



























































































































































Allergens:
1-Gluten, 2-Crustaceans, 3-Molluscs, 4-Eggs, 5-Fish, 6-Peanuts, 7-Tree Nuts, 8-Soybeans, 9-Milk, 10-Celery, 11-Mustard, 12-Sesame, 13-Lupin, 14-Sulphite.
Lifestyle: HALAL=☹️ Healthy Option=❤️ VEGAN=🌱 Vegetarian=✔️ Food Type: Beef=🥩 Fish=🐟 Pork=🐷 Poultry=🐔
Please Note: If you are Lactose Intolerant avoid Allergen 9, if Coeliac avoid Allergen 1

Lunch			X	Calories	Fat	Saturates	Sugar	Salt	Protein	Carbs	Allergens	Life Style			Type
Sunday	Select 1	1 VEGETABLE KIEV	<input type="checkbox"/>	338	10.4	2.0	3.2	1.3	4.6	56.8	1.9.	☹️	✔️	❤️	
		2 VEGAN VEGETABLE PIE	<input type="checkbox"/>	408	4.0	0.7	11.9	0.8	25.3	63.7	1.8.	☹️	🌱	✔️	❤️
		3 CHICKEN LEG	<input type="checkbox"/>	540	10.5	3.0	0.5	4.9	111.5	5.0					🐔
		4 HALAL CHICKEN & MUSHROOM PIE	<input type="checkbox"/>	283	14.6	6.6	0.8	1.4	8.8	29.3	1.9.	☹️			🐔
		5 ROAST BEEF SLICE AND YORKSHIRE	<input type="checkbox"/>	434	13.4	2.6	2.5	0.8	36.9	40.0	1.4.9.				
		6													
		7													
Monday	Select 1	A BOILED RICE	<input type="checkbox"/>	270	1.7	0.4	0.3	0.0	5.6	57.8		☹️	🌱	✔️	❤️
		B ROAST POTATOES	<input type="checkbox"/>	498	34.9	5.8	1.0	0.2	4.8	37.5		☹️	🌱	✔️	
	Select 1	C COFFEE	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		☹️	🌱	✔️	❤️
		D ORANGE	<input type="checkbox"/>	104	0.3	0.3	23.8	0.0	3.1	23.8		☹️	🌱	✔️	❤️
		E LEMON DRIZZLE CAKE	<input type="checkbox"/>	263	13.5	1.3	16.0	0.1	2.9	31.6	1.4.9.	☹️		✔️	
Tuesday	Select 1	1 FISH CAKE SANDWICH	<input type="checkbox"/>	567	6.8	0.8	6.4	1.8	30.2	95.4	1.5.12.	☹️		✔️	
		2 VEGAN BEETROOT SALAD BOX	<input type="checkbox"/>	471	46.0	6.6	8.1	1.1	2.3	11.7	14.		🌱		❤️
		3 HAM AND TOMATO SANDWICH	<input type="checkbox"/>	283	5.0	2.0	4.1	3.2	26.5	34.2	1.8.				❤️
		4 HALAL SAUSAGE & BUN	<input type="checkbox"/>	243	1.7	0.3	3.8	0.9	8.8	46.9	1.8.12.14.	☹️			🐔
		5 CHEESE & TOMATO SANDWICH	<input type="checkbox"/>	450	35.0	21.7	0.2	1.8	26.4	7.2	1.9.	☹️		✔️	
		6													
		7													
Wednesday	Select 1	A COFFEE	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		☹️	🌱	✔️	❤️
		B APPLE	<input type="checkbox"/>	235	0.5	0.0	59.0	0.1	2.0	59.0		☹️	🌱	✔️	❤️
	Select 1	C MUSHROOM SOUP	<input type="checkbox"/>	355	5.3	2.5	27.0	7.4	7.9	67.9	1.4.8.9.10.11.14.	☹️		✔️	❤️
		D CRISPS	<input type="checkbox"/>	517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	☹️		✔️	
		E LYONS BISCUIT	<input type="checkbox"/>	170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	☹️			❤️
Thursday	Select 1	1 VEGETABLE CURRY + NAAN	<input type="checkbox"/>	564	29.2	2.0	11.8	30.6	27.8	60.6	1.8.9.10.11.	☹️	🌱	✔️	❤️
		2 VEGAN RICE SALAD BOX	<input type="checkbox"/>	567	5.8	0.3	64.9	1.9	33.6	90.6	14.	☹️	🌱	✔️	❤️
		3 BEEF SANDWICH	<input type="checkbox"/>	451	11.2	4.2	3.9	5.0	53.1	33.5	1.8.				
		4 HALAL CHILLI CHICKEN WRAP	<input type="checkbox"/>	109	2.1	0.6	3.7	0.8	16.9	6.2	1.10.11.	☹️			❤️
		5 CURRY NOODLES	<input type="checkbox"/>	367	13.3	6.2	1.8	3.2	8.8	53.0	1.6.11.	☹️			❤️
		6													
		7													
Friday	Select 1	A COFFEE	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		☹️	🌱	✔️	❤️
		B APPLE	<input type="checkbox"/>	235	0.5	0.0	59.0	0.1	2.0	59.0		☹️	🌱	✔️	❤️
	Select 1	C VEGETABLE SOUP	<input type="checkbox"/>	357	18.4	5.7	10.3	35.0	5.1	41.2	1.4.8.9.10.11.14.	☹️	🌱	✔️	❤️
		D CRISPS	<input type="checkbox"/>	517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	☹️		✔️	
		E LYONS BISCUIT	<input type="checkbox"/>	170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	☹️			❤️
Saturday	Select 1	1 TUNA PASTA SALAD	<input type="checkbox"/>	536	14.2	1.3	10.1	1.3	18.1	80.8	1.4.5.8.9.10.11.14.	☹️		✔️	
		2 JACKET POTATO AND FIVE BEAN ST	<input type="checkbox"/>	234	7.5	1.2	16.7	0.1	14.4	29.5			🌱		
		3 PORK SANDWICH	<input type="checkbox"/>	173	25.8	0.2	4.2	6.7	5.9	35.0	1.8.				
		4 CHICKEN AND MUSHROOM SLICE	<input type="checkbox"/>	355	21.7	7.2	0.8	1.3	8.5	31.6	1.9.				🐔
		5 SAVOURY CHEESE SARNIE	<input type="checkbox"/>	664	34.9	18.7	4.3	2.8	28.9	58.2	1.4.8.9.10.11.14.	☹️		✔️	
		6													
		7													
Sunday	Select 1	A COFFEE	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		☹️	🌱	✔️	❤️
		B ORANGE	<input type="checkbox"/>	104	0.3	0.3	23.8	0.0	3.1	23.8		☹️	🌱	✔️	❤️
	Select 1	C TOMATO & BASIL SOUP	<input type="checkbox"/>	387	6.0	0.4	2.9	0.2	21.6	31.4	1.4.8.9.10.11.14.	☹️		✔️	
		D CRISPS	<input type="checkbox"/>	517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	☹️		✔️	
		E LYONS BISCUIT	<input type="checkbox"/>	170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	☹️			❤️
Monday	Select 1	1 CHEESE SANDWICH	<input type="checkbox"/>	179	1.9	0.7	3.5	0.7	6.4	33.1	1.8.9.	☹️		✔️	❤️
		2 HUMMUS & SALAD & WRAP	<input type="checkbox"/>	742	16.6	1.8	74.6	1.4	45.6	102.2	1.14.	☹️	🌱	✔️	❤️
		3 STEAK SLICE	<input type="checkbox"/>	373	23.7	7.9	0.7	1.3	7.9	32.0	1.11.				
		4 ITALIAN PIZZA BAGUETTE	<input type="checkbox"/>	314	1.7	0.3	0.9	1.5	10.6	64.1	1.9.12.	☹️		✔️	❤️
		5 TURKEY AND STUFFING SANDWICH	<input type="checkbox"/>	401	11.6	4.0	3.6	1.3	26.5	46.1	1.8.9.				🐔
		6													
		7													
Tuesday	Select 1	A COFFEE	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		☹️	🌱	✔️	❤️
		B ORANGE	<input type="checkbox"/>	104	0.3	0.3	23.8	0.0	3.1	23.8		☹️	🌱	✔️	❤️
	Select 1	C LEEK SOUP	<input type="checkbox"/>	360	6.1	3.0	27.1	6.7	7.5	67.4	1.4.8.9.10.11.14.	☹️			
		D CRISPS	<input type="checkbox"/>	517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	☹️		✔️	
		E LYONS BISCUIT	<input type="checkbox"/>	170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	☹️			❤️
Wednesday	Select 1	1 SWEET POTATO CURRY WITH NAAN	<input type="checkbox"/>	600	4.8	2.0	10.3	1.2	8.3	116.4	1.10.11.	☹️	🌱	✔️	❤️
		2 VEGAN STIR FRY	<input type="checkbox"/>	373	2.3	0.2	15.2	0.1	59.1	24.4	8.	☹️	🌱	✔️	❤️
		3 BATTERED FISH	<input type="checkbox"/>	518	19.5	2.0	1.3	2.0	30.4	51.5	1.5.	☹️		✔️	
		4 HALAL BEEF CHILLI	<input type="checkbox"/>	698	65.1	14.3	18.3	1.5	10.0	23.1	1.10.11.	☹️			❤️
		5 PACKED MEAL, CHEESE	<input type="checkbox"/>	452	22.3	13.3	2.6	1.9	23.2	38.6	9.	☹️		✔️	❤️
		6													
		7													
Thursday	Select 1	A BOILED RICE	<input type="checkbox"/>	270	1.7	0.4	0.3	0.0	5.6	57.8		☹️	🌱	✔️	❤️
		B CHIPS	<input type="checkbox"/>	473	47.1	8.5	0.3	0.0	1.1	10.5		☹️	🌱	✔️	
	Select 1	C COFFEE	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		☹️	🌱	✔️	❤️
		D ORANGE	<input type="checkbox"/>	104	0.3	0.3	23.8	0.0	3.1	23.8		☹️	🌱	✔️	
		E UHT YOGHURT	<input type="checkbox"/>	154	0.2	0.0	26.0	0.5	6.0	32.0	9.	☹️			❤️
Friday	Select 1	1 VEGETABLE SAUSAGES X 2 WITH BR	<input type="checkbox"/>	149	3.6	0.4	3.6	1.6	18.2	8.0	1.8.	☹️	🌱	✔️	❤️
		2 VEGETABLE BURGER	<input type="checkbox"/>	146	3.4	0.4	3.5	1.6	18.1	7.6	1.8.	☹️	🌱	✔️	❤️
		3 BREADED CHICKEN BURGER	<input type="checkbox"/>	245	17.7	5.2	1.9	1.1	11.3	10.6	1.14.				🐔
		4 HALAL BEEF BURGER AND BREAD BU	<input type="checkbox"/>	248	1.8	0.4	3.8	0.9	9.0	47.5	1.8.12.	☹️			
		5 COLESLAW	<input type="checkbox"/>	40	2.2	0.2	3.5	0.2	0.5	4.8	1.4.8.9.10.11.14.	☹️		✔️	
		6													
		7													
Saturday	Select 1	A JACKET POTATO	<input type="checkbox"/>	150	0.4	0.0	1.2	0.0	4.2	34.4		☹️	🌱	✔️	❤️
		B WEDGES	<input type="checkbox"/>	166	4.3	0.6	1.1	1.4	3.8	29.3	1.10.11.	☹️	🌱	✔️	❤️
	Select 1	C COFFEE	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		☹️	🌱	✔️	❤️
		D APPLE	<input type="checkbox"/>	235	0.5	0.0	59.0	0.1	2.0	59.0		☹️	🌱	✔️	❤️
		E MUFFIN	<input type="checkbox"/>	188	9.9	0.9	11.1	0.6	2.6	21.7	1.4.8.9.	☹️		✔️	

Tea			X	Calories	Fat	Saturates	Sugar	Salt	Protein	Carbs	Allergens	Life Style	Type
Sunday	Select 1	1	<input type="checkbox"/>	210	4.7	0.8	2.6	0.2	8.8	28.4	1.10.	   	
		2	<input type="checkbox"/>	139	5.8	4.5	12.9	1.3	4.0	18.7	1.	   	
		3	<input type="checkbox"/>	495	5.5	0.5	10.9	2.2	19.3	96.7	1.8.9.12.		
		4	<input type="checkbox"/>	179	1.9	0.7	3.5	0.7	6.4	33.1	1.8.9.	  	
		5	<input type="checkbox"/>	367	13.3	6.2	1.8	3.2	8.8	53.0	1.11.	  	
		6											
		7											
Monday	Select 1	A	<input type="checkbox"/>	43	0.0	0.0	6.2	0.0	0.2	6.4		   	
		B	<input type="checkbox"/>	517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	  	
	Select 1	C	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		   	
		D	<input type="checkbox"/>	235	0.5	0.0	59.0	0.1	2.0	59.0		   	
		E	<input type="checkbox"/>	170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	  	
	Select 1	1	<input type="checkbox"/>	188	11.2	0.8	1.2	0.2	8.9	16.9	1.10.11.	  	
		2	<input type="checkbox"/>	185	0.8	0.2	2.1	0.1	8.7	33.8	1.		
Tuesday		3	<input type="checkbox"/>	308	21.7	7.8	0.4	0.6	7.9	20.0	1.		
		4	<input type="checkbox"/>	434	12.2	6.3	8.4	6.0	37.1	45.8	1.11.	  	
		5	<input type="checkbox"/>	228	1.9	0.3	2.7	0.8	9.3	42.1	1.12.	  	
		6											
		7											
	Select 1	A	<input type="checkbox"/>	270	1.7	0.4	0.3	0.0	5.6	57.8		   	
		B	<input type="checkbox"/>	113	0.3	0.0	0.9	0.0	3.2	25.8		   	
Wednesday	Select 1	C	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		   	
		D	<input type="checkbox"/>	104	0.3	0.3	23.8	0.0	3.1	23.8		   	
		E	<input type="checkbox"/>	173	8.7	5.5	5.6	0.2	1.9	21.5	9.	   	
	Select 1	1	<input type="checkbox"/>	276	12.2	1.0	3.8	0.9	6.7	33.3	1.	   	
		2	<input type="checkbox"/>	315	7.1	1.2	18.0	0.1	15.9	50.0	1.10.11.	   	
		3	<input type="checkbox"/>	375	17.0	6.6	2.8	1.1	15.6	38.7	1.8.10.		
		4	<input type="checkbox"/>	560	9.1	1.5	25.2	0.3	26.7	96.9		  	
Thursday		5	<input type="checkbox"/>	270	1.9	0.4	2.6	1.4	23.0	39.3	1.5.	  	
		6											
		7											
	Select 1	A	<input type="checkbox"/>	270	1.7	0.4	0.3	0.0	5.6	57.8		   	
		B	<input type="checkbox"/>	498	34.9	5.8	1.0	0.2	4.8	37.5		   	
	Select 1	C	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		   	
		D	<input type="checkbox"/>	235	0.5	0.0	59.0	0.1	2.0	59.0		   	
Friday		E	<input type="checkbox"/>	260	13.0	1.1	17.1	0.1	2.9	32.1	1.4.9.	  	
	Select 1	1	<input type="checkbox"/>	181	3.8	0.5	9.8	1.0	1.0	34.9			
		2	<input type="checkbox"/>	4	0.0	0.0	0.1	0.0	0.1	1.0	1.		
		3	<input type="checkbox"/>	40	0.9	0.2	0.4	1.0	3.2	6.3			
		4	<input type="checkbox"/>	7	0.3	0.1	0.0	0.0	0.4	0.8	1.5.9.	  	
		5	<input type="checkbox"/>	289	2.9	1.7	2.2	0.2	10.8	54.4	1.9.	  	
		6											
Saturday		7											
	Select 1	A	<input type="checkbox"/>	270	1.7	0.4	0.3	0.0	5.6	57.8		   	
		B	<input type="checkbox"/>	113	0.3	0.0	0.9	0.0	3.2	25.8		   	
	Select 1	C	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		   	
		D	<input type="checkbox"/>	235	0.5	0.0	59.0	0.1	2.0	59.0		   	
		E	<input type="checkbox"/>	265	10.0	0.9	24.1	0.8	5.6	37.7	1.4.8.9.	  	
	Select 1	1	<input type="checkbox"/>	739	16.5	1.8	74.5	1.4	45.5	101.7	14.	   	
Sunday		2	<input type="checkbox"/>	146	3.6	0.4	3.6	1.6	18.1	7.3	1.8.	   	
		3	<input type="checkbox"/>	381	11.3	4.3	5.0	2.7	34.0	34.7	1.8.		
		4	<input type="checkbox"/>	458	3.4	0.8	4.0	2.7	58.5	46.8	1.4.5.8.9.10.11.12.14.	  	
		5	<input type="checkbox"/>	359	8.3	2.7	2.5	2.2	13.8	56.0	1.6.7.8.9.12.14.		
		6											
		7											
	Select 1	A	<input type="checkbox"/>	56	0.0	0.0	0.0	0.2	11.0	3.4		   	
Monday		B	<input type="checkbox"/>	235	0.5	0.0	59.0	0.1	2.0	59.0		   	
	Select 1	C	<input type="checkbox"/>	43	0.0	0.0	6.2	0.0	0.2	6.4		   	
		D	<input type="checkbox"/>	517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	  	
		E	<input type="checkbox"/>	170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	  	
	Select 1	1											