

Feb 2023 Allergen and Carb Data - School Office copy

Spring 2023	day	fooditem_name	Portion Size (g)	Carbohydrate (g)	Allergens	Allergens (may contain)
S23 Week 1	Monday	Margarita Pizza 12" Deep Pan	107.50	32.42	Milk,Wheat	
S23 Week 1	Monday	Tex Mex Vegetable & Bean Fajitas	234.80	44.29	Wheat	
S23 Week 1	Monday	Oven Baked Jacket Potato with Tuna mayo	370.00	52.80	Fish	
S23 Week 1	Monday	Crunchy Coleslaw	48.00	3.00		
S23 Week 1	Monday	Sweetcorn	40.00	6.24		
S23 Week 1	Monday	Cucumber sticks	40.00	0.48		
S23 Week 1	Monday	Pears - Portion size to accompany dessert	30.00	3.30		
S23 Week 1	Monday	Moorish Melting Moment	31.50	17.10	Oats,Wheat	Barley,Wheat
S23 Week 1	Tuesday	cheesy cottage pie	250.00	26.60	Milk	
S23 Week 1	Tuesday	Cheddar Cheese and Tomato Sub	135.00	24.76	Milk,Wheat	Sesame
S23 Week 1	Tuesday	Veggie Sausage pasta bake	196.50	50.02	Wheat	
S23 Week 1	Tuesday	Garden Peas	40.00	3.52		
S23 Week 1	Tuesday	Sweetcorn	40.00	6.24		
S23 Week 1	Tuesday	Peach Blondie	98.06	30.13	Eggs,Milk,Wheat	Milk
S23 Week 1	Wednesday	Roast Loin of Pork	57.00	0.00		
S23 Week 1	Wednesday	Roast Quorn	56.75	1.19	Eggs,Milk	
S23 Week 1	Wednesday	Rainbow pasta salad	125.55	38.96	Wheat	
S23 Week 1	Wednesday	Yorkshire pudding	18.00	6.66	Eggs,Milk,Wheat	
S23 Week 1	Wednesday	Roast Potatoes	75.00	13.12		
S23 Week 1	Wednesday	Gravy (powder)	5.00	3.50		
S23 Week 1	Wednesday	Curly Cabbage	40.00	1.64		
S23 Week 1	Wednesday	Carrot	40.00	3.08		
S23 Week 1	Wednesday	Shortbread	52.08	26.04	Wheat	
S23 Week 1	Wednesday	Raisins - Portion to accompany dessert	15.00	10.41		
S23 Week 1	Thursday	Sticky BBQ Chicken	140.25	12.53		
S23 Week 1	Thursday	Jumping Jackfruit and sweet potato curry	205.25	18.17	SO2 (sulphites)	
S23 Week 1	Thursday	Oven Baked Jacket Potato with Cheddar Cheese	330.00	53.01	Milk	
S23 Week 1	Thursday	Carrot	40.00	3.08		
S23 Week 1	Thursday	Broccoli	40.00	1.28		
S23 Week 1	Thursday	Steamed Rice	40.00	30.84		
S23 Week 1	Thursday	Mandarins - Portion to accompany dessert	30.00	2.88		
S23 Week 1	Thursday	Chocolate Cracknel	70.89	34.79	Barley	Undefined Gluten
S23 Week 1	Friday	Fipper Dippers (2)	50.00	12.10	Fish, Wheat	
S23 Week 1	Friday	Veggie hot dog	110.00	30.70	Wheat	Sesame
S23 Week 1	Friday	Honey roast ham, cream cheese and cucumber wrap	105.94	31.65	Milk,Wheat	
S23 Week 1	Friday	RSS Baked Beans	50.00	6.42		
S23 Week 1	Friday	Garden Peas	40.00	3.52		
S23 Week 1	Friday	French Fries	70.00	16.10		

Spring 2023	day	fooditem_name	Portion Size (g)	Carbohydrate (g)	Allergens	Allergens (may contain)
S23 Week 1	Friday	Pasta	50.00	36.80	Wheat	
S23 Week 1	Friday	Strawberry Ice Cream Tubs	85.00	17.00	Milk	
S23 Week 2	Monday	Classic Margarita Pizza (Brown Base)	110.00	23.67	Milk,Wheat	
S23 Week 2	Monday	Margarita Pizza 12" Deep Pan	107.50	32.42	Milk,Wheat	
S23 Week 2	Monday	Smokey BBQ Pulled Pork Sub	136.00	44.58	Soya,Wheat	Sesame
S23 Week 2	Monday	Jacket Potato with Baked Beans	350.00	58.89		
S23 Week 2	Monday	Sweetcorn	40.00	6.24		
S23 Week 2	Monday	Red Apple slaw	66.00	4.80		
S23 Week 2	Monday	Fresh Green Salad	87.40	1.18		
S23 Week 2	Monday	Golden Cornflakes cookie	42.22	24.076	Barley,Wheat	Undefined Gluten
S23 Week 2	Tuesday	Chicken Pot Pie	251.40	31.57	SO2	
S23 Week 2	Tuesday	Cheese & Tomato Bap	135.00	41.40	Milk,Wheat	Sesame
S23 Week 2	Tuesday	Sweet and sour Noodles	200.00	49.56	Soya,Wheat	
S23 Week 2	Tuesday	Broccoli	40.00	1.28		
S23 Week 2	Tuesday	Carrot	40.00	3.08		
S23 Week 2	Tuesday	Orange Wedge - Portion to accompany dessert	30.00	1.74		
S23 Week 2	Tuesday	Zingy orange drizzle cake	113.04	53.71	Eggs,Wheat	
S23 Week 2	Wednesday	Sunshine Sweetcorn and Tuna Wrap	146.00	31.79	Fish,Wheat	
S23 Week 2	Wednesday	Bangers (Pork Sausage)	56.00	5.38	Celery,Milk,SO2 (sulphites),Soya,Undefined Gluten	
S23 Week 2	Wednesday	Veggie Bangers	56.00	6.72	Wheat	
S23 Week 2	Wednesday	Gravy (powder)	5.00	3.50		
S23 Week 2	Wednesday	Mashed Potato	125.00	21.00	Milk	
S23 Week 2	Wednesday	Garden Peas	40.00	3.52		
S23 Week 2	Wednesday	Cauliflower	40.00	1.76		
S23 Week 2	Wednesday	Strawberry Jelly	113.33	18.40		
S23 Week 2	Wednesday	Peaches - Portion to accompany dessert	30.00	2.91		
S23 Week 2	Thursday	Cool and Cheesey Pepperoni Pizza 12" Deep pan	119.22	32.56	Milk,Wheat	
S23 Week 2	Thursday	Creamy Tomato Pasta	177.75	48.33	Soya,Wheat	
S23 Week 2	Thursday	Oven Baked Jacket Potato with Cheddar Cheese and Coleslaw	355.00	54.62	Milk	
S23 Week 2	Thursday	Carrot	40.00	3.08		
S23 Week 2	Thursday	Sweetcorn	40.00	6.24		
S23 Week 2	Thursday	Banana Flapjack	56.39	22.06	Oats	Barley,Wheat
S23 Week 2	Friday	Mild Veggie Samosas	60.00	19.38	Wheat	Celery,Mustard,Sesame,Soya
S23 Week 2	Friday	Free range egg and tomato pasta salad	142.00	33.42	Eggs,Wheat	
S23 Week 2	Friday	Fish Fingers	50.00	10.25	Fish,Wheat	
S23 Week 2	Friday	RSS Baked Beans	50.00	6.42		
S23 Week 2	Friday	Garden Peas	40.00	3.52		

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S23 Week 2	Friday	French Fries	70.00	16.10		
S23 Week 2	Friday	Pasta	50.00	36.80	Wheat	
S23 Week 2	Friday	Vanilla Ice Cream -	85.00	17.00	Milk	
S23 Week 2	Friday	Peaches - Portion to accompany dessert	30.00	2.91		
S23 Week 3	Monday	Classic Margarita Pizza (Brown Base)	110.00	23.67	Milk,Wheat	
S23 Week 3	Monday	Classic Margarita Pizza 12" Deep pan	107.50	32.42	Milk,Wheat	
S23 Week 3	Monday	Honey Roast Ham and Sweetcorn Pizza	105.94	32.72	Milk,Wheat	
S23 Week 3	Monday	Power pasta salad	128.05	39.56	Wheat	
S23 Week 3	Monday	Corn on the cob	40.00	1.80		
S23 Week 3	Monday	RSS Baked Beans	50.00	6.42		
S23 Week 3	Monday	Raisins - Portion to accompany dessert	15.00	10.41		
S23 Week 3	Monday	Cranberry Oat Cookie	25.91	13.52	Oats,Wheat	Barley,Milk,Wheat
S23 Week 3	Tuesday	Beef Burger in a Bun	229.20	45.71	Wheat	Sesame
S23 Week 3	Tuesday	Veggie Burger in a Bun	197.80	58.00	Wheat	Sesame
S23 Week 3	Tuesday	Oven Baked Jacket Potato with Cheddar Cheese and Coleslaw	355.00	54.62	Milk	
S23 Week 3	Tuesday	Crunchy Coleslaw	48.00	3.00		
S23 Week 3	Tuesday	Oven baked wedges	70.00	15.05		
S23 Week 3	Tuesday	Garden Peas	40.00	3.52		
S23 Week 3	Tuesday	Banana Cake	97.69	36.77	Eggs,Wheat	
S23 Week 3	Wednesday	Roast Chicken Breast	57.00	0.00		
S23 Week 3	Wednesday	Roast Quorn	56.75	1.19	Eggs,Milk	
S23 Week 3	Wednesday	Crunchy veggie bite wrap	136.00	31.21	Wheat	
S23 Week 3	Wednesday	Carrot	40.00	3.08		
S23 Week 3	Wednesday	Green Beans	40.00	1.24		
S23 Week 3	Wednesday	Yorkshire pudding	18.00	6.66	Eggs,Milk,Wheat	
S23 Week 3	Wednesday	Roast Potatoes	75.00	13.12		
S23 Week 3	Wednesday	Gravy (powder)	5.00	3.50		
S23 Week 3	Wednesday	Oaty apple slice	75.78	34.40	Oats,Wheat	Barley,Milk,Oats,Undefined Gluten,Wheat
S23 Week 3	Thursday	Chunky bean and veggie Chilli	162.40	12.75		
S23 Week 3	Thursday	Mac 'n' Cheese	221.00	45.62	Milk,Wheat	
S23 Week 3	Thursday	Egg & Cress Bap	164.00	40.44	Eggs,Mustard,Wheat	Sesame
S23 Week 3	Thursday	Steamed Rice	40.00	30.84		
S23 Week 3	Thursday	Broccoli	40.00	1.28		
S23 Week 3	Thursday	Sweetcorn	40.00	6.24		
S23 Week 3	Thursday	Sultana and syrup cookies	52.98	35.93	Wheat	Barley,Milk,Oats,Undefined Gluten,Wheat
S23 Week 3	Friday	Battered Fillet of Fish	60.00	9.36	Fish,Wheat	
S23 Week 3	Friday	Veggie Sausage Roll	56.00	12.82	Celery,Wheat	
S23 Week 3	Friday	Salmon and Cucumber Pasta Salad	133.32	35.26	Fish,Wheat	

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S23 Week 3	Friday	RSS Baked Beans	50.00	6.42		
S23 Week 3	Friday	Garden Peas	40.00	3.52		
S23 Week 3	Friday	French Fries	70.00	16.10		
S23 Week 3	Friday	Pasta	50.00	36.80	Wheat	
S23 Week 3	Friday	Orange and Mango Iced Smoothie	80.00	15.68		