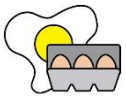
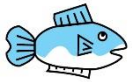
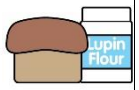
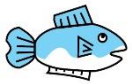
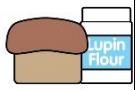
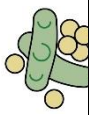
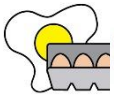
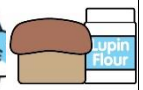
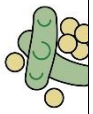
ENFIELD COUNCIL CATERING SERVICES 2022

Dishes														
WEEK 1 SPRING MENU	**Celery**	**Cereals containing gluten***	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts†**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Veggie Sausage, Mashed Potato, Green Beans *Carbs = 43.6g Fats= 4.9g*													✓	
Campfire Casserole, Mashed Potato, Green Beans *Carbs = 71g Fats= 6g*														
Pasta Twists, Tomato and Basil Sauce *Carbs = 76.8 Fats=3.8g*		✓												
Yoghurt Pot *Carbs = 19.6g Fats= 0.5g*							✓							
Chicken and Vegetable Pie, Carrots *Carbs = 17.3g Fats= 0.8g*		✓												
Garden Vegetable Pie, Carrots *Carbs = 17.3g Fats= 0.8g*		✓												
Jacket Potato with Cheddar Cheese *Carbs = 28.98g Fats= 7.32g*							✓							
Jacket Potato with Baked Beans *Carbs = 37.38g Fats= 1.6g*														

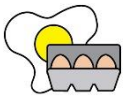
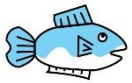
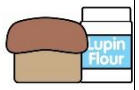
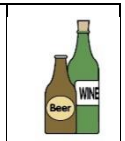
ENFIELD COUNCIL CATERING SERVICES 2022

Dishes														
WEEK 1 SPRING MENU	**Celery**	**Cereals containing gluten***	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts†**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Apple and Cinnamon Cake *Carbs = 24g Fats= 8.3g*		✓												
Macaroni Cheese, Broccoli *Carbs = 35.2g Fats= 10.2g*		✓					✓							
Pepper and Red Onion Omelette, Broccoli *Carbs = 18.7g Fats= 8.4g*				✓										
Pasta Bows, Tomato and Basil Sauce *Carbs = 52.6g Fats= 3.1g*		✓												
Sticky Banana and Honey Cake *Carbs = 15.8g Fats= 10.3g*		✓												
Chilli Con Carne, Rice, Sweetcorn *Carbs = 51.1g Fats= 9.9g*														
Veggie Chilli, Rice, Sweetcorn *Carbs = 56.3g Fats= 6.8g*													✓	

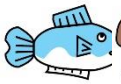
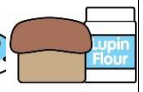
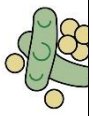
ENFIELD COUNCIL CATERING SERVICES 2022

Dishes														
WEEK 1 SPRING MENU	**Celery**	**Cereals containing gluten***	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Jacket Potato with Cheddar Cheese *Carbs = 28.98g Fats= 7.32g*							✓							
Jacket Potato with Baked Beans *Carbs = 37.38g Fats= 1.6g*														
Oaty Apple Crumble, Vanilla Custard *Carbs = 33.9g Fats= 3.6g*		✓												
Battered Pollock Fillet, Chips, Peas, Ketchup *Carbs = 39.4g Fats= 13.3g*		✓			✓				✓					
Vegetarian Burger, Chips, Peas, Ketchup *Carbs = 74.1g Fats= 13.8g*		✓					✓					✓		
Vegan Chocolate Cake *Carbs = 23.8g Fats= 6g*		✓												

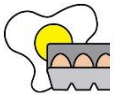
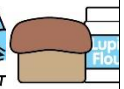
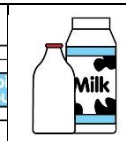
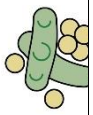
ENFIELD COUNCIL CATERING SERVICES 2022

Dishes														
WEEK 2 SPRING MENU	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts†**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Vegetable Pizza Margherita, Herby Potato Cubes, Coleslaw *Carbs = 79.3g Fats= 13.5g*		✓		✓			✓							
Veggie Sausage Roll, Herby Potato Cubes, Coleslaw *Carbs = 65.3g Fats= 9.5g*		✓		✓										
Jacket Potato with Cheddar Cheese *Carbs = 28.98g Fats= 7.32g*							✓							
Jacket Potato with Baked Beans *Carbs = 37.38g Fats= 1.6g*														
Yoghurt Pot *Carbs = 19.6g Fats= 0.5g*							✓							
Roast Chicken, Potatoes, Winter Veg, Gravy *Carbs = 29.3g Fats= 16.1g*														
Vegetable Roast, Potatoes, Winter Veg, Gravy *Carbs = 79g Fats= 4.6g*		✓												
Pasta Twists, Tomato and Basil Sauce *Carbs = 76.8 Fats=3.8g*		✓												

ENFIELD COUNCIL CATERING SERVICES 2022

Dishes														
WEEK 2 SPRING MENU	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts†**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Vegan Zesty Carrot Cake *Carbs = 34.2g Fats= 10.4g*		✓												
Beef Bolognese, Pasta Shells, Green Beans *Carbs = 64.7g Fats= 5.4g*	✓	✓												
Meatless Bolognese, Pasta Shells, Green Beans *Carbs = 52.8g Fats= 5.5g*		✓												
Jacket Potato with Cheddar Cheese *Carbs = 28.98g Fats= 7.32g*							✓							
Jacket Potato with Baked Beans *Carbs = 37.38g Fats= 1.6g*														
Coconut and Lime Biscuit *Carbs = 16.9g Fats= 2.3g*		✓												
Caribbean Chicken Curry, Rice, Sweetcorn *Carbs = 70.4g Fats= 5.7g*									✓					

ENFIELD COUNCIL CATERING SERVICES 2022

Dishes														
WEEK 2 WINTER MENU	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Caribbean Vegetable Curry, Rice, Sweetcorn *Carbs = 76.1g Fats= 6.3g*									✓					
Pasta Twists, Tomato and Basil Sauce *Carbs = 76.8 Fats=3.8g*		✓												
Vegan Ginger Cake *Carbs = 18.3g Fats= 11.5g*		✓												
Battered Pollock Fillet, Chips, Peas, Ketchup *Carbs = 39.4g Fats= 13.3g*		✓			✓				✓					
Vegetable Fingers, Oven Chips, Garden Peas, Ketchup *Carbs = 30.2g Fats= 8.7g*		✓												
Vegan Chocolate and Banana Cake *Carbs =25.1g Fats= 6g*		✓												