



Signature Winter 2025 Menu - Week 1 - ADULT

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.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

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.

ADULT, WEEK 1, MONDAY - 03/11/25, 24/11/25, 15/12/25, 05/01/26, 26/01/26, 23/02/26, 16/03/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Tomato & Basil Soup (Ve)	78	2	13	2	1.1
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Beef Bolognese	196	10.1	13	11.9	1.1
Halal Beef Bolognese	199	10.5	13	12.1	1.1
Mushroom & Spinach Tartiflette (v)	410	19.3	40	17.8	2.1
Herby Garlic Bread (Ve)	80	2.4	13	2.2	0.2
Garlic Roasted Tomatoes (Ve)	28	1.4	2	0.8	0
Peas Portion	46	0.5	5	3.4	0
Coriander Chicken Noodle Pot	259	3.8	44	11.5	2
Halal Coriander Chicken Noodle Pot	259	3.8	44	11.5	2
Pulled Pork Noodle Pot	319	10.1	43	13.1	2.3
Fried Tofu Noodle Pot (Ve)	328	10.1	46	12.4	2.1
Jerk Chicken Bowl	542	18.2	66	24.7	4.3
Halal Jerk Chicken Bowl	553	18.5	66	26.6	4.5
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Tomato, Parmesan & Pea Salad (v)	122	10.9	2	3.8	0.2
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Steamed Pear & Chocolate Sponge (v)	159	3.4	29	2.6	0.4
Chocolate Custard (v)	103	2.1	16	4.8	0.1

ADULT, WEEK 1, TUESDAY - 04/11/25, 25/11/25, 16/12/25, 06/01/26, 27/01/26, 24/02/26, 17/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Honeyed Carrot & Orange Soup (v)	108	3.7	17	1.7	1.2
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Chicken Shawarma Flatbread	329	11.5	35	19.5	0.7
Halal Chicken Shawarma Flatbread	329	11.5	35	19.5	0.7
Lebanese Aubergine & Chickpea Stew (Ve)	248	8.5	29	10.8	0.2
Brown & White Rice (Ve)	176	0.9	39	3.7	0
Roasted Vegetables (Ve)	42	1.4	7	0.8	0
Fattoush Salad (Ve)	30	0.5	4	1.3	0
Margherita Pizza (v)	226	6.6	30	11.3	0.8
Pepperoni Pizza	216	5.8	30	10.5	0.7
Halal Pepperoni Pizza	248	8.7	30	11.8	0.7
Chicken & Sweetcorn Pizza	235	6.2	31	12.8	0.9
Halal Chicken & Sweetcorn Pizza	239	7	30	12.8	0.7
Tomato & Red Onion Salad (Ve)	35	1.7	4	0.8	0
Garlic Bread Slice (v)	97	4.5	12	2	0.2
Falafel & Humous Bowl (Ve)	473	17.6	62	14.7	1.4
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Greek Salad (Ve)	74	6.5	2	0.9	0
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Bread & Butter Pudding (v)	381	10.5	54	14.6	1
Chantilly Cream (v)	105	10.1	3	0.8	0

ADULT, WEEK 1, WEDNESDAY - 05/11/25, 26/11/25, 17/12/25, 07/01/26, 28/01/26, 25/02/26, 18/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Country Root Vegetable Soup (Ve)	38	0.5	7	1.2	0.8
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Roast Chicken	93	1.5	0	19.8	0.1
Halal Roast Chicken	169	3.7	1	32.4	0.5
Sage & Onion Stuffing (Ve)	65	0.7	14	1.7	0.7
Gravy (Ve)	22	0.1	6	0.3	1.1
Roast Quorn Fillet (Ve)	68	0.8	3	9.7	0.7
Roast Potatoes	161	7.3	23	2.4	0
Honey Roasted Parsnips (v)	73	3.6	10	1	0
Savoy Cabbage Portion (Ve)	18	0.4	2	0.9	0.2
Beef Quarter Pounder	448	19	43	25	2.3
Spicy Bird Burger	404	11.2	54	19.7	2
Plant Burger (Ve)	409	9.2	66	11.7	1.7
Steak Cut Oven Chips (Ve)	216	4.3	42	4.3	0.6
Coleslaw Portion (v)	36	2.4	3	0.5	0.1
Dip Pot Sauces (v) (Average)	61	4.5	5	0.2	0.4
Cobb Salad Style Protein Bowl	428	13.1	55	21.4	1.3
Halal Cobb Salad Style Protein Bowl	461	14	55	27.1	1.5
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Sweet Chilli Noodle Salad (v)	153	0.6	30	5.2	0.8
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Autumn Fruit Crumble (Ve)	244	11.4	31	3	0.2
Custard	98	1.9	16	4.4	0.1

ADULT, WEEK 1, THURSDAY - 06/11/25, 27/11/25, 18/12/25, 08/01/26, 29/01/26, 26/02/26, 19/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Minestrone Soup (Ve)	236	9.4	26	8.2	0.9
Soup Sprinkles	76	4.9	5	2.8	0.1
Petit Pain	170	0.6	35	5.6	0.8
Chicken & Leek Pie	430	20.5	39	20.7	1
Halal Chicken & Leek Pie	443	21.2	39	23.1	1.3
Sweet Potato topped Shepherdess Pie (Ve)	421	12.4	58	16.7	2.4
Parmentier Potatoes (Ve)	201	3.3	40	4	0.2
Cumin Roasted Carrots (Ve)	53	2.8	7	0.6	0.1
Broccoli Portion	15	0.3	1	1.9	0
Chipotle Chicken Wrap	502	10.5	74	26.7	2
Halal Chipotle Chicken Wrap	502	10.5	74	26.7	2
Pulled Beef Brisket Wrap	431	6.5	73	18.8	1.1
Falafel Wrap (Ve)	527	9.3	92	14.8	1.6
Paprika Chips (Ve)	268	9.4	43	4.6	0.6
Green Goddess Buddha Bowl (v)	487	21.3	53	15.7	0.9
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Caesar Salad (v)	235	12.8	23	5.7	0.7
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Treacle Tart (Ve)	228	7	37	2.9	0.3
Custard	98	1.9	16	4.4	0.1

ADULT, WEEK 1, FRIDAY - 07/11/25, 28/11/25, 19/12/25, 09/01/26, 30/01/26, 27/02/26, 20/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pea & Mint Soup (Ve)	69	3.1	6	3.1	0.9
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Battered Fish Fillet	248	13.3	20	11.1	1
Favourite Calzone (v)	477	22.3	47	21.9	1.8
Steak Cut Oven Chips (Ve)	216	4.3	42	4.3	0.6
Mushy Peas Portion	71	0.3	11	4.7	0.4
Lemon Wedge Portion	3	0	0	0.1	0
Tartare Sauce Portion	61	4.8	4	0.2	0.5
Tomato Ketchup Portion	27	0	6	0.2	0.3
Chicken Tenders	284	12.4	23	19	1.4
Popcorn Chicken	315	13.8	27	21	1.7
Spicy Chicken Wings	456	29.4	6	41	2.9
Chick 'n' Waffle	604	27.4	70	18.2	3.8
Dip Pot Sauces (v)	184	13.4	15	0.5	1.4
Sweet Chilli Poke Bowl (Ve)	400	5.9	74	11.5	1.5
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Crushed Potato Salad with Horseradish (v)	76	1.7	13	2.5	0.2
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Pineapple Upside Down Cake (v)	311	13.7	44	3.8	0.5
Custard	98	1.9	16	4.4	0.1



Signature Winter 2025 Menu - Week 2 - ADULT

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.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

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.

ADULT, WEEK 2, MONDAY - 10/11/25, 01/12/25, 12/01/26, 02/02/26, 02/03/26, 23/03/26

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Sweet Potato & Red Pepper Soup (Ve)	80	0.5	18	1.6	1.2
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Nonna's Beef Lasagne	300	12.3	30	15.6	1.4
Halal Nonna's Beef Lasagne	301	12.7	30	15.7	1.3
Moroccan Tagine (Ve)	156	3.4	22	7.6	0.6
Couscous (Ve)	179	0.8	36	6.1	0.4
Herby Garlic Bread (Ve)	80	2.4	13	2.2	0.2
Green Bean Portion	25	0.3	3	1.7	0
Corn on the Cob Portion (1each)	28	0.7	4	1.3	0
Regular Dog	286	14.9	26	11.6	1.3
Plant Dog (v)	261	11.6	27	11.1	1.1
Steak Cut Oven Chips (Ve)	216	4.3	42	4.3	0.6
Dip Pot Sauces (v) (Average)	61	4.5	5	0.2	0.4
Coleslaw Portion (v)	36	2.4	3	0.5	0.1
Crispy Fried Onions Portion	31	2.3	2	0.3	0.1
Pulled Pork Dog	334	19.1	24	16.3	1.4
Turmeric Roasted Cauliflower Buddha Bowl (Ve)	563	25.4	57	24	0.4
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Steamed Pear & Chocolate Sponge (v)	159	3.4	29	2.6	0.4
Carrot & Orange Cake (v)	262	16.7	24	4.1	0.6

ADULT, WEEK 2, TUESDAY - 11/11/25, 02/12/25, 13/01/26, 03/02/26, 03/03/26, 24/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Spicy Lentil Soup (Ve)	102	1.6	15	5.5	1.2
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Korean Gochujang Chicken	122	2.2	4	20	0.6
Halal Korean Gochujang Chicken	140	3.1	4	23.4	0.9
Crispy Quorn Katsu Curry (v)	295	11.7	32	12.3	3.6
Brown & White Rice (Ve)	176	0.9	39	3.7	0
Ponzu Slaw (Ve)	79	5.2	7	1.1	0
Pickled Cucumber Salad (Ve)	10	0.2	1	0.3	0
Margherita Pizza (v)	226	6.6	30	11.3	0.8
Pepperoni Pizza	216	5.8	30	10.5	0.7
Halal Pepperoni Pizza	248	8.7	30	11.8	0.7
Chicken & Sweetcorn Pizza	235	6.2	31	12.8	0.9
Halal Chicken & Sweetcorn Pizza	239	7	30	12.8	0.7
Tomato & Red Onion Salad (Ve)	35	1.7	4	0.8	0
Garlic Bread Slice (v)	97	4.5	12	2	0.2
Bibimbap Korean Rice Bowl (v)	326	8.5	49	13.7	1.6
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Fattoush Salad (Ve)	16	0.3	2	0.7	0
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Steamed Sultana Sponge (v)	226	5.5	41	3.9	0.7
Custard	98	1.9	16	4.4	0.1

ADULT, WEEK 2, WEDNESDAY - 12/11/25, 03/12/25, 14/01/26, 04/02/26, 04/03/26, 25/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Leek & Potato Soup (Ve)	102	4.5	13	2.2	1.2
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Roast Chicken	93	1.5	0	19.8	0.1
Halal Roast Chicken	169	3.7	1	32.4	0.5
Sage & Onion Stuffing (Ve)	65	0.7	14	1.7	0.7
Gravy (Ve)	22	0.1	6	0.3	1.1
Toad in the Hole with Onion Gravy (v)	317	14.5	33	14.1	2
Onion Gravy (Ve)	43	2.2	6	0.5	1.1
Roast Potatoes	161	7.3	23	2.4	0
Roasted Vegetables (Ve)	42	1.4	7	0.8	0
Broccoli Portion	15	0.3	1	1.9	0
Beef Quarter Pounder	448	19	43	25	2.3
Spicy Bird Burger	404	11.2	54	19.7	2
Plant Burger (Ve)	409	9.2	66	11.7	1.7
Steak Cut Oven Chips (Ve)	216	4.3	42	4.3	0.6
Coleslaw Portion (v)	36	2.4	3	0.5	0.1
Dip Pot Sauces (v)	184	13.4	15	0.5	1.4
Roasted Roots Nourish Bowl (v)	534	13.9	85	16.4	1.3
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Shaved Courgette & Tomato Salad (Ve)	91	8.5	2	1.3	0
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Black Forest Crumble (v)	258	11.7	34	3.6	0.2
Custard	98	1.9	16	4.4	0.1

ADULT, WEEK 2, THURSDAY - 13/11/25, 04/12/25, 15/01/26, 05/02/26, 05/03/26, 26/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Carrot & Sweet Potato Soup (Ve)	112	4.1	17	2.1	1.2
Soup Sprinkles	76	4.9	5	2.8	0.1
Petit Pain	170	0.6	35	5.6	0.8
Cottage Pie Swede Mash	300	10.6	33	17.7	1.4
Halal Cottage Pie Swede Mash	302	11.1	33	17.9	1.4
Gravy (Ve)	22	0.1	6	0.3	1.1
Creamy Quorn Pie (v)	418	21.4	38	16.3	1.2
Mustard Mash (Ve)	176	6.7	25	3.6	0.4
Savoy Cabbage Portion (Ve)	18	0.4	2	0.9	0.2
Roasted Vegetables (Ve)	42	1.4	7	0.8	0
Chicken Tikka Curry	145	5.6	3	19.1	0.2
Halal Chicken Tikka Curry	162	6.5	3	22.2	0.6
Chicken Biryani	329	4.9	52	17.1	0.1
Halal Chicken Biryani	329	4.9	52	17.1	0.1
Cauliflower & Chickpea Curry (Ve)	196	6.5	21	10.8	0.1
Pilau Rice (Ve)	218	3.3	42	4.9	0.9
Steak Cut Oven Chips (Ve)	216	4.3	42	4.3	0.6
Curry Sides	47	0.9	8	2.8	0.6
Chicken Pesto Nourish Bowl	402	17.4	41	19	0.4
Halal Chicken Pesto Nourish Bowl	413	17.7	42	20.9	0.6
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Watermelon, Cucumber & Feta Salad (v)	54	3.7	2	3.1	0.3
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Modern Sponge - Chocolate (v)	148	4	25	3	0.5
Chocolate Sauce	103	2.1	16	4.8	0.1

ADULT, WEEK 2, FRIDAY - 14/11/25, 05/12/25, 16/01/26, 06/02/26, 06/03/26, 27/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Potato & Mushroom Soup (Ve)	57	3.8	4	2.1	0.9
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Battered Fish Fillet	248	13.3	20	11.1	1
Falafel & Spinach Burger (v)	401	8.9	61	13.9	1.6
Steak Cut Oven Chips (Ve)	216	4.3	42	4.3	0.6
Peas Portion	46	0.5	5	3.4	0
Lemon Wedge Portion	3	0	0	0.1	0
Tartare Sauce Portion	61	4.8	4	0.2	0.5
Tomato Ketchup Portion	27	0	6	0.2	0.3
Piri Piri Chicken Thigh with Lemon & Herb Rice	261	11.8	6	32.6	1.9
Halal Piri Piri Chicken Thigh & Lemon & Herb Rice	263	11.8	6	32.7	1.9
Lemon & Herb Thigh with Lemon & Herb Rice	445	12.9	45	36.6	1.9
Halal Lemon & Herb Thigh with Lemon & Herb Rice	445	12.9	45	36.6	1.9
Piri Piri Halloumi with Lemon & Herb Rice (v)	477	25	42	20.6	2.7
Sweet Potato Fries (Ve)	264	8.2	41	4.1	0.5
Chilli Corn (Ve)	32	0.6	5	1.1	0.3
Charred Broccoli (Ve)	51	5.1	1	0.7	0
Coleslaw Portion (v)	36	2.4	3	0.5	0.1
Burrito Bowl (v)	542	27	49	23.5	1.5
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Tomato & Mozzarella Salad (v)	68	2.8	6	3.9	0.1
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Apple Strudel 50% Fruit (v)	309	16.6	34	4.8	0.3
Custard	98	1.9	16	4.4	0.1



Hero Winter 2025 Menu - Week 3 - ADULT

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.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

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.

ADULT, WEEK 3, MONDAY - 17/11/25, 08/12/25, 19/01/26, 09/02/26, 09/03/26

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Tuscan Bean Soup (Ve)	243	3.3	33	14.4	1
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Pork Sausages	275	18.2	10	13.1	1.3
Halal Chicken Sausages	103	6.6	4	7.2	0.5
Creamed Potatoes	109	0.3	25	3.7	0.1
Red Onion Gravy (Ve)	45	1.4	8	0.5	1.3
Chilli Non Carne (Ve)	141	1.8	20	8.3	0.3
Brown & White Rice (Ve)	176	0.9	39	3.7	0
Cumin Roasted Carrots (Ve)	53	2.8	7	0.6	0.1
Peas Portion	46	0.5	5	3.4	0
Chicken Shawarma Mezze	434	13.6	54	23.3	2
Halal Chicken Shawarma Mezze	434	13.6	54	23.3	2
Roasted Cauliflower & Citrus Yak Net Mezze (Ve)	407	9.7	67	12.6	1.2
Piri Piri Chicken Rice Bowl	304	6.5	46	14.2	1.7
Halal Piri Piri Chicken Rice Bowl	304	6.5	46	14.2	1.7
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Crushed Potato Salad with Sour Cream & Chives (v)	103	5.7	11	2.3	0
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Lemon Drizzle Sponge (v)	179	4.4	32	3	0.5

ADULT, WEEK 3, TUESDAY - 18/11/25, 09/12/25, 20/01/26, 10/02/26, 10/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Sweet Pepper & Tomato Soup (Ve)	63	1.6	9	2.3	1.4
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Kung Pao Chicken	175	4	12	20.9	3.5
Egg Fried Rice (v)	202	4.3	36	5.3	0.3
Halal Kung Pao Chicken	193	4.9	12	24.2	3.8
Chow Mein Noodles with Black Bean Sauce (v)	390	5.3	61	20	2.1
Broccoli Portion (Adult)	15	0.3	1	1.9	0
Stir Fry Vegetables (Ve)	55	2.8	5	1.4	0
Margherita Pizza (v)	226	6.6	30	11.3	0.8
Pepperoni Pizza	216	5.8	30	10.5	0.7
Halal Pepperoni Pizza	248	8.7	30	11.8	0.7
Ham & Pineapple Pizza	226	6.2	31	11.4	0.8
Tomato & Red Onion Salad (Ve)	35	1.7	4	0.8	0
Garlic Bread Slice (v)	97	4.5	12	2	0.2
Teriyaki Quorn Bowl (v)	393	5.1	68	16	4.9
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Chickpea & Beetroot Salad (Ve)	119	8.9	7	2.5	0.1
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Banana Bread & Butter Pudding (v)	154	5.8	19	5.8	0.4
Chocolate Sauce	103	2.1	16	4.8	0.1

ADULT, WEEK 3, WEDNESDAY - 19/11/25, 10/12/25, 21/01/26, 11/02/26, 11/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Spiced Cauliflower Soup (Ve)	98	5.1	7	5.1	1.7
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Roast Beef	98	4	0	15.1	1.2
Optional - Yorkshire Pudding 4"	133	3.1	21	4.6	0.4
Halal Roast Chicken	169	3.7	1	32.4	0.5
Gravy (Ve)	22	0.1	6	0.3	1.1
Horseradish Sauce Portion	44	2.6	4	0.6	0.4
Spiced Lentil Nutless Loaf (v)	264	11.3	20	17.7	0.5
Roast Potatoes	161	7.3	23	2.4	0
Roasted Vegetables (Ve)	42	1.4	7	0.8	0
Savoy Cabbage Portion (Ve)	18	0.4	2	0.9	0.2
Beef Quarter Pounder	448	19	43	25	2.3
Maple Bacon Cheese Burger	487	22.1	44	26.8	2.8
Halal Maple Smoked Cheese Burger	497	23.3	43	28	2.5
Plant Burger (Ve)	409	9.2	66	11.7	1.7
Steak Cut Oven Chips (Ve)	216	4.3	42	4.3	0.6
Coleslaw Portion (v)	36	2.4	3	0.5	0.1
Dip Pot Sauces (v) (Average)	61	4.5	5	0.2	0.4
Sweet Potato & Spiced Chickpea Buddha Bowl (Ve)	629	23.1	86	18.4	0.5
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Sweet Potato Salad (Ve)	230	18.8	13	2.5	0.1
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Toffee Apple Crumble (v)	440	26.4	48	3.2	0.6
Custard	98	1.9	16	4.4	0.1

ADULT, WEEK 3, THURSDAY - 20/11/25, 11/12/25, 22/01/26, 12/02/26, 12/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Fiery Chickpea & Harissa Soup (Ve)	123	5.7	13	4.7	1.3
Soup Sprinkles	76	4.9	5	2.8	0.1
Petit Pain	170	0.6	35	5.6	0.8
Beef & Mushroom Slice	484	29.9	32	20	1.1
Halal Beef & Mushroom Slice	485	30.5	32	20.2	1
Mac 'n' Cheese with a Crispy Crumb (v)	444	20.5	46	18.1	0.9
Herby Diced Potatoes	179	1.1	39	4	0.2
Broccoli Portion (Adult)	15	0.3	1	1.9	0
Cauliflower Portion	27	0.7	2	2.9	0
Sweetcorn Portion	76	1.4	13	2.7	0
Chicken Tenders	284	12.4	23	19	1.4
Popcorn Chicken	315	13.8	27	21	1.7
Spicy Chicken Wings	456	29.4	6	41	2.9
Spicy Battered Chicken Burger	465	17.6	57	18.3	2.2
Steak Cut Oven Chips (Ve)	216	4.3	42	4.3	0.6
Dip Pot Sauces (v)	184	13.4	15	0.5	1.4
Harissa Couscous Falafel Bowl (Ve)	309	7.9	48	9.9	0.9
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Iced School Sponge with Sprinkles (v)	161	4	29	2.6	0.5
Chocolate Sauce	103	2.1	16	4.8	0.1

ADULT, WEEK 3, FRIDAY - 21/11/25, 12/12/25, 23/01/26, 13/02/26, 13/03/26					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Parsnip & Apple Soup (Ve)	76	3.7	9	1.7	1.2
Petit Pain	170	0.6	35	5.6	0.8
Soup Sprinkles	76	4.9	5	2.8	0.1
Battered Fish Fillet (Secondary)	248	13.3	20	11.1	1
Loaded Quorn Posh Dog (v)	297	14.7	26	14.5	1.2
Steak Cut Oven Chips (Ve)	216	4.3	42	4.3	0.6
Homemade BBQ Beans (Ve)	58	1.4	7	2.6	0.3
Lemon Wedge Portion	3	0	0	0.1	0
Tartare Sauce Portion	61	4.8	4	0.2	0.5
Tomato Ketchup Portion	27	0	6	0.2	0.3
Regular Dog	286	14.9	26	11.6	1.3
Plant Dog (v)	261	11.6	27	11.1	1.1
Teriyaki Dog	285	14.5	26	11.7	1.4
Plant Teriyaki Dog (v)	256	11	27	11	1
Crispy Fried Onions Portion	31	2.3	2	0.3	0.1
Coleslaw Portion (v)	36	2.4	3	0.5	0.1
Dip Pot Sauces (v)	184	13.4	15	0.5	1.4
Salmon Poke Bowl	368	7	55	21	2.4
Pomodoro Pasta (Ve)	189	2.2	36	5.5	0.5
Cheesy Pasta (v)	350	14.7	40	13.7	1.4
Jacket Potato Plain (Ve)	281	0.8	65	7.9	0.1
Potato Skins Plain (Ve)	188	0.3	40	4.9	0
JP Cheese Filling (v)	166	13.8	1	10	0.7
JP Baked Beans Filling (Ve)	82	0.4	13	4.8	0.6
JP Coleslaw Filling (v)	92	7	6	0.9	0.3
Daily Salad Bar	72	3	9	2	0.1
Tomato & Roasted Pepper Salad (Ve)	166	16.4	3	0.7	0
Salad Dressings (Average)	117	10.5	5	0.4	0.5
Pineapple Pastry Squares (Ve)	287	12.9	39	4.1	0.3



Signature Winter 2025 Menu - Break and Chiller Items

ADULT 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.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

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.

Break and Chiller Items

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
All Day Breakfast Burrito	362	13.5	44	13.3	1.7
Apple & Cinnamon Bun (v)	231	1.4	48	6	0.4
Aussie Tuna Mayo Melt Half Panini	241	8.4	27	13.6	1
Bacon & Cheese Muffin	344	15.8	31	18.7	2.2
Bacon & Cheese Puff	446	31.7	21	18.6	2
Bacon & Egg Breakfast Pot	230	11.8	14	14.8	1.8
Bacon & Egg Muffin	312	12.6	32	16.7	2
Bacon & Hash Brown Breakfast Pot	232	9.1	24	10.8	1.8
Bacon & Mushroom Muffin	233	6.1	31	12.3	1.7
Bacon & Sausage Bagel	533	19.9	62	22	2.5
Bacon Muffin	229	6.1	31	11.7	1.7
Bacon, Bean & Cheese Wrap	370	14.6	41	16.8	2.2
Bacon, Egg & Cheese Wrap	412	21	35	19.4	2.3
Bacon, Hash Brown & Cheese Muffin	430	19.6	42	19.7	2.5
Bacon, Sausage & Bean Puff	450	27.2	30	17.1	2.1
Banana & Oat Muffin	198	8.6	27	3.2	0.5
Banana Oat Bar (Ve)	275	14.4	31	3.9	0.3
Banana Split Yoghurt Pot with Berries & Grapes (v)	94	1.5	14	5.5	0.2
BBQ Chicken & Cheese Toastie	386	12	43	25.8	1.5

Break and Chiller Items					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
BBQ Chicken & Pepper Bagel	394	2.8	68	22.5	1
BBQ Chicken Bagel	388	2.8	67	22.5	1
Beany Bacon, Hash Brown & Cheese Wrap	442	18.4	49	17.7	2.3
Beany Sausage & Hash Brown Wrap	515	22.5	54	19.3	2
Bombay Toastie (v)	378	9.1	59	12.7	1.3
Butterscotch Mousse (v)	142	2	28	3.8	0.5
Butterscotch Mousse with Crumbled Shortbread (v)	469	19.8	65	6.9	0.9
Carrot Sticks with Houmous (Ve)	105	7.7	8	2.6	0.3
Cheese & Bean Bagel (v)	569	19.3	69	26.9	2.1
Cheese & Ham Bagel	523	20	58	25.9	2
Cheese & Onion Bagel (v)	521	19.1	62	23.5	1.6
Cheese & Pepperoni Bagel	572	25	58	25.4	2.1
Cheese & Tomato Bagel (v)	515	19.6	60	23.3	1.8
Cheese & Tomato Puff (v)	388	26.8	22	13.8	1
Cheese on Toast (v)	209	10.4	18	10.5	0.9
Cheesecake with Chocolate Sauce Topping (v)	354	20.5	39	3.2	0.7
Cheesecake with Lemon Topping (v)	372	19.4	46	2.9	0.8
Cheesecake with Red Cherry Topping (v)	340	18.5	40	2.8	0.7
Cheesecake with Toffee Topping (v)	362	20.1	42	3.1	0.7
Cheesy Baked Beany Half Panini (v)	286	10.3	34	13.1	1.5
Cheesy Pesto Pasta Pot (v)	566	36	40	19.2	1.3
Cheezy Pizza Half Panini (v)	251	10.2	28	11.5	1.2
Cherry & Cereal Crunch Yoghurt Pot (v)	166	2	30	7.3	0.3
Chicken Cheese Onion Club Half Panini	226	7	29	11.4	1.1
Chicken Mayo & Sweetcorn Pasta Pot	389	15.3	44	18.2	0.6
Chicken Mayo Pasta Pot	370	14.9	41	17.6	0.6
Chicken Tikka Bhuna Half Panini	291	7.4	41	14.6	1.1
Chocolate Mousse (v)	140	2	27	4.1	0.5
Chocolate Mousse with Crumbled Shortbread (v)	467	19.9	64	7.2	0.9
Cinnamon Bagel Dippers (Ve)	263	8.8	38	5.9	0.6
Coconut Bircher (Ve)	281	18.1	22	4.9	0
Croissant with Butter & Jam (v)	320	19.3	32	4.4	0.7
Cubano Half Panini	387	19.3	29	22.6	2.7
Date & Cinnamon Bloomer (v)	169	4.3	28	4	0.4
Date & Cinnamon Twists (v)	256	3.8	48	7.4	0.5
Double Bacon in Floured Bap	335	11.1	40	17.3	2.7

Break and Chiller Items					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Double Sausage in Floured Bap	480	19.4	50	20.5	2
Egg & Cheese Muffin (v)	363	17.4	32	18.8	1.6
Egg & Cheese Wrap (v)	347	16	35	14.4	1.3
Egg & Hash Brown Breakfast Pot (v)	251	10.6	25	10.8	1.1
Egg & Spinach Muffin (v)	255	8	32	12.3	1.1
Egg Muffin (v)	247	7.7	32	11.7	1
Egg, Cheese & Tomato Muffin (v)	370	17.4	33	19	1.6
Egg, Hash & Cheese Wrap	433	19.8	46	15.4	1.5
Egg, Hash Brown & Cheese Muffin (v)	448	21.1	43	19.8	1.8
Forest Fruit Granola Yoghurt Pot (v)	192	6.3	23	8.4	0.6
Fresh Fruit Salad Yoghurt Pot (v)	104	1.9	15	6.5	0.2
Fruit Salad (Ve)	41	0.1	9	0.5	0
Full English Breakfast Pot	233	11.1	16	14.8	1.3
Galia Melon Pot (Ve)	7	0.1	2	0.1	0
Grape Pot (Ve)	60	0.1	15	0.4	0
Ham & Cheese Half Panini	247	9.9	26	13.1	1.1
Ham & Cheese Toastie	390	14.3	37	27.7	2.3
Honeydew Melon Pot (Ve)	28	0.1	7	0.6	0.1
Instant Oats (v)	185	5	27	5.8	0.1
Instant Oats (v) - Apple Sultana	298	5.2	54	6.6	0.1
Instant Oats (v) - Blueberry Honey	223	5.1	36	5.9	0.1
Instant Oats (v) - Choc Banana	217	5.5	32	7.2	0.1
Italiano Half Panini (v)	282	9.4	32	14.4	1.2
Jamaican Jerk Beef Half Panini	315	15.3	28	14.9	1.3
Lemon & Poppy Seed Buns (v)	307	3.8	62	6.9	0.5
Melon & Grape Pot (Ve)	40	0.1	10	0.5	0
Mini Cookies & Chocolate Sauce (v)	731	35.6	95	6.3	1.2
Mini Cookies & Toffee Sauce (v)	742	35.1	99	6	1.2
Mini Doughnuts with Chocolate Sauce (v)	293	15.5	34	3.8	0.2
Mini Doughnuts with Toffee Sauce (v)	304	14.9	39	3.6	0.2
Mixed Melon Pot (Ve)	20	0.2	4	0.5	0
Mushroom & Cheese Puff (v)	392	26.7	22	15.1	1
New York Deli Bagel	502	17.7	60	21.7	2.5
Orange Granola Twist (v)	313	4.7	58	8.6	0.4
Orange Jelly (Ve)	82	0.1	20	0.1	0.1
Parisienne Half Panini (v)	272	11.1	33	10.2	1.1

Break and Chiller Items					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pepperoni & Cheese Half Panini	329	17.7	26	14.2	1.5
Pepperoni & Cheese Toastie	595	36.2	37	24.8	3.1
Pesto & Mozzarella Toastie (v)	428	21.9	38	18.7	1.7
Pesto Chicken & Cheese Bagel	443	11	60	24.3	1.4
Pesto Pasta Pot (v)	358	18.8	40	6.7	0.4
Pineapple Pot (Ve)	50	0	10	0.4	0
Pineapple Slice (Ve)	50	0	10	0.4	0
Pitta & Veg Sticks with Houmous Dip (v)	243	7.8	36	7.7	0.7
Pitta & Veg Sticks with Mild Salsa Dip (v)	178	1.3	35	6.1	0.8
Pitta & Veg Sticks with Minted Yoghurt Dip (v)	301	15.5	33	6.1	1
Pitta & Veg Sticks with Sour Cream Dip (v)	219	6.1	34	6.5	0.5
Pitta & Veg Sticks with Sweet Chilli Dip (v)	223	1.4	46	5.9	1.3
Pitta Bread with Houmous (v)	232	7.7	34	7.4	0.7
Plain Yoghurt Pot (v)	77	1.8	9	6.3	0.2
Quorn Sausage Pattie & Cheese Muffin (v)	333	12.9	33	19.2	1.7
Quorn Sausage Pattie Muffin (v)	218	3.2	33	12.2	1.2
Raspberry Jelly (Ve)	82	0.1	20	0.1	0.1
Raspberry Mousse (v)	142	2	28	3.8	0.5
Raspberry Mousse with Crumbled Shortbread (v)	469	19.8	65	6.9	0.9
Rice Crispie Banana Yoghurt Pop (v)	80	0.7	15	3.1	0.1
Sausage & Egg Breakfast Pot	302	16	19	16.4	1.5
Sausage & Egg Wrap (v)	402	18.3	40	16	1.6
Sausage & Hash Brown Breakfast Pot	305	13.2	29	12.4	1.4
Sausage Puff	352	22.1	25	10.2	0.9
Sausage Roll	368	24	30	8.8	1.2
Sausage, Bacon & Egg Bagel	599	24.4	62	28.3	2.6
Spaniard Half Panini	382	19.9	31	16.9	2.2
Spiced Apple Bloomer (Ve)	162	6.3	22	3.6	0.4
Spinach, Mushroom & Cheese Puff (v)	355	23.5	22	12.9	0.9
Strawberry Jelly (Ve)	82	0.1	20	0.1	0.1
Strawberry Mousse (v)	142	2	28	3.8	0.5
Strawberry Mousse with Crumbled Shortbread (v)	469	19.8	66	6.9	0.9
Strawberry Pot (Ve)	42	0.5	6	0.6	0
Sweet Chilli Chicken & Pepper Bagel	398	2.8	69	22.4	1.5
Sweet Chilli Chicken Pasta Pot	290	1.7	50	17.5	0.9
Sweet Chilli Chicken Toastie	284	2.3	46	18.7	1.4

Break and Chiller Items					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Tea Bread (v)	251	1	56	3.9	0.3
The Continental Bagel	512	13.9	72	22.6	1.8
The Vegetarian Bagel (v)	479	16.3	63	17.8	1.7
Tomato & Basil Pasta Pot (v)	234	2.4	45	7	0.5
Tomato & Mascarpone Pasta Pot (v)	239	3.6	43	7.6	0.6
Tomato & Mozzarella Toastie (v)	360	14.3	38	18.6	1.6
Tortilla Chips & Houmous (v)	265	14.5	29	4.6	0.7
Tortilla Chips & Mild Salsa (Ve)	202	8	28	3	0.8
Tortilla Chips & Minted Yoghurt Dip (v)	323	22.2	27	3	1
Tortilla Chips & Sour Cream Dip (v)	241	12.8	27	3.4	0.5
Tortilla Chips & Sweet Chilli (v)	245	8.1	39	2.7	1.3
Tortilla Chips (v)	189	8	26	2.6	0.5
Tuna & Sweetcorn Bagel	393	5	61	23.6	1.3
Tuna Mayo & Cheese Bagel	416	7.8	59	24.9	1.8
Tuna Mayo & Sweetcorn Pasta Pot	377	14.8	45	14.4	0.9
Tuna Mayo Pasta Pot	348	14.3	41	13.4	0.9
Tuna Melt Toastie	462	19.4	38	33.2	2.2
Veg Sausage & Hash Brown Breakfast Pot (Ve)	237	6.4	28	13.3	1.3
Veg Sticks & Houmous (Ve)	87	6.7	5	2.3	0.3
Veg Sticks (Ve)	11	0.2	2	0.4	0
Veg Sticks, Houmous & Boiled Egg (v)	163	11.9	5	9.6	0.5
Vegan Breakfast Pot (Ve)	240	6.4	32	10.8	1.1
Vegetarian Breakfast Pot (v)	343	14	32	18.6	1.7
Very Peri Chicken & Sweet Chilli Half Panini	258	7	34	14.2	1.4
Watermelon Pot (Ve)	20	0.2	4	0.3	0
Watermelon Slice (Ve)	20	0.2	4	0.3	0