

Autumn Winter 2025-2026

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 portion size and per 100g these figures 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 portion size)

Week 1 - Monday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Margherita Pizza (v)	89.95g	190.53kcal	7.64g	4.25g	21.47g	9.03g	23.81g
Potato Wedges	100.00g	130.00kcal	3.00g	0.40g	22.00g	2.50g	22.00g
<i>Vegemince Bolognese (v)</i>	192.50g	138.72kcal	2.84g	0.39g	13.58g	12.20g	7.06g
<i>Spaghetti</i>	46.50g	172.80kcal	2.08g	0.23g	32.04g	5.85g	68.90g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Sweetcorn	40.00g	29.60kcal	0.56g	0.16g	4.64g	1.00g	11.60g
Cocoa Mousse	110.00ml	60.00kcal	1.7g	1.4g	8.6g	2.40g	7.8g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30.00g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Cocoa Mousse	110.00ml	60.00kcal	1.7g	1.4g	8.6g	2.40g	7.8g
Week 1 - Tuesday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Breaded Chicken	1 each	143.40kcal	7.64g	1.16g	7.26g	8.18g	12.10g
Wrap	1 each	83.44kcal	1.54g	0.20g	14.84g	1.93g	53.00g
<i>Bean Burger (v)</i>	69.00g	70.81kcal	4.74g	2.67g	2.75g	3.61g	3.99g
Steamed Rice (cooked)	60.00g	70.80kcal	0.36g	0.08g	15.38g	1.48g	25.63g

Tomato Dip	10.00g	14.60kcal	0.03g	0.00g	3.38g	0.24g	33.80g
Mayo Dip	10.00g	60.30kcal	6.53g	0.46g	0.32g	0.06g	3.20g
Salad Sticks	60.00g	15.60kcal	0.30g	0.02g	2.74g	0.50g	4.57g
Jam Sponge	75.00g	231.95kcal	8.97g	3.63g	35.72g	3.13g	47.62g
Custard	82.67g	71.13kcal	2.42g	2.10g	10.18g	2.22g	12.31g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30.00g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Pizza Finger	44.98g	95.26kcal	3.82g	2.13g	10.73g	4.52g	23.81g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Jam Cupcake	37.36g	141.09kcal	7.12g	2.56g	17.44g	1.93g	46.69g
Week 1 - Wednesday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Roast Chicken	60.00g	63.60kcal	0.66g	0.18g	0.00g	14.40g	0.00g
Stuffing	10.00g	18.00kcal	0.20g	0.09g	4.43g	0.44g	44.33g
<i>Plant Sausages (v)</i>	2 each	91.00kcal	5.55g	0.50g	4.30g	6.60g	8.60g
Roast Potatoes	103.00g	102.00kcal	3.20g	0.20g	17.20g	2.10g	16.70g
Gravy	26.75g	6.02kcal	0.07g	0.03g	1.26g	0.13g	4.72g
Carrots	40.00g	13.60kcal	0.16g	0.04g	3.08g	0.20g	7.70g
Cabbage	40.00g	10.80kcal	0.08g	0.02g	1.64g	0.96g	4.10g
Chewy Krispie Bar	26.72g	117.61kcal	5.39g	2.33g	16.26g	1.38g	60.85g
Cheese and Tomato Pasta Pot	75.00g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Fruit Portion							
Chewy Krispie Bar	26.72g	117.61kcal	5.39g	2.33g	16.26g	1.38g	60.85g
Week 1 - Thursday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Pork and Carrot Meatballs in Tomato Sauce	154.20g	167.98kcal	6.21g	1.68g	10.85g	9.71g	7.04g
Spaghetti	46.50g	172.80kcal	2.08g	0.23g	32.04g	5.85g	68.90g
<i>Tex Mex Chilli Loaded Wedges (v)</i>	254.60g	281.84kcal	8.71g	2.75g	33.22g	13.85g	13.05g
Mixed Vegetables	80.00g	42.00kcal	0.36g	0.12g	6.20g	2.02g	7.75g
Apple Crunch	64.25g	116.78kcal	5.79g	2.10g	13.56g	1.86g	21.10g
Greek Yogurt	1 tbsp	18.60kcal	1.50g	0.94g	0.61g	0.67g	4.10g

Cheese and Tomato Pasta Pot	75.00g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Fruit Jelly	104.50g	14.63kcal	0.52g	0.10g	8.88g	0.52g	8.5g
Week 1 - Friday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Breaded Fish Fingers	75.00g	158.25kcal	6.82g	0.52g	13.35g	10.35g	17.80g
Salmon Fingers	60.00g	166.20kcal	6.18g	0.60g	19.74g	8.10g	32.90g
<i>Spanish Omelette (v)</i>	135.75g	178.13kcal	11.79g	4.86g	6.86g	12.10g	5.05g
Chips	100.00g	110.00kcal	2.40g	0.30g	20.00g	1.60g	20.00g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Baked Beans	40.00g	33.60kcal	0.16g	0.08g	5.40g	1.88g	13.50g
Cocoa Oatcake (Bitesize)	26.52g	126.67kcal	7.03g	2.40g	13.61g	1.75g	51.33g
Orange Wedges	1/2 portion	18.50kcal	0.05g	0.00g	4.25g	0.55g	8.50g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30.00g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Cocoa Oatcake (Fullsize)	53.04g	253.33kcal	14.06g	4.81g	27.22g	3.49g	51.33g
Orange Wedges	1/2 portion	18.50kcal	0.05g	0.00g	4.25g	0.55g	8.50g

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Nutritional Information Recipe List (Values per portion size)

Week 2 - Monday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Margherita Pizza (v)	89.95g	190.53kcal	7.64g	4.25g	21.47g	9.03g	23.81g
Tomato Pasta (v)	114.20g	110.97kcal	1.61g	0.25g	19.58g	3.71g	17.15g
<i>Sweet Potato and Lentil Curry (v)</i>	203.54g	186.62kcal	3.20g	0.45g	35.41g	6.40g	17.40g
<i>Steamed Rice (cooked)</i>	105.00g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
Salad Sticks	60.00g	15.60kcal	0.30g	0.02g	2.74g	0.50g	4.57g
Cocoa Orange Cupcake	39.17g	131.32kcal	7.30g	2.69g	14.49g	2.10g	36.99
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30.00g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Cocoa Orange Cupcake	39.17g	131.32kcal	7.30g	2.69g	14.49g	2.10g	36.99
Week 2 - Tuesday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Chicken Burrito Bake	184.60g	245.46kcal	8.95g	2.94g	20.15	20.20g	10.91g
Steamed Rice (cooked)	60.00g	70.80kcal	0.36g	0.08g	15.38g	1.48g	25.63g
<i>Cheese and Tomato Pasta Bake (v)</i>	169.20g	320.78kcal	11.76g	6.57g	39.18g	13.63g	23.16g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g

Sweetcorn	40.00g	29.60kcal	0.56g	0.16g	4.64g	1.00g	11.60g
Shortbread (Bitesize)	15.54g	72.13kcal	4.12g	1.52g	8.41g	0.78g	54.15g
Apple Wedges	1/2 portion	13.50kcal	0.10g	0.02g	3.25g	0.10g	6.50g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30.00g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Pizza Finger	44.98g	95.26kcal	3.82g	2.13g	10.73g	4.52g	23.81g
Shortbread	31.07g	144.27kcal	8.24g	3.03g	16.82g	1.56g	54.15g
Apple Wedges	1/2 portion	13.50kcal	0.10g	0.02g	3.25g	0.10g	6.50g
Week 2 - Wednesday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Roast Chicken	60.00g	63.60kcal	0.66g	0.18g	0.00g	14.40g	0.00g
Stuffing	10.00g	18.00kcal	0.20g	0.09g	4.43g	0.44g	44.33g
Roast Potatoes	103.00g	102.00kcal	3.20g	0.20g	17.20g	2.10g	99.03g
<i>Cheese and Potato Pie (v)</i>	196.13g	287.84kcal	16.36g	8.84g	23.99g	12.62g	12.23g
Gravy	26.75g	6.02kcal	0.07g	0.03g	1.26g	0.13g	4.72g
Carrots	40.00g	13.60kcal	0.16g	0.04g	3.08g	0.20g	7.70g
Green Beans	40.00g	10.00kcal	0.04g	0.00g	1.88g	0.68g	4.70g
Oaty Cookie	24.91g	105.23kcal	4.31g	1.56g	14.26g	1.70g	57.24g
Cheese and Tomato Pasta Pot	75.00g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Fruit Portion							
Oaty Cookie	24.91g	105.23kcal	4.31g	1.56g	14.26g	1.70g	57.24g
Week 2 - Thursday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Sausage Pastry Pinwheel	116.00g	313.41kcal	21.22g	9.23g	19.98g	10.38g	17.22g
<i>Plant Sausage Pastry Pinwheel (v)</i>	71.88g	222.69kcal	14.03g	5.88g	18.04g	5.97g	25.10g
Potato Wedges	100.00g	130.00kcal	3.00g	0.40g	22.00g	2.50g	22.00g
Baked Beans	80.00g	67.20kcal	0.32g	0.16g	10.80g	3.76g	13.50g
Fruit Jelly	104.50g	14.63kcal	0.52g	0.10g	8.88g	0.52g	8.5g
Cheese and Tomato Pasta Pot	75.00g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g

Fruit Jelly	104.50g	14.63kcal	0.52g	0.10g	8.88g	0.52g	8.5g
Week 2 - Friday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Chicken Fillet Bites	60.00g	123.60kcal	7.92g	1.32g	4.62g	8.16g	7.7g
<i>Garden Vegetable Goujons (v)</i>	70.00g	158.20kcal	6.75g	0.70g	20.28g	2.63g	28.97g
Chips	100.00g	110.00kcal	2.40g	0.30g	20.00g	1.60g	20.00g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Baked Beans	40.00g	33.60kcal	0.16g	0.08g	5.40g	1.88g	13.50g
Iced Sprinkle Cake	64.65g	241.91kcal	10.72g	3.62g	34.29g	2.51g	53.04g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30.00g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Iced Sprinkle Cake	64.65g	241.91kcal	10.72g	3.62g	34.29g	2.51g	53.04g

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Nutritional Information Recipe List (Values per portion size)

Week 3 - Monday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Cheesy Pasta (v)	205.00g	440.32kcal	23.84g	11.83g	43.37g	16.01g	21.15g
<i>Plant Balls in Tomato Sauce (v)</i>	145.20g	132.20kcal	6.47g	0.62g	10.01g	8.67g	6.90g
<i>Steamed Rice (cooked)</i>	105.00g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
Mixed Vegetables	80.00g	42.00kcal	0.36g	0.12g	6.20g	2.02g	7.75g
Flapjack (Bitesize)	25.54g	107.07g	3.83g	1.38g	15.06g	2.01g	58.98g
Apple Wedges	1/2 portion	13.50kcal	0.10g	0.02g	3.25g	0.10g	6.50g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30.00g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Flapjack (Fullsize)	51.07g	214.14kcal	7.65g	2.75g	30.12g	4.01g	58.98g
Apple Wedges	1/2 portion	13.50kcal	0.10g	0.02g	3.25g	0.10g	6.50g
Week 3 - Tuesday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Pork Chilli Loaded Wedges	260.40g	366.45kcal	14.95g	5.31g	37.15g	18.95g	14.27g
<i>Cheese and Tomato Pasta Bake (v)</i>	169.20g	320.78kcal	11.76g	6.57g	39.18g	13.63g	23.16g
Mixed Salad	70.00g	19.70kcal	0.36g	0.06g	3.17g	0.80g	4.53g
Cocoa Sponge	65.94g	207.12kcal	9.07g	3.69g	28.99g	3.31g	43.96g

Cocoa Sauce	85.40g	79.81kcal	2.16g	1.40g	13.38g	1.49g	15.67g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30.00g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Cocoa Cupcake	33.33g	130.07kcal	7.58g	2.65g	13.83g	0.90g	41.48g
Week 3 - Wednesday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Chipolata Sausages	2 each	171.60kcal	13.62g	5.16g	5.52g	7.08g	9.20g
<i>Plant Sausages (v)</i>	2 each	91.00kcal	5.55g	0.50g	4.30g	6.60g	8.60g
Yorkshire Pudding (homemade)	22.87g	38.70kcal	1.10g	0.27g	5.43g	1.68g	23.77g
Mashed Potato	125.20g	124.40kcal	4.06g	1.32g	20.64g	2.53g	16.49g
Gravy	26.75g	6.02kcal	0.07g	0.03g	1.26g	0.13g	4.72g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Carrots	40.00g	13.60kcal	0.16g	0.04g	3.08g	0.20g	7.70g
Peach Crunch	64.25g	118.53kcal	5.75g	2.10g	13.91g	1.99g	21.64g
Greek Yogurt	1 tbsp	18.60kcal	1.50g	0.94g	0.61g	0.67g	4.10g
Cheese and Tomato Pasta Pot	75.00g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Fruit Jelly	104.50g	14.63kcal	0.52g	0.10g	8.88g	0.52g	8.5g
Week 3 - Thursday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Chinese-Style Chicken	193.10g	152.08kcal	6.00g	1.63g	8.60g	16.20g	4.45g
Noodles	45.00g	159.75kcal	0.50g	0.09g	32.22g	5.81g	71.60g
<i>Cheese and Potato Pastry Pinwheel (v)</i>	144.00g	378.51kcal	23.18g	11.43g	34.95g	7.90g	24.27g
<i>Potato Wedges</i>	100.00g	130.00kcal	3.00g	0.40g	22.00g	2.50g	22.00g
Sweetcorn	40.00g	29.60kcal	0.56g	0.16g	4.64g	1.00g	11.60g
Broccoli	40.00g	13.60kcal	0.24g	0.06g	1.28g	1.72g	3.20g
Vanilla Ice Cream	80.00g	129.60kcal	6.56g	3.44g	14.48g	2.72g	18.10g
Cheese and Tomato Pasta Pot	75.00g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Fruit Portion							

Vanilla Ice Cream	80.00g	129.60kcal	6.56g	3.44g	14.48g	2.72g	18.10g
Week 3 - Friday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Breaded Fish Fingers	75.00g	158.25kcal	6.82g	0.52g	13.35g	10.35g	17.80g
<i>Vegetartian Enchilada (v)</i>	156.91g	212.45g	4.95g	1.66g	27.69g	12.72g	17.65g
Chips	100.00g	110.00kcal	2.40g	0.30g	20.00g	1.60g	20.00g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Baked Beans	40.00g	33.60kcal	0.16g	0.08g	5.40g	1.88g	13.50g
Carrot Cake	34.79g	123.18kcal	6.82g	0.88g	14.62g	1.35g	42.02g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30.00g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Carrot Cake	34.79g	123.18kcal	6.82g	0.88g	14.62g	1.35g	42.02g

These values are correct at the time of publishing, however alterations can be made subject to product change and availability.
We advise the contents of these reports to be checked regularly.

	Portion	Energy (Kcal) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Jacket Potato - size may vary	220.00g	172.0kcal	0.00g	36.00g	16.36g
Fillings					
Baked Beans	80.00g	67.20kcal	0.16g	10.80g	13.50g
Cheese	30.00g	117.00kcal	5.94g	0.06g	0.20g
Baked Beans	40.00g	33.60kcal	0.08g	5.40g	13.50g
Cheese	60.00g	234.00kcal	11.88g	0.12g	0.20g