



Norse Catering - Spring/Summer Primary School Menu 2019

Nutrition Analysis

Please note this chart is for reference only.

As portions sizes can vary depending on cooking method. It may be necessary to weigh food portion for accuracy particularly Jacket Potatoes as size before cooking can vary.

Nutritional Information Recipe List (values per primary portion)

| Week 1 | Recipe Name | Portion | Energy (kcal) per portion | Fat (g) per portion | Saturates (g) per portion | Carb (g) per portion |
|-----------|------------------------------------|---------------------|---------------------------|---------------------|---------------------------|----------------------|
| Monday | <i>(v)Quorn Chipolatas</i> | 2 Individual | 108 | 5.9 | 1.2 | 6.0 |
| | Omelette | Half Omelette | 28 | 1.9 | 0.6 | 0.0 |
| | <i>(v)Garden Vegetable Goujons</i> | 2 Individual | 159 | 6.8 | 0.7 | 20.0 |
| | Hash Brown | 2 Individual | 147 | 6.0 | 0.7 | 21.0 |
| | Baked Beans | 80g | 71 | 0.0 | 0.0 | 12.2 |
| | Chewy Bar | 1 Mini Bar | 58 | 2.5 | 1.1 | 7.9 |
| | Melon Wedge- Flesh Only | 60g | 11 | 0.0 | 0.00 | 4.5 |
| Tuesday | Tuna and Tomato Pasta Bake | 201g | 246 | 5.5 | 2.4 | 30.0 |
| | <i>(v)Margherita Pizza</i> | 1 Portion | 179 | 7.4 | 4.3 | 19.0 |
| | Potato Wedges | 100g | 56 | 0.1 | 0.0 | 17.4 |
| | Mixed Salad | 60g | 46 | 0.00 | 0.0 | 1.5 |
| | Coleslaw- Homemade | 30g | 86 | 8.6 | 1.1 | 1.6 |
| | Homemade Sponge | 68g | 218 | 9.3 | 3.8 | 29.0 |
| | Sponge Sauce | 85g | 79 | 2.1 | 1.4 | 13.0 |
| Wednesday | Roast Chicken | 60g | 64 | 0.7 | 0.2 | 0.0 |
| | Stuffing | 1 Portion | 32 | 0.0 | 0.0 | 6.3 |
| | <i>(v) Lentil Roast</i> | 347g | 475 | 26.0 | 12.0 | 32.0 |
| | Roast Potatoes | 100g | 129 | 5.1 | 0.40 | 19.0 |
| | Broccoli | 60g | 17 | 0.0 | 0.0 | 1.2 |
| | Carrots | 40g | 14 | 0.0 | 0.0 | 2.4 |
| | Gravy | 100g | 24 | 0.0 | 0.0 | 4.9 |
| | Fresh Fruit Salad | 80g | 158 | 0.00 | 0.00 | 8.0 |
| Thursday | Beef Enchilada Bake | 169g | 263 | 14.0 | 5.4 | 17.0 |
| | Steamed Rice | 100g | 126 | 0.0 | 0.0 | 30.0 |
| | <i>(v) Sweet and Sour Quorn</i> | 145g | 90 | 1.5 | 0.40 | 10.0 |
| | Noodles | 75g | 125 | 0.9 | 0.3 | 23.0 |
| | Green Beans | 40g | 7 | 0.0 | 0.0 | 0.8 |
| | Sweetcorn | 40g | 30 | 0.6 | 0.2 | 4.6 |
| | Vanilla Ice Cream | 1 60g Scoop | 161 | 4.9 | 2.4 | 11.0 |
| Friday | Breaded Fish Fingers | 3 Individual | 156 | 6.5 | 0.7 | 15.0 |
| | <i>(v) Vegetable Frittata</i> | 1 Individual | 191 | 12.0 | 5.5 | 6.1 |
| | Chips | 100g | 187 | 4.5 | 0.6 | 31.8 |
| | Garden Peas | 40g | 32 | 0.0 | 0.0 | 3.6 |
| | Baked Beans | 40g | 35 | 0.0 | 0.0 | 6.0 |
| | Summer Berry Muffin | 1 Individual Muffin | 248 | 13.0 | 5.0 | 29.0 |

| Week 2 | Recipe Name | | Energy (kcal) per portion | Fat (g) per portion | Saturates (g) per portion | Carb (g) per portion | |
|------------------------|--|------------------------------------|---------------------------|---------------------|---------------------------|----------------------|------|
| Monday | Margherita Pizza | 1 Portion | 179 | 7.4 | 4.3 | 19.0 | |
| | Potato Wedges | 100g | 56 | 0.1 | 0.0 | 17.4 | |
| | <i>(v) Vegetarian Bolognese</i> | 203g | 150 | 3.4 | 0.30 | 12.0 | |
| | Pasta | 78g | 124 | 0.70 | 0.2 | 24.0 | |
| | Mixed Salad | 60g | 46 | 0.00 | 0.0 | 1.5 | |
| | Sweetcorn | 40g | 31 | 1.0 | 0.0 | 5.5 | |
| | Zesty Shortbread | 1 Mini Shortbread | 66 | 4.1 | 1.5 | 6.6 | |
| | Orange Wedges | 4 Wedges | 34 | 0.0 | 0.00 | 6.4 | |
| Tuesday | | | | | | | |
| | Oriental Chicken | 111g | 104 | 2.0 | 0.3 | 6.9 | |
| | Noodles | 75g | 125 | 0.9 | 0.3 | 23.0 | |
| | <i>(v) Italian Bean Bake</i> | 198g | 160 | 5.2 | 0.70 | 21.0 | |
| | Vegetable Medley | 80g | 41 | 0.00 | 0.00 | 5.8 | |
| Peach Eton Mess | 59g | 98 | 5.6 | 5.2 | 11.0 | | |
| Wednesday | | | | | | | |
| | Roast Pork with Apple Sauce | 1 Slice Tsp | 1 | 99 | 6.0 | 2.4 | 1.2 |
| | <i>(v) Quorn Chipolatas</i> | 2 Individual | | 108 | 5.9 | 1.2 | 6.0 |
| | Roast Potatoes | 100g | | 129 | 5.1 | 0.40 | 19.0 |
| | Cabbage | 45g | | 7 | 0.0 | 0.0 | 1.0 |
| | Carrots | 40g | | 14 | 0.0 | 0.0 | 2.4 |
| | Gravy | 100g | | 24 | 0.0 | 0.0 | 4.9 |
| Fresh Fruit Salad | 80g | | 158 | 0.00 | 0.00 | 8.0 | |
| Thursday | | | | | | | |
| | Chicken Meatballs with a Wrap in BBQ Sauce | 3 Individual Meatballs 1/2 wrap | | 191 | 4.8 | 0.50 | 24.0 |
| | Steamed Rice | 100g | | 126 | 0.0 | 0.0 | 30.0 |
| | Cheesy Pasta | 168g | | 372 | 21.00 | 11.0 | 30.0 |
| | Summer Salad | 35g | | 11 | 0.00 | 0.0 | 1.5 |
| Beetroot Brownie Slice | 88g | | 394 | 27.0 | 2.3 | 33.0 | |
| Friday | | | | | | | |
| | Crispy Fish Fillet | 1 Individual | | 95 | 4.7 | 1.3 | 7.5 |
| | Cheese and Tomato Quiche | 117g | | 319 | 18.0 | 8.9 | 26.0 |
| | Chips | 100g | | 187 | 4.5 | 0.6 | 31.8 |
| | Garden Peas | 40g | | 32 | 0.0 | 0.0 | 3.6 |
| | Baked Beans | 40g | | 33 | 0.0 | 0.0 | 6.0 |
| Oaty Bar | 1 Bar | | 104 | 6.2 | 2.2 | 10.0 | |

| Week 3 | Recipe Name | | Energy (kcal) per portion | Fat (g) per portion | Saturates (g) per portion | Carb (g) per portion |
|----------------------------|--|-----------------|---------------------------|---------------------|---------------------------|----------------------|
| Monday | Margherita Pizza | 1 Portion | 179 | 7.4 | 4.3 | 19.0 |
| | Herby Diced Potatoes | 108g | 113 | 3.0 | 0.30 | 25.0 |
| | <i>(v) Vegetarian Bean Chilli</i> | 144g | 106 | 2.0 | 0.1 | 9.7 |
| | Steamed Rice | 100g | 126 | 0.0 | 0.0 | 30.0 |
| | Mixed Salad | 60g | 46 | 0.00 | 0.0 | 1.5 |
| | Coleslaw- Homemade | 30g | 86 | 8.6 | 1.1 | 1.6 |
| | Flapjack | 1 Mini Flapjack | 115 | 4.7 | 1.5 | 16.0 |
| | Apple Wedges | 4 Wedges | 21 | 0.00 | 0.0 | 4.7 |
| Tuesday | Chicken Curry | 116g | 140 | 5.4 | 3.0 | 5.4 |
| | Steamed Rice | 100g | 126 | 0.0 | 0.0 | 30.0 |
| | Naan Bread | 1 Individual | 91 | 1.9 | 0.4 | 15.0 |
| | <i>(v) Vegetable Lasagne</i> | 312g | 322 | 15.0 | 6.3 | 34.0 |
| | Green Beans | 40g | 7 | 0.0 | 0.0 | 0.8 |
| | Sweetcorn | 40g | 30 | 0.6 | 0.2 | 4.6 |
| | Summer Fruit Jelly | 70g | 27 | 0.00 | 0.00 | 6.1 |
| | Wednesday | Sausages | 2 Individual | 132 | 8.0 | 3.0 |
| Yorkshire Pudding | | 1 Individual | 31 | 9.0 | 0.0 | 4.5 |
| <i>(v) Vegemince Pasty</i> | | 147g | 287 | 9.4 | 3.0 | 35.0 |
| Mashed Potatoes | | 110g | 146 | 7.7 | 2.8 | 16.0 |
| Garden Peas | | 40g | 32 | 0.0 | 0.0 | 3.6 |
| Carrots | | 40g | 14 | 0.0 | 0.0 | 2.4 |
| Gravy | | 100g | 24 | 0.0 | 0.0 | 4.9 |
| Fresh Fruit Salad | | 80g | 158 | 0.00 | 0.00 | 8.0 |
| Thursday | Beef and Macaroni Bake | 278g | 398 | 6.4 | 2.9 | 37.0 |
| | <i>(v) Sweet Potato and Lentil Curry</i> | 211g | 194 | 3.4 | 0.90 | 32.0 |
| | Steamed Rice | 100g | 126 | 0.0 | 0.0 | 30.0 |
| | Vegetable Medley | 80g | 41 | 0.00 | 0.00 | 5.8 |
| | Toffee Cream Tart | 63g | 206 | 10.0 | 3.8 | 26.0 |
| Friday | Breaded Fish Fingers | 3 Individual | 156 | 6.5 | 0.7 | 15.0 |
| | Salmon Fingers | 3 Individual | 211 | 7.7 | 0.8 | 25.0 |
| | <i>(v) Quorn Burger</i> | 1 Individual | 119 | 2.8 | 1.0 | 4.0 |
| | Chips | 100g | 187 | 4.5 | 0.6 | 31.8 |
| | Garden Peas | 40g | 32 | 0.0 | 0.0 | 3.6 |
| | Baked Beans | 40g | 33 | 0.0 | 0.0 | 6.0 |

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|--|-------------------------------|----------------------|----------------------------------|----------------------------|----------------------------------|-----------------------------|
| | Lemon Cupcake | 1 Individual Cupcake | 249 | 13.0 | 5.0 | 29.0 |
| | Recipe Name | | Energy (kcal) per portion | Fat (g) per portion | Saturates (g) per portion | Carb (g) per portion |
| | Jacket Potato | | | | | |
| | Jacket Potato (Size may vary) | 250g | 195 | 0.0 | 0.0 | 41.0 |
| | Fillings | | | | | |
| | Baked Beans | 80g | 71 | 0.0 | 0.0 | 12.0 |
| | Cheese and Coleslaw | 60g | 159 | 13.0 | 6.2 | 1.8 |
| | Tuna Mayonnaise | 70g | 85 | 2.8 | 0.2 | 0.7 |
| | Cheese and Baked Beans | 70g | 153 | 9.7 | 5.9 | 6.1 |
| | Tuna Sweetcorn | 80g | 74 | 0.6 | 0.1 | 2.4 |