Penne Pasta	1.2kg (uncooked wt.)	Gluten (Wheat)
Pasta Sauce	6359	Tuna	1.2kg	Fish
	4782	Sweetcorn	1kg	
	5990	Mayo	200g	Egg
	2SYB	Spring Onion (Chopped)	100g	
Sides	SideCarb2303	Garlic Bread	20 pieces	Gluten (Wheat), Milk May contain: Soya
	SideVeg2301	Broccoli	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	153g Tuna Mayo Pasta
Nursery	25	122g Tuna Mayo Pasta

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2312A	Allergy-Friendly Tuna Mayo Pasta with VE Garlic Bread (Broccoli)	123383 Penne Pasta 5990 Mayo SideCarb2303 Garlic Bread	126919/124869 G/F Pasta 126924 Vegan Mayo SideCarb2303VE: VE Garlic Bread (make with McGhees G/F Roll, Flora and Garlic Powder)	<b>None</b> Fish

# Tuna Mayo Pasta

Side Carb: Garlic Bread | Side Veg: Broccoli

Allergens: Gluten (Wheat), Fish, Milk, Egg

May contain: Soya

Dietary Suitability: \

## Cooking Method:

**Prep:** chop spring onions

- 1 Boil **pasta** in water, once tender, drain and set aside.
- 2 In a large pot, mix in **tuna**, **sweetcorn**, **mayo** and **spring onion**. Add drained pasta to the pot, mix well. This is your **Tuna Mayo Pasta**. Ready to serve.

**Serving** Serve the **Tuna Mayo Pasta** with **garlic bread** and **broccoli** on the side.

## Nutritional Information for Tuna Mayo Pasta

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 153g)	Per Portion (Nursery 122g)	Units
Energy	115.0	177.0	141.6	kcal
Fat	2.5	3.8	3.0	g
SatFat	0.2	0.4	0.3	g
Carb	16.1	24.3	19.7	g
NMES	0.3	0.5	0.4	g
Tot Sug	1.4	2.1	1.7	g
Fibre	1.8	2.1	1.7	g
Prot	8.1	12.4	9.9	g
Iron	0.8	1.3	1.0	mg
Calc	12.8	19.5	15.6	mg
Vit A	14.1	21.5	17.2	µg
Fol	55.7	85.2	68.2	µg
Vit C	13.1	20.0	16.0	mg
Sodium	79.3	121.3	97.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.6	1.0	0.8	mg

**MA2312V**

# Herby Tomato Pasta (v)

**Side Carb: Garlic Bread | Side Veg: Broccoli***Allergens: Gluten (Wheat), Milk**May contain: Soya**Dietary Suitability: EF, V*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Pasta	123383	Penne Pasta	1.2kg	Gluten (Wheat)
Pasta Sauce	6437	Canned Chopped Tomato	2kg	
	30501	Diced Onion	250g	
	2PRKG	Pepper (McLays)	250g	
	33686	Garlic Powder	5g	
	35006	Dried Basil	3g	
	33592	Dried Oregano	3g	
	33591	Dried Parsley	3g	
Sides	SideCarb2303	Garlic Bread	20 pieces	Gluten (Wheat), Milk May contain: Soya
	SideVeg2301	Broccoli	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	186g Herby Tomato Pasta
Nursery	25	148g Herby Tomato Pasta

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2312VA	Allergy-Friendly Herby Tomato Pasta with VE Garlic Bread (Broccoli) (ve)	123383 Penne Pasta SideCarb2303 Garlic Bread	<b>126919/124869 G/F Pasta</b> <b>SideCarb2303VE: VE Garlic Bread (make with McGhees G/F Roll, Flora and Garlic Powder)</b>	None

# Herby Tomato Pasta (v)

Side Carb: Garlic Bread | Side Veg: Broccoli

Allergens: Gluten (Wheat), Milk

May contain: Soya

Dietary Suitability: EF, V

## Cooking Method:

### Prep: Chop pepper

- 1 Boil **pasta** in water, once tender, drain and set aside.
- 2 Heat a large pot with **oil** over a medium heat, once hot, add in **chopped onion, chopped pepper**, and **garlic powder**. Stir and cook for 3-4min or until veg has softened. Add in **canned tomato**, bring to simmer. Simmer until slightly thickened. Stir in **dried basil, oregano**. This is your pasta sauce.
- 3 Add **pasta** to the **pasta sauce**, season to taste, top with **dried parsley**. Ready to serve.

**Serving** Serve the **Herby Tomato Pasta** with **garlic bread** and **broccoli** on the side.

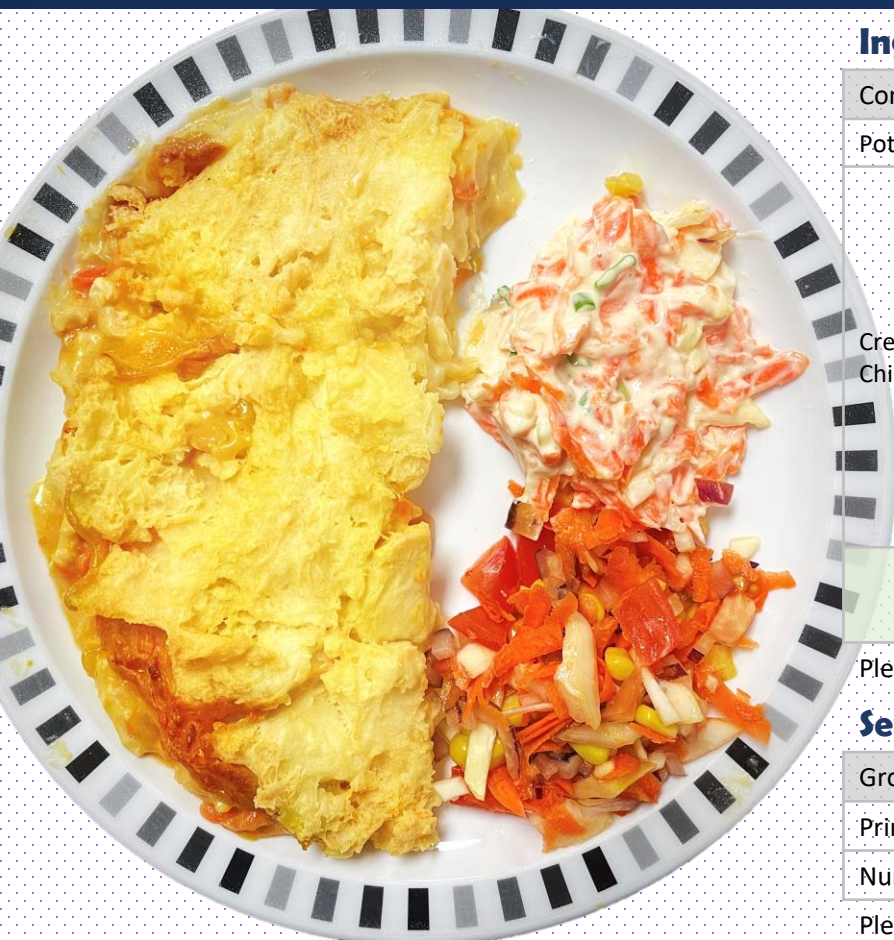
## Nutritional Information for Herby Tomato Pasta

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 186g)	Per Portion (Nursery 148g)	Units
Energy	73.0	135.0	108.0	kcal
Fat	0.7	1.3	1.0	g
SatFat	0.1	0.1	0.1	g
Carb	14.7	27.4	21.9	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.7	5.0	4.0	g
Fibre	1.5	2.1	1.7	g
Prot	2.5	4.7	3.8	g
Iron	0.7	1.4	1.1	mg
Calc	17.0	31.6	25.3	mg
Vit A	187.5	348.8	279.0	µg
Fol	11.2	20.9	16.7	µg
Vit C	12.2	22.7	18.2	mg
Sodium	18.0	33.6	26.9	mg
Salt	0.0	0.0	0.0	g
Zinc	0.3	0.5	0.4	mg

**MA2313**

# Creamy Chicken Potato-Topped Pie

**Side Veg: Rainbow Salad, Creamy Coleslaw***Allergens: Milk, Egg**Dietary Suitability: GF, SF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Potato Top	350009	Mashed Potato	1.6kg	
Creamy Chicken	6615	Cooked Chicken Strips	1.6kg	
	3326	Diced Carrot	800g	
	30501	Diced Onion	800g	
	71776	Soft Cheese	250g	Milk
	133534	Knorr Veg Stock	20g	
	\	Water (Stock)	1L	
	33686	Garlic Powder	5g	
	114956	G/F Flour	5 tbsp (38g)	
	VE2301	Rainbow Salad	1kg	
VE2303	Creamy Coleslaw	1kg	Egg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	295g Chicken Potato-Topped Pie
Nursery	25	240g Chicken Potato-Topped Pie

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2313A	Allergy-Friendly Chicken Potato-Topped Pie (Rainbow Salad, VE Coleslaw)	71776 Soft Cheese VE2303 Creamy Coleslaw	<b>133532 Vegan Soft Cheese</b> <b>VE2303VE VE Coleslaw</b>	None

# Creamy Chicken Potato-Topped Pie

Side Veg: Rainbow Salad, Creamy Coleslaw

Allergens: Milk, Egg

Dietary Suitability: GF, SF

## Cooking Method:

**Prep:** pull the chicken if necessary

- 1 Preheat oven, cook **potato** according to instructions on the packaging. Once cooked, mash with a pinch of salt and pepper.
- 2 Heat a large pot with **oil** over a medium heat, once hot, add **chopped onion**, **carrot** and season with a pinch of salt, cook for 5 min or until starting to soften. Add in **garlic powder** and **G/F flour**, stir and cook for 30s.
- 3 Stir in **veg stock**, **water**, and **soft cheese**, bring to boil over a high heat, cook until thickened. Add in **chicken** and a grind of black pepper. This is your Creamy Chicken.
- 4 Transfer the **Creamy Chicken** to an oven dish, top with **potato** mash, put the dish in the oven until bubbling and golden. Ready to serve.

**Serving** Serve the **Creamy Chicken Potato-Topped Pie** with **Rainbow Salad** and **Coleslaw** on the side.

## Nutritional Information for Creamy Chicken Potato-Topped Pie

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 295g)	Per Portion (Nursery 240g)	Units
Energy	68.0	202.0	161.6	kcal
Fat	0.8	2.4	1.9	g
SatFat	0.3	0.9	0.7	g
Carb	7.5	22.2	17.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	1.8	5.3	4.2	g
Fibre	1.2	2.7	2.2	g
Prot	7.8	23.1	18.5	g
Iron	0.5	1.5	1.2	mg
Calc	18.3	54.2	43.4	mg
Vit A	162.4	480.7	384.6	µg
Fol	11.5	34.0	27.2	µg
Vit C	1.6	4.7	3.8	mg
Sodium	40.4	119.6	95.7	mg
Salt	0.0	0.0	0.0	g
Zinc	0.7	2.1	1.7	mg

MA2314

# Gnocchi & Tomato Bake (v)

Side Carb: Garlic Bread | Side Veg: Spinach Salad

Allergens: Gluten (Wheat), Milk, SO2

May contain: Soya

Dietary Suitability: EF, V



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Gnocchi	71063	Gnocchi	1kg	Gluten (Wheat)
Tomato Sauce	30501	Diced Onion	500g	
	2PRKG	Pepper (McLays)	500g	
	6437	Chopped Tinned Tomato	2kg	
	33686	Garlic Powder	5g	
	10163	Grated Mozzarella	200g	Milk
	35006	Dried Basil	5g	
Sides	SideCarb2303	Garlic Bread	20 pieces	Gluten (Wheat), Milk May contain: Soya
	VE2304	Spinach Salad	1 kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	210g Gnocchi & Tomato Bake
Nursery	25	170g Gnocchi & Tomato Bake

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

# Gnocchi & Tomato Bake (v)

Side Carb: Garlic Bread | Side Veg: Spinach Salad

Allergens: Gluten (Wheat), Milk, SO2

May contain: Soya

Dietary Suitability: EF, V

## Cooking Method:

### Prep: Chop the pepper

- 1 Heat a large pot with oil over a medium heat, once hot, add in **diced onion** and **pepper**, cook until veg start to soften.
- 2 Stir in **garlic powder**, **chopped tomato** and **gnocchi**, bring to simmer and bubble for 10-15min, stir occasionally, until the gnocchi is soft and the sauce has thickened.
- 3 Stir in **dried basil**, season to taste, transfer to oven dish, scatter **grated mozzarella**, and put in the oven until the bubbling and golden. Ready to serve.

**Serving** Serve the **Gnocchi & Tomato Bake** with **Garlic Bread** and **Spinach Salad** on the side.

## Nutritional Information for

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 210g)	Per Portion (Nursery 170g)	Units
Energy	74.0	157.0	125.6	kcal
Fat	1.8	3.8	3.0	g
SatFat	0.7	1.5	1.2	g
Carb	11.5	24.3	19.4	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.8	5.9	4.7	g
Fibre	1.2	1.9	1.5	g
Prot	2.9	6.1	4.9	g
Iron	0.7	1.5	1.2	mg
Calc	51.7	109.1	87.3	mg
Vit A	184.0	388.2	310.6	µg
Fol	11.0	23.2	18.6	µg
Vit C	16.3	34.4	27.5	mg
Sodium	112.9	238.2	190.6	mg
Salt	0.0	0.0	0.0	g
Zinc	0.2	0.4	0.3	mg



**MA2315**

# Zingy Chipotle Burrito (ve)

**Side Veg: Spinach Salad***Allergens: Gluten (Wheat), SO2**Dietary Suitability: DF, EF, SF, V, VE*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Wrap	4719	Tortilla Wraps	20 Wraps (1240g)	Gluten (Wheat)
Chipotle Filling	132681	Chipotle Paste	20g	
	6437	Chopped Tinned Tomato	1.4kg	
	118225	Black Beans	1.5kg	
	33597	Coriander	3g	
Burrito Rice	533	Rice	600g	
	\	Water	1.2L	
	30501	Chopped Onion	200g	
Sides	VE2304	Spinach Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 Wrap + 150g Chipotle Filling + 100g Burrito Rice
Nursery	25	1 Wrap + 120g Chipotle Filling + 80g Burrito Rice

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2315A	Allergy-Friendly Zingy Chipotle Burrito (Spinach Salad) (ve)	4719 Tortilla Wraps	<b>129230 G/F Wrap</b>	<b>SO2</b>

# Zingy Chipotle Burrito (ve)

Side Veg: Spinach Salad

Allergens: Gluten (Wheat), SO2

Dietary Suitability: DF, EF, SF, V, VE

## Cooking Method:

### Prep: None

- 1 Heat a large pot with **oil** over a medium heat, once hot, add in **chopped tomato** and **chipotle paste**, stir and bring to simmer. Simmer until thickened. Once thickened, add in **black beans** and **coriander**. Mix well, season to taste. This is your **Chipotle Filling**.
- 2 In another pot, add in **rice**, **chopped onion** and **water**, cook until tender. This is your **Burrito Rice**. Ready to serve.

**Serving** Wrap the **Chipotle Filling** and **Burrito Rice** in the **tortilla wrap** and serve with **Spinach Salad** on the side.

## Nutritional Information for Zingy Chipotle Burrito

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 278g)	Per Portion (Nursery 220g)	Units
Energy	116.0	322.0	257.6	kcal
Fat	1.6	4.4	3.5	g
SatFat	0.5	1.4	1.1	g
Carb	20.0	55.6	44.5	g
NMES	0.0	0.0	0.0	g
Tot Sug	1.5	4.2	3.4	g
Fibre	2.4	5.0	4.0	g
Prot	4.3	12.0	9.6	g
Iron	1.5	4.2	3.4	mg
Calc	46.2	128.4	102.7	mg
Vit A	84.3	234.4	187.5	µg
Fol	60.7	168.7	135.0	µg
Vit C	2.9	8.1	6.5	mg
Sodium	21.2	58.9	47.1	mg
Salt	0.0	0.0	0.0	g
Zinc	0.5	1.4	1.1	mg

**MA2316**

# Crispy Salmon Bites

**Side Carb: Baked Sweet Potato Fries | Side Veg: Peas, Rainbow Salad***Allergens: Gluten (Wheat), Fish**Dietary Suitability: DF, EF, SF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Salmon	134779	Salmon Nuggets	2kg	Gluten (Wheat), Fish
Sides	SideCarb2305	Baked Sweet Potato Fries	2kg	
	SideVeg2303	Peas	1kg	
	VE2301	Rainbow Salad	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	100g (5 pieces) Salmon Bites Serve with options of condiments
Nursery	25	80g (4 pieces) Salmon Bites Serve with options of condiments

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2316A	Allergy-Friendly Salmon Fish Fingers with Baked Sweet Potato Fires (Peas, Rainbow Salad)	134779 Salmon Nuggets	<b>123822 G/F Fish Finger</b>	<b>Fish</b>

Serving Instruction for MA2316A: **3 Fish Finger** per primary child; **2 Fish Fingers** per nursery child.

# Crispy Salmon Bites

Side Carb: Baked Sweet Potato Fries | Side Veg: Peas, Rainbow Salad

Allergens: Gluten (Wheat), Fish

Dietary Suitability: DF, EF, SF

## Cooking Method:

### Prep: None

- Oven bake: Place on a baking tray in a pre-heated oven at 200°C / Gas mark 6 for approximately 12 - 15 minutes. This is a raw product and must be cooked to a minimum temperature of 75°C for 30 seconds or equivalent.

**Serving** Serve Salmon Bites with options of condiments, serve with Baked Sweet Potato Fries, Peas, and Rainbow Salad on the side.

## Nutritional Information for Crispy Salmon Bites

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units
Energy	200.0	200.0	160.0	kcal
Fat	12.5	12.5	10.0	g
SatFat	2.3	2.3	1.8	g
Carb	21.2	21.2	17.0	g
NMES	0.0	0.0	0.0	g
Tot Sug	0.8	0.8	0.6	g
Fibre	1.5	1.1	0.9	g
Prot	10.4	10.4	8.3	g
Iron	1.2	1.2	1.0	mg
Calc	8.0	8.0	6.4	mg
Vit A	0.0	0.0	0.0	µg
Fol	11.0	11.0	8.8	µg
Vit C	0.0	0.0	0.0	mg
Sodium	40.0	40.0	32.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.5	0.5	0.4	mg

**MA2317**

# Chicken Katsu Curry

**Side Carb: Rice** | **Side Veg: Peas, Rainbow Salad***Allergens: Soya, Mustard**Dietary Suitability: GF, DF, EF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Chicken	125459	G/F Chicken Goujons	2kg	
Katsu Curry	3326	Diced Carrot	200g	
	30501	Diced Onion	200g	
	33583	Ground Ginger	10g	
	114956	G/F Flour	5 tbsp (38g)	
	33599	Curry Powder	5 tbsp (38g)	Mustard
	124867	G/F Soy Sauce	40ml	Soya
	134860	Mango Chutney	100g	
	\	Water	1.5L	
Sides	SideCarb2304	Long Grain Rice	2.4kg (cooked wt)	
	SideVeg2303	Peas	1kg	
	VE2301	Rainbow Salad	1kg	

Please refer to '**Side Carb**' and '**Side Veg**' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	100g (3 pieces) Chicken Goujons + 90g Katsu Curry
Nursery	25	80g (2 pieces) Chicken Goujons + 70g Katsu Curry

Please refer to '**Side Carb**' and '**Side Veg**' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
None				

# Chicken Katsu Curry

Side Carb: Rice | Side Veg: Peas, Rainbow Salad

Allergens: Soya, Mustard

Dietary Suitability: GF, DF, EF

## Cooking Method:

### Prep: None

- 1 Cook **chicken** according to instructions on the packaging. Cook **rice** until tender.
- 2 Heat a large pot with **oil** over a medium heat, once hot, add in **onion**, **carrot** and **ground ginger**. Cook until veg start to soften. Add in **curry powder** and **G/F flour**, stir and coat vegetables evenly. Add in **water**, bring to boil over a high heat, once boiling, reduce to low heat. Add in **G/F soy sauce** and **mango chutney**, stir and cook until reduced and thickened to a curry-like consistency. Season to taste. This is your **Katsu Curry Sauce**. Ready to serve.

**Serving** Serve the **chicken** with **curry sauce**. Serve with **rice**, **peas** and **rainbow salad** on the side.

## Nutritional Information for Chicken Katsu Curry

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 184g)	Per Portion (Nursery 144g)	Units
Energy	128.0	236.0	188.8	kcal
Fat	5.7	10.5	8.4	g
SatFat	0.6	1.1	0.9	g
Carb	9.7	17.9	14.3	g
NMES	0.9	1.6	1.3	g
Tot Sug	2.2	4.0	3.2	g
Fibre	0.9	1.3	1.0	g
Prot	9.7	17.9	14.3	g
Iron	1.2	2.3	1.8	mg
Calc	33.4	61.4	49.1	mg
Vit A	58.8	108.3	86.6	µg
Fol	19.9	36.5	29.2	µg
Vit C	0.6	1.0	0.8	mg
Sodium	113.7	209.2	167.4	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	0.7	0.6	mg

MA2317V

# Quorn Katsu Curry (ve)

Side Carb: Rice | Side Veg: Peas, Rainbow Salad

Allergens: Gluten (Wheat), Soya, Mustard

Dietary Suitability: **GF, DF, EF**

DF, EF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Chicken	135198	Quorn Dippers	2kg	Gluten (Wheat)
Katsu Curry	3326	Diced Carrot	200g	
	30501	Diced Onion	200g	
	33583	Ground Ginger	10g	
	114956	G/F Flour	5 tbsp (38g)	
	33599	Curry Powder	5 tbsp (38g)	Mustard
	124867	G/F Soy Sauce	40ml	Soya
	134860	Mango Chutney	100g	
	\	Water	1.5L	
Sides	SideCarb2304	Long Grain Rice	2.4kg (cooked wt)	
	SideVeg2303	Peas	1kg	
	VE2301	Rainbow Salad	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	100g (4 pieces) Quorn Dippers + 90g Katsu Curry
Nursery	25	75g (3 pieces) Quorn Dippers + 70g Katsu Curry

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
None				

# Quorn Katsu Curry

Side Carb: Rice | Side Veg: Peas, Rainbow Salad

Allergens: Gluten (Wheat), Soya, Mustard

Dietary Suitability: **GF, DF, EF**

## Cooking Method:

### Prep: None

DF, EF, V, VE

- 1 Cook **quorn pieces** according to instructions on the packaging. Cook **rice** until tender.
- 2 Heat a large pot with **oil** over a medium heat, once hot, add in **onion, carrot** and **ground ginger**. Cook until veg start to soften. Add in **curry powder** and **G/F flour**, stir and coat vegetables evenly. Add in **water**, bring to boil over a high heat, once boiling, reduce to low heat. Add in **G/F soy sauce** and **mango chutney**, stir and cook until reduced and thickened to a curry-like consistency. Season to taste. This is your **Katsu Curry Sauce**. Ready to serve.

**Serving** Serve the **quorn** with **curry sauce**. Serve with **rice, peas** and **rainbow salad** on the side.

## Nutritional Information for Quorn Katsu Curry

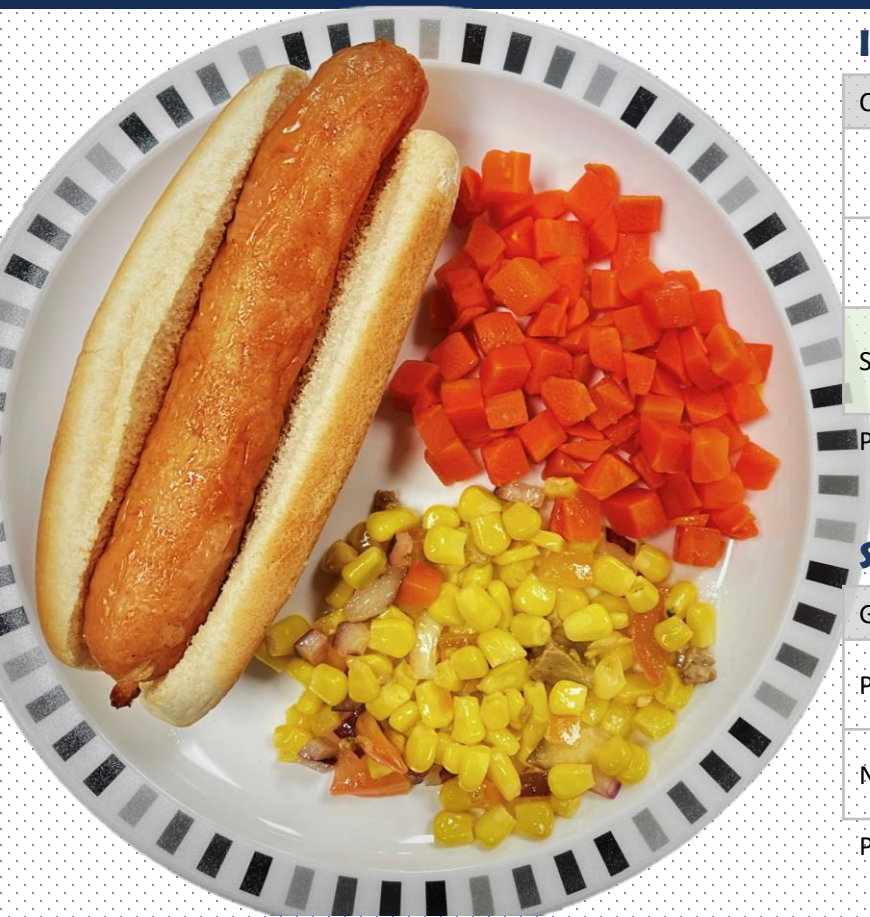
Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 184g)	Per Portion (Nursery 144g)	Units
Energy	120.0	220.0	176.0	kcal
Fat	5.7	10.5	8.4	g
SatFat	0.6	1.1	0.9	g
Carb	9.1	16.7	13.4	g
NMES	0.6	1.1	0.9	g
Tot Sug	2.0	3.7	3.0	g
Fibre	3.9	5.3	4.2	g
Prot	6.7	12.3	9.8	g
Iron	0.8	1.5	1.2	mg
Calc	12.2	22.4	17.9	mg
Vit A	58.8	108.2	86.6	µg
Fol	5.7	10.5	8.4	µg
Vit C	0.3	0.6	0.5	mg
Sodium	244.3	449.5	359.6	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.2	0.2	mg



**MA2318**

# Jumbo Hot Dog

**Side Veg: Carrot, Mexican-Style Corn Salad***Allergens: Gluten (Wheat), SO2**May contain: Sesame**Dietary Suitability: DF, EF, SF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
	--	Jumbo Hot Dog Sausage (McLays)	20 pieces (2kg)	Gluten (Wheat)
	31298	Hot Dog Roll	20 rolls (1kg)	Gluten (Wheat) May contain: Sesame
Sides	SideVeg2301	Carrot	1kg	
	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 Jumbo Hot Dog Sausage + 1 Hot Dog Roll Serve with options of condiments
Nursery	n/a	This item is not suitable for nursery child, please see alternative MA2318N

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

# Jumbo Hot Dog

Side Veg: Carrot, Mexican-Style Corn Salad

Allergens: Gluten (Wheat), SO2

May contain: Sesame

Dietary Suitability: DF, EF, SF

## Cooking Method:

### Prep: Thaw hot dog rolls

- 1 Cook **hot dog sausage** according to instructions on the packaging.

**Serving** Serve hot dog sausage in a hot dog roll, with carrot and Mexican-Style corn salad on the side. Offer options of condiments.

## Nutritional Information for Jumbo Hot Dog

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

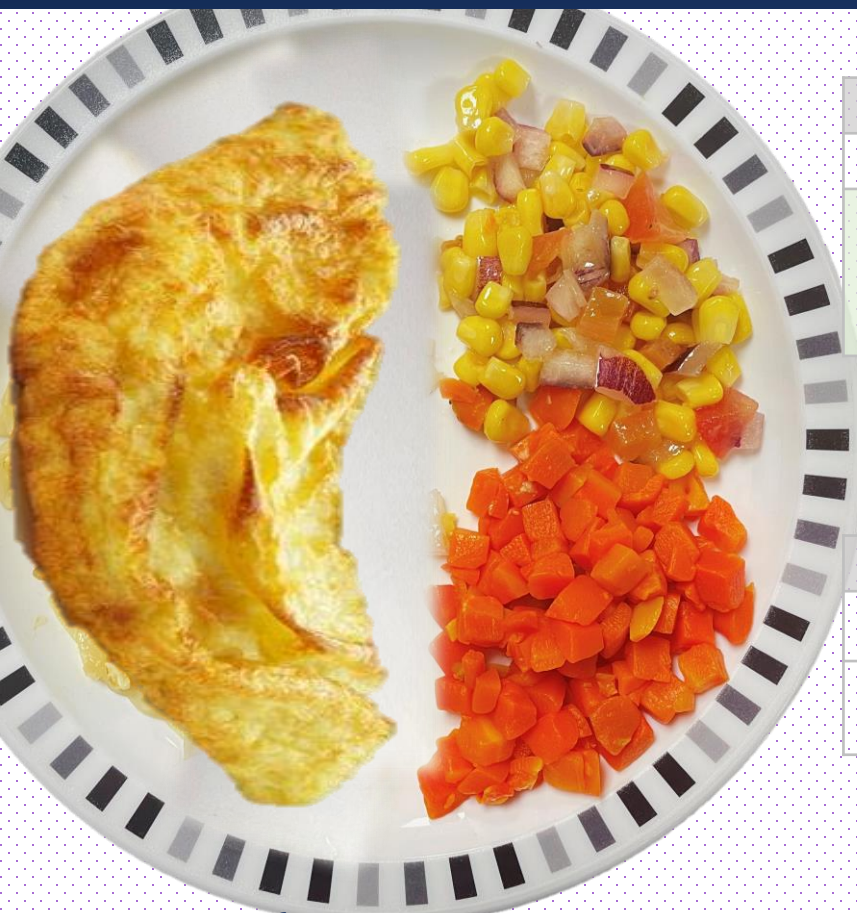
Nutrient	Per 100g	Per Portion (Primary 150g)	Per Portion (Nursery n/a)	Units
Energy	232.0	348.0	n/a	kcal
Fat	17.0	25.5	n/a	g
SatFat	3.8	5.7	n/a	g
Carb	20.5	30.8	n/a	g
NMES	0.0	0.0	n/a	g
Tot Sug	1.5	2.2	n/a	g
Fibre	1.9	2.1	n/a	g
Prot	10.5	15.8	n/a	g
Iron	1.9	2.8	n/a	mg
Calc	114.0	171.0	n/a	mg
Vit A	0.0	0.0	n/a	µg
Fol	85.0	127.5	n/a	µg
Vit C	0.4	0.6	n/a	mg
Sodium	133.3	200.0	n/a	mg
Salt	0.0	0.0	n/a	g
Zinc	0.9	1.4	n/a	mg

# Nursery Only Omelette (v)

Side Veg: Carrot, Mexican-Style Corn Salad

Allergens: Milk, Egg, SO2

Dietary Suitability: GF, SF, V



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Omelettes	3135	Omelette	20 pieces (2 kg)	Milk, Egg
Sides	SideCarb2302	Potato Wedges	1.6kg	
	SideVeg2301	Carrot	800g	
	VE2302	Mexican-Style Corn Salad	800g	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	n/a	n/a, this item is for nursery only
Nursery	20	1 Omelette Serve with options of condiments

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

# Nursery Only Omelette (v)

Side Veg: Carrot, Mexican-Style Corn Salad

Allergens: Milk, Egg, SO2

Dietary Suitability: GF, SF, V

## Cooking Method:

### Prep: None

- 1 Cook **omelette** according to instructions on the packaging.

**Serving** Serve **Omelette** with **Carrot** and **Corn Salad** on the side. Offer options of **condiments**.

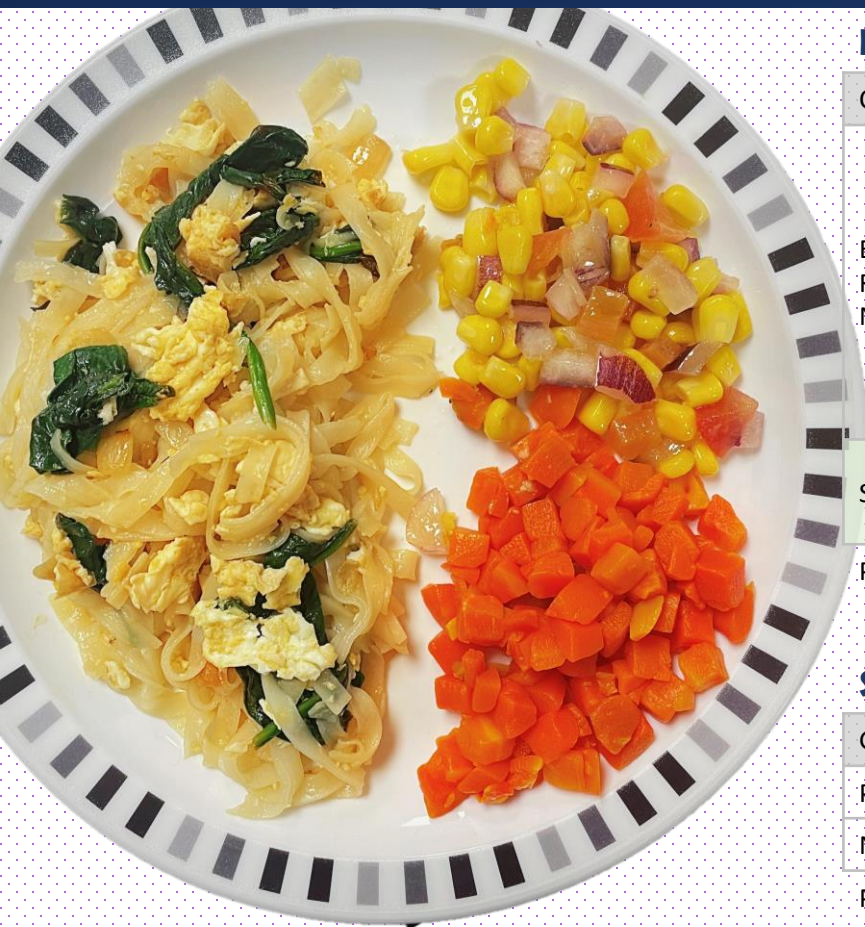
## Nutritional Information for Omelette

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary n/a)	Per Portion (Nursery 100g)	Units
Energy	150.0	n/a	150.0	kcal
Fat	11.5	n/a	11.5	g
SatFat	3.1	n/a	3.1	g
Carb	2.8	n/a	2.8	g
NMES	0.0	n/a	0.0	g
Tot Sug	1.5	n/a	1.5	g
Fibre	1.2	n/a	1.2	g
Prot	8.9	n/a	8.9	g
Iron	1.0	n/a	1.0	mg
Calc	51.0	n/a	51.0	mg
Vit A	150.0	n/a	150.0	µg
Fol	15.0	n/a	15.0	µg
Vit C	0.0	n/a	0.0	mg
Sodium	106.0	n/a	106.0	mg
Salt	0.3	n/a	0.3	g
Zinc	0.8	1.4	0.8	mg

**MA2319**

# Egg Stir-Fried Rice Noodles (v)

**Side Veg: Carrot, Mexican-Style Corn Salad***Allergens: Egg, Soya, SO2**Dietary Suitability: GF, DF, V*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Egg Stir Fired Rice Noodles	128315	Rice Noodles	1.6kg (cooked wt)	
	30501	Diced Onion	500g	
	30866	Spinach	200g	
	33686	Garlic Powder	5g	
	124867	G/F Soy Sauce	40ml	Soya
Sides	3140	Liquid Egg	400g	Egg
	SideVeg2301	Carrot	1kg	
	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	152g Egg Stir-Fired Rice Noodles
Nursery	25	120g Egg Stir-Fried Rice Noodles

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2319VE	Ogg Stir-Fried Rice Noodles (Carrot, Mexican-Style Corn Salad) (ve)	3140 Liquid Egg	<b>184496 Liquid Ogg</b>	<b>Soya, SO2</b>

# Egg Stir-Fried Rice Noodles (v)

Side Veg: Carrot, Mexican-Style Corn Salad

Allergens: Egg, Soya, SO2

Dietary Suitability: GF, DF, V

## Cooking Method:

### Prep: None

- 1 Soak **rice noodles** in hot water for 12-15min or until soft, once soft, drain and set aside.
- 2 Heat a large pot with **oil** over a medium heat, once hot, add in **onion, spinach, garlic powder**, and season with a pinch of salt. Add in **soy sauce**, stir and cook until veg are softened. This is your **Vegetable Stir Fry**
- 3 Heat another pot with **oil**, once hot, add in **liquid egg**, scramble and season with salt and pepper. once scrambled, add in **drained noodles** and **vegetable stir fry**, mix everything together. This is your **Egg Stir-Fried Rice Noodles**. Ready to serve.

**Serving** Serve **Egg Stir-Fried Rice Noodles** with **carrot** and **Mexican-style corn salad** on the side.

## Nutritional Information for Egg Stir-Fried Rice Noodles

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 152g)	Per Portion (Nursery 120g)	Units
Energy	87.0	132.0	105.6	kcal
Fat	2.5	3.8	3.0	g
SatFat	0.5	0.8	0.6	g
Carb	45.8	69.6	55.7	g
NMES	0.0	0.0	0.0	g
Tot Sug	1.5	2.3	1.8	g
Fibre	1.3	1.5	1.2	g
Prot	3.8	5.8	4.6	g
Iron	0.7	1.1	0.9	mg
Calc	50.4	76.6	61.3	mg
Vit A	200.3	304.5	243.6	µg
Fol	15.6	23.7	19.0	µg
Vit C	1.5	2.3	1.8	mg
Sodium	83.4	126.8	101.4	mg
Salt	0.0	0.0	0.0	g
Zinc	0.5	0.8	0.6	mg

**MA2320**

# Chicken Biryani

**Side Veg: Carrot, Mexican-Style Corn Salad***Allergens: SO2**Dietary Suitability: GF, DF, EF, SF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Chicken Biryani	533	Rice	1.2kg	
	6615	Chicken Strips	1.2kg	
	30501	Diced Onion	500g	
	114938	Tomato Paste	80g	
	35002	Garam Masala	30g	
	85702	Sultanas	100g	
	133534	Knorr Veg Stock	20g	
	\	Water	2L	
Sides	SideVeg2301	Carrot	1kg	
	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	207g Chicken Biryani
Nurser	25	165g Chicken Biryani

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2320VE	Quorn Biryani (Carrot, Mexican-Style Corn Salad) (ve)	6615 Chicken Strips	<b>134705/136991 Quorn Pieces</b>	<b>Gluten (Wheat, Barley), SO2</b>

# Chicken Biryani

Allergens: None

Side Veg: Carrot, Mexican-Style Corn Salad

Dietary Suitability: GF, DF, EF, SF

## Cooking Method:

### Prep: None

- 1 Heat a large pot with **oil** over a medium heat, once hot, add in **chopped onion, garam masala** and a pinch of salt & pepper. Cook until onion starts to soften.
- 2 Add in **chicken**, stir and cook for 4 min, add in **Knorr veg stock** and **tomato paste**, stir and cook for 2 min.
- 3 Add in **rice** and **cold water**, bring to boil over a high heat, once boiling, reduce to low heat and cook until water has been fully absorbed by rice. Add in **sultanas** half way through. Fluff up the rice and season to taste. This is your **chicken biryani**. Ready to serve.

**Serving** Serve **chicken biryani** with **Carrot** and **Corn Salad** on the side.

## Nutritional Information for Chicken Biryani

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 207g)	Per Portion (Nursery 165g)	Units
Energy	88.0	183.0	146.4	kcal
Fat	1.3	2.7	2.2	g
SatFat	0.1	0.2	0.2	g
Carb	11.7	24.2	19.4	g
NMES	0.0	0.0	0.0	g
Tot Sug	3.1	6.4	5.1	g
Fibre	0.8	1.2	1.0	g
Prot	8.4	17.3	13.8	g
Iron	0.7	1.4	1.1	mg
Calc	22.8	47.2	37.8	mg
Vit A	6.4	13.3	10.6	µg
Fol	3.7	7.7	6.2	µg
Vit C	1.2	2.5	2.0	mg
Sodium	54.3	112.4	89.9	mg
Salt	0.0	0.0	0.0	g
Zinc	0.8	1.7	1.4	mg

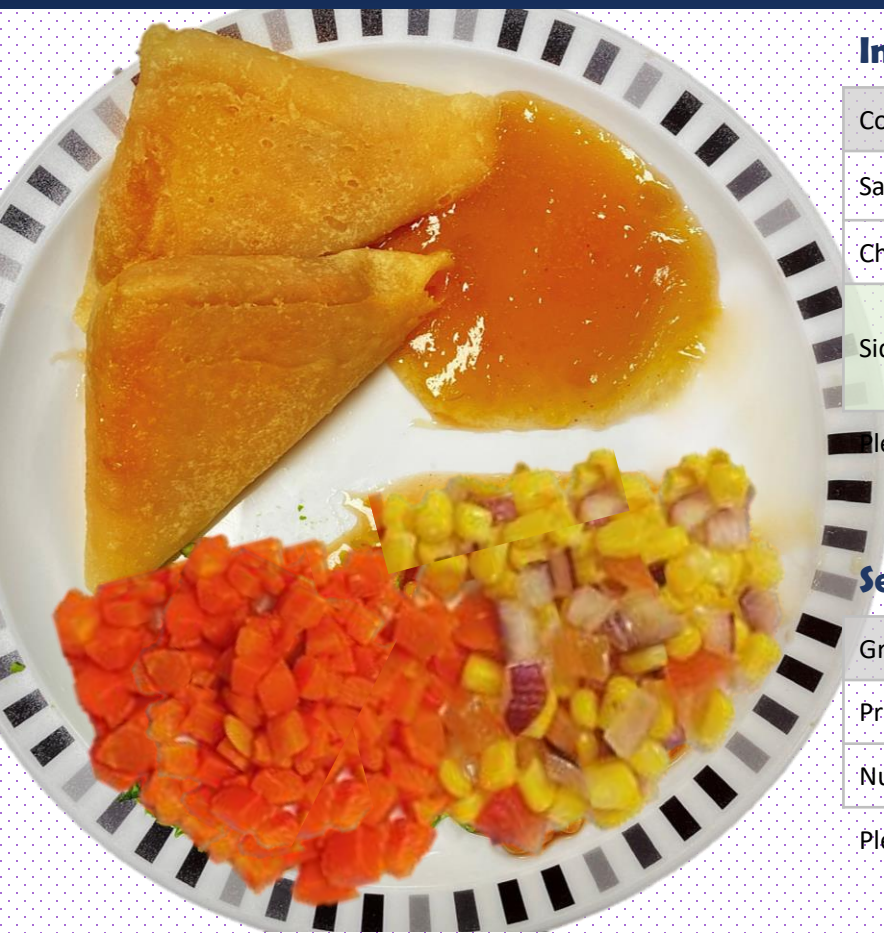


# Vegetable Samosas with Chutney Dip (ve)

Side Veg: Carrot, Mexican-Style Corn Salad

Allergens: Gluten (Wheat), SO2

Dietary Suitability: DF, EF, SF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Samosa	136425	Vegetable Samosa	40 pieces (2800g)	Gluten (Wheat)
Chutney Dip	134860	Mango Chutney	600g	
Sides	SideVeg2301	Carrot	1kg	
	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	2 Samosas + 30g Chutney Dip
Nursery	20	2 Samosas + 30g Chutney Dip

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
None				

# Vegetable Samosas with Chutney Dip (ve)

Allergens: Gluten (Wheat)

Side Veg: Carrot, Mexican-Style Corn Salad

Dietary Suitability: DF, EF, SF, V, VE

## Cooking Method:

**Prep:** None

- Oven Bake Vegetable Samosas: Preheat oven to 190°C. Place on a baking tray and cook for approximately 24 minutes. For fan assisted ovens, cooking time or temperature should be reduced. For best results refer to manufacturer's handbook.

**Serving** Serve vegetable samosas with chutney dip, serve with carrot and corn salad on the side

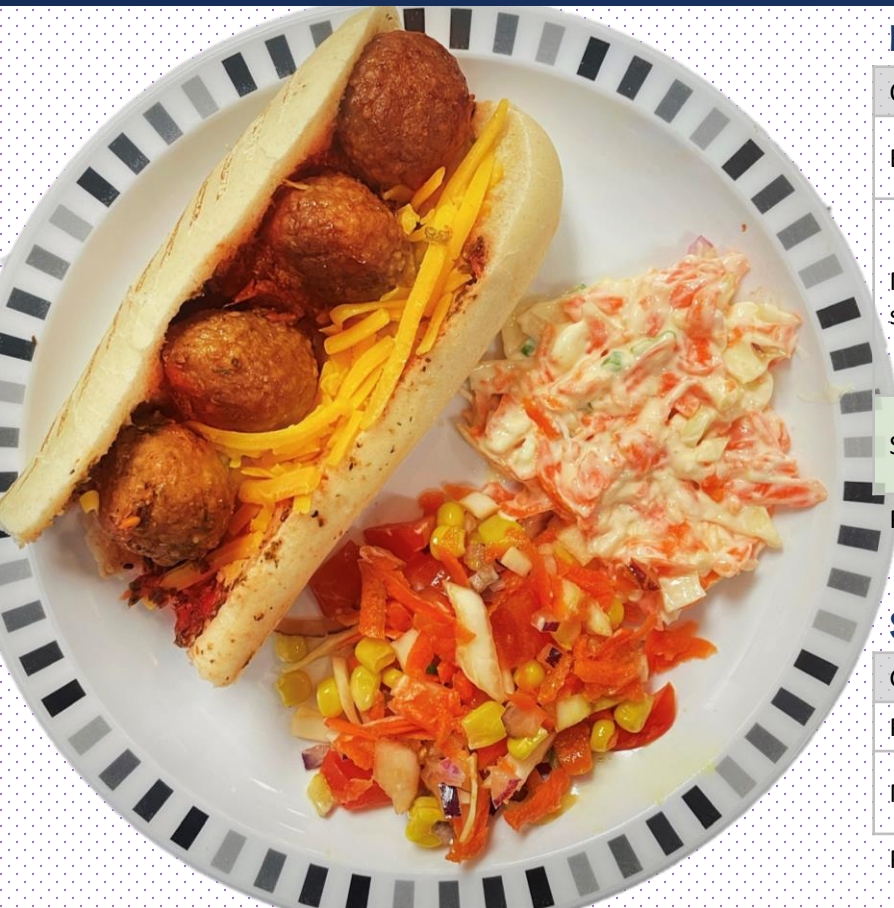
## Nutritional Information for Vegetable Samosas with Chutney Dip

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 170g)	Per Portion (Nursery 170g)	Units
Energy	196.0	333.0	333.0	kcal
Fat	8.4	14.4	14.4	g
SatFat	0.6	1.0	1.0	g
Carb	26.4	44.8	44.8	g
NMES	3.9	6.6	6.6	g
Tot Sug	10.5	17.8	17.8	g
Fibre	2.3	2.9	2.9	g
Prot	2.5	4.3	4.3	g
Iron	1.0	1.7	1.7	mg
Calc	19.8	33.6	33.6	mg
Vit A	0.0	0.0	0.0	µg
Fol	0.0	0.0	0.0	µg
Vit C	0.0	0.0	0.0	mg
Sodium	237.6	404.0	404.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.0	0.0	0.0	mg

**MA2322**

# Meatball Sub Melt

**Side Veg: Rainbow Salad, Creamy Coleslaw***Allergens: Gluten (Wheat), Milk, Egg, Soya, SO2**May contain: Sesame**Dietary Suitability: \*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Baguette	32378	Panini Baguettes	10 baguettes (1.2kg)	Gluten (Wheat) May contain: Sesame
Meatball in sauce	117653	Pork Meatballs	80 balls (1.6kg)	Soya, SO2
	6437	Chopped Tinned Tomato	1.2kg	
	33590	Mix Herb	5g	
	10163	Grated Mozzarella	200g	Milk
Sides	VE2301	Rainbow Salad	1kg	
	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1/2 Baguette + 4 Meatballs in sauce + 10g Mozzarella
Nursery	n/a	n/a, this item is not suitable for nursery child, please see alternative MA2322N

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2322A	Allergy-Friendly Meatball Sub Melt (Rainbow Salad, VE Coleslaw)	32378 Panini Baguettes 10163 Grated Mozzarella VE2303 Creamy Coleslaw	7204 G/F White Roll 135420 Vegan Grated Mozzarella VE2303VE VE Coleslaw	Soya, Oat, SO2

# Meatball Sub Melt

Side Veg: Rainbow Salad, Creamy Coleslaw

Allergens: Gluten (Wheat), Milk, Egg, Soya, SO2

May contain: Sesame

Dietary Suitability: \

## Cooking Method:

### Prep: None

- 1 Cook **meatballs** according to the instructions on the packaging.
- 2 Heat a saucepan, tip in **tomato** and **mixed herb**, cook until thickened. Once thickened, add in **cooked meatballs**. This is your **meatball in sauce**.
- 3 Fill **panini** with **grated mozzarella** and **meatballs in sauce**. Place in the oven to melt if necessary. This is your **meatball sub melt**. Ready to serve.

**Serving** Serve **meatball sub melt** with **rainbow salad** and **creamy coleslaw** on the side.

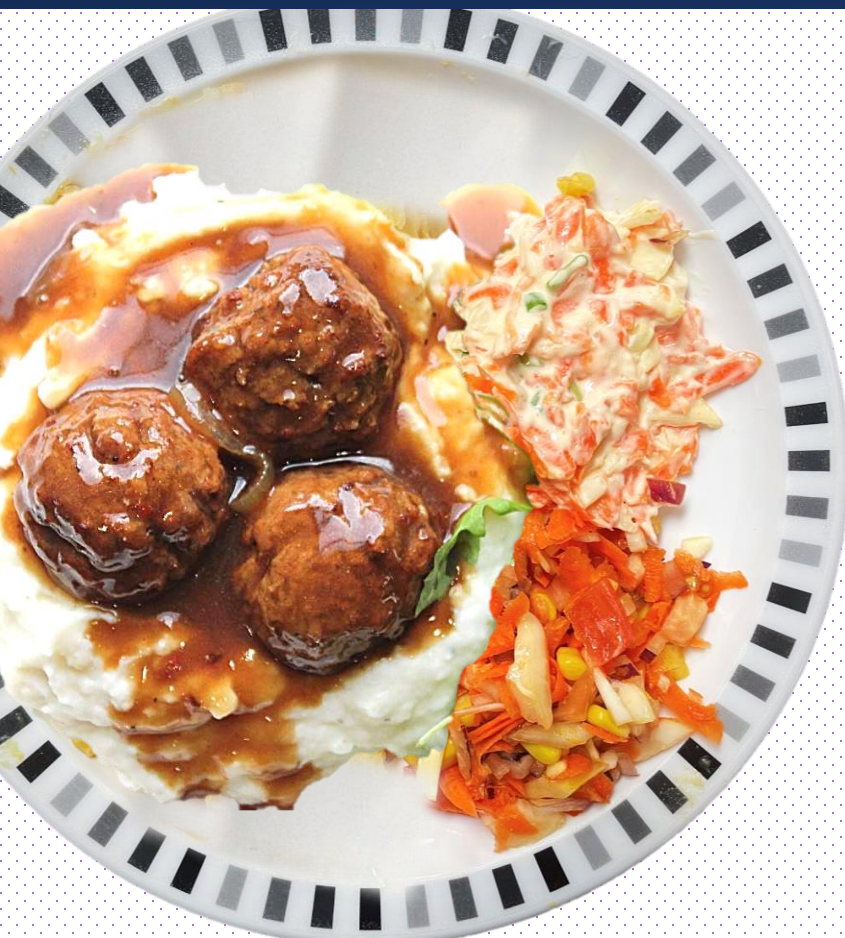
## Nutritional Information for Meatball Sub Melt

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 195g)	Per Portion (Nursery n/a)	Units
Energy	179.0	349.0	n/a	kcal
Fat	6.1	12.0	n/a	g
SatFat	2.3	4.5	n/a	g
Carb	20.3	39.6	n/a	g
NMES	0.0	0.0	n/a	g
Tot Sug	3.0	5.8	n/a	g
Fibre	2.9	4.3	n/a	g
Prot	10.9	21.2	n/a	g
Iron	1.5	2.9	n/a	mg
Calc	53.8	105.0	n/a	mg
Vit A	116.3	226.7	n/a	µg
Fol	4.3	8.5	n/a	µg
Vit C	3.4	6.7	n/a	mg
Sodium	164.1	320.0	n/a	mg
Salt	0.0	0.0	n/a	g
Zinc	0.8	1.5	n/a	mg

**MA2322N**

# Nursery Only Meatball in Gravy

**Side Carb: Mashed Potato** | **Side Veg: Rainbow Salad, Creamy Coleslaw***Allergens: Soya, Egg, SO2**Dietary Suitability: GF, DF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Meatball	117653	Pork Meatball	60 balls (1.2kg)	Soya, SO2
Red Onion Gravy	133534	Knorr Veg Stock	20g	
	\	Water	1L	
	3ORKG	Onion (McLays)	5 onions (approx. 700g)	
	114956	G/F Flour	5 tsp (12g)	
Sides	SideCarb2301	Mashed Potato	1.6kg	
	VE2301	Rainbow Salad	800g	
	VE2303	Creamy Coleslaw	800g	Egg

Please refer to '**Side Carb**' and '**Side Veg**' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	n/a	n/a, this item is for nursery only
Nursery	25	3 Meatballs + 70ml Gravy

Please refer to '**Side Carb**' and '**Side Veg**' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2322NA	Allergy-Friendly Nursery Only Meatball in Gravy with Mashed Potato (Rainbow Salad, VEColeslaw)	VE2303 Creamy Coleslaw	VE2303VE VE Coleslaw	Soya, SO2

# Nursery Only Meatball in Gravy

Allergens: Soya, Egg, SO2

Side Carb: Mashed Potato | Side Veg: Rainbow Salad, Creamy Coleslaw

Dietary Suitability: GF, DF

## Cooking Method:

### Prep: None

- 1 Cook **meatballs** according to the instructions on the packaging.
- 2 Heat a large pan/pot with **vegetable oil**, once hot, add **sliced onion** with a pinch of **salt**. Cook until onions are softened and caramelized. While onions are cooking, mix **Knorr veg stock** with **water**.
- 3 Add in **G/F flour**, stir and evenly coat the onions. Then add in **mixed veg stock**, increase heat and cook until thickened to a gravy-like consistency. This is your **red onion gravy**

**Serving** Serve **meatballs** with **gravy**, serve with **mashed potato**, **salad**, and **coleslaw** on the side.

## Nutritional Information for Meatball in Gravy

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary n/a)	Per Portion (Nursery 143g)	Units
Energy	89.0	n/a	128.0	kcal
Fat	4.4	n/a	6.2	g
SatFat	1.6	n/a	2.2	g
Carb	6.6	n/a	9.5	g
NMES	0.0	n/a	0.0	g
Tot Sug	1.9	n/a	2.7	g
Fibre	1.6	n/a	2.3	g
Prot	7.1	n/a	10.2	g
Iron	0.4	n/a	0.6	mg
Calc	19.4	n/a	27.7	mg
Vit A	0.4	n/a	0.5	µg
Fol	2.4	n/a	3.5	µg
Vit C	0.7	n/a	0.9	mg
Sodium	90.4	n/a	129.3	mg
Salt	0.2	n/a	0.3	g
Zinc	0.7	n/a	1.0	mg

**MA2323**

# Sausage Roll (ve)

**Side Carb: Potato Wedges | Side Veg: Baked Beans, Spinach Salad***Allergens: Gluten (Wheat), SO2**Dietary Suitability: DF, EF, SF, V, VE*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Sausage Roll (ve)	34545	Vegan Sausage Roll	20 pieces (1280g)	Gluten (Wheat)
Sides	SideCarb2302	Potato Wedges	2kg	
	SideVeg2304	Baked Beans	1kg	
	VE2304	Spinach Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 Vegan Sausage Roll
Nursery	20	1 Vegan Sausage Roll

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2323 A	Allergy-Friendly Veg Sausages with Potato Wedges (Baked Beans, Spinach Salad) (ve)	34545 Vegan Sausage Roll	<b>129633 Vegan Sausages</b>	<b>SO2</b>

Serving instruction for MA2323A: **2 sausages** per child for primary and nursery.

# Sausage Roll (ve)

Side Carb: Potato Wedges | Side Veg: Baked Beans, Spinach Salad

Allergens: Gluten (Wheat), SO2

Dietary Suitability: DF, EF, SF, V, VE

## Cooking Method:

Prep: None

- 1 Cook Sausage Roll (ve) according to the instructions on the packaging. Ready to serve.

**Serving** Serve Sausage Roll (ve) with potato wedges, baked beans, and spinach salad on the side.

## Nutritional Information for Sausage Roll (ve)

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 64g)	Per Portion (Nursery 64g)	Units
Energy	300.0	192.0	192.0	kcal
Fat	16.0	10.2	10.2	g
SatFat	3.0	1.9	1.9	g
Carb	28.0	17.9	17.9	g
NMES	0.7	0.4	0.4	g
Tot Sug	0.7	0.4	0.4	g
Fibre	1.9	0.9	0.9	g
Prot	7.9	5.1	5.1	g
Iron	3.2	2.0	2.0	mg
Calc	173.0	110.7	110.7	mg
Vit A	0.0	0.0	0.0	µg
Fol	0.0	0.0	0.0	µg
Vit C	0.0	0.0	0.0	mg
Sodium	272.0	174.1	174.1	mg
Salt	0.0	0.0	0.0	g
Zinc	0.0	0.0	0.0	mg



**MA2324**

# BBQ Pepper & Beans Fajita (ve)

**Side Veg: Baked Beans, Spinach Salad***Allergens: Gluten (Wheat), SO2**Dietary Suitability: fDF, EF, SF, V, VE*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Wrap	4719	Tortilla Wraps	20 wraps (1240g)	Gluten (Wheat)
BBQ Veg Filling	118225	Black Beans	1kg	
	3ORKG	Red Onion (Sliced) (McLays)	5 onions (700g)	
	2PRKG	Pepper (Sliced) (McLays)	1kg	
	6437	Chopped Tinned Tomato	1kg	
	113184	BBQ Sauce	200ml	
Sides	2SYB	Spring Onion (Chopped) (McLays)	200g	
	SideVeg2304	Baked Beans	1kg	
	VE2304	Spinach Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 Wrap + 200g BBQ Veg Filling
Nursery	25	1 Wrap + 160g BBQ Veg Filling

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2324A	Allergy-Friendly BBQ Pepper & Beans Fajita (Baked Beans, Spinach Salad) (ve)	4719 Tortilla Wraps	<b>129230 G/F Wrap</b>	<b>SO2</b>

# BBQ Pepper & Beans Fajita (ve)

Side Veg: Baked Beans, Spinach Salad

Allergens: Gluten (Wheat), SO2

Dietary Suitability: fDF, EF, SF, V, VE

## Cooking Method:

**Prep:** Slice red onion and pepper into strips, chop spring onion.

- 1 Heat a large pot with **oil** over a medium heat, once hot, add in **sliced pepper, sliced onion** and **BBQ sauce**. Cook until vegetable are softened. Splash some water if the pot looks too dry.
- 2 Season **chopped tomato** with salt and pepper. Drain **black beans**.
- 3 Once vegetables are softened, add **drained black beans**. Plash some water if needed. Cook until beans are softened. Mix in **chopped tomato**, season to taste. This is your **BBQ Veg Filling**.

**Serving** Load the tortilla with **BBQ Veg Filling** top with **chopped spring onion**. Serve with **baked beans** and **spinach salad** on the side.

## Nutritional Information for BBQ Pepper & Beans Fajita

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 258g)	Per Portion (Nursery 220g)	Units
Energy	112.0	289.0	231.2	kcal
Fat	2.3	5.9	4.7	g
SatFat	0.5	1.3	1.0	g
Carb	17.8	45.9	36.7	g
NMES	0.0	0.0	0.0	g
Tot Sug	4.0	10.3	8.2	g
Fibre	2.4	4.6	3.7	g
Prot	3.8	9.8	7.8	g
Iron	1.5	3.9	3.1	mg
Calc	49.4	127.5	102.0	mg
Vit A	82.7	213.4	170.7	µg
Fol	57.4	148.1	118.5	µg
Vit C	23.7	61.1	48.9	mg
Sodium	19.2	49.5	39.6	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	1.0	0.8	mg

**MA2325**

# Bubble Fish

**Side Carb: Oven Chips | Side Veg: Rainbow Salad, Creamy Coleslaw***Allergens: Fish, Egg**Dietary Suitability: GF, DF, SF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Fish	116114	Bubble Fish	40 pieces (2.4kg)	Fish
Sides	SideCarb2306	Oven Chips	2kg	
	VE2301	Rainbow Salad	1kg	
	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	2 Bubble Fish Fillets (120g) Serve with options of condiments
Nursery	20	2 Bubble Fish Fillets (120g) Serve with options of condiments

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2325A	Bubble Fish 'N' Chips (Rainbow Salad, VE Coleslaw)	VE2303 Creamy Coleslaw	<b>VE2303VE VE Coleslaw</b>	<b>Fish</b>

# Bubble Fish

Allergens: Fish, Egg

Side Carb: Oven Chips | Side Veg: Rainbow Salad, Creamy Coleslaw

Dietary Suitability: GF, DF, SF

## Cooking Method:

### Prep: None

- Oven bake for approximately 18 minutes at 200°C. ready to serve.

**Serving** Serve bubble fish with oven chips, rainbow salad, and creamy coleslaw on the side. Offer options of condiments.

## Nutritional Information for Bubble Fish

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 120g)	Per Portion (Nursery 120g)	Units
Energy	213.0	256.0	256.0	kcal
Fat	6.0	7.2	7.2	g
SatFat	0.7	0.8	0.8	g
Carb	25.0	30.0	30.0	g
NMES	0.0	0.0	0.0	g
Tot Sug	0.5	0.6	0.6	g
Fibre	0.9	0.8	0.8	g
Prot	11.0	13.2	13.2	g
Iron	0.6	0.7	0.7	mg
Calc	32.0	38.4	38.4	mg
Vit A	1.0	1.2	1.2	µg
Fol	9.0	10.8	10.8	µg
Vit C	0.0	0.0	0.0	mg
Sodium	240.0	288.0	288.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.5	0.6	0.6	mg

**MA2326**

# Simply Perfect Spaghetti Bolognese

Side Carb: Garlic Bread | Side Veg: Broccoli, Mexican-Style Corn Salad

Allergens: Gluten (Wheat), Milk, Soya SO2

May contain: Soya

Dietary Suitability: \



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Spaghetti	123384	Spaghetti	1.4kg (uncooked wt)	Gluten (Wheat)
Beef Bolognese	SML	Beef Mince (McLays)	1kg	
	30501	Diced Onion	600g	
	3326	Diced Carrot	600g	
	33686	Garlic Powder	8g	
	133536	Knorr Beef Stock	20g	
	\	Water (mix with stock)	800ml	
	124867	G/F Soya Sauce	40ml	Soya
	114938	Tomato Paste	100g	
	6437	Chopped Tinned Tomato	1kg	
	35006	Dried Basil	3g	
	33592	Dried Oregano	3g	
Sides	27543	Grated Cheddar Cheese	50g	Milk
	SideCarb2303	Garlic Bread	20 pieces (640g)	Gluten (Wheat), Milk May contain: Soya
	SideVeg2302	Broccoli	1kg	
	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	120g Spaghetti + 170g Beef Bolognese
Nursery	25	100g Spaghetti + 135g Beef Bolognese

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2326A	Allergy-Friendly Spaghetti Bolognese with VE Garlic Bread (Broccoli, Corn Salad)	123384 Spaghetti 27543 Cheddar SideCarb2303 Garlic Bread	124868 G/F Spaghetti 122000 Vegan Grated Cheese SideCarb2303VE: VE Garlic Bread (make with McGhees G/F Roll, Flora and Garlic Powder)	Soya, SO2

# Simply Perfect Spaghetti Bolognese

May contain: Soya

Side Carb: Garlic Bread | Side Veg: Broccoli, Mexican-Style Corn Salad

Dietary Suitability: \

## Cooking Method:

### Prep: None

- 1 Boil **spaghetti** in water. Meanwhile, heat a large pot with oil over a medium-high heat, once hot, add in **onion** and **carrot** with a pinch of **salt**, cook until veg starts to soften. Once veg begins to soften, increase heat and add in **beef mince**, cook until meat turned brown. **(Drain out beef fat if necessary)**
- 2 Mix **beef stock** with **water**. Once beef turned brown, add in **mixed stock**, **G/F soy sauce**, **garlic powder**, **tomato paste**, **chopped tinned tomato**, **dried basil** and **dried oregano**. Season with **black pepper** and stir well. Cook over high heat until thickened. This is your **Beef Bolognese**. Ready to serve.

**Serving** Serve spaghetti with Beef Bolognese. Serve with **garlic bread**, **broccoli**, and **corn salad** on the side.

## Nutritional Information for Simply Perfect Spaghetti Bolognese

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 280g)	Per Portion (Nursery 230g)	Units
Energy	79.0	221.0	176.8	kcal
Fat	1.8	5.1	4.1	g
SatFat	0.5	1.4	1.1	g
Carb	9.7	27.3	21.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.1	5.9	4.7	g
Fibre	2.3	4.8	3.8	g
Prot	6.6	18.5	14.8	g
Iron	1.1	3.1	2.5	mg
Calc	30.8	86.5	69.2	mg
Vit A	203.2	571.0	456.8	µg
Fol	11.5	32.3	25.8	µg
Vit C	3.2	9.0	7.2	mg
Sodium	99.6	279.9	223.9	mg
Salt	0.0	0.0	0.0	g
Zinc	1.4	3.9	3.1	mg

**MA2327**

# Hawaiian Pizza

**Side Veg: Broccoli, Mexican-Style Corn Salad***Allergens: Gluten (Wheat, Barley, Rye), Milk, SO2**May Contain: Milk, Egg**Dietary Suitability: SF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Pizza Base	33829	Pizza Base	5 pizzas	Gluten (Wheat, Barley) May contain: Milk, Egg
Pizza Sauce	114938	Tomato Paste	500g	
	35006	Dried Basil	5g	
	33686	Garlic Powder	5g	
Pizza Toppings	10163	Grated Mozzarella	200g	Milk
	14342	Tinned Pineapple	200g	
	70008	Ham	200g	
Sides	SideVeg2302	Broccoli	1kg	
	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1/4 Pizza (143g)
Nursery	25	1/5 Pizza (110g)

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2327A	Allergy-Friendly Hawaiian Pizza (Broccoli, Mexican-Style Corn Salad)	33829 Pizza Base 10163 Grated Mozzarella	<b>133505 G/F Pizza Base</b> <b>135420 Vegan Grated Mozzarella</b>	Oat, SO2

Serving instructions for MA2327A: **1/3 Pizza** per primary child; **1/4 pizza** per nursery child.

# Hawaiian Pizza

Side Veg: Broccoli, Mexican-Style Corn Salad

Allergens: Gluten (Wheat, Barley, Rye), Milk, SO2

May Contain: Milk, Egg

Dietary Suitability: SF

## Cooking Method:

**Prep:** cut ham and pineapple into small pieces

- 1 Make the sauce: mix **passata**, **dried basil** and **garlic powder**, season to taste.

Heat the oven to 240C/220C fan/gas 8. Smooth pizza **sauce** over the bases with the back of a spoon. Scatter **mozzarella**, **ham** and **chopped pineapple** on top. Bake in the oven for 8-10min or until crisp. Cut the pizza, ready to serve.

**Serving** Serve pizza with **broccoli** and **corn salad** on the side.

## Nutritional Information for Hawaiian Pizza

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 143g)	Per Portion (Nursery 120g)	Units
Energy	221.0	316.0	252.8	kcal
Fat	6.1	8.7	7.0	g
SatFat	2.1	3.1	2.5	g
Carb	33.5	47.9	38.3	g
NMES	1.5	2.2	1.8	g
Tot Sug	5.0	7.1	5.7	g
Fibre	2.2	2.4	1.9	g
Prot	10.2	14.6	11.7	g
Iron	1.4	2.0	1.6	mg
Calc	154.1	220.3	176.2	mg
Vit A	96.6	138.1	110.5	µg
Fol	15.4	22.0	17.6	µg
Vit C	8.3	11.8	9.4	mg
Sodium	369.9	528.9	423.1	mg
Salt	0.0	0.0	0.0	g
Zinc	0.9	1.2	1.0	mg



**MA2328**

# Cheese Sandwich (v)

**Side Veg: Rainbow Salad, Creamy Coleslaw***Allergens: Gluten (Wheat), Milk, Egg, Soya**Dietary Suitability: V*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Bread	5226	Kingsmill 50/50	40 slices (1.6kg)	Gluten (Wheat), Soya
Filling	74453	Cheese Slices	20 slices (400g)	Milk
	71402	Flora	60g	
Sides	VE2301	Rainbow Salad	1kg	
	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	2 Bread slices + 1 Cheese slice + 3g Flora
Nursery	20	2 Bread slices + 1 Cheese slice + 3g Flora

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2328A	Allergy-Friendly Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)	5226 Kingsmill 50/50 74453 Cheese Slices VE2303 Creamy Coleslaw	7202 G/F White Loaf 122001 VE Cheese Slice VE2303VE VE Coleslaw	None
MA2328VE	VE Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)	74453 Cheese Slices VE2303 Creamy Coleslaw	122001 VE Cheese Slice VE2303VE VE Coleslaw	Gluten (Wheat), Soya

# Cheese Sandwich (v)

Side Veg: Rainbow Salad, Creamy Coleslaw

Allergens: Gluten (Wheat), Milk, Egg, Soya

Dietary Suitability: V

## Cooking Method:

Prep: None

1 N/A

**Serving** Serve cheese sandwich with salad and coleslaw on the side.

## Nutritional Information for Cheese Sandwich

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 103g)	Per Portion (Nursery 103g)	Units
Energy	278.0	286.0	286.0	kcal
Fat	6.3	6.5	6.5	g
SatFat	1.2	1.3	1.3	g
Carb	32.6	33.5	33.5	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.7	2.8	2.8	g
Fibre	3.6	2.8	2.8	g
Prot	12.2	12.5	12.5	g
Iron	4.5	4.6	4.6	mg
Calc	143.5	147.8	147.8	mg
Vit A	70.7	72.8	72.8	µg
Fol	6.0	6.2	6.2	µg
Vit C	0.0	0.0	0.0	mg
Sodium	16.1	16.6	16.6	mg
Salt	0.0	0.0	0.0	g
Zinc	0.8	0.8	0.8	mg

**MA2329**

# Tuna Mayo Sandwich

**Side Veg: Rainbow Salad, Creamy Coleslaw***Allergens: Gluten (Wheat), Fish, Egg, Soya**Dietary Suitability: DF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Bread	5226	Kingsmill 50/50	40 slices (1.6kg)	Gluten (Wheat), Soya
Filling	6359	Tuna	600g	Fish
	5990	Mayo	200g	Egg
Sides	VE2301	Rainbow Salad	1kg	
	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to **'Side Carb'** and **'Side Veg'** section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	2 Bread Slices + 40g Tuna Mayo
Nursery	20	2 Bread Slices + 40g Tuna Mayo

Please refer to **'Side Carb'** and **'Side Veg'** section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2329A	Allergy-Friendly Tuna Mayo Sandwich (Rainbow Salad, VE Coleslaw)	5226 Kingsmill 50/50 5990 Mayo VE2303 Creamy Coleslaw	7202 G/F White Loaf 126924 Vegan Mayo VE2303VE VE Coleslaw	Fish

# Tuna Mayo Sandwich

Side Veg: Rainbow Salad, Creamy Coleslaw

Allergens: Gluten (Wheat), Fish, Egg, Soya

Dietary Suitability: DF

## Cooking Method:

Prep: None

1 N/A

**Serving** Serve tuna mayo sandwich with salad and coleslaw on the side.

## Nutritional Information for Tuna Mayo Sandwich

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 109g)	Per Portion (Nursery 109g)	Units
Energy	218.0	237.0	237.0	kcal
Fat	4.4	4.8	4.8	g
SatFat	0.5	0.6	0.6	g
Carb	31.6	34.5	34.5	g
NMES	0.4	0.5	0.5	g
Tot Sug	3.0	3.3	3.3	g
Fibre	3.4	2.8	2.8	g
Prot	11.3	12.3	12.3	g
Iron	4.4	4.8	4.8	mg
Calc	2.2	2.4	2.4	mg
Vit A	4.4	4.9	4.9	µg
Fol	2.2	2.4	2.4	µg
Vit C	0.0	0.0	0.0	mg
Sodium	50.2	54.7	54.7	mg
Salt	0.0	0.0	0.0	g
Zinc	0.2	0.2	0.2	mg

**MA2330**

# Turkey Sandwich

**Side Veg: Rainbow Salad, Creamy Coleslaw***Allergens: Gluten (Wheat), Egg, Soya**Dietary Suitability: GF, DF, SF*

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Bread	5226	Kingsmill 50/50	40 slices (1.6kg)	Gluten (Wheat), Soya
Filling	29182	Turkey Slices	20 slices (454g)	
	71402	Flora	60g	
Sides	VE2301	Rainbow Salad	1kg	
	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	2 Bread slices + 1 Turkey Slice + 3g Flora
Nursery	20	2 Bread slices + 1 Turkey Slice + 3g Flora

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2330A	Allergy-Friendly Turkey Sandwich (Rainbow Salad, VE Coleslaw)	5226 Kingsmill 50/50 VE2303 Creamy Coleslaw	<b>7202 G/F White Loaf</b> <b>VE2303VE VE Coleslaw</b>	None

# Turkey Sandwich

Side Veg: Rainbow Salad, Creamy Coleslaw

Allergens: Gluten (Wheat), Egg, Soya

Dietary Suitability: GF, DF, SF

## Cooking Method:

Prep: None

1 N/A

**Serving** Serve Turkey sandwich with salad and coleslaw on the side.

## Nutritional Information for Turkey Sandwich

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 106g)	Per Portion (Nursery 106g)	Units
Energy	212.0	225.0	225.0	kcal
Fat	3.6	3.8	3.8	g
SatFat	0.8	0.8	0.8	g
Carb	32.2	34.1	34.1	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.9	3.1	3.1	g
Fibre	3.5	2.8	2.8	g
Prot	11.2	11.9	11.9	g
Iron	0.0	0.0	0.0	mg
Calc	0.0	0.0	0.0	mg
Vit A	0.0	0.0	0.0	µg
Fol	0.0	0.0	0.0	µg
Vit C	0.0	0.0	0.0	mg
Sodium	101.6	107.7	107.7	mg
Salt	0.0	0.0	0.0	g
Zinc	0.0	0.0	0.0	mg

# **Section 3**

# **Side Carb**

<b>Item</b>	
<b>SideCarb2301</b>	<b>Mashed Potato (ve)</b>
<b>SideCarb2302</b>	<b>Potato Wedges (ve)</b>
<b>SideCarb2303</b>	<b>Garlic Bread (v)</b>
<b>SideCarb2303VE</b>	<b>VE Garlic Bread (ve)</b>
<b>SideCarb2304</b>	<b>Rice (ve)</b>
<b>SideCarb2305</b>	<b>Baked Sweet Potato Fries (ve)</b>
<b>SideCarb2306</b>	<b>Oven Chips (ve)</b>



## Mashed Potato (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE



### Ingredients:

Component	Code	Ingredient	Weight	Allergens
Mash	350009	Simply Potato Mash	2kg	

### Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	100g
Nursery	25	80g

### Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

### Cooking Method:

#### Prep: None

- 1 Oven cook From Frozen: Combi Oven.100% Steam, 12 - 15 minsOven cook From Chilled: Combi Oven.100% Steam, 6 - 9 mins

**Serving** Serve as a side

## Mashed Potato (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units
Energy	72.0	72.0	57.6	kcal
Fat	0.0	0.0	0.0	g
SatFat	0.0	0.0	0.0	g
Carb	26.1	26.1	20.9	g
NMES	0.0	0.0	0.0	g
Tot Sug	0.6	0.6	0.5	g
Fibre	2.0	1.5	1.2	g
Prot	1.8	1.8	1.4	g
Iron	0.8	0.8	0.6	mg
Calc	13.0	13.0	10.4	mg
Vit A	31.5	31.5	25.2	µg
Fol	17.0	17.0	13.6	µg
Vit C	8.0	8.0	6.4	mg
Sodium	0.0	0.0	0.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.2	0.2	0.2	mg

## Potato Wedges (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE



### Ingredients:

Component	Code	Ingredient	Weight	Allergens
Wedges	131267	McCain Wedges	2kg	

### Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	100g
Nursery	25	80g

### Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

### Cooking Method:

#### Prep: None

- 1 Cook from frozen. Industrial oven: 210°C/425°F, 25 min. Gas Oven: Gas Mark 8, 75min.

**Serving** Serve as a side

# Potato Wedges (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units
Energy	123.0	123.0	98.4	kcal
Fat	3.0	3.0	2.4	g
SatFat	0.3	0.3	0.2	g
Carb	22.0	22.0	17.6	g
NMES	0.0	0.0	0.0	g
Tot Sug	0.5	0.5	0.4	g
Fibre	1.9	1.9	1.5	g
Prot	2.2	2.2	1.8	g
Iron	0.9	0.9	0.7	mg
Calc	0.0	0.0	0.0	mg
Vit A	0.0	0.0	0.0	µg
Fol	0.0	0.0	0.0	µg
Vit C	0.0	0.0	0.0	mg
Sodium	0.0	0.0	0.0	mg
Salt	0.0	0.0	0.0	g
Zinc	1.1	1.1	0.9	mg

# SideCarb2303

## Garlic Bread

Allergens: Gluten (Wheat), Milk

May Contain: Soya

Dietary Suitability: EF, V



### Ingredients:

Component	Code	Ingredient	Weight	Allergens
Garlic Bread	4660	Garlic Bread	20 pieces (640g)	Gluten (Wheat), Milk May contain: Soya

### Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 pieces (32g)
Nursery	20	1 pieces (32g)

### Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives (20 servings)	Allergens
SideCarb23 03VE	VE Garlic Bread	4660 Garlic Bread	<b>7240 McGhees G/F Roll (500g)</b> <b>71402 Flora (100g)</b> <b>33686 Garlic Bread (5g)</b>	None

### Cooking Method:

#### Prep: None

1

Cook from frozen, Remove required number of slices from packaging. Place product on a baking tray in the centre of a pre-heated oven at 220°C/ Gas mark 7 for approximately 7-10 minutes.

**Serving** Serve as a side for pasta

# SideCarb2303

## Garlic Bread

Allergens: Gluten (Wheat), Milk

May Contain: Soya

Dietary Suitability: EF, V

Nutrient	Per 100g	Per Portion (Primary 32g)	Per Portion (Nursery 32g)	Units
Energy	320.0	102.0	102.0	kcal
Fat	14.0	4.5	4.5	g
SatFat	5.0	1.6	1.6	g
Carb	40.0	12.8	12.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.5	0.8	0.8	g
Fibre	3.1	0.7	0.7	g
Prot	6.9	2.2	2.2	g
Iron	3.1	1.0	1.0	mg
Calc	27.0	8.6	8.6	mg
Vit A	0.0	0.0	0.0	µg
Fol	0.0	0.0	0.0	µg
Vit C	0.0	0.0	0.0	mg
Sodium	0.0	0.0	0.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.0	0.0	0.0	mg



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Rice	533	Long Grain Rice	800g	
Water	\	Water	1600ml	

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	120g (cooked weight)
Nursery	25	100g (cooked weight)

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

## Cooking Method:

### Prep: None

- 1 Rinse rice in cold water. Bring a large pot of water to boil, add in rice, simmer for 10-12 min or until rice is fully cooked.
- 2 Once the rice is cooked, remove from heat and drain if necessary.

**Serving** Serve as a side.

Nutrient	Per 100g	Per Portion (Primary 120g)	Per Portion (Nursery 100g)	Units
Energy	117.0	140.0	117.0	kcal
Fat	0.7	0.8	0.7	g
SatFat	0.2	0.2	0.2	g
Carb	26.5	31.8	26.5	g
NMES	0.0	0.0	0.0	g
Tot Sug	0.0	0.0	0.0	g
Fibre	0.8	0.7	0.8	g
Prot	2.8	3.4	2.8	g
Iron	0.1	0.1	0.1	mg
Calc	14.0	16.8	14.0	mg
Vit A	0.0	0.0	0.0	µg
Fol	5.0	6.0	5.0	µg
Vit C	0.0	0.0	0.0	mg
Sodium	4.0	4.8	4.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	0.5	0.4	mg



## Baked Sweet Potato Fries (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

### Ingredients:

Component	Code	Ingredient	Weight	Allergens
Fries	121752	Sweet Potato Fries	2kg	



### Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	100g
Nursery	25	80g

### Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

### Cooking Method:

#### Prep: None

- 1 Cook from frozen. Preheat the oven (fan) to 180°C. Spread the frozen fries evenly (single layer) on to a baking tray and bake for approximately 20 - 25 minutes. Bake until crunchy, well coloured and do not overcook. Turn the fries halfway through baking time. Always use a baking paper.

**Serving** Serve as a side

## Baked Sweet Potato Fries (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units
Energy	105.0	105.0	84.0	kcal
Fat	0.4	0.4	0.3	g
SatFat	0.2	0.2	0.2	g
Carb	27.9	27.9	22.3	g
NMES	0.0	0.0	0.0	g
Tot Sug	14.5	14.5	11.6	g
Fibre	4.4	4.4	3.5	g
Prot	1.6	1.6	1.3	g
Iron	0.9	0.9	0.7	mg
Calc	31.0	31.0	24.8	mg
Vit A	856.7	856.7	685.4	µg
Fol	9.0	9.0	7.2	µg
Vit C	23.0	23.0	18.4	mg
Sodium	40.0	40.0	32.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	0.4	0.3	mg

# SideCarb2306

## Oven Chips (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

### Ingredients:

Component	Code	Ingredient	Weight	Allergens
Chips	3953	Oven Chips	2kg	



### Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	100g
Nursery	25	80g

### Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

### Cooking Method:

#### Prep: None

- 1 Cook from frozen. Cooking directions based on 2.5kg of product. For different quantities, adjust cooking time accordingly. Industrial Electric Oven: 210°C 425°F, 20 mins. Industrial Gas Oven: Gas Mark 7, 45 mins

**Serving** Serve as a side.

## Oven Chips (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units
Energy	109.0	109.0	87.2	kcal
Fat	3.0	3.0	2.4	g
SatFat	0.3	0.3	0.2	g
Carb	21.0	21.0	16.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	0.7	0.7	0.6	g
Fibre	1.6	1.6	1.3	g
Prot	1.9	1.9	1.5	g
Iron	0.8	0.8	0.6	mg
Calc	12.0	12.0	9.6	mg
Vit A	0.0	0.0	0.0	µg
Fol	21.0	21.0	16.8	µg
Vit C	12.0	12.0	9.6	mg
Sodium	53.0	53.0	42.4	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	0.4	0.3	mg

## **Section 4**

# **Side Veg & Mixed Salads**

<b>Item</b>	
<b>SideVeg2301</b>	<b>Carrot (ve)</b>
<b>SideVeg2302</b>	<b>Broccoli (ve)</b>
<b>SideVeg2303</b>	<b>Peas (ve)</b>
<b>SideVeg2304</b>	<b>Baked Beans (ve)</b>
<b>SideVeg2305</b>	<b>Sweetcorn (ve)</b>
<b>VE2301</b>	<b>Rainbow Salad (ve)</b>
<b>VE2302</b>	<b>Mexican-Style Corn Salad (ve)</b>
<b>VE2303</b>	<b>Creamy Coleslaw (v)</b>
<b>VE2303VE</b>	<b>VE Coleslaw (ve)</b>
<b>VE2304</b>	<b>Spinach Salad (ve)</b>

## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Carrot	3326	Diced Carrot	1kg	



## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	50g
Nursery	25	40g

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

## Cooking Method:

### Prep: None

- 1 Boiling: cook from frozen, put frozen product into slightly boiling water, cook until vegetables are cooked through.

**Serving** Serve as a side.

# SideVeg2301

## Carrot (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	22.0	11.0	8.8	kcal
Fat	0.3	0.2	0.2	g
SatFat	0.1	0.0	0.0	g
Carb	4.7	2.4	1.9	g
NMES	0.0	0.0	0.0	g
Tot Sug	3.3	1.6	1.3	g
Fibre	3.1	1.2	1.0	g
Prot	0.4	0.2	0.2	g
Iron	0.3	0.2	0.2	mg
Calc	30.0	15.0	12.0	mg
Vit A	1074.2	537.1	429.7	µg
Fol	15.0	7.5	6.0	µg
Vit C	2.0	1.0	0.8	mg
Sodium	35.0	17.5	14.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.0	0.0	mg



## Broccoli (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

### Ingredients:

Component	Code	Ingredient	Weight	Allergens
Broccoli	4748	Broccoli Florets	1kg	



### Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	50g
Nursery	25	40g

### Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

### Cooking Method:

#### Prep: None

- 1 Boiling: cook from frozen, put frozen product into slightly boiling water, cook until vegetables are cooked through.

**Serving** Serve as a side

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	31.0	16.0	12.8	kcal
Fat	0.9	0.4	0.3	g
SatFat	0.1	0.0	0.0	g
Carb	2.5	1.2	1.0	g
NMES	0.0	0.0	0.0	g
Tot Sug	1.5	0.8	0.6	g
Fibre	4.8	1.8	1.4	g
Prot	3.3	1.6	1.3	g
Iron	0.6	0.3	0.2	mg
Calc	37.0	18.5	14.8	mg
Vit A	90.0	45.0	36.0	µg
Fol	64.0	32.0	25.6	µg
Vit C	64.0	32.0	25.6	mg
Sodium	13.0	6.5	5.2	mg
Salt	0.0	0.0	0.0	g
Zinc	0.3	0.2	0.2	mg



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Peas	4599	Garden Peas	1kg	

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	50g
Nursery	25	40g

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

## Cooking Method:

### Prep:

- 1 Boiling: cook from frozen, put frozen product into slightly boiling water, cook until vegetables are cooked through.

**Serving** Serve as a side.

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	70.0	35.0	28.0	kcal
Fat	0.7	0.4	0.3	g
SatFat	0.1	0.1	0.1	g
Carb	11.2	5.6	4.5	g
NMES	0.0	0.0	0.0	g
Tot Sug	5.9	3.0	2.4	g
Fibre	5.3	2.0	1.6	g
Prot	5.5	2.8	2.2	g
Iron	1.8	0.9	0.7	mg
Calc	37.0	18.5	14.8	mg
Vit A	46.0	23.0	18.4	µg
Fol	31.0	15.5	12.4	µg
Vit C	12.0	6.0	4.8	mg
Sodium	4.0	2.0	1.6	mg
Salt	0.0	0.0	0.0	g
Zinc	0.8	0.4	0.3	mg

## Baked Beans (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE



### Ingredients:

Component	Code	Ingredient	Weight	Allergens
Beans	28758	Baked Beans	1kg	

### Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	50g
Nursery	25	40g

### Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

### Cooking Method:

#### Prep: None

- 1 Drain and serve.

**Serving** Serve as a side

## Baked Beans (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	86.0	43.0	34.4	kcal
Fat	0.6	0.3	0.2	g
SatFat	0.1	0.0	0.0	g
Carb	14.0	7.0	5.6	g
NMES	0.0	0.0	0.0	g
Tot Sug	4.0	2.0	1.6	g
Fibre	3.9	1.4	1.1	g
Prot	4.3	2.2	1.8	g
Iron	1.6	0.8	0.6	mg
Calc	46.0	23.0	18.4	mg
Vit A	0.0	0.0	0.0	µg
Fol	81.0	40.5	32.4	µg
Vit C	0.0	0.0	0.0	mg
Sodium	270.0	135.0	108.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.6	0.3	0.2	mg



### Ingredients:

Component	Code	Ingredient	Weight	Allergens
Sweetcorn	4782	Sweetcorn	1kg	

### Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	50g
Nursery	25	40g

### Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

### Cooking Method:

#### Prep: None

- 1 Boiling: cook from frozen, put frozen product into slightly boiling water, cook until vegetables are cooked through.

**Serving** Serve as a side

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	31.0	16.0	12.8	kcal
Fat	0.6	0.3	0.2	g
SatFat	0.1	0.1	0.1	g
Carb	4.6	2.3	1.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	3.8	1.9	1.5	g
Fibre	2.7	1.0	0.8	g
Prot	2.2	1.1	0.9	g
Iron	0.2	0.1	0.1	mg
Calc	11.0	5.5	4.4	mg
Vit A	2.5	1.2	1.0	µg
Fol	160.0	80.0	64.0	µg
Vit C	3.0	1.5	1.2	mg
Sodium	0.0	0.0	0.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	0.2	0.2	mg



# Rainbow Salad (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE



## Ingredients:

Component	Ingredient	Weight	Allergens
Lettuce	McLays Iceberg	200g	
Tomato	McLays Tomatoes	200g	
Carrot	McLays Carrot	200g	
Sweetcorn	McLays Pepper (green/yellow)	200g	
Red Cabbage	McLays Red Cabbage	200g	

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	50g
Nursery	25	40g

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

## Cooking Method:

**Prep:** Wash and cut vegetables into small bite size, shred cabbage and lettuce

- 1 Mix all vegetables in a large bowl. Ready to serve

**Serving** Serve as a side.

# Rainbow Salad (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	20.0	10.0	8.0	kcal
Fat	0.3	0.1	0.1	g
SatFat	0.0	0.0	0.0	g
Carb	3.4	1.4	1.1	g
NMES	0.0	0.0	0.0	g
Tot Sug	3.2	1.3	1.0	g
Fibre	2.1	0.7	0.6	g
Prot	1.0	0.4	0.3	g
Iron	0.8	0.3	0.2	mg
Calc	27.1	11.1	8.9	mg
Vit A	293.3	120.2	96.2	µg
Fol	30.7	12.6	10.1	µg
Vit C	20.6	8.5	6.8	mg
Sodium	16.2	6.6	5.3	mg
Salt	0.0	0.0	0.0	g
Zinc	1.1	0.5	0.4	mg

# Mexican-Style Corn Salad (ve)

Allergens: SO2.

Dietary Suitability: GF, DF, EF, SF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Sweetcorn	4782	Sweetcorn	600g	
Onion	30501	Diced Onions	200g	
Tomato	2TKG	McLays Tomatos	200g	
Lemon Juice	114947	Lemon Juice	20g	SO2
Honey	33889	Honey	20g	
Olive Oil	350157	Olive Oil	20g	

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	50g
Nursery	25	40g

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

## Cooking Method:

**Prep:** Wash and cut tomato into small bite size pieces

- 1 Mix all **vegetables** in a large bowl. Mix **lemon juice**, **honey** and **olive oil** and stir in the vegetables.

**Serving** Serve as a side

# Mexican-Style Corn Salad (ve)

Allergens: SO2.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	50.0	25.0	20.0	kcal
Fat	2.6	1.1	0.9	g
SatFat	0.3	0.1	0.1	g
Carb	5.2	2.2	1.8	g
NMES	1.8	0.8	0.6	g
Tot Sug	4.5	1.9	1.5	g
Fibre	1.6	0.5	0.4	g
Prot	1.8	0.8	0.6	g
Iron	1.9	0.8	0.6	mg
Calc	12.3	5.3	4.2	mg
Vit A	25.2	10.8	8.6	µg
Fol	7.9	3.4	2.7	µg
Vit C	13.4	5.8	4.6	mg
Sodium	21.0	9.0	7.2	mg
Salt	0.0	0.0	0.0	g
Zinc	4.0	1.7	1.4	mg

# Creamy Coleslaw (v)

Allergens: Egg.

Dietary Suitability: GF, DF, SF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Cabbage	3CD	McLays Cabbage	500g	
Carrot	3CARKG	McLays Carrot	400g	
Spring Onion	2SYB	McLays Spring Onion	100g	
Mayo	5990	Mayo	100g	Egg

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	50g
Nursery	25	40g

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
VE2303VE	VE Coleslaw	5990 Mayo	126924 Vegan Coleslaw	None

## Cooking Method:

**Prep:** Chop/slice carrot, cabbage, and spring onion

- 1 In a large bowl mix all **vegetables** and **mayo**. Ready to serve

**Serving** Serve as a side

# Creamy Coleslaw (v)

Allergens: Egg.

Dietary Suitability: GF, DF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	57.0	26.0	20.8	kcal
Fat	3.4	1.5	1.2	g
SatFat	0.3	0.1	0.1	g
Carb	5.4	2.5	2.0	g
NMES	0.5	0.2	0.2	g
Tot Sug	4.9	2.2	1.8	g
Fibre	3.0	1.0	0.8	g
Prot	1.5	0.7	0.6	g
Iron	0.5	0.2	0.2	mg
Calc	44.9	20.6	16.5	mg
Vit A	531.4	244.5	195.6	µg
Fol	34.6	15.9	12.7	µg
Vit C	25.2	11.6	9.3	mg
Sodium	19.0	8.7	7.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.2	0.1	0.1	mg

# Spinach Salad (ve)

Allergens: SO2.

Dietary Suitability: GF, DF, EF, SF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Baby Spinach		McLays Baby Spinach	900g	
Vinegar	114484	Balsamic Vinegar	50ml	SO2
Olive Oil	88887	Olive Oil	50ml	

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	50g
Nursery	25	40g

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

## Cooking Method:

**Prep:** Wash and dry baby spinach.

- 1 In a large bowl mix **spinach** with **vinegar** and **olive oil** (soften the spinach with hot water if necessary). Ready to serve.

**Serving** Serve as a side

## Spinach Salad (ve)

Allergens: SO2.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	67.0	34.0	27.2	kcal
Fat	5.6	2.8	2.2	g
SatFat	0.9	0.4	0.3	g
Carb	1.0	0.5	0.4	g
NMES	0.0	0.0	0.0	g
Tot Sug	0.8	0.4	0.3	g
Fibre	1.8	0.7	0.6	g
Prot	2.9	1.4	1.1	g
Iron	2.4	1.2	1.0	mg
Calc	150.8	75.4	60.3	mg
Vit A	325.8	162.9	130.3	µg
Fol	121.5	60.8	48.6	µg
Vit C	19.8	9.9	7.9	mg
Sodium	37.8	18.9	15.1	mg
Salt	0.0	0.0	0.0	g
Zinc	1.2	0.6	0.5	mg



# **Section 5**

# **Dessert**

<b>Item</b>	
<b>DE2301</b>	<b>Orange Jelly (ve)</b>
<b>DE2302</b>	<b>Fruity Yoghurt (v)</b>
<b>DE2303</b>	<b>Fruity Salad with Honey Lemon Dressing (ve)</b>
<b>DE2304</b>	<b>Oaty Flapjack (v)</b>
<b>DE2305</b>	<b>Vanilla Ice Cream (v)</b>

# Orange Jelly (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Jelly	15882	Orange Flavour Jelly	210g	
	\	Water	1.08L	

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	65g
Nursery	20	65g

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

## Cooking Method:

**Prep:** Need to be prepared and set in the refrigerator beforehand

- 1 Dissolve **jelly crystals** in the **boiling water**. Stir well until completely dissolved.
- 2 Pour the **mixture** into **moist moulds** and leave to set in a **refrigerator** until forms. Ready to serve.

**Serving** Serve as a dessert

## Orange Jelly (ve)

Allergens: None.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 65g)	Per Portion (Nursery 65g)	Units
Energy	61.0	40.0	40.0	kcal
Fat	0.1	0.1	0.1	g
SatFat	0.0	0.0	0.0	g
Carb	15.1	9.8	9.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	15.0	9.8	9.8	g
Fibre	0.3	0.1	0.1	g
Prot	0.1	0.1	0.1	g
Iron	0.0	0.0	0.0	mg
Calc	2.5	1.6	1.6	mg
Vit A	0.0	0.0	0.0	µg
Fol	0.0	0.0	0.0	µg
Vit C	0.0	0.0	0.0	mg
Sodium	3.3	2.1	2.1	mg
Salt	0.0	0.0	0.0	g
Zinc	0.0	0.0	0.0	mg

# Fruity Yoghurt (v)

Allergens: Milk.

Dietary Suitability: GF, EF, SF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Yoghurt	133944	Fat Free Mixed Yoghurt	20 tubs (2kg)	Milk

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 tub (100g)
Nursery	20	1 tub (100g)

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
DE2302VE	Vanilla Dessert (ve)	133944 Yoghurt	121525 Vanilla Dessert	Soya

## Cooking Method:

### Prep: None

1 N/A

**Serving** Serve as a dessert

# Fruity Yoghurt (v)

Allergens: Milk.

Dietary Suitability: GF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 100g)	Units
Energy	65.0	65.0	65.0	kcal
Fat	0.5	0.5	0.5	g
SatFat	0.1	0.1	0.1	g
Carb	11.6	11.6	11.6	g
NMES	0.0	0.0	0.0	g
Tot Sug	8.5	8.5	8.5	g
Fibre	0.1	0.1	0.1	g
Prot	2.9	2.9	2.9	g
Iron	0.1	0.1	0.1	mg
Calc	110.0	110.0	110.0	mg
Vit A	4.0	4.0	4.0	µg
Fol	35.0	35.0	35.0	µg
Vit C	0.0	0.0	0.0	mg
Sodium	36.0	36.0	36.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.9	0.9	0.9	mg

# Fruit Salad with Honey Lemon Dressing (ve)

Allergens: SO2.

Dietary Suitability: GF, DF, EF, SF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Fruity	1MHS	McLays Honeydew Melon	500g	
	5552	Tinned Apples	500g	
	88724	Tinned Mandarins	500g	
	14342	Tinned Pinapples	500g	
Dressing	350157	Honey	100g	
	114947	Lemon Juice	40ml	SO2

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	107g
Nursery	25	86g

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

## Cooking Method:

**Prep:** Peel, deseed, and chop honeydew melon into small pieces

- 1 Mix honey with lemon juice, this is your honey lemon dressing. In a large bowl, mix in all fruit and top with dressing. Ready to serve.

**Serving** Serve as a dessert

# Fruit Salad with Honey Lemon Dressing

Allergens: SO2.

Dietary Suitability: GF, DF, EF, SF, V, VE

Nutrient	Per 100g	Per Portion (Primary 107g)	Per Portion (Nursery 86g)	Units
Energy	50.0	53.0	42.4	kcal
Fat	0.0	0.0	0.0	g
SatFat	0.0	0.0	0.0	g
Carb	12.6	13.5	10.8	g
NMES	5.4	5.8	4.6	g
Tot Sug	12.6	13.5	10.8	g
Fibre	1.1	0.9	0.7	g
Prot	0.5	0.5	0.4	g
Iron	0.3	0.3	0.2	mg
Calc	9.2	9.8	7.8	mg
Vit A	6.8	7.3	5.8	µg
Fol	4.0	4.3	3.4	µg
Vit C	11.4	12.2	9.8	mg
Sodium	10.4	11.1	8.9	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.1	0.1	mg



# Oaty Flapjack (v)

May contain: Gluten (Wheat, Barley), Milk, Egg, Soya

Dietary Suitability: V



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Flapjack	113354	Flapjack Mix	550g	Oat May contain: Gluten (Wheat, Barley), Milk, Egg, Soya
	\	Water	55ml	

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	30g
Nursery	20	30g

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
None			

## Cooking Method:

### Prep: None

1

Mix flapjack mix with water, stand for 10 min, spread the mixture out on a baking tray, and bake at 180C / gas 4, for 20-25min. Once cooked, leave to cool. Ready to serve.

**Serving** Serve as a dessert

# Oaty Flapjack (v)

May contain: Gluten (Wheat, Barley), Milk, Egg, Soya

Dietary Suitability: V

Nutrient	Per 100g	Per Portion (Primary 30g)	Per Portion (Nursery 30g)	Units
Energy	364.0	109.2	109.2	kcal
Fat	14.6	4.4	4.4	g
SatFat	2.7	0.8	0.8	g
Carb	55.4	16.6	16.6	g
NMES	9.1	2.7	2.7	g
Tot Sug	17.3	5.2	5.2	g
Fibre	4.3	1.3	1.3	g
Prot	5.6	1.7	1.7	g
Iron	3.0	0.9	0.9	mg
Calc	0.3	0.1	0.1	mg
Vit A	0.4	0.1	0.1	µg
Fol	0.1	0.0	0.0	µg
Vit C	0.0	0.0	0.0	mg
Sodium	1.4	0.4	0.4	mg
Salt	0.0	0.0	0.0	g
Zinc	1.2	0.4	0.4	mg

# Vanilla Ice Cream (v)

Allergens: Milk

Dietary Suitability: GF, EF, SF, V, VE



## Ingredients:

Component	Code	Ingredient	Weight	Allergens
Ice Cream	50985	Vanilla Ice Cream	20 tubs (1.6L)	Milk

## Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 tub (80ml)
Nursery	20	1 tub (80ml)

## Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
DE2305VE	Iced Smoothie (ve)	50985 Vanilla Ice Cream	32574/32573/32572 Iced Smoothie	None

## Cooking Method:

### Prep: None

1 N/A

**Serving** Serve as a dessert

## Vanilla Ice Cream (v)

Allergens: Milk.

Dietary Suitability: GF, EF, SF, V, VE

Nutrient	Per 100ml	Per Portion (Primary 80ml)	Per Portion (Nursery 80ml)	Units
Energy	160.0	128.0	128.0	kcal
Fat	1.0	0.8	0.8	g
SatFat	0.1	0.1	0.1	g
Carb	18.0	14.4	14.4	g
NMES	0.0	0.0	0.0	g
Tot Sug	15.0	12.0	12.0	g
Fibre	0.9	0.7	0.7	g
Prot	3.4	2.7	2.7	g
Iron	0.1	0.1	0.1	mg
Calc	128.0	102.4	102.4	mg
Vit A	0.1	0.1	0.1	µg
Fol	0.5	0.4	0.4	µg
Vit C	0.6	0.5	0.5	mg
Sodium	80.0	64.0	64.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.7	0.6	0.6	mg



# Menu Information Pack

2023/2024 Primary & Nursery

