

Product	Ingredient	Portion weight (g)	Energy(kJ)	Energy(Kcal)	Fat(g)	Fat Saturates(g)	Carbs(g)	Carbs Sugars(g)	Fibre(g)	Protein(g)	Salt(g)	Allergen
A. Chicken Curry Long Grain Rice	White Rice, Diced Chicken, Peas, Curry sauce	220	962	218	2.6	1.1	41.1	4.4	0.7	9.9	1.6	Milk, Celery, Mustard
B. Chicken Breast Goujon Cubes and Peas	Goujon, Potato Cubes, Peas	185	1128	268	8.7	1.4	31.4	1.3	1.7	14.6	0.7	Gluten (Wheat), Soya Beans
C. Vegan Bites	Vegan Goujon, Vegan Southern Bites, Vegan Green Bites, Mixed Veg (Carrots, Peas, Green Beans, Sweetcorn, Broad Beans)	160	1571	402	18	3.1	36	4	6.5	12.1	1.2	Gluten (Wheat and Barley), Soya
D. Roast Chicken Breast Mash Veg Gravy	Chicken, Mash Potatoes, Parsnip and Carrot, Gravy	240	826	197	3.9	2.2	19.9	2.8	3.8	18.6	1	Milk
E. Vegetable Curry Brown Rice	Brown Rice, Peas, Carrots, Chickpeas, Curry Sauce	230	952	225	3.1	2	42.1	5.4	3.2	5.7	1.7	Milk, Celery, Mustard
F. Shredded Beef With Creamy Mash	Mash Potatoes, Parsnip and Carrots, Pulled Beef, Gravy Sauce	220	702	166	3.1	2	20.6	3.2	3.8	15.8	1.4	Milk
G. Meatballs Tomato Sauce Penne Pasta	Meatballs (pork and beef), Tomato Sauce, Plain Pasta	220	1249	295	9.8	3.7	42.4	7.1	2.8	11.3	1.3	Gluten (Wheat)
H. Irish Sausages in a Rustic Roll	Ciabatta Roll, Sausages	190	2198	525	23.6	8.2	60.3	1.5	1.4	18.6	3.8	Gluten (Wheat), Sodium Sulphite
K. Italian Lasagna with Garlic Bread	Lasagna, Garlic Bread	168	1483	354	17.7	7.2	30.9	5.8	3.2	16.1	1.5	Gluten (Wheat), Milk, Celery
L. Irish Pork Sausages Cube and Beans	Sausages, Cubes, Beans	280	2004	480	26	11.9	43.5	1	5.7	16.5	2.9	Gluten (Wheat), Sodium Sulphite

M. Plain Penne Pasta	Penne Pasta, Olive Oil, Herbs	180	677	159	1.5	0.3	31.8	0.6	1.9	6.6	0.04	Gluten (Wheat)
N. Beef Bolognese Penne Pasta	Beef Bolognese, Plain Pasta	200	1099	260	6.9	2.6	37.7	3.5	2.8	14.1	0.43	Gluten (Wheat)
O. Penne Pasta Tomato Mozzarella	Penne Pasta, Tomato Sauce, Mozzarella	200	1198	283	8.2	4.6	39.4	6.1	2.7	15.1	0.7	Gluten (Wheat), Milk
P. Chinese Style Veg Rice	White Rice, Brown Rice, Mix Veg (Carrots, Peas, Green Beans, Sweetcorn, Broad Beans), Soy Sauce	160	717	169	1.1	0.3	35	3.1	2.1	4.9	1.7	Soya
R. Hot Crispy Chicken Roll	Ciabatta Roll, Goujon	170	1652	391	7.6	1.6	59.3	1.6	1.4	20.5	2.2	Gluten (Wheat), Soya
S. Carbonara	Penne Pasta, Shredded Ham, White Sauce	215	1304	308	11	5.9	31.9	3.9	1.9	15.9	1.5	Gluten (Wheat), Milk
T. Gluten Free Macaroni with Tomato Sauce	Macaroni and Sauce Mix	200	660	156	2.9	0.42	21.4	8.2	4	2.8	0.3	N/A
U. Potato Curry with Rice	Rice, Potato Cubes, Curry Sauce.	240	1054	247	4.4	1.2	48.4	5.7	1.5	4.6	2.1	Milk, Celery, Mustard
V. Veggie Lasagna with Garlic Bread	Veggie Lasagna, Garlic Bread	168	776	255	11.1	4.4	30.3	7.3	3.2	7	1.6	Gluten (Wheat), Milk, Celery
W. Double Ham Double Cheese Roll	Sub Roll, Sliced Ham, Mozzarella	115	1690	400	15	9.3	41.1	3.5	1	26.3	1.8	Gluten (Wheat), Milk
X. Pizza Roll Chicken & Cheese	Ciabatta Roll, Pizza Sauce, Chicken, Red Cheddar Cheese, White Cheddar Cheese	160	1587	377	9.2	5	51.1	1.5	1.5	21.5	2.3	Gluten (Wheat), Milk

Y. Cottage Pie with Diced Carrot	Cottage Pie, Carrots	213	767	183	8.3	4	18.8	2.2	2.2	9.1	1.3	Milk, Gluten (Barley), Fish, Mustard
Z. Pepperoni Pizza Roll	Ciabatta Roll, Pizza Sauce, Pepperoni, Red Cheddar Cheese, White Cheddar Cheese	150	1809	429	17.1	8.2	51.2	2.7	1.5	17.3	2.9	Gluten (Wheat), Milk, Celery