



## Norse Catering - Autumn/Winter Primary School Menu 2018/19

### 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"**

**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	Vegetarian Bolognese	74	1.7	0.1	6.0	203g
	Pasta (cooked)	158	0.9	0.2	31.0	100g
	<i>Margherita Pizza (v)</i>	279	15.0	9.2	21.0	94g
	<i>Jacket Potato Wedges</i>	81	0.0	0.0	17.0	100g
	Mixed Salad	32	0.5	0.0	4.6	35g
	Coleslaw	136	12.0	0.8	5.9	30g
	Zesty Shortbread and Orange Wedges	122	5.6	2.1	15.0	75
Tuesday	Cottage Pie	114	4.6	2.0	11.0	198g
	<i>Quorn Chipolatas in Tomato Sauce (v)</i>	119	5.6	1.2	9.3	110g
	<i>Pasta (cooked)</i>	158	0.9	0.2	31.0	100g
	Broccoli	41	0.6	0.2	2.8	60g
	Sweetcorn	74	1.4	0.4	12.0	40g
	Autumn Feast Sponge	273	13.0	4.6	35.0	70
Wednesday	Roast Chicken	106	1.1	0.3	0.0	60g
	<i>Lentil Roast (v)</i>	243	13.0	6.0	19.0	196g
	Stuffing	193	2.1	0.0	38.0	16.8g
	Roast Potatoes	120	4.5	0.3	17.0	105g
	Cabbage	36	0.0	0.0	4.1	60g
	Carrots	35	0.5	0.1	5.9	40g
	Gravy	24	0.0	0.2	4.9	36g
	Fresh Fruit Salad with Natural Yoghurt	48	0.7	0.4	8.4	130g
Thursday	Pork Meatballs	168	8.3	2.6	8.2	60g
	Gravy	24	0.0	0.2	4.9	36g
	Mashed Potatoes	84	0.0	0.0	18.0	100g
	<i>Vegetable Risotto (v)</i>	120	3.6	1.4	16.0	236g
	Mixed Vegetables	55	0.7	0.0	7.7	80g
	Apple and Berry Cobbler	185	5.1	1.9	31.0	133g
	Custard	85	2.4	1.6	14.0	83g
Friday	Fish Fingers (3)	236	9.9	1.1	22.0	66
	<i>Cheese and Tomato Frittata (v)</i>	136	9.9	4.2	2.3	127g
	Chips	109	3.4	0.4	17.0	100g
	Peas	69	0.0	0.1	9.0	80g
	Baked Beans	89	0.0	0.0	15.0	80g
	Pear and Ginger Cake	263	10.0	3.9	39.0	64g

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	Sweet Potato and Lentil Curry	128	2.2	0.6	22.0	151g
	Steamed Rice (cooked)	140	0.7	0.2	30.0	89g
	<i>Margherita Pizza (v)</i>	279	15.0	9.2	21.0	94g
	<i>Herby Diced Potatoes</i>	127	4.7	0.4	16.0	115g
	Mixed Salad	32	0.5	0.0	4.6	35g
	Coleslaw	136	12.0	0.8	5.9	30g
	Banana Cupcake	276	10.0	3.8	42.0	52g
Tuesday	Beef Bolognese	73	4.6	1.9	1.7	184g
	Pasta (cooked)	158	1.9	0.5	31.0	100g
	Garlic Bread	368	4.0	1.4	68.0	14.7g
	<i>Cheese and Potato Pie (v)</i>	157	8.4	4.6	12.0	200g
	Mixed Vegetables	55	0.7	0.0	7.7	80g
	Orange and Cocoa Dessert	151	0.6	0.5	35.0	65g
Wednesday	Roast Pork with Apple Sauce	141	8.6	3.4	1.7	70g
	<i>Quorn Chipolata Sausages (v)</i>	179	9.7	2.0	9.9	60g
	Roast Potatoes	120	4.5	0.3	17.0	105g
	Carrots	35	0.5	0.1	5.9	40g
	Broccoli	41	0.6	0.2	2.8	60g
	Gravy	24	0.0	0.2	4.9	36g
	Fresh Fruit Salad with Natural Yoghurt	48	0.7	0.4	8.4	130g
Thursday	Chicken and Broccoli	57	1.8	0.6	2.5	216g
	Pasta (cooked)	158	0.9	0.2	31.0	100g
	<i>Italian Bean Bake (v)</i>	74	2.1	0.5	9.8	209g
	Baton Carrots	35	0.5	0.1	5.9	40g
	Sponge Pudding with Sauce	306	13.0	5.3	41.0	72g
Friday	Fish Fingers (3)	236	9.9	1.1	22.0	66g
	<i>Garden Vegetable Goujons</i>	226	9.7	1.0	29.0	70g
	Chips	109	3.4	0.4	17.0	100g
	Peas	69	0.0	0.1	9.0	80g
	Baked Beans	89	0.0	0.0	15.0	80g
	Fruity Flapjack	328	13.0	4.3	46.0	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	Vegetarian Enchilada Bake	143	3.4	1.0	17.0	159g
	<i>Margherita Pizza (v)</i>	279	15.0	9.2	21.0	94
	<i>Jacket Potato Wedges</i>	81	0.0	0.0	17.0	100g
	Mixed Salad	323	0.6	0.1	5.0	35g
	Coleslaw	132	12.0	0.8	5.9	30g
	Vanilla Ice Cream	149	8.1	4.0	19.0	60g
Tuesday	Sausage and Tomato	141	7.6	2.8	11.0	110g
	Pasta (Cooked)	158	0.9	0.2	31.0	100g
	<i>Mixed Bean Chilli (v)</i>	73	1.4	0.1	6.7	145g
	Steamed Rice (cooked)	140	0.7	0.2	30.0	89g
	Peas	69	0.0	0.1	9.0	80g
	Sweetcorn	74	1.4	0.4	12.0	40g
	Orchard Crumble with Custard	187	7.8	2.8	26.0	110g
Wednesday	Roast Beef with Yorkshire Pudding	186	6.0	2.3	13.0	99g
	<i>(v) Vegetarian Cottage Pie</i>	118	4.7	1.5	11.0	174g
	Mashed Potatoes	84	0.0	0.0	18.0	100g
	Cauliflower	36	0.0	0.0	5.7	40g
	Carrots	35	0.5	0.1	5.9	40g
	Gravy	24	0.0	0.2	4.9	36g
	Fresh Fruit Salad with Natural Yoghurt	48	0.7	0.4	8.4	130g
Thursday	Chicken Curry	80	1.7	0.2	1.4	115g
	Steamed Rice (cooked)	140	0.7	0.2	30.0	89g
	Naan Bread	269	5.4	1.3	44.0	34g
	<i>(v) Cheesy Pasta</i>	184	8.8	4.6	19.0	278g
	Broccoli	41	0.6	0.2	2.8	60g
	Sweetcorn	74	1.4	0.4	12.0	40g
	Toffee Cream Tart	314	17.0	6.3	37.0	90g
Friday	Fish Fingers (3)	236	9.9	1.1	22.0	66g
	Salmon Fish Fingers	281	10.0	1.0	33.0	75g
	<i>Spanish Omelette (v)</i>	133	8.6	4.0	4.3	132g
	Chips	109	3.4	0.4	17.0	100g
	Peas	69	0.0	0.1	9.0	80g

	Baked Beans	89	0.0	0.0	15.0	80g
	Cornflake Krispie	440	19.0	8.4	61.0	25g
	<b>Recipe Name</b>	<b>Energy (kcal) per 100g</b>	<b>Fat (g) per 100g</b>	<b>Saturates (g) per 100g</b>	<b>Carb (g) per 100g</b>	<b>Portion Size for Primary School Lunch</b>
	Jacket Potatoes	115	0.0	0.0	24.0	250g
	with Baked Beans	89	0.0	0.0	15.0	80g
	with Cheese and Coleslaw	264	22.0	10.0	3.0	60g
	with Tuna Mayonnaise	122	4.0	0.3	1.0	70g
	with Cheese and Baked Beans	219	14.0	8.5	8.8	70g
	with Cheese	393	32.0	20.0	0.0	60g
	<b>Sundry Items</b>					
	Bread Sliced	232	2.3	0.4	41.0	25g
	Milk (Cup)- Primary Snack	47	1.5	1.1	4.8	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	97	3.9	2.6	11.0	80g
	Yeo Valley Organic Raspberry Yoghurt	97	3.9	2.6	11.0	80g

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