

Dish Name	Carbohydrates (g)	Protein (g)
Cream Tomato Soup	7.5	0.8
Muller Mix A Yoghurt	7	4.9
Tasty QMS Burger	3.7	21.7
Burger Bun	52	0
Chips	17.3	1.6
Quorn Dipper	9.9	11.6
Tomato Tortilla Wrap	48.4	8.7
Sweet Chilli Dipping Sauce	33	0.5
Tuna Mayonnaise	1.6	17.8
Sliced Chicken	3	19
Kingsmill Bread 50/50	41.9	9.4
Basic Mixed Salad	3.1	0.8
Peas West Lothian	11.3	6.9
Pear (Fresh)	10	0.3
Milk	4.7	3.4
Water	0	0
Vegetable Soup	2.1	0.3
Chocolate Mousse	2.3	0.7
Baby Boiled Potatoes	14.9	1.8
Breaded Haddock	18.8	11.6
Cheese Pasta	18.4	5.7
Garlic Bread	38.3	8.8
Cheddar Cheese	0.1	25.1
Egg Mayonnaise	1.8	9.1
Finger Roll	46	9
Basic Mixed Salad	3.1	0.8
Carrots	4.7	0.4
Banana	15.3	0.8
Milk	4.7	3.4
Water	0	0
Cream Crackers	69	9.3
Laughing Cow Light	6	15
Gingerbread Man	76	5.2
Chicken Korma B	6.2	9.7
Boiled Rice	31.1	2.8
Cosmo Margherita Pizza *	34	10
Pasta Salad	18.2	2.9
Sliced Chicken	3	19
Egg Mayonnaise	1.8	9.1
Kingsmill Bread 50/50	41.9	9.4
Basic Mixed Salad	3.1	0.8
Green Beans	2.9	1.8
Satsuma	6	0.6
Milk	4.7	3.4
Water	0	0
Lentil Soup	7.8	2.8
Flapjack	52.2	6
Custard	11.2	3.3
Steak Pie	8.1	12.1
Mashed Potato (SD)	16.1	1.7

Savoury Rice	20.1	2.2
Vegan Fillet Curry	6.7	6.4
Tuna Mayonnaise	1.6	17.8
Cheddar Cheese	0.1	25.1
Kingsmill Bread 50/50	41.9	9.4
Basic Mixed Salad	3.1	0.8
Cabbage	2.2	1
Apple (WL)	11.8	0.4
Milk	4.7	3.4
Water	0	0
Cheese Sandwich (PP)	27.9	14.7
Ham Sandwich (PP)	26	12.4
Tuna Mayo Sandwich (PP)	25.2	13.4
Carrots	4.7	0.4
Cucumber Sticks	1.5	0.7
Flapjack	52.2	6
Apple (WL)	11.8	0.4
Banana	15.3	0.8
Water	0	0

Dish Name	Carbohydrates (g)	Protein (g)
Minestrone Soup	4	0.8
Middleton RS Cookie	61.6	5.3
Salmon Fish Finger	20	11
Baby Boiled Potatoes	14.9	1.8
Brakes Baked Potatoes (20)	35.2	4.3
Cheddar Cheese	0.1	25.1
Healthy Choice Beans	14	4.3
Cheddar Cheese	0.1	25.1
Sliced Chicken	3	19
Kingsmill Bread 50/50	41.9	9.4
Basic Mixed Salad	3.1	0.8
Peas West Lothian	11.3	6.9
Satsuma	6	0.6
Milk	4.7	3.4
Water	0	0
Laughing Cow Light	6	15
Cream Crackers	69	9.3
Fromage Frais	9.2	6
Mince	2.4	6.6
Baby Boiled Potatoes	14.9	1.8
Quorn Burger 50g	4	16
Brakes Potato Wedges	22.6	2.4
Sesame Burger Bun	45.6	10.5
Tuna Mayonnaise	1.6	17.8
Egg Mayonnaise	1.8	9.1
Tomato Tortilla Wrap	48.4	8.7
Basic Mixed Salad	3.1	0.8
Sweetcorn	26.6	2.9
Pear (Fresh)	10	0.3
Milk	4.7	3.4
Water	0	0
Carrot Lentil Soup	10.6	3.4
McDougalls Jelly Crystals	5.6	0
Roast Beef	2.5	20.9
Boiled Potatoes	19.1	2.2
Yorkshire Pudding (2 in)	37	7.2
Frankfurter Hot Dog Roll	27.3	11
McCain's 7/16 Chips	17.3	1.6
Tuna Mayonnaise	1.6	17.8
Sliced Chicken	3	19
Kingsmill Bread 50/50	41.9	9.4
Basic Mixed Salad	3.1	0.8
Brakes Baby Carrots	6	0.7
Grapes	15.2	0.7
Milk	4.7	3.4
Water	0	0
Raspberry Chocolate Slice	39.6	5.5
Muller Mix A Yoghurt	7	4.9
Brakes Chicken Link Sausage 38g	14	18.6
Mashed Potato (SD)	16.1	1.7

Spaghetti in Tomato Sauce	14.1	1.9
Bean Hotpot	10.6	4.3
Egg Mayonnaise	1.8	9.1
Cheddar Cheese	0.1	25.1
Finger Roll	46	9
Basic Mixed Salad	3.1	0.8
Broccoli	1.8	4.4
Banana	15.3	0.8
Milk	4.7	3.4
Water	0	0
Cheese Sandwich (PP)	27.9	14.7
Ham Sandwich (PP)	26	12.4
Tuna Mayo Sandwich (PP)	25.2	13.4
Cucumber Sticks	1.5	0.7
Carrots	4.7	0.4
Apple (WL)	11.8	0.4
Banana	15.3	0.8
Flapjack	52.2	6
Water	0	0

Dish Name	Carbohydrates (g)	Protein (g)
LENTIL SOUP	7.8	2.8
MULLER MIX A YOGHURT	7	4.9
6" JUMBO SAUSAGE ROLL	27	6.5
HEALTHY CHOICE BEANS	14	4.3
MCCAINS 7/16 CHIPS	17.3	1.6
TOMATO & MASCARPONE PASTA	26.6	4.1
KINGSMILL BREAD 50/50	41.9	9.4
TUNA MAYONNAISE	1.6	17.8
EGG MAYONNAISE	1.8	9.1
BASIC MIXED SALAD	3.1	0.8
SWEETCORN	26.6	2.9
APPLE WL	11.8	0.4
Milk	4.7	3.4
Water	0	0
SCOTCH BROTH	9.6	1.7
COOLDELIGHT VANILLA	17	3.5
PEACHES CANNED IN JUICE	9.7	0.6
BREADED HADDOCK	18.8	11.6
MCCAINS 7/16 CHIPS	17.3	1.6
QUORN VEGAN MEATBALLS	10	14
GRAVY	4.3	0.2
MCCAINS 7/16 CHIPS	17.3	1.6
KINGSMILL BREAD 50/50	41.9	9.4
TUNA MAYONNAISE	1.6	17.8
CHEDDAR CHEESE	0.1	25.1
BASIC MIXED SALAD	3.1	0.8
PEAS WESTLOTHIAN	11.3	6.9
PEAR FRESH	10	0.3
Milk	4.7	3.4
Water	0	0
BROCOLLI SOUP	3	1
SHORTBREAD	54.7	3.5
BEEF STEW	5	13.4
MASHED POTATO SD	16.1	1.7
QUORN CHILLI	4.4	6.7
BRAKES BAKED POTATOES(20)	35.2	4.3
TOMATO TORTILLA WRAP	48.4	8.7
HAM	0.3	23.9
EGG MAYONNAISE	1.8	9.1
BASIC MIXED SALAD	3.1	0.8
CABBAGE	2.2	1
SATSUMA	6	0.6
Milk	4.7	3.4
Water	0	0
BROCOLLI	1.8	4.4
CREAM CRACKERS	69	9.3
LAUGHING COW LIGHT	6	15
FROMAGE FRAIS	9.2	6
ROAST CHICKEN	3.4	13.1
BABY BOILED POTATOES	14.9	1.8

YORKSHIRE PUDDING 2 IN	37	7.2
PIZZINI	26.2	9.9
COLESLAW	5.5	1.7
FINGER ROLL	46	9
CHEDDAR CHEESE	0.1	25.1
SLICED CHICKEN	3	19
BASIC MIXED SALAD	3.1	0.8
BROCOLLI	1.8	4.4
BANANA	15.3	0.8
Milk	4.7	3.4
Water	0	0
TUNA MAYO SANDWICH PP	25.2	13.4
CHEESE SANDWICH PP	27.9	14.7
HAM SANDWICH PP	26	12.4
CUCUMBER STICKS	1.5	0.7
CARROTS	4.7	0.4
BANANA	15.3	0.8
APPLE WL	11.8	0.4
FLAPJACK	52.2	6
Water	0	0