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Hero Winter 2026 Menu - Week 1 - JUNIOR NUTRITION INFORMATION (in g per standard portion)

Carbohydrate Information: ***The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.***

It is possible that there will always be a certain degree of variation in portion size for any given food, depending on factors including the cooking method, length of cooking time, temperature, amount of water used and surface area of the food.

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JUNIOR, WEEK 1, MONDAY

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pork Sausages	217	15.3	8	10.9	1.1
Gravy	19	0.1	4	0.1	0.9
Mild Sweet Potato & Chickpea Curry (Ve)	128	2	21	5.8	0.4
Halal Shepherds Pie	286	12.3	31	13.6	1.2
Shepherds Pie	266	10	31	14.4	1.2
Mashed Potatoes	122	6	16	1.7	0.1
Mashed Potatoes (Half Portion)	61	3	8	0.9	0.1
Brown & White Rice	160	0.8	35	3.4	0
Brown & White Rice (Half Portion)	80	0.4	18	1.7	0
Oat & Raisin Cookie (Ve)	233	13.2	26	2.3	0.4

JUNIOR, WEEK 1, TUESDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Mexican Bean Burrito (v)	224	6.6	30	9	0.7
Mac 'n' Cheese (v)	280	11.8	32	11	1.1
Halal Shepherds Pie (H)	224	4.9	32	13.4	1.1
Herby Garlic Bread (Half Portion)	54	1.6	9	1.5	0.2
Diced Potatoes	107	0.6	24	2.3	0.1
Diced Potatoes (Half Portion)	54	0.3	12	1.2	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube (v)	34	1	4	1.4	0.1
JUNIOR, WEEK 1, WEDNESDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Roast Chicken	60	2.4	0	9.6	0.4
Sage & Onion Stuffing	58	0.7	12	1.7	0.8
Gravy	19	0.1	4	0.1	0.9
Roast Quorn Fillet (Ve)	64	1.7	0	9.9	0.3
Halal Roast Chicken	85	1.9	1	16.2	0.3
Roast Chicken Fillet (R2)	93	1.5	0	19.8	0.1
Halal Roast Chicken (H)	93	1.1	0	20.7	0.1
Roast Potatoes	113	5.1	16	1.7	0
Wholemeal Pasta	152	0.9	29	5.5	0
Fresh Fruit Jelly (Ve)	63	0.2	15	0.4	0
Frube (v)	34	1	4	1.4	0.1

JUNIOR, WEEK 1, THURSDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Chicken Pie	313	14.8	28	15.7	0.8
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Halal Chicken Pie	323	15.3	28	17.6	1
Halal Chicken Pie (H)	326	15	28	19.4	0.8
Gravy	19	0.1	4	0.1	0.9
Mashed Potatoes	122	6	16	1.7	0.1
Mashed Potatoes (Half Portion)	61	3	8	0.9	0.1
Pasta Penne	164	0.7	34	5.2	0
Pasta Penne (Half Portion)	82	0.4	17	2.6	0
Apple Crumble (Ve)	157	7.7	19	2.1	0.2
Custard (v)	56	0.3	11	2.9	0.1
JUNIOR, WEEK 1, FRIDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Fish Fillet Fingers	156	6.2	16	8.9	0.3
Margherita Pizza (v)	203	9.6	20	9.9	0.7
Chips	127	2.6	23	2	0.1
Chips (Half Portion)	64	1.3	12	1	0.1
Tricolour Pasta	162	0.7	33	5.2	0
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0
Chocolate Brickwall (Ve)	200	11.1	23	2.4	0.2

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Hero Winter 2026 Menu - Week 2 - JUNIOR NUTRITION INFORMATION (in g per standard portion)

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JUNIOR, WEEK 2, MONDAY

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken & Sweetcorn Meatballs	145	9.1	5	12.5	0.8
Halal Roast Chicken	85	1.9	1	16.2	0.3
Sweet & Tangy Sauce (Ve)	33	0.2	7	0.7	0.7
Sunshine Eggs with Baked Beans (v)	98	4.7	5	8.2	0.4
Potato Wedges	89	0.6	18	3	0.1
Brown & White Rice	160	0.8	35	3.4	0
Shortbread (Ve)	230	13.5	24	2.7	0.3

JUNIOR, WEEK 2, TUESDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Chicken Curry	111	5.3	3	11	0.3
Cheese Pinwheel (v)	211	13.6	14	8.1	0.5
Halal Chicken Curry	101	1.8	3	17.3	0.7
Halal Lamb Keema with Carrots and Potatoes	240	16.3	10	12.1	0.5
Halal Lamb Keema with Carrots & Potatoes (H)	205	10.4	10	17.3	0.4
Brown & White Rice	160	0.8	35	3.4	0
Brown & White Rice (Half Portion)	80	0.4	18	1.7	0
Diced Potatoes	107	0.6	24	2.3	0.1
Diced Potatoes (Half Portion)	54	0.3	12	1.2	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube (v)	34	1	4	1.4	0.1
JUNIOR, WEEK 2, WEDNESDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Roast Beef	49	2	0	7.6	0.6
Yorkshire Pudding	45	1.4	7	0.9	0.1
Gravy	19	0.1	4	0.1	0.9
Quorn Pieces in Gravy with Yorkshire Pudding (v)	108	2.3	11	9.2	1
Halal Roast Chicken	85	1.9	1	16.2	0.3
Roast Chicken	60	2.4	0	9.6	0.4
Halal Roast Chicken (H)	93	1.1	0	20.7	0.1
Roast Potatoes	113	5.1	16	1.7	0
Wholemeal Pasta	152	0.9	29	5.5	0
Fresh Fruit Jelly (Ve)	63	0.2	15	0.4	0
Frube (v)	34	1	4	1.4	0.1

JUNIOR, WEEK 2, THURSDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Burger Bun (Ve)	123	0.9	23	4.8	0.5
Quorn Burger (Pattie)	53	2.1	2	5.5	0.5
Veggie Bolognese (Ve)	91	1.4	9	8.8	0.6
Halal Chicken Breast Fillet (H)	93	1.1	0	20.7	0.1
Potato Wedges	89	0.6	18	3	0.1
Potato Wedges (Half Portion)	45	0.3	9	1.5	0.1
Pasta Spaghetti	164	0.7	34	5.2	0
Pasta Spaghetti (Half Portion)	82	0.4	17	2.6	0
Pear & Chocolate Sponge (v)	106	2.3	20	1.8	0.3
Chocolate Custard (v)	59	0.4	11	3.2	0.1
JUNIOR, WEEK 2, FRIDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Battered Fish Fillet	119	6.4	10	5.3	0.5
Margherita Pizza (v)	203	9.6	20	9.9	0.7
Potato Wedges	89	0.6	18	3	0.1
Potato Wedges (Half Portion)	45	0.3	9	1.5	0.1
Tricolour Pasta	162	0.7	33	5.2	0
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0
Jammy Cookie (Ve)	196	10.3	24	2.1	0.2

Hero Winter 2026 Menu - Week 3 - JUNIOR NUTRITION INFORMATION (in g per standard portion)

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JUNIOR, WEEK 3, MONDAY

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Beef Bolognese	129	5.6	8	10.1	0.6
Quorn Vegan Sausage (Ve)	146	5.1	6	17	1.1
Gravy	19	0.1	4	0.1	0.9
Halal Lamb Bolognese	149	8.1	8	9.5	0.6
Lamb Bolognese	137	6.7	8	10	0.6
Halal Beef Bolognese	129	5.8	8	10.1	0.6
Pasta Spaghetti	164	0.7	34	5.2	0
Potato Wedges	89	0.6	18	3	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube (v)	34	1	4	1.4	0.1

JUNIOR, WEEK 3, TUESDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Hot Dog Roll (Ve)	131	1.9	24	4.4	0.4
Quorn Frankfurter (v)	103	7.7	2	6.3	0.5
Roasted Veg Lasagne (v)	286	15.2	26	10.3	1.3
Halal Lamb Bolognese (H)	132	5.3	8	12	0.5
Diced Potatoes	107	0.6	24	2.3	0.1
Diced Potatoes (Half Portion)	54	0.3	12	1.2	0.1
Herby Garlic Bread (Half Portion)	54	1.6	9	1.5	0.2
Carrot Cake (v)	172	7.2	24	2.4	0.4
JUNIOR, WEEK 3, WEDNESDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Roast Chicken	60	2.4	0	9.6	0.4
Gravy	19	0.1	4	0.1	0.9
Sage & Onion Stuffing	58	0.7	12	1.7	0.8
Beany Pasta Bake (Ve)	214	3	34	9	0.5
Halal Roast Chicken	85	1.9	1	16.2	0.3
Roast Chicken Fillet (R2)	93	1.5	0	19.8	0.1
Halal Roast Chicken (H)	93	1.1	0	20.7	0.1
Roast Potatoes	113	5.1	16	1.7	0
Roast Potatoes (Half Portion)	57	2.6	8	0.9	0
Wholemeal Pasta	152	0.9	29	5.5	0
Wholemeal Pasta (Half Portion)	76	0.5	15	2.8	0
Fresh Fruit Jelly (Ve)	63	0.2	15	0.4	0
Frube (v)	34	1	4	1.4	0.1

JUNIOR, WEEK 3, THURSDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Burger Bun (Ve)	123	0.9	23	4.8	0.5
Beef Burger (Pattie)	106	5.2	5	9.1	0.5
Halal Chicken Breast Fillet	85	1.9	1	16.2	0.3
Chicken Breast Fillet	60	2.4	0	9.6	0.4
Halal Chicken Breast Fillet (H)	93	1.1	0	20.7	0.1
Baked Bean Slice (Ve)	344	15.4	41	8.9	1.4
Diced Potatoes	107	0.6	24	2.3	0.1
Diced Potatoes (Half Portion)	54	0.3	12	1.2	0.1
Pasta Penne	164	0.7	34	5.2	0
Pasta Penne (Half Portion)	82	0.4	17	2.6	0
Apple Charlotte Pudding (Ve)	157	6.4	22	2.1	0.3
Custard (v)	56	0.3	11	2.9	0.1
JUNIOR, WEEK 3, FRIDAY					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Fish Fillet Fingers	156	6.2	16	8.9	0.3
Margherita Pizza (v)	203	9.6	20	9.9	0.7
Chips	127	2.6	23	2	0.1
Chips (Half Portion)	64	1.3	12	1	0.1
Tricolour Pasta	162	0.7	33	5.2	0
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0
Chocolate & Raisin Cookie (Ve)	151	7.2	20	1.4	0.3

Hero Winter 2026 Menu - Dessert and Extra Options - JUNIOR NUTRITION INFORMATION (in g per standard portion)

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Dessert Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
Natural Yoghurt (v)	51	1.2	6	3.8	0.2
Strawberry Yoghurt (v)	55	1	8	3.4	0.1

Pasta Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheesy Pasta (v)	280	11.8	32	11	1.1
Herby Tomato Pasta with Cheese (v)	247	10.5	26	10.8	0.8
Pesto Pasta (v)	380	22.9	32	10.4	0.7
Herby Garlic Bread (Half Portion)	54	1.6	9	1.5	0.2

Jacket Potato Options					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Jacket Potato Plain (Ve)	188	0.5	43	5.3	0
JP Tuna Filling	55	0.5	0	12.5	0.5
JP Baked Beans Filling (Ve)	57	0.3	9	3.4	0.4
JP Cheese Filling (v)	125	10.3	0	7.5	0.5
JP Tuna Mayo Filling	95	4.5	1	12.5	0.6
JP Tuna Mayo Filling (Vegan Mayo)	146	10.5	1	12.5	0.6
JP Cheese & Baked Beans Filling (v)	91	5.3	5	5.5	0.5
JP Salmon Filling	69	2.4	0	11.8	0.4
JP Salmon Mayo Filling	110	6.4	1	11.9	0.6
JP Salmon Mayo Filling (Vegan Mayo)	161	12.4	1	11.8	0.6
JP BBQ Beans Filling (Ve)	87	1.7	13	3.4	0.4
JP Chicken & Sweetcorn Mayo Filling	89	4.6	4	8.3	0.4
JP Halal Chicken & Sweetcorn Mayo Filling	94	4.9	4	8.7	0.3
JP Chickpea & Sweetcorn Mayo Filling (Ve)	166	10.5	12	4.8	0.2
JP Mild Bean Chilli Filling (Ve)	61	0.7	8	3.8	0.1
JP Veggie Bolognese Filling (Ve)	46	0.7	5	4.4	0.3
JP Veggie Sausage & Beans Filling (Ve)	102	2.7	7	10.2	0.6
JP Halal Chicken & Sweetcorn Mayo Filling (H) (EF)	147	10.7	3	9.7	0.2
JP Halal Chicken & Sweetcorn Mayo Filling (H)	96	4.7	4	9.7	0.2
JP Halal Chicken Mayo Filling (H) (EF)	133	10.5	1	9.2	0.2
JP Halal Chicken Mayo Filling (H)	82	4.5	1	9.2	0.2
JP Halal Chicken & Sweetcorn Mayo Filling (EF)	145	11	3	8.6	0.4
JP Chicken & Sweetcorn Mayo Filling EF	139	10.6	3	7.4	0.2
JP Halal Chicken & Sweetcorn Filling (H) (EF)	55	0.8	2	9.7	0.1
JP Halal Chicken & Sweetcorn Filling (EF)	55	0.8	2	9.7	0.1
JP Chicken & Sweetcorn Filling EF	47	0.6	2	7.4	0.1
JP Halal Chicken Mayo Filling (EF)	131	10.7	1	8.1	0.4
JP Chicken Mayo Filling (EF)	131	10.7	1	8.1	0.4
JP Halal Chicken Filling (H) (EF)	41	0.5	0	9.2	0.1
JP Halal Chicken Filling (EF)	39	0.7	0	8.1	0.2
JP Chicken Filling (EF)	33	0.4	0	6.9	0.1

Cold Roll Options					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Baguette with Spread	205	4.8	34	5.8	0.6
Baguette without Spread	169	0.8	33	5.8	0.5
CO Egg Filling (V)	66	4.5	0	6.3	0.2
CO Tuna Filling	55	0.5	0	12.5	0.5
CO Chicken Filling	34	0.4	0	7.8	0.2
CO Salmon Filling	69	2.4	0	11.8	0.4
CO Egg Mayo Filling (v) (Vegan Mayo)	145	13.2	1	6.3	0.3
CO Tuna Mayo Filling (Vegan Mayo)	135	9.3	1	12.5	0.5
CO Chicken Filling (Vegan Mayo)	126	10.4	1	7.8	0.4
CO Salmon Mayo Filling (Vegan Mayo)	149	11.2	1	11.8	0.6
CO Egg Mayo Filling (v)	101	8	1	6.3	0.3
CO Tuna Mayo Filling	90	4	1	12.5	0.6
CO Chicken Mayo Filling	75	4.3	1	7.8	0.4
CO Ham Filling	38	0.6	1	7.9	0.6
CO Cheese Filling (v)	125	10.3	0	7.5	0.5
CO Salmon Mayo Filling	105	5.9	1	11.8	0.6
CO Halal Chicken Mayo Filling (Vegan Mayo)	119	7	1	13.5	0.4
CO Halal Chicken Mayo Filling	89	3.5	1	13.5	0.4
CO Halal Chicken Filling	66	1.2	0	13.5	0.3
CO Halal Chicken Mayo Filling (H)	92	3.1	1	15.3	0.2
CO Halal Chicken Mayo Filling (H) (EF)	122	6.6	0	15.3	0.2
CO Halal Chicken Filling (H)	69	0.8	0	15.3	0.1

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Meal Additionals - CARBOHYDRATE INFORMATION (in g per standard portion)

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Bread	**Carbohydrate (g) per portion (on average)**
50/50 Bread	6g
Bread	4g
Fresh Fruit	**Carbohydrate (g)/ 50g portion (on average)**
Apple	5g
Banana	12g
Blueberries	5g
Grapes	8g
Mango	7g
Orange	4g
Papaya	4g
Pear	5g
Pineapple	5g
Watermelon	4g
Starchy Side Vegetables	**Carbohydrate (g)/ 50g portion (on average)**
Sweetcorn	8g
Baked Beans	5g
Peas	4g
Parsnips	6g
Carrots	4g
Beetroot	5g
Please note that side vegetable offerings vary from school to school, and only “starchy” side vegetables have been listed.	

Hero Winter 2026 Menu - Menu Variations - JUNIOR NUTRITION INFORMATION (in g per standard portion)

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Menu Variations

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Creamy Quorn Pie (v)	374	18.5	35	14.9	1.3
Tuna Sweetcorn Pasta Bake	307	9.9	34	19.2	1.2
Vegetarian Lasagne (v)	192	4.7	24	12.3	1
Quorn Pieces in Gravy with Yorkshire Pudding (v)	108	2.3	11	9.2	1
Bean & Cheese Slice (v)	294	15.4	28	8.8	0.8
Fish Finger Sub	261	8.4	35	10.4	0.7
Vegan Sausage Roll (Ve)	287	13	34	7.6	1
Cheese Slice (v)	277	17.1	23	6.8	0.4
Plain Omelette (v)	83	6.5	1	5	0.3
Chicken Pasta Bake	233	4.5	28	18.3	0.8
Baked Bean Loaded Hash Browns (Ve)	295	10	41	7.1	1.1
Butternut Squash & Quorn Curry (V)	95	1.4	14	6.4	0.5
Pasta Carbonara	233	5.6	33	12.2	1.3
EF Cheese Pinwheel (v)	206	13.2	14	7.6	0.5
Quorn Pieces in Gravy (Ve)	69	1.7	4	8.3	0.9
Roasted Veg Pasta Bake (v)	286	15.2	26	10.2	1.3
Hot Dog Roll (Ve)	131	1.9	24	4.4	0.4
Pork Sausage	145	10.2	5	7.3	0.7
Quorn Vegan Sausage	73	2.6	3	8.5	0.5
EF Pear & Chocolate Sponge	180	5.9	28	2.4	0.4

Hero Winter 2026 Menu - Special Diet Menu Items - JUNIOR NUTRITION INFORMATION (in g per standard portion)

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The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

Dairy Free Menu Items

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
DF Chicken Gravy Pie	174	6.7	14	13.6	1
DF Halal Chicken Gravy Pie	184	7.2	14	15.5	1.2
DF Halal Chicken Gravy Pie (H)	187	6.9	14	17.3	1.1
DF Mexican Bean Burrito (Ve)	193	4	30	7.2	0.6
DF Herby Tomato Pasta (Ve)	180	2.4	32	5.7	0.5

Egg Free Menu Items

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
EF Cheese Pinwheel (v)	206	13.2	14	7.6	0.5
EF Sponge (v)	155	5.7	23	2.1	0.4
EF Chocolate Sponge	154	5.8	22	2.3	0.4

Allergy/Lifestyle Menu Items					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Vegetable Sausages (Ve)	137	0.5	28	3.8	0.7
Vegetable Fingers (Ve)	166	6.6	21	3.8	0.9
Quorn Nuggets (Ve)	171	2.6	22	10.3	1.3
Tomato Only Sauce (Ve)	30	1.1	4	1.1	0.1
Tomato Only Sauce with Cheese (v)	134	9.7	4	7.3	0.5
Tomato Sauce (Ve)	24	1.1	3	0.6	0.3
Tomato Sauce with Cheese (v)	146	10.5	5	7.2	0.9
Veggie Bolognese Sauce (Ve)	91	1.4	9	8.8	0.6
Margherita Pizza no EGO (v)	202	9.6	20	9.8	0.7
Quorn Pieces (Ve)	49	0.8	1	8	0.4
50/50 Burger Bun (Ve)	120	1.1	24	4	0.3
Quorn Burger (Pattie)	53	2.1	2	5.5	0.5
Quorn Fillet (Ve)	64	1.7	0	9.9	0.3
Breaded Bean & Vegetable Gril (Ve)	137	6.5	16	2.8	0.4
Plain Chicken Breast Fillet	60	2.4	0	9.6	0.4
Halal Plain Chicken Breast Fillet	85	1.9	1	16.2	0.3
Halal Plain Chicken Breast Fillet (H)	93	1.1	0	20.7	0.1
Beef Burger (Pattie)	106	5.2	5	9.1	0.5
50/50 Hot Dog Roll	113	1	22	3.8	0.3
Quorn Frankfurter (v)	103	7.7	2	6.3	0.5
Pork Sausage	145	10.2	5	7.3	0.7
Quorn Vegan Sausage	73	2.6	3	8.5	0.5
Bread Roll with Spread	159	4.9	23	4.8	0.6
Bread Roll without Spread	123	0.9	23	4.8	0.5
50/50 Bread Roll with Spread	186	5.3	30	5	0.4
50/50 Bread Roll without Spread	150	1.3	30	5	0.3
CO Vegan Quorn Sausage Filling (Ve)	73	2.6	3	8.5	0.5
CO Quorn Mayo Filling (Ve)	147	10.7	1	9.9	0.5
CO Chickpea & Sweetcorn Mayo Filling (Ve)	166	10.5	12	4.8	0.2
Shortbread	230	13.5	24	2.7	0.3
Plain Sponge	102	2.8	18	1.9	0.3

Gluten Free Menu Items					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
GF Fish Fillet Fingers	178	8.1	14	11.7	0.8
GF Mac 'n' Cheese (v)	219	7.7	27	9.9	0.5
GF Fishcake	148	7.5	14	5.8	0.4
GF Ciabatta Pizza (v)	168	9.5	12	7.7	0.7
GF Mexican Beans & Rice (v)	138	4.3	16	6.7	0.6
GF Roasted Veg Pasta Bake (v)	250	13.9	21	8.9	0.9
GF Beany Pasta (Ve)	212	2.8	37	7.2	0.5
GF Burger Bun (Ve)	116	1.7	21	2.3	0.5
Breaded Bean & Vegetable Gril (Ve)	137	6.5	16	2.8	0.4
Plain Chicken Breast Fillet	60	2.4	0	9.6	0.4
Halal Plain Chicken Breast Fillet	85	1.9	1	16.2	0.3
Halal Plain Chicken Breast Fillet (H)	93	1.1	0	20.7	0.1
Beef Burger (Pattie)	106	5.2	5	9.1	0.5
GF Hot Dog Roll (Ve)	116	1.7	21	2.3	0.5
Quorn Frankfurter (v)	103	7.7	2	6.3	0.5
Pork Sausage	145	10.2	5	7.3	0.7
GF Pasta (Ve)	159	0.7	34	3.3	0
GF Garlic Bread (Ve)	66	4.4	5	0.7	0.2
GF Roll with Spread (Ve)	152	5.7	21	2.3	0.6
GF Roll without Spread (Ve)	116	1.7	21	2.3	0.5
GF Herby Tomato Pasta with Cheese (v)	252	10.4	29	9.4	0.8
GF Cheesy Pasta (v)	219	7.7	27	9.9	0.5
GF Pesto Pasta (v)	375	23	32	8.7	0.7
GF Herby Tomato Pasta (Ve)	148	1.8	29	3.2	0.4
GF Basic Cookie (Ve)	137	7.1	18	0.7	0.4
GF Sponge (v)	128	6.4	16	1.8	0.3
GF Banana & Raisin Cookie (v)	180	7	28	1.4	0.3
GF Chocolate Shortbread (Ve)	240	13.7	27	1.8	0.3
GF Shortbread (Ve)	232	13.5	26	1.3	0.3
GF Apple Crumble (Ve)	159	7.6	21	1.1	0.2