



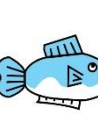
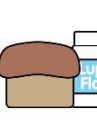





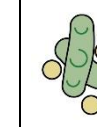

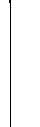



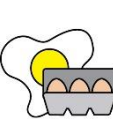

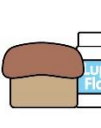











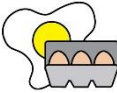

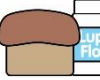



























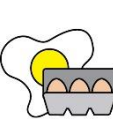

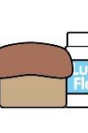








ENFIELD COUNCIL CATERING SERVICES 2022

Dishes														
SUMMER TERM 2022 WEEK 1	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheesy Tomato and Basil Pasta Bake Peas (V) <i>Carbs = 66.8g Fats = 10.6g</i>		✓					✓							
Summer Frittata Peas (V) <i>Carbs = 15.7g Fats = 10.6g</i>				✓										
Jacket Potato with Cheddar Cheese or Baked Beans (V)(VG) <i>Carbs = 40/40g Fats = 12.9g/0.6g</i>							✓							
Yoghurt Pot (V) or Fresh Fruit (VG) <i>Carbs = 23.7g Fats = 1.2g</i>							✓							
Sweet & Sour Chicken with Vegetable Noodles Green Beans <i>Carbs = 30.8g Fats = 10.1g</i>		✓											✓	
Sweet & Sour Quorn Pieces with Vegetable Noodles Green Beans (V) <i>Carbs = 30.8g Fats = 6g</i>		✓		✓									✓	
Pasta with Tomato and Basil Sauce (VG) <i>Carbs = 52.7g Fats = 3.1g</i>		✓												
Very Berry Banana Bread (VG) Fresh Fruit (VG) <i>Carbs = 19.6g Fats = 9.3g</i>		✓												

Dishes														
SUMMER TERM 2022 WEEK 1	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Roast Chicken Potatoes Seasonal Vegetables Gravy <i>Carbs =28.3g Fats =16.5g</i>														
Vegetable Roast Potatoes Seasonal Vegetables Gravy (V) <i>Carbs =78g Fats =4.9g</i>	✓													
Jacket Potato with Cheddar Cheese or Baked Beans (V)(VG) <i>Carbs =40/40g Fats = 12.9g/0.6g</i>							✓							
Fruity Flapjack (VG) or Fresh Fruit (VG) <i>Carbs =31.3g Fats =10.1g</i>	✓													
Mexican Chilli Bowl Rice Sweetcorn Salsa Tortilla & Cheese <i>Carbs =31.3g Fats =10.1g</i>	✓						✓							
Veggie Chilli Bowl Rice Sweetcorn Salsa Tortilla & Cheese (V) <i>Carbs =45.7g Fats =13.2g</i>	✓						✓						✓	
Pasta with Tomato and Basil Sauce (VG) <i>Carbs =52.7g Fats =3.1g</i>	✓													
Sticky Banana Cake (VG) or Fresh Fruit (VG) <i>Carbs =19.6g Fats =7.7g</i>	✓													✓
Fish and Chips Peas Ketchup <i>Carbs =23.7g Fats =5.1g</i>	✓	✓			✓				✓					

Dishes														
SUMMER TERM 2022 WEEK 1	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Veggie Sausage and Chips Peas Ketchup (V) Carbs =27.3g Fats =8.3g													✓	✓
Jacket Potato with Cheddar Cheese or Baked Beans (V)(VG) Carbs =40/40g Fats = 12.9g/0.6g							✓							

Dishes														
SUMMER TERM 2022 WEEK 2	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Lasagne Garlic Bread Peas (V) Carbs =41.3g Fats =9.1g		✓											✓	
Summer Frittata Peas (V) Carbs = 15.7g Fats = 10.6g				✓										
Jacket Potato with Cheddar Cheese or Baked Beans (V)(VG) Carbs =40/40g Fats = 12.9g/0.6g							✓							
Yoghurt Pot (V) or Fresh Fruit (VG) Carbs =23.7g Fats = 1.2g							✓							
Jollof Rice with Chicken Crunchy Slaw Green Beans Carbs = 43.5g Fats = 5.4g				✓										
Sweet Potato & Black Bean Stew Jollof Rice, Crunchy Slaw Green Beans (VG) Carbs = 35g Fats = 4.9g				✓										
Pasta with Tomato and Basil Sauce (VG) Carbs =52.7g Fats =3.1g		✓												
Lemon Drizzle (VG) or Fresh Fruit (VG) Carbs = 39.4g Fats =10.7 g		✓												
Beef Burger Potato Wedges Coleslaw Carbs = 29.8g Fats =5.9 g		✓		✓								MAY CONTAIN		✓

Dishes														
SUMMER TERM 2022 WEEK 2	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Veggie Burger Potato Wedges Coleslaw (V) Carbs = 118g Fats = 7.4g		✓		✓								MAY CONTAIN		
Coconut Rice Pudding (VG) or Fresh Fruit (VG) Carbs = 22.8g Fats = 8.5g		✓												✓
Chicken Sausages Mashed Potato Green Beans Gravy Carbs = 46.4g Fats = 7.3g														✓
Veggie Sausage Mashed Potato Green Beans Gravy (V) Carbs = 45g Fats = 5.1g													✓	
Pasta with Tomato and Basil Sauce (VG) Carbs = 52.7g Fats = 3.1g		✓												
Banana Chocolate Cake (VG) or Fresh Fruit (VG) Carbs = 25.1g Fats = 6.1g		✓												
Battered Salmon Bites or Fish Fillet Chips Peas Ketchup Carbs = 26.17/23.7g Fats = 5.22/5.1g	✓ ✓	✓ ✓			✓ ✓				✓					MAY CONTAIN
Sausage Roll Chips Peas Ketchup (VG) Carbs = 29.5g Fats = 5.7g		✓											✓	MAY CONTAIN
Jacket Potato with Cheddar Cheese or Baked Beans (V)(VG) Carbs = 40/40g Fats = 12.9g/0.6g							✓							

