

Norse Catering

Autumn/Winter Primary School Menu 2017

Nutrition Analysis

Please note this chart is for reference only.

Portion sizes shown are for recipes prior to cooking (unless otherwise stated).

Weights may also vary to those stated due to losses or gains during cooking.

Where the weight of portions need to be more precise, food should be weighed for accuracy.

The carbohydrate values are per 100g and have been taken directly from our nutrition analysis software.

These values should be used in conjunction with a reference book such as "Carbs and Cals - A Visual Guide".

Weights of Jacket Potatoes are like to vary and should be weighed for accuracy.

Nutritional Information Recipe List (Values per 100g)

Week 1	Recipe Name	Energy (kcal) per 100g	Fat (g) per 100g	Saturates (g) per 100g	Carb (g) per 100g	Portion Size for Primary School Lunch
Monday	Handmade Cheese and Tomato Pizza	249	10.6	6.1	26.0	75g
	Jacket Potato Wedges	127	3.0	0.3	22.0	100g
	(v) <i>Vegetarian Enchilada</i>	148	3.6	1.5	17.0	168g
	Steamed Rice (cooked)	140	0.8	0.1	29.0	88g
	Mixed Salad	36	0.6	0.1	5.0	58g
	Mini Cocoa Crunch with Orange Wedges	177	7.5	2.6	24.0	60g
Tuesday	Local Pork Sausages	290	22.7	8.6	9.0	60g
	(v) <i>Courgette and Tomato Frittata</i>	144	10.7	4.2	2.0	120g
	Mashed Potato	113	3.7	1.4	17.0	105g
	Baked Beans	82	0.4	0.1	13.0	78g
	Fruit Scone with Jam and Cream	266	11.2	5.3	36.0	59g
Wednesday	Roast Chicken	106	1.1	0.3	0.0	60g
	Sage and Onion Stuffing	384	3.5	1.5	77.0	10g
	Roast Potatoes	113	0.6	0.1	23.0	100g
	(v) <i>Shepherdess Pie</i>	98	2.0	0.5	20.0	184g
	Carrots	40	0.6	0.2	2.0	60g
	Broccoli	42	0.4	0.1	3.0	40g
	Gravy (prepared with water)	24	0.3	0.2	5.0	108g
	Apple Crunch with Natural Yoghurt	119	1.5	0.4	22.0	139g
Thursday	Hearty Beef Bolognese	74	4.5	1.9	2.0	184g
	Pasta Twists (cooked)	164	0.9	0.1	33.0	100g
	(v) <i>Vegetarian Bean Chilli</i>	76	2.0	0.1	7.0	146g
	Steamed Rice (cooked)	140	0.8	0.1	29.0	88g
	Sweetcorn	101	1.8	0.4	17.0	80g
	Homemade Sponge with Sauce	162	6.4	2.6	21.0	155g
Friday	Fish Fingers (3)	208	8.7	1.0	19.0	75g
	(v) <i>Country Vegetable Flan</i>	249	16.0	7.8	15.0	115g
	Chips	115	3.4	0.4	18.0	100g
	Peas	79	0.9	0.2	15.0	40g
	OR					
	Baked Beans	82	0.4	0.1	13.0	78g
	Autumn Feast Sponge	258	12.3	4.4	32.0	73g

Week 2	Recipe Name	Energy (kcal) per 100g	Fat (g) per 100g	Saturates (g) per 100g	Carb (g) per 100g	Portion Size for Primary School Lunch
Monday	Beef Meatballs in Mediterranean Sauce	164	11.4	4.5	5.0	115g
	Pasta Twists (cooked)	164	0.9	0.1	33.0	100g
	<i>(v) Vegetarian Curry</i>	186	10.4	4.1	9.0	108g
	Steamed Rice (cooked)	140	0.8	0.1	29.0	88g
	Pea and Sweetcorn Medley	101	1.4	0.3	16.0	80g
	Mini Chewy Bar with Apple Wedges	104	2.6	1.1	18.0	46g
Tuesday						
	Turkey 'One Pot' with Herby Scone	150	3.4	0.7	16.0	125g
	Baby Boiled Potatoes	82	0.2	0.0	17.0	100g
	<i>(v) Cheesy Pasta</i>	184	9.0	5.0	17.0	283g
	Green Beans	45	0.5	0.1	6.5	40g
	Fruit with Jelly and Cream	80	2.8	1.7	13.0	160g
Wednesday						
	Roast Pork with Apple Sauce	171	8.2	6.9	8.0	68g
	<i>(v) Lentil Roast</i>	263	18.9	9.0	13.0	139g
	Gravy (prepared with water)	24	0.3	0.2	5.0	108g
	Roast Potatoes	113	0.6	0.1	23.0	100g
	Carrots	42	0.4	0.1	7.0	40g
	Cabbage	42	1.0	0.1	3.0	60g
	Peach Crunch with Natural Yoghurt	173	8.6	2.8	20.0	154g
Thursday						
	Mild Chicken Tikka Masala	106	3.8	1.4	4.0	108g
	Steamed Rice (cooked)	140	0.8	0.1	29.0	88g
	Naan Bread	249	5.1	1.3	41.0	37g
	<i>(v) Vegetarian Bolognese</i>	106	2.4	0.2	9.0	143g
	Pasta Twists (cooked)	164	0.9	0.1	33.0	100g
	Broccoli	40	0.6	0.2	2.4	60g
	Toffee Cream Tart	367	8.4	2.8	66.0	62g
Friday						
	Fish Fillet	209	12.8	0.9	18.0	60g
	<i>(v) Quorn Sausage</i>	129	3.7	0.5	10.0	50g
	Chips	112	3.4	0.4	18.4	100g
	Peas	79	0.9	0.2	15.0	40g
	OR					
	Baked Beans	82	0.4	0.1	13.0	80g
	Fruity Flapjack	350	13.3	4.4	51.0	70g

Week 3	Recipe Name	Energy (kcal) per 100g	Fat (g) per 100g	Saturates (g) per 100g	Carb (g) per 100g	Portion Size for Primary School Lunch
Monday	Breaded Chicken Fillet	173	5.5	0.7	13.0	60g
	Tomato Pasta	180	1.4	0.3	34.0	85g
	<i>(v) Lentil Moussaka</i>	115	4.2	1.6	14.0	333g
	Mixed Salad	30	0.6	0.1	5.0	58g
	Mini Shortbread with Apple and Orange	194	9.1	3.3	25.0	61g
Tuesday						
	Pork and Sweet Potato Topped Pie	98	3.2	0.9	12.0	256g
	Gravy (prepared with water)	24	0.3	0.2	5.0	108g
	<i>(v) Veggie Balls in Mediterranean Sauce</i>	117	5.4	0.5	7.0	156g
	Steamed Rice (cooked)	140	0.8	0.1	29.0	88g
	Cauliflower	30	0.5	0.1	3.0	40g
	Sweetcorn	101	1.8	0.4	17.0	40g
Brownie Slice	448	31.1	3.1	35.0	75g	
Wednesday						
	Roast Beef	91	2.4	1.1	0.0	50g
	<i>(v) Quorn Sausage</i>	129	3.7	0.5	10.0	50g
	Yorkshire Pudding	251	7.2	0.7	37.0	20g
	Mashed Potato	113	3.7	1.4	17.0	105g
	Green Beans	45	0.5	0.1	6.5	40g
	Carrots	42	0.4	0.1	7.0	40g
	Gravy (prepared with water)	24	0.3	0.2	5.0	108g
Vanilla Ice Cream	207	11.0	7.0	24.0	60g	
Thursday						
	Hunters Chicken	176	8.4	5.0	4.0	90g
	Savoury Rice	121	0.7	0.1	25.0	110g
	<i>(v) Italian Bean Bake</i>	91	3.3	0.7	11.0	188g
	Pea and Sweetcorn Medley	101	1.4	0.3	16.0	80g
	Apple Crumble with Custard	114	1.1	0.6	22.0	164g
Friday						
	Fish Fingers (3)	208	8.7	1.0	19.0	75g
	Salmon Fish Fingers	215	8.4	0.1	20.0	80g
	<i>(V) Veggie Burger</i>	253	13.7	1.2	27.0	57g
	Chips	115	3.4	0.4	18.0	100g
	Peas	79	0.9	0.2	15.0	40g
	OR					
	Baked Beans	82	0.4	0.1	13.0	80g
Carrot Cake	209	2.2	0.6	41.0	55g	
	Jacket Potatoes					
	Jacket Potato	114	0.3	0.1	24.0	122g
	Baked Beans Filling	82	0.4	0.1	13.0	78g
	Cheese Filling	419	34.4	21.4	2.0	60g
	Tuna Mayonnaise Filling	123	4.2	0.4	1.0	70g
	Cheese and Baked Beans Filling	221	14.8	7.4	7.0	70g
	Cheese and Coleslaw Filling	358	31.5	15.6	2.0	60g

Fruit and Vegetables (shown as separates for reference but included in the daily menu sections)		Energy (kcal) per 100g	Fat (g) per 100g	Saturates (g) per 100g	Carb (g) per 100g	Portion Size for Primary School Lunch
	Baby Boiled Potatoes	82	0.2	0.0	17.0	100g
	Broccoli	42	0.4	0.1	3.0	40g
	Green Beans	45	0.5	0.1	6.5	40g
	Carrots	42	0.4	0.1	7.0	40g
	Cauliflower	30	0.5	0.1	3.0	40g
	Pea and Sweetcorn Medley	101	1.4	0.3	16.0	80g
	Baked Beans	82	0.4	0.1	13.0	78g
	Garden Peas	79	0.9	0.2	15.0	40g
	Cabbage	42	1.0	0.1	3.0	60g
	Sweetcorn	101	1.8	0.4	17.0	80g
	Mixed Salad	36	0.6	0.1	5.0	58g
Sundry Items						
	Bread Sliced	239	2.2	0.7	43.0	20g
	Milk (Cup)- Primary Snack	46	1.7	1.1	4.7	100g
	Calypso Fruit Juice - Orange	47	0.1	0.0	11.0	85mls
	Calypso Fruit Juice - Apple	47	0.1	0.0	11.0	85mls
	Yeo Valley Organic Strawberry Yoghurt	106	3.8	2.4	13.2	80g
	Yeo Valley Organic Raspberry Yoghurt	106	3.8	2.4	13.1	80g
Special Diets						
	Gluten Free Fish Fingers	200	8.9	1.0	17.0	56g
	Gluten Free Cheese and Tomato Pizza	258	9.0	4.7	35.0	116g
	Gluten Free Tomato Pasta	180	1.4	0.3	34.0	85g
	Gluten Free Herby Bread	208	0.5	0.1	49.0	27g
	Gluten Free Brownie Slice	446	30.0	3.0	38.0	88g
	Gluten Free Mini Cocoa Crunch	441	21.7	7.5	57.0	20g
	Gluten Free Carrot Cake	235	8.1	3.6	35.0	50g
	Gluten Free Fruit Scone	324	10.3	3.8	54.0	33g
	Alpro Soya Dessert - Vanilla	85	1.9	0.4	14.0	125g
	Alpro Soya Dessert - Chocolate	83	1.9	0.5	13.0	125g
	Alpro Blueberry and Cherry Yoghurt	73	2.0	0.3	9.0	125g
	Soya Milk	44	1.9	0.3	3.0	150g