

Veggie Sausage, Mashed Potatoes, Gravy, Green Beans.

Total Carbohydrate (g)	Total Fats (g)
43.6	4.9

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Sausage (1)	50	3.6	3.2
Mash	150	20.5	0.1
Green Beans	50	1.94	1.7
Gravy	30 (ml)	0.2	0



Campfire Casserole, Mashed Potatoes, Gravy, Green Beans.

Total Carbohydrate (g)	Total Fats (g)
71	6

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Casserole	100	30.9	4.2
Mash	150	20.5	0.1
Green Beans	50	1.94	1.7
Gravy	30 (ml)	0.2	0



Pasta Twists with Tomato & Basil Sauce.

Total Carbohydrate (g)	Total Fats (g)
76.8	3.8

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Pasta in sauce	195	52.60	3.1



Yoghurt Pot

Total Carbohydrate (g)	Total Fats (g)
19.6	0.5

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Yoghurt	100g	19.6	0.5



Fresh Fruit

Total Carbohydrate (g)	Total Fats (g)
8.52	0.17

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Pear	30	5.46	0.14
Apple	30	1.87	0.02
Orange	30	1.19	0.01



Chicken and Vegetable Pie, Carrots.

Total Carbohydrate (g)	Total Fats (g)
17.3	0.8

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Pie	120	13.9	0.7
Carrots	50	3.4	0.1



Creamy Garden Vegetable Pie, Carrots.

Total Carbohydrate (g)	Total Fats (g)
17.3	0.8

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Pie	120	17	0.7
Carrots	50	3.4	0.1



Jacket Potato with Cheddar Cheese

Total Carbohydrate (g)	Total Fats (g)
28.98	7.32

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Potato	160	28.62	0.48
Cheese	25	0.36	6.84



Jacket Potato with Baked Beans.

Total Carbohydrate (g)	Total Fats (g)
37.38	1.60

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Potato	160	28.62	0.48
Baked Beans	70	8.75	1.12



Vegan Apple and Cinnamon Cake

Total Carbohydrate (g)	Total Fats (g)
24	8.3

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Cake	45	24	8.3



Macaroni Cheese, Broccoli.

Total Carbohydrate (g)	Total Fats (g)
35.2	10.2

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Macaroni Cheese	120g	33.9	9.7
Broccoli	50g	1.3	0.5



Pepper & Red Onion Spanish Omelette Broccoli.

Total Carbohydrate (g)	Total Fats (g)
18.7	8.4

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Omelette	100	17.4	7.9
Broccoli	50	1.3	0.5



Pasta Bows with Tomato & Basil Sauce.

Total Carbohydrate (g)	Total Fats (g)
52.6	3.1

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Pasta in Sauce	195	52.6	3.1



Sticky Banana Cake

Total Carbohydrate (g)	Total Fats (g)
15.8	10.3

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Cake	45	15.8	10.3



Chilli Con Carne, Rice, Sweetcorn.

Total Carbohydrate (g)	Total Fats (g)
51.1	9.9

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Chilli	150	24.9	7.2
Rice	150	23.4	0.5
Sweetcorn	50	2.8	2.3



Veggie Chilli, Rice, Sweetcorn.

Total Carbohydrate (g)	Total Fats (g)
56.3	6.8

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Chilli	150	30.1	4.1
Rice	150	23.4	0.5
Sweetcorn	50	2.8	2.3



Oaty Apple Crumble with Custard

Total Carbohydrate (g)	Total Fats (g)
33.9	3.6

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Crumble	100	29.5	3.5
Custard	80 (ml)	4.4	0.1



Battered Pollock Fillet, Oven Chips, Garden Peas, Homemade Ketchup.

Total Carbohydrate (g)	Total Fats (g)
39.4	13.3

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Fish	60	13.3	8.1
Chips	85	17	4.4
Peas	50	5.8	0.7
Ketchup	10	3.4	0.1



Vegetable Burger, Oven Chips, Garden Peas, Homemade Ketchup.

Total Carbohydrate (g)	Total Fats (g)
74.1	13.8

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Burger	90	22.7	7.5
Bun	50	25.2	1.1
Chips	85	17	4.4
Peas	50	5.8	0.7
Ketchup	10	3.4	0.1



Vegan Chocolate Cake

Total Carbohydrate (g)	Total Fats (g)
23.8	6

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Cake	45	23.8	6



Vegetable Pizza Margherita, Herby Potato Cubes, Coleslaw

Total Carbohydrate (g)	Total Fats (g)
79.3	13.5

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Pizza	100	30.9	11.2
Potato Cubes	75	40.8	2.3
Coleslaw	50	7.6	0.1



Veggie Sausage Roll, Herby Potato Cubes Coleslaw

Total Carbohydrate (g)	Total Fats (g)
65.3	9.5

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Sausage Roll	65	16.9	7.2
Potato Cubes	75	40.8	2.3
Coleslaw	50	7.6	0.1



Roast Chicken, Potatoes, Winter Veg and Gravy

Total Carbohydrate (g)	Total Fats (g)
29.3	16.1

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Chicken	75	2.8	13.2
Potatoes	80	19.3	2.6
Winter Veg	50	8.1	0.4
Gravy	30	0.2	0



Vegetable Roast, Potatoes, Winter Veg and Gravy.

Total Carbohydrate (g)	Total Fats (g)
79	4.6

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Veggie Roast	90	52.4	1.7
Potatoes	80	19.3	2.6
Winter Veg	50	8.1	0.4
Gravy	30	0.2	0



Zesty Carrot Cake

Total Carbohydrate (g)	Total Fats (g)
34.2	10.4

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Cake	45	34.2	10.4



Beef Bolognese, Pasta Shells & Greens Beans

Total Carbohydrate (g)	Total Fats (g)
64.7	5.4

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Pasta	195	45.3	3.8
Bolognese			
Green Bean	50	19.4	1.7



Meatless Bolognese, Pasta Shells & Greens Beans.

Total Carbohydrate (g)	Total Fats (g)
52.8	5.5

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Pasta	195	33.5	3.9
Bolognese			
Green Bean	50	19.4	1.7



Coconut & Lime Biscuit

Total Carbohydrate (g)	Total Fats (g)
16.9	2.3

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Biscuit	30	16.9	2.3



Caribbean Chicken Curry Rice & Sweetcorn

Total Carbohydrate (g)	Total Fats (g)
35.4	12

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Curry	75	9.2	9.2
Rice	150	23.4	0.5
Sweetcorn	50	2.8	2.3



Caribbean Vegetable Curry Rice & Sweetcorn.

Total Carbohydrate (g)	Total Fats (g)
41	12.5

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Curry	75	14.8	9.7
Rice	150	23.4	0.5
Sweetcorn	50	2.8	2.3



Ginger Cake

Total Carbohydrate (g)	Total Fats (g)
18.3	11.5

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Cake	45	18.3	11.5



Vegetable Finger, Oven Chips, Garden Peas, Homemade Ketchup.

Total Carbohydrate (g)	Total Fats (g)
30.2	8.7

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Vegetable Finger	50	4	3.5
Chips	85	17	4.4
Peas	50	5.8	0.7
Ketchup	10	3.4	0.1



Chocolate and Banana Cake

Total Carbohydrate (g)	Total Fats (g)
25.1	6

Element	Element Weight (g)	Carbohydrate (g)	Fats (g)
Cake	45	25.1	6

