



## **Norse Catering - Autumn/Winter Primary School Menu 2019-2020**

### **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	Recipe Name	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Monday	<i>(v) Margherita Pizza</i>	1 Portion	180	7.4	4.3	19	26
	Jacket Potato Wedges	100g	81	0.0	0.0	17	17
	<i>(v) Vegemince Curry</i>	171g	167	3.8	0.3	20	12
	Steamed Rice	95g	125	0.6	0.1	27	28
	Garden Peas	40g	27	0.0	0.0	4	9
	Sweetcorn	40g	30	0.6	0.2	5	12
	Orange Cupcake	1 Individual Cupcake	134	7.20	2.6	15	37
Tuesday	Chicken Curry	109g	140	6.3	3.1	5	5
	Steamed Rice	95g	125	0.6	0.1	27	28
	Naan Bread	1 Individual	91	1.9	0.4	15	40
	<i>(v) Vegetable Lasagne</i>	312g	320	15.0	6.3	34	11
	Vegetable Medley	80g	41	0.5	0.0	6	7
	Apple Crumble	110g	205	8.5	3.1	28	26
	Custard	83g	70	2.0	1.3	12	14
Wednesday	Sausages	2 Individual	132	8.0	3.0	8	13
	<i>(v) Quorn Sausage</i>	1 Individual	78	2.2	0.3	6	10
	Yorkshire Pudding	1 Individual	31	0.9	0.0	5	35
	Mashed Potato	105g	112	3.90	1.4	16	16
	Carrots	40g	14	0.5	0.0	2	6
	Cabbage	40g	12	0.0	0.0	2	6
	Gravy	107g	24	0.5	0.2	5	5
	Fresh Fruit Salad	80g	37	0.00	0.0	8	10
Thursday	Oriental Chicken	111g	99	1.3	0.3	7	6
	Steamed Noodles	78g	126	0.9	0.4	24	30
	<i>(v) Mediterranean Vegetable and Potato Layered Bake</i>	383g	414	19.00	9.3	42	11
	Broccoli	60g	16	0.0	0.0	1	2
	Sweetcorn	40g	30	0.6	0.2	5	12
	Beetroot Brownie	75g	337	23.0	2.0	27	36
Friday	Breaded Fish Fingers	3 Individual	156	6.5	0.8	15	19
	<i>(v) Spanish Omelette</i>	142g	188	12.0	5.3	6	4
	Chips	100g	124	3.0	0.4	21	21
	Garden Peas	40g	27	0.0	0.0	4	9
	Baked Beans	80g	71	0.5	0.0	12	15
	Fresh Fruit Selection	80g	37	0.00	0.0	8	10

Week 2	Recipe Name	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Monday	Beef Burger	60g	132	9.1	3.4	3	5
	Homemade Roll	1 Individual	189	1.7	0.6	36	44
	Diced Potatoes	103g	99	2.60	0.2	16	16
	<i>(v) Oriental Quorn Strips</i>	111g	90	2.0	0.4	9	8
	Steamed Noodles	78g	126	0.9	0.4	24	30
	Mixed Salad	35g	11	0.0	0.0	2	4
	Fresh Fruit Selection	80g	37	0.00	0.0	8	10
Tuesday	Pork and Bean Hotpot	323g	398	19.0	8.1	30	9
	<i>(v) Cheesy Pasta</i>	322g	576	33.0	18.0	43	13
	Vegetable Medley	80g	41	0.5	0.0	6	7
	Pancake	1 Individual	65	0.90	0.1	13	42
	Ice Cream	1 Individual Scoop	139	7.8	3.5	11	19
Wednesday	Roast Chicken	60g	64	0.7	0.2	0	0
	Stuffing	40g	32	0.5	0.0	6	16
	<i>(v) Lentil Roast</i>	347g	475	26.00	12.0	36	10
	Roast Potatoes	105g	136	5.1	0.4	20	19
	Carrots	40g	14	0.5	0.0	2	6
	Swede	40g	12	0.0	0.0	2	5
	Gravy	107g	24	0.5	0.2	5	5
	Apple Flapjack	32.0	106	4.70	1.5	14	43
Thursday	Bolognese	185g	135	8.30	3.5	3	2
	Cooked Pasta	79g	128	1.20	0.2	24	31
	<i>(v) BBQ Quorn Fillet</i>	120g	124	1.6	0.4	17	14
	Steamed Rice	95g	125	0.6	0.1	27	28
	Broccoli	60g	16	0.0	0.0	1	2
	Sweetcorn	40g	30	0.6	0.2	5	12
	Sponge	66g	213	9.1	3.7	29	44
	Sponge Sauce	85g	79	2.1	1.4	13	16
Friday	Crispy Fish Fillet	60g	109	3.5	0.4	12	20
	<i>(v) Garden Vegetable Goujons</i>	70g	158	6.8	0.7	20	29
	Chips	100g	124	3.0	0.4	21	21
	Garden Peas	40g	27	0.0	0.0	4	9
	Baked Beans	80g	71	0.5	0.0	12	15
	Fresh Fruit Selection	80g	37	0.00	0.0	8	10

Week 3	Recipe Name	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Monday	<i>(v) Margherita Pizza</i>	1 Portion	180	7.4	4.3	19	26
	Diced Potatoes	103g	99	2.60	0.2	16	16
	<i>(v) Vegetarian Bean Chilli</i>	155g	123	2.8	0.2	11	7
	Steamed Rice	95g	125	0.6	0.1	27	28
	Mixed Salad	35g	11	0.0	0.0	2	4
	Fresh Fruit Salad	80g	37	0.00	0.0	8	10
Tuesday	Hunters Chicken	90g	159	7.7	4.5	3	3
	Steamed Rice	95g	125	0.6	0.1	27	28
	<i>(v) Sweet Potato and Spinach Pasty</i>	137g	309	15.0	5.0	37	27
	Curry Sauce	5g	7	0.5	0.3	1	12
	Jacket Potato Wedges	100g	81	0.0	0.0	17	17
	Vegetable Medley	80g	41	0.5	0.0	6	7
	Mini Cocoa Oatcake	1 Individual	253	15.0	5.3	13	50
	Orange Wedges	80g	34	0.00	0.0	6	8
Wednesday	Roast Beef	60g	80	2.6	1.0	0	0
	Yorkshire Pudding	1 Individual	31	0.9	0.0	5	35
	<i>(v) Vegemince Cottage Pie</i>	174g	205	8.1	2.6	20	11
	Mashed Potato	105g	112	3.90	1.4	16	16
	Carrots	40g	14	0.5	0.0	2	6
	Green Beans	40g	7	0.0	0.0	1	2
	Gravy	107g	24	0.5	0.2	5	5
	Fresh Fruit Salad	80g	37	0.00	0.0	8	10
Thursday	Chicken	60g	64	0.7	0.2	0	0
	Mediterranean Sauce	109g	44	1.4	0.2	6	5
	Pasta	76g	128	1.20	0.2	24	31
	<i>(v) Italian Bean Bake</i>	198.0	160	5.20	0.7	21	11
	Mixed Salad	35g	11	0.0	0.0	2	4
	Toffee Cream Tart	77g	283	15.00	5.7	33	43
Friday	Breaded Fish Fingers	3 Individual	156	6.5	0.8	15	19
	Salmon Fingers	3 Individual	211	7.7	0.8	25	33
	<i>(v) Cheese and Tomato Quiche</i>	105.0	282	18.0	9.0	17	16
	Chips	100g	124	3.0	0.4	21	21
	Garden Peas	40g	27	0.0	0.0	4	9
	Baked Beans	80g	71	0.5	0.0	12	15
	Chewy Popcorn Bar	23.3g	95	4.7	2.1	12	52

	Recipe Name	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per Portion
	<b>Jacket Potatoes</b>						
	Jacket Potato (Size May Vary)	220g	172	0.5	0.0	36	16
	<b>Fillings:</b>						
	Baked Beans	80g	71	0.5	0.0	12	15
	Cheese and Coleslaw	60g	159	13.0	6.2	2	3
	Tuna Mayonnaise	70g	85	2.8	0.2	1	1
	Cheese and Baked Beans	70g	153	9.7	5.9	6	9
	Tuna Sweetcorn	80g	74	0.6	0.1	2	3