

# Norse Catering - Spring/Summer Primary School Menu 2019

## 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 (g)
Monday	<i>(v)Quorn Chipolatas</i>	179	9.7	2.0	9.9	60
	Omelette	112	7.6	2.4	2.0	50
	<i>(v)Garden Vegetable Goujons</i>	226	9.7	1.0	29.0	70
	Hash Brown	175	7.2	0.8	26.0	50
	Baked Beans	89	0.0	0.0	15.0	80
	Chewy Bar	436	19.0	8.4	59.0	13
	Melon Wedge	19	0.0	0.0	3.9	60
Tuesday	Tuna and Tomato Pasta Bake	122	2.7	1.2	15.0	201
	<i>(v)Margherita Pizza</i>	242	9.9	5.8	26.0	74
	Potato Wedges	127	3.0	0.3	22.0	100
	Mixed Salad	31	0.5	0.0	4.4	35
	Coleslaw	260	26.0	3.4	4.9	33
	Homemade Sponge	321	14.0	5.6	43.0	68
	Sponge Sauce	89	2.4	1.6	15.0	95
Wednesday	Roast Chicken	106	1.1	0.3	0.0	60
	Stuffing	193	2.1	0.0	38.0	17
	<i>(v)Lentil Roast</i>	137	7.4	3.4	10.0	347
	Roast Potatoes	129	4.9	0.3	19.0	105
	Broccoli	26	0.0	0.0	2.0	60
	Carrots	35	0.5	0.1	5.9	40
	Gravy	209	2.4	1.5	42.0	25
	Fresh Fruit Salad	47	0.0	0.0	9.9	80
Thursday	Beef Enchilada Bake	156	8.3	3.2	9.9	169
	Savoury Rice	99	1.3	0.4	20.0	142
	<i>(v) Sweet and Sour Quorn</i>	62	1.0	0.2	6.9	145
	Noodles	359	2.6	1.0	67.0	35
	Green Beans	18	0.0	0.0	2.0	40
	Sweetcorn	74	1.4	0.4	12.0	40
	Vanilla Ice Cream	174	9.7	4.4	19.0	80
Friday	Breaded Fish Fingers	236	9.9	1.1	22.0	66
	<i>(v) Vegetable Frittata</i>	127	8.2	3.6	4.1	150
	Chips	124	3.0	0.4	21.0	100
	Garden Peas	69	0.0	0.1	9.0	40
	Baked Beans	89	0.0	0.0	15.0	80
	Summer Berry Muffin	360	19.0	7.2	41.0	69

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 (g)
Monday	Margherita Pizza	242	9.9	5.8	26.0	74
	Potato Wedges	127	3.0	0.3	22.0	100
	<i>(v) Vegetarian Bolognese</i>	74	1.7	0.1	6.0	203
	Pasta	158	0.9	0.2	31.0	78
	Mixed Salad	31	0.5	0.0	4.4	35
	Coleslaw	260	26.0	3.4	4.9	33
	Zesty Shortbread	433	27.0	10.0	43.0	15
	Orange Wedges	43	0.0	0.0	8.0	80
Tuesday	Oriental Chicken	93	1.8	0.3	6.0	111
	Noodles	359	2.6	1.0	67.0	35
	<i>(v) Italian Bean Bake</i>	81	2.6	0.3	11.0	198
	Vegetable Medley	51	0.7	0.0	7.3	80
	Peach Eton Mess	166	9.5	8.9	18.0	59
Wednesday	Roast Pork with Apple Sauce	141	8.6	3.4	1.7	70
	<i>(v) Quorn Chipolatas</i>	179	9.7	2.0	9.9	60
	Roast Potatoes	129	4.9	0.3	19.0	105
	Cabbage	30	0.0	0.0	6.0	40
	Carrots	35	0.5	0.1	5.9	40
	Gravy	209	2.4	1.5	42.0	25
	Fresh Fruit Salad	47	0.0	0.0	9.9	80
Thursday	Chicken Meatballs with a Wrap in BBQ Sauce	182	4.5	0.5	23.0	105
	Steamed Rice	93	0.0	0.1	20.0	35
	Cheesy Pasta	182	8.9	4.6	18.0	273
	Summer Salad	31	0.5	0.0	4.4	35
	Beetroot Brownie Slice	448	30.0	2.6	37.0	88
Friday	Crispy Fish Fillet	189	9.3	2.5	15.0	50
	Cheese and Tomato Quiche	285	18.0	8.7	20.0	117
	Chips	124	3.0	0.4	21.0	100
	Garden Peas	69	0.0	0.1	9.0	40
	Baked Beans	89	0.0	0.0	15.0	80
	Oaty Bar	479	29.0	10.0	47.0	22

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 (g)
Monday	Margherita Pizza	242	9.9	5.8	26.0	74
	Herby Diced Potatoes	105	2.8	0.3	16.0	108
	Vegetarian Bean Chilli	74	1.4	0.1	6.7	144
	Steamed Rice	93	0.0	0.1	20.0	35
	Mixed Salad	31	0.5	0.0	4.4	35
	Coleslaw	260	26.0	3.4	4.9	33
	Flapjack	328	13.0	4.3	46.0	70
Apple Wedges	53	0.0	0.0	12.0	40	
Tuesday	Chicken Curry	120	4.7	2.6	4.6	116
	Steamed Rice	93	0.0	0.1	20.0	35
	Naan Bread	268	5.5	1.3	44.0	34
	Vegetable Lasagne	103	4.7	2.0	11.0	312
	Green Beans	18	0.0	0.0	2.0	40
	Sweetcorn	74	1.4	0.4	12.0	40
	Summer Fruit Jelly	39	0.0	0.0	8.7	70
Wednesday	Sausages	220	13.0	5.0	13.0	60
	Yorkshire Pudding	235	7.0	0.7	35.0	16
	<i>(v) Vegemince Pasty</i>	205	8.6	2.9	22.0	147
	Mashed Potatoes	132	7.0	2.6	15.0	110
	Garden Peas	69	0.0	0.1	9.0	40
	Carrots	35	0.5	0.1	5.9	40
	Gravy	209	2.4	1.5	42.0	25
Fresh Fruit Salad	47	0.0	0.0	9.9	80	
Thursday	Beef and Macaroni Bake	144	6.4	2.9	14.0	278
	<i>(v) Sweet Potato and Lentil Curry</i>	129	2.2	0.6	22.0	151
	Steamed Rice	93	0.0	0.1	20.0	35
	Vegetable Medley	51	0.7	0.0	7.3	80
	Toffee Cream Tart	314	17.0	6.3	37.0	90
Friday	Breaded Fish Fingers	236	9.9	1.1	22.0	66
	Salmon Fingers	281	10.0	1.0	33.0	75
	<i>(v) Quorn Burger</i>	119	2.8	1.0	4.0	50
	Chips	124	3.0	0.4	21.0	100
	Garden Peas	69	0.0	0.1	9.0	40
	Baked Beans	89	0.0	0.0	15.0	80
	Lemon Cupcake	361	20.0	7.2	41.0	69

	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	108	0.0	0.0	22.0	230
	Jacket Potato with Cheese and Coleslaw	154	5.9	2.7	19.0	230
	Jacket Potato with Tuna Mayonnaise	117	1.4	0.1	17.0	240
	Jacket Potato with Cheese and Baked Beans	145	4.2	2.5	20.0	240
	Jacket Potato with Cheese	192	9.2	5.7	18.0	230