



Spring/Summer 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 | 184.75kcal | 7.40g | 4.09g | 21.80g | 8.82g | 24.24g |
| Potato Wedges | 100.00g | 130.00kcal | 3.00g | 0.30g | 22.00g | 2.40g | 22.00g |
| <i>Chinese-Style Plant Balls (Ve)</i> | 184.10g | 138.11kcal | 6.10g | 0.65g | 13.72g | 8.24g | 7.45g |
| <i>Steamed Rice (cooked)</i> | 105.00g | 123.90kcal | 0.63g | 0.14g | 26.92g | 2.59g | 25.63g |
| Mixed Salad | 70.00g | 19.70kcal | 0.36g | 0.06g | 3.17g | 0.80g | 4.53g |
| Summer Berry Cupcake | 34.17g | 118.42kcal | 6.27g | 2.30g | 13.86g | 1.52g | 40.58g |
| Ham Sandwich | 120.00g | 244.65kcal | 5.36g | 1.35g | 34.03g | 13.34g | 28.35g |
| Cheese Sandwich | 115.00g | 339.00kcal | 15.23g | 7.67g | 33.57g | 15.15g | 29.19g |
| Tuna Mayo Sandwich | 135.00g | 284.90kcal | 7.81g | 1.62g | 34.30g | 17.52g | 25.40g |
| Salad Sticks | 25.00g | 6.00kcal | 0.13g | 0.01g | 1.11g | 0.19g | 4.45g |
| Orange Wedges | 50.00g | 18.50kcal | 0.05g | 0.00g | 4.25g | 0.55g | 8.50g |
| Summer Berry Cupcake | 34.17g | 118.42kcal | 6.27g | 2.30g | 13.86g | 1.52g | 40.58g |
| 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 |
| Chicken in Tomato Sauce | 169.20g | 106.43kcal | 1.84g | 0.30g | 6.23g | 15.76g | 3.68g |
| Steamed Rice (cooked) | 105.00g | 123.90kcal | 0.63g | 0.14g | 26.92g | 2.59g | 25.63g |
| <i>Cheesy Pasta (v)</i> | 205.00g | 434.69kcal | 23.21g | 11.58g | 43.37g | 16.01g | 21.15g |
| 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 |
|----------------------------------|---------|---------------------------|---------------------|---------------------------|----------------------|-------------------------|-------------------|
| Vanilla Ice Cream | 80.00g | 129.60kcal | 6.56g | 3.44g | 14.48g | 2.72g | 18.10g |
| Ham Sandwich | 120.00g | 244.65kcal | 5.36g | 1.35g | 34.03g | 13.34g | 28.35g |
| Cheese Sandwich | 115.00g | 339.00kcal | 15.23g | 7.67g | 33.57g | 15.15g | 29.19g |
| Tuna Mayo Sandwich | 135.00g | 284.90kcal | 7.81g | 1.62g | 34.30g | 17.52g | 25.40g |
| Pizza Finger | 44.98g | 92.38kcal | 3.70g | 2.04g | 10.90g | 4.41g | 24.24g |
| Sultanas | 25.00g | 67.75kcal | 0.10g | 0.00g | 17.35g | 0.68g | 69.40g |
| Vanilla Ice Cream | 80.00g | 129.60kcal | 6.56g | 3.44g | 14.48g | 2.72g | 18.10g |
| 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 |
| Roast Potatoes (uncooked) | 103.00g | 102.00kcal | 3.20g | 0.20g | 17.20g | 2.10g | 16.70g |
| <i>Cheese and Potato Pie (v)</i> | 196.13g | 285.74kcal | 16.12g | 8.74g | 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 |
| Beetroot Brownie | 32.57g | 147.18kcal | 10.30g | 1.35g | 11.99g | 1.66g | 36.82g |
| Orange Wedges | 50.00g | 18.50kcal | 0.05g | 0.00g | 4.25g | 0.55g | 8.50g |
| Cheese and Tomato Pasta | 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 |
| Orange Wedges | 50.00g | 18.50kcal | 0.05g | 0.00g | 4.25g | 0.55g | 8.50g |
| Beetroot Brownie | 58.62g | 264.92g | 18.54g | 2.44g | 21.59g | 2.99g | 36.82g |
| 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 Bolognese | 147.20g | 149.95kcal | 8.29g | 2.47g | 5.63g | 9.70g | 3.82g |
| Pasta Twists (uncooked) | 45.50g | 158.18kcal | 1.36g | 0.19g | 31.84g | 5.31g | 69.97g |
| <i>BBQ Loaded Bean Bake (v)</i> | 201.51g | 195.81kcal | 6.47g | 1.49g | 26.56g | 6.21g | 13.18g |
| Mixed Vegetables | 80.00g | 42.00kcal | 0.36g | 0.12g | 6.20g | 2.02g | 7.75g |
| Fruit Jelly | 104.50g | 14.63kcal | 0.52g | 0.10g | 8.88g | 0.52g | 8.50g |
| Cheese and Tomato Pasta | 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 | 67.75kcal | 0.10g | 0.00g | 17.35g | 0.68g | 69.40g |

| Fruit Jelly | 104.50g | 14.63kcal | 0.52g | 0.10g | 8.88g | 0.52g | 8.50g |
|-------------------------------------|---------|---------------------------|---------------------|---------------------------|----------------------|-------------------------|-------------------|
| 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 |
| Chicken Fillet Bites | 60.00g | 123.60kcal | 7.92g | 1.32g | 4.62g | 8.16g | 7.70g |
| <i>Garden Vegetable Goujons (v)</i> | 70.00g | 158.20kcal | 6.75g | 0.70g | 20.28g | 2.62g | 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 |
| Lemon Shortbread | 16.57g | 73.63kcal | 3.86g | 1.14g | 8.47g | 0.84g | 51.11g |
| Melon Wedge | 80.00g | 14.40kcal | 0.08g | 0.02g | 3.44g | 0.24g | 4.30g |
| | | | | | | | |
| Ham Sandwich | 120.00g | 244.65kcal | 5.36g | 1.35g | 34.03g | 13.34g | 28.35g |
| Cheese Sandwich | 115.00g | 339.00kcal | 15.23g | 7.67g | 33.57g | 15.15g | 29.19g |
| Tuna Mayo Sandwich | 135.00g | 284.90kcal | 7.81g | 1.62g | 34.30g | 17.52g | 25.40g |
| Salad Sticks | 25.00g | 6.00kcal | 0.13g | 0.01g | 1.11g | 0.19g | 4.45g |
| Lemon Shortbread | 33.14g | 147.26kcal | 7.72g | 2.82g | 16.94g | 1.68g | 51.11g |
| Melon Wedge | 80.00g | 14.40kcal | 0.08g | 0.02g | 3.44g | 0.24g | 4.30g |

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Spring/Summer 2026

Nutrition Analysis

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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.

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

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 | 184.75kcal | 7.40g | 4.09g | 21.80g | 8.82g | 24.24g |
| Tomato Pasta (v) | 114.20g | 110.96kcal | 1.61g | 0.25g | 19.58g | 3.71g | 17.15g |
| <i>Vegetable Curry (Ve)</i> | 154.75g | 115.54kcal | 4.46g | 2.68g | 13.75g | 4.24g | 8.88g |
| <i>Steamed Rice (cooked)</i> | 105.00g | 123.90kcal | 0.63g | 0.14g | 26.92g | 2.59g | 25.63g |
| Sweetcorn | 80.00g | 59.20kcal | 1.12g | 0.32g | 9.28g | 2.00g | 11.60g |
| Fresh Fruit Platter | | | | | | | |
| Ham Sandwich | 120.00g | 244.65kcal | 5.36g | 1.35g | 34.03g | 13.34g | 28.35g |
| Cheese Sandwich | 115.00g | 339.00kcal | 15.23g | 7.67g | 33.57g | 15.15g | 29.19g |
| Tuna Mayo Sandwich | 135.00g | 284.90kcal | 7.81g | 1.62g | 34.30g | 17.52g | 25.40g |
| Salad Sticks | 25.00g | 6.00kcal | 0.13g | 0.01g | 1.11g | 0.19g | 4.45g |
| Sultanas | 25.00g | 67.75kcal | 0.10g | 0.00g | 17.35g | 0.68g | 69.40g |
| Fruit Portion | | | | | | | |
| 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 Curry | 124.25g | 161.46kcal | 9.17g | 4.07g | 3.82g | 16.13g | 3.07g |
| Steamed Rice (cooked) | 105.00g | 123.90kcal | 0.63g | 0.14g | 26.92g | 2.59g | 25.63g |
| <i>Cheese and Tomato Pasta Bake (v)</i> | 169.20g | 320.78kcal | 11.76g | 6.57g | 39.18g | 13.63g | 23.16g |

| Mixed Vegetables | 80.00g | 42.00kcal | 0.36g | 0.12g | 6.20g | 2.02g | 7.75g |
|---------------------------------|---------|---------------------------|---------------------|---------------------------|----------------------|-------------------------|-------------------|
| Marble Shortbread | 31.07g | 143.96kcal | 7.75g | 2.84g | 16.66g | 1.70g | 53.62g |
| Ham Sandwich | 120.00g | 244.65kcal | 5.36g | 1.35g | 34.03g | 13.34g | 28.35g |
| Cheese Sandwich | 115.00g | 339.00kcal | 15.23g | 7.67g | 33.57g | 15.15g | 29.19g |
| Tuna Mayo Sandwich | 135.00g | 284.90kcal | 7.81g | 1.62g | 34.30g | 17.52g | 25.40g |
| Pizza Finger | 44.98g | 92.38kcal | 3.70g | 2.04g | 10.90g | 4.41g | 24.24g |
| Orange Wedges | 50.00g | 18.50kcal | 0.05g | 0.00g | 4.25g | 0.55g | 8.50g |
| Marble Shortbread | 31.07g | 143.96kcal | 7.75g | 2.84g | 16.66g | 1.70g | 53.62g |
| 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 |
| Chipolata Sausages | 60.00g | 171.60kcal | 13.62g | 5.16g | 5.52g | 7.08g | 9.20g |
| <i>Plant Sausages (v)</i> | 50.00g | 91.00kcal | 5.55g | 0.50g | 4.30g | 6.60g | 8.60g |
| Yorkshire Pudding | 22.87g | 38.70kcal | 1.10g | 0.27g | 5.43g | 1.68g | 23.77g |
| Mashed Potato (uncooked) | 125.20g | 121.50kcal | 3.74g | 1.30g | 20.67g | 2.56g | 16.51g |
| 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 |
| Peas | 40.00g | 27.60kcal | 0.12g | 0.04g | 3.60g | 2.08g | 9.00g |
| Summer Berry and Apple Slice | 67.19g | 169.62kcal | 10.15g | 3.74g | 18.56g | 1.60g | 27.63g |
| Greek Yogurt | 1 tbsp | 18.60kcal | 1.50g | 0.94g | 0.61g | 0.68g | 4.10g |
| Cheese and Tomato Pasta | 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 | | | | | | | |
| Summer Berry and Apple Slice | 67.19g | 169.62kcal | 10.15g | 3.74g | 18.56g | 1.60g | 27.63g |
| 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 |
| BBQ Shredded Chicken Wrap | 114.20g | 203.58kcal | 3.31g | 0.51g | 26.11g | 16.84g | 22.86g |
| <i>Vegetarian Enchilada (v)</i> | 156.91g | 212.45kcal | 4.95g | 1.66g | 27.69g | 12.72g | 17.65g |
| Potato Wedges | 100.00g | 130.00kcal | 3.00g | 0.30g | 22.00g | 2.40g | 22.00g |
| Mixed Salad | 70.00g | 19.70kcal | 0.36g | 0.06g | 3.17g | 0.80g | 4.53g |
| Orange Cupcake | 39.17g | 127.91kcal | 6.71g | 2.41g | 15.50g | 1.90g | 39.57g |
| Cheese and Tomato Pasta | 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 | | | | | | | |

| Orange Cupcake | 39.17g | 127.91kcal | 6.71g | 2.41g | 15.50g | 1.90g | 39.57g |
|--|---------|---------------------------|---------------------|---------------------------|----------------------|-------------------------|-------------------|
| 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 |
| Fish Fingers | 75.00g | 153.00kcal | 6.15g | 0.53g | 14.25g | 9.75g | 19.00g |
| Salmon Fingers | 60.00g | 166.20kcal | 6.18g | 0.60g | 19.74g | 8.10g | 32.90g |
| <i>Cheese and Potato Pastry Pinwheel (v)</i> | 144.00g | 378.51kcal | 23.18g | 11.43g | 34.95g | 7.90g | 24.27g |
| 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 |
| Apple Flapjack | 63.21g | 208.48kcal | 7.17g | 2.55g | 29.81g | 4.03g | 47.16g |
| Ham Sandwich | 120.00g | 244.65kcal | 5.36g | 1.35g | 34.03g | 13.34g | 28.35g |
| Cheese Sandwich | 115.00g | 339.00kcal | 15.23g | 7.67g | 33.57g | 15.15g | 29.19g |
| Tuna Mayo Sandwich | 135.00g | 284.90kcal | 7.81g | 1.62g | 34.30g | 17.52g | 25.40g |
| Salad Sticks | 25.00g | 6.00kcal | 0.13g | 0.01g | 1.11g | 0.19g | 4.45g |
| Sultanas | 25.00g | 67.75kcal | 0.10g | 0.00g | 17.35g | 0.68g | 69.40g |
| Apple Flapjack | 63.21g | 208.48kcal | 7.17g | 2.55g | 29.81g | 4.03g | 47.16g |

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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 |
| Cheese and Tomato Pasta Bake (v) | 169.20g | 320.78kcal | 11.76g | 6.57g | 39.18g | 13.63g | 23.16g |
| <i>Tex Mex Chilli (Ve)</i> | 165.03g | 84.65kcal | 2.65g | 0.39g | 5.95g | 1.94g | 3.60g |
| <i>Steamed Rice (cooked)</i> | 105.00g | 123.90kcal | 0.63g | 0.14g | 26.92g | 2.59g | 25.63g |
| 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 |
| Banana Muffin | 36.83g | 122.72kcal | 6.27g | 2.30g | 15.06g | 1.55g | 40.89g |
| Ham Sandwich | 120.00g | 244.65kcal | 5.36g | 1.35g | 34.03g | 13.34g | 28.35g |
| Cheese Sandwich | 115.00g | 339.00kcal | 15.23g | 7.67g | 33.57g | 15.15g | 29.19g |
| Tuna Mayo Sandwich | 135.00g | 284.90kcal | 7.81g | 1.62g | 34.30g | 17.52g | 25.40g |
| Salad Sticks | 25.00g | 6.00kcal | 0.13g | 0.01g | 1.11g | 0.19g | 4.45g |
| Sultanas | 25.00g | 67.75kcal | 0.10g | 0.00g | 17.35g | 0.68g | 69.40g |
| Banana Muffin | 36.83g | 122.72kcal | 6.27g | 2.30g | 15.06g | 1.55g | 40.89g |
| 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 |
| Hot Dog Sausage | 1 each | 143.00kcal | 11.35g | 4.30g | 4.60g | 5.90g | 9.20g |
| <i>Plant Sausages (v)</i> | 50.00g | 91.00kcal | 5.55g | 0.50g | 4.30g | 6.60g | 8.60g |
| Homemade Roll | 1 each | 178.52kcal | 1.15g | 0.23g | 37.98g | 5.30g | 46.15g |

| Potato Wedges | 100.00g | 130.00kcal | 3.00g | 0.30g | 22.00g | 2.40g | 22.00g |
|-----------------------------------|---------|---------------------------|---------------------|---------------------------|----------------------|-------------------------|-------------------|
| Tomato Dip | 10.00g | 14.60kcal | 0.03g | 0.00g | 3.38g | 0.24g | 33.80g |
| Mixed Salad | 70.00g | 19.70kcal | 0.36g | 0.06g | 3.17g | 0.80g | 4.53g |
| Shortbread | 31.07g | 139.45kcal | 7.71g | 2.82g | 16.82g | 1.56g | 54.15g |
| Ham Sandwich | 120.00g | 244.65kcal | 5.36g | 1.35g | 34.03g | 13.34g | 28.35g |
| Cheese Sandwich | 115.00g | 339.00kcal | 15.23g | 7.67g | 33.57g | 15.15g | 29.19g |
| Tuna Mayo Sandwich | 135.00g | 284.90kcal | 7.81g | 1.62g | 34.30g | 17.52g | 25.40g |
| Salad Sticks | 25.00g | 6.00kcal | 0.13g | 0.01g | 1.11g | 0.19g | 4.45g |
| Sultanas | 25.00g | 67.75kcal | 0.10g | 0.00g | 17.35g | 0.68g | 69.40g |
| Shortbread | 31.07g | 139.45kcal | 7.71g | 2.82g | 16.82g | 1.56g | 54.15g |
| 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 |
| 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>Vegetable Pastry Plait (v)</i> | 131.25g | 364.50kcal | 22.59g | 11.26g | 33.55g | 5.78g | 25.56g |
| Mashed Potato (uncooked) | 125.20g | 121.50kcal | 3.74g | 1.30g | 20.67g | 2.56g | 16.51g |
| Gravy | 26.75g | 6.02kcal | 0.07g | 0.03g | 1.26g | 0.13g | 4.72g |
| Brocoli | 40.00g | 13.60kcal | 0.24g | 0.06g | 1.28g | 1.72g | 3.20g |
| Carrots | 40.00g | 13.60kcal | 0.16g | 0.04g | 3.08g | 0.20g | 7.70g |
| Apple Crumble | 66.12g | 116.01kcal | 4.76g | 1.71g | 17.05g | 1.41g | 25.78g |
| Greek Yogurt | 1 tbsp | 18.60kcal | 1.50g | 0.94g | 0.61g | 0.67g | 4.10g |
| Cheese and Tomato Pasta | 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 |
| Melon Wedge | 80.00g | 14.40kcal | 0.08g | 0.02g | 3.44g | 0.24g | 4.30g |
| Flapjack | 51.07g | 209.72kcal | 7.16g | 2.55g | 30.12g | 4.01g | 58.98g |
| 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 |
| Chicken Taco | 148.37g | 250.16kcal | 13.59g | 4.03g | 11.85g | 19.60g | 7.99g |
| <i>Vegetarian Taco (v)</i> | 148.62g | 199.61kcal | 9.70g | 2.70g | 13.80g | 5.80g | 9.28g |
| Steamed Rice (cooked) | 60.00g | 70.80kcal | 0.36g | 0.08g | 15.38g | 1.48g | 25.63g |
| Sweetcorn | 80.00g | 59.20kcal | 1.12g | 0.32g | 9.28g | 2.00g | 11.60g |
| Oaty Cookie | 24.91g | 102.82kcal | 4.05g | 1.45g | 14.26g | 1.70g | 57.24g |
| Cheese and Tomato Pasta | 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 | 67.75kcal | 0.10g | 0.00g | 17.35g | 0.68g | 69.40g |
| Oaty Cookie | 24.91g | 102.82kcal | 4.05g | 1.45g | 14.26g | 1.70g | 57.24g |
| 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 |
| Fish Fingers | 75.00g | 153.00kcal | 6.15g | 0.53g | 14.25g | 9.75g | 19.00g |
| <i>Cheese and Tomato Frittata (v)</i> | 125.00g | 164.07kcal | 11.96g | 5.17g | 3.58g | 10.82g | 2.87g |
| 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 |
| Chewy Krispie Bar | 26.72g | 115.15kcal | 5.12g | 2.23g | 16.26g | 1.38g | 60.85g |
| Orange Wedges | 50.00g | 18.50kcal | 0.05g | 0.00g | 4.25g | 0.55g | 8.50g |
| Ham Sandwich | 120.00g | 244.65kcal | 5.36g | 1.35g | 34.03g | 13.34g | 28.35g |
| Cheese Sandwich | 115.00g | 339.00kcal | 15.23g | 7.67g | 33.57g | 15.15g | 29.19g |
| Tuna Mayo Sandwich | 135.00g | 284.90kcal | 7.81g | 1.62g | 34.30g | 17.52g | 25.40g |
| Salad Sticks | 25.00g | 6.00kcal | 0.13g | 0.01g | 1.11g | 0.19g | 4.45g |
| Orange Wedges | 50.00g | 18.50kcal | 0.05g | 0.00g | 4.25g | 0.55g | 8.50g |
| Chewy Krispie Bar | 26.72g | 115.15kcal | 5.12g | 2.23g | 16.26g | 1.38g | 60.85g |

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 |
| Tuna Mayonnaise | 60.00g | 114.80kcal | 0.61g | 0.32g | 0.53g |