



# Norse Catering - Spring/Summer Primary School Menu 2018

## 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 Swirl	243	6.8	3.7	34.0	67g
	Pasta Salad	90	2.6	0.2	14.0	86g
	<i>(v) Sweet Potato and Lentil Curry</i>	133	2.9	0.7	22.0	152g
	Steamed Rice (cooked)	140	0.8	0.1	29.0	88g
	Sweetcorn	95	1.8	0.4	16.0	40g
	Vanilla Ice Cream	149	7.1	3.5	19.0	60g
Tuesday	Lamb Meatballs in a Sweet Pepper Sauce	90	4.4	1.3	6.0	164g
	Steamed Rice (cooked)	140	0.8	0.1	29.0	88g
	<i>(v) Italian Bean Bake</i>	86	3.2	0.7	11.0	188g
	Garden Peas	75	0.9	0.2	9.0	40g
	Carrots	54	0.0	0.1	11.0	40g
	Brownie Slice	445	30.0	3.0	36.0	51g
Wednesday	Roast Chicken	106	1.1	0.3	0.0	60g
	<i>(v) Quorn Chipolatas</i>	179	9.7	2.0	10.0	60g
	Stuffing	104	1.0	0.4	21g	10g
	Roast Potatoes	123	4.9	0.4	17.0	105g
	Spring Greens	42	1.0	0.0	3.0	60g
	Carrots	54	0.0	0.1	11.0	40g
	Gravy	24	0.0	0.2	5.0	36g
	Fresh Fruit Salad with Natural Yoghurt	53	0.6	0.4	8.5	98g
Thursday	Italian Beef Lasagne	126	6.9	3.1	8.0	273g
	Herby Bread	219	2.4	0.8	40.0	24g
	<i>(v) Vegetarian Bean Chilli</i>	69	2.0	0.1	5.0	146g
	Steamed Rice (cooked)	140	0.8	0.1	29.0	88g
	Crunchy Mixed Salad	36	0.6	0.0	5.0	58g
	Fruit and Jelly	52	0.0	0.0	13.0	150g
Friday	Fish Fingers (3)	208	8.7	1.0	19.0	75g
	<i>(v) Cheese and Tomato Quiche</i>	248	15.0	6.7	20.0	99g
	Chips	132	3.8	0.4	21.0	100g
	Peas	75	0.9	0.2	9.0	40g
	Baked Beans	82	0.0	0.0	13.0	78g
	Peach Melba Cupcake	319	16.0	5.8	39.0	58g

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	Breaded Chicken Fillet in a Wrap, Crispy Lettuce and Coleslaw	225	10.0	2.4	22.0	136g
	Jacket Potato Wedges	127	3.0	0.3	22.0	100g
	Vegetable Enchilada	143	3.5	1.5	16.0	167g
	Steamed Rice (cooked)	140	0.8	0.1	29.0	88g
	Broccoli	38	0.9	0.1	2.0	60g
	Chewy Bar with Melon Slice	170	7.1	3.1	24.0	31g
Tuesday	Mild Teriyaki Beef	152	8.5	3.6	8.0	116g
	Steamed Rice (cooked)	140	0.8	0.1	29.0	88g
	<i>(v) Veggie Balls in Tomato Sauce</i>	112	5.4	0.5	6.0	154g
	Pasta (cooked)	161	0.8	0.1	32.0	100g
	Green Beans	31	0.5	0.1	3.0	40g
	Sweetcorn	95	1.8	0.4	16.0	40g
	Cornflake Tart	399	17.0	6.3	55.0	61g
	Custard	86	2.5	1.7	14.0	83g
Wednesday	Roast Pork with Apple Sauce	164	8.2	4.0	8.0	70g
	<i>(v) Vegemince Pasty</i>	197	8.1	2.7	20.0	144g
	Roast Potatoes	123	4.9	0.4	17.0	105g
	Carrots	54	0.3	0.1	11.0	40g
	Broccoli	38	0.9	0.1	2.0	60g
	Gravy	24	0.0	0.2	5.0	36g
	Apple and Berry Slice	241	15.0	5.4	24.0	84g
Thursday	Mediterranean Chicken	61	1.3	0.2	3.0	169g
	Pasta (cooked)	164	0.8	0.1	32.0	100g
	Garlic Bread	357	3.9	1.3	65.0	22g
	<i>(v) Cheese and Potato Pie</i>	125	5.0	2.8	13.0	177g
	Crunchy Mixed Salad	35	0.6	0.1	5.0	58g
	Fruit Topped Cheesecake	237	13.0	7.0	26.0	77g
Friday	Crispy Fish Fillet	248	8.0	0.6	25.0	60g
	<i>(v) Spanish Omelette</i>	137	8.3	3.7	5.0	132g
	Chips	132	3.8	0.4	21.0	100g
	Peas	75	0.9	0.2	9.0	40g
	Baked Beans	82	0.0	0.0	13.0	78g
	Marble Cake	376	21.0	7.5	41.0	43g

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	Margherita Pizza	241	9.8	5.6	26.0	75g
	<i>(v) Tortilla Wrap Filled with BBQ Quorn</i>	153	2.8	1.1	23.0	160g
	Baby Potatoes	82	0.0	0.0	17.0	100g
	Crunchy Mixed Salad	35	0.6	0.1	5.0	58g
	Cocoa Shortbread with Orange Wedges	187	9.3	3.4	22.0	46g
Tuesday	Chipolata Sausages	220	13.0	5.0	13.0	53g
	<i>(v) Quorn Chipolata Sausages</i>	179	9.7	2.0	10.0	60g
	Omelette	110	7.1	2.1	1.4	57g
	Hash Brown	170	7.5	1.0	23.0	100g
	Baked Beans	82	0.0	0.0	13.0	78g
	Carrot Cake	313	15.0	5.5	37.0	57g
Wednesday	Roast Beef with Yorkshire Pudding	156	4.0	1.1	16.0	113g
	<i>(v) Vegetarian Shepherd's Pie</i>	97	2.0	0.5	12.0	184g
	Mashed Potatoes	113	3.7	1.4	17.0	105g
	Spring Greens	42	1.0	0.0	3.0	60g
	Carrots	54	0.0	0.1	11.0	40g
	Gravy	24	0.0	0.2	5.0	36g
	Summer Berry Eaton Mess	128	5.0	3.0	18.0	54g
Thursday	Mild Chicken Tikka Masala	106	3.8	1.4	4.0	108g
	Savoury Rice	101	1.4	0.4	19.0	141g
	Naan Bread	249	5.1	1.3	41.0	37g
	<i>(v) Cheesy Pasta</i>	177	8.1	4.0	18.0	274g
	Broccoli	38	0.9	0.1	2.0	60g
	Fruit Yoghurt	79	1.1	0.8	13.0	100g
Friday	Fish Fingers (3)	208	8.7	1.0	19.0	75g
	Salmon Fish Fingers	218	8.4	1.0	20.0	75g
	<i>(V) Garden Vegetable Goujons with Sweet &amp; Sour Sauce</i>	67	1.8	0.2	11.0	49g
	Chips	132	3.8	0.4	21.0	100g
	Peas	75	0.9	0.2	9.0	40g
	Baked Beans	82	0.0	0.0	13.0	78g
	Apple Flapjack	345	15.0	4.8	46.0	64g

	Recipe Name	Energy (kcal) per 100g	Fat (g) per 100g	Saturates (g) per 100g	Carb (g) per 100g	Portion Size for Primary School Lunch
	<b>Jacket Potatoes</b>					
	Jacket Potato with Baked Beans	102	0.0	0.0	20.0	200g
	Jacket Potato with Cheese and Coleslaw	167	7.3	2.9	19.0	162g
	Jacket Potato with Tuna Mayonnaise	122	2.4	0.2	16.0	192g
	Jacket Potato with Cheese and Baked Beans	135	3.5	2.1	19.0	192g
	Jacket Potato with Cheese	214	12.0	7.1	17.0	182g
	<b>Sundry Items</b>					
	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
	<b>Special Diets</b>					
	Gluten Free Fish Fingers	200	8.9	1.0	17.0	56g
	Gluten Free Brownie Slice	446	30.0	3.0	38.0	88g
	Gluten Free Carrot Cake	235	8.1	3.6	35.0	50g
	Alpro Soya Dessert - Vanilla	85	1.9	0.4	14.0	125g
	Alpro Soya Dessert - Chocolate	83	1.9	0.5	13.0	125g