

## Norse Catering - Primary Autumn Winter Menu 2021-22

### 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	Menu Item	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 Slice	185.0	7.3	4.2	20.0	22.0
	Pasta Salad - cooked	80g	102.0	3.0	0.3	15.0	19.0
	<i>(v) Vegemince Curry</i>	132g	123.0	2.6	0.4	14.0	11.0
	Steamed Rice - cooked	77g	125.0	0.6	0.1	27.0	35.0
	Sweetcorn	80g	59.0	1.1	0.3	9.3	12.0
	Jambuster Muffin	1 Muffin	112.0	7.3	2.6	9.4	24.0
	50/50 Bread	2 Slices	204	2	0.4	36	41
	Cheese - sandwich filling	1 Slice	84	7	4.3	0	0
	Sultanas	20g	59	0	0	14	69
	Orange Wedges	1/2	34	0	0	6.4	8
	Jambuster Muffin	1 Muffin	112.0	7.3	2.6	9.4	24.0
Tuesday	Mexican Beef and Baked Bean Chilli	160g	187.0	11.00	4.2	7.6	4.8
	Steamed Rice - cooked	77g	125.0	0.6	0.1	27.0	35.0
	<i>(v) Cheesy Pasta - cooked</i>	322g	576.0	33.0	18.0	43.0	13.0
	Vegetable Medley	80g	41.0	0.5	0.0	5.8	7.3
	Cocoa Shortbread	1 Portion	133.0	8.3	3.1	12.0	40.0
	50/50 Bread	2 Slices	204	2	0.4	36	41
	Ham - sandwich filling	25g	27	0.8	0.3	0.5	1
	Cucumber Sticks	3 Sticks	2	0	0	0	0
	Pizza Finger	1/2 Slice	93	3.7	2.1	10	22
	Melon Wedge	60g	11	0	0	2.3	3.9
	Cocoa Shortbread	1 Portion	133.0	8.3	3.1	12.0	40.0
Wednesday	Roast Chicken	1 Fillet	64.0	0.7	0.2	0.0	0.0
	<i>(v) Quorn Fillet</i>	1 Fillet	68.0	0.8	0.3	3.4	4.9
	Stuffing	1 Ball	32.0	0.5	0.0	6.3	16.0
	Roast Potatoes	105g	136.0	5.1	0.4	20.0	19.0
	Carrots	40g	14.0	0.0	0.0	2.4	5.9
	Cabbage	40g	12.0	0.0	0.0	2.4	6.0
	Gravy	27g	6.0	0.0	0.0	1.2	4.6
	Oaty Apple Crunch	129g	236.0	13.00	4.5	25.0	20.0
	Custard	83g	60.0	2.0	1.3	9.1	11.0
	Cheese and Tomato Pasta Pot - cooked	205g	240.0	5.6	2.3	36.0	18.0
	Cucumber Sticks	3 Sticks	2	0	0	0	0
	Sultanas	20g	59	0	0	14	69
	Fresh Fruit Portion - site specific						
Flapjack	1 Portion	177	9.3	3	19	31	

Thursday	BBQ Chicken	70g	77.0	0.9	0.2	2.8	4.1
	Tortilla Wrap	1/2	109.0	2.8	0.0	18.0	50.0
	Potato Wedges	100g	81.0	0.0	0.0	17.0	17.0
	<i>(v) Vegemince Lasagne</i>	273.0	302.0	11.0	4.7	28.0	10.0
	Rainbow Salad	70g	27.0	0.5	0.0	5.0	7.2
	Jelly with Fruit	150g	34.0	0.0	0.0	7.7	5.1
	50/50 Bread	2 Slices	204	2	0.4	36	41
	Egg Mayo - sandwich filling	29g	44.0	3.4	0.7	0.5	1.2
	Carrot Batons	3 Batons	5	0	0	0.9	5.9
	Cheese Bar	1 Bar	243.0	15.0	7.0	18.0	28.0
	Orange Wedges	Half Whole	34	0	0	6.4	8
	Jelly with Fruit	150g	34.0	0.0	0.0	7.7	5.1
Friday	Breaded Fish Fingers	3 Individual	156.0	6.5	0.8	15.0	19.0
	<i>(v) Garden Vegetable Goujons</i>	2 Individual	158.0	6.8	0.7	20.0	29.0
	Chips	100g	124.0	3.0	0.4	21.0	21.0
	Garden Peas - site specific	40g	27.0	0.0	0.0	3.6	9.0
	Baked Beans - site specific	40g	36.0	0.0	0.0	6.1	15.0
	Fresh Fruit Selection	80g	37.0	0.0	0.0	8.0	10.0
	Bread Roll	1 Individual	189	1.7	0.6	36	44
	Ham - roll filling	25g	27	0.8	0.3	0.5	1
	Carrot Batons	3 Batons	5	0	0	0.9	5.9
	Sultanas	20g	59	0	0	14	69
	Fresh Fruit Portion - site specific						
Fruit Yoghurt	80g	77	3.1	2.1	8.6	11	

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Week 2	Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Monday	Breaded Chicken	1 Fillet	124.0	5.50	0.5	10.0	17.0
	Curry Dip	10g	5.0	0.0	0.0	0.5	4.7
	Savoury Rice - cooked	87g	132.0	0.7	0.2	28.0	32.0
	<i>(v) BBQ Quorn</i>	79g	80.0	0.8	0.3	6.2	7.9
	Tortilla Wrap	1/2	109.0	2.8	0.0	18.0	50.0
	Potato Wedges	100g	81.0	0.0	0.0	17.0	17.0
	Crunchy Vegetable Sticks - site specific						
	Flapjack	1/2 Portion	90	4.7	1.5	9.8	31
	Apple Wedges	40g	21.0	0.0	0.0	4.7	12.0
	50/50 Bread	2 Slices	204	2	0.4	36	41
	Cheese - sandwich filling	1 Slice	84	7	4.3	0	0
	Carrot Batons	3 Batons	5	0	0	0.9	5.9
	Sultanas	20g	59	0	0	14	69
	Apple Wedges	40g	21.0	0.0	0.0	4.7	12.0
Flapjack	1 Portion	177.0	9.3	3.0	19.0	31.0	
Tuesday	<i>(v) Margherita Pizza</i>	1 Slice	185.0	7.3	4.2	20.0	22.0
	Pasta Salad - cooked	78g	80.0	1.0	0.1	14.0	19.0
	<i>(v) Mexican Veggie Bean Chilli</i>	155g	124.0	2.6	0.3	12.0	7.9
	Steamed Rice - cooked	77g	125.0	0.6	0.1	27.0	35.0
	Sweetcorn	80g	59.0	1.1	0.3	9.3	12.0
	Fresh Fruit Selection	80g	37.0	0.0	0.0	8.0	10.0
	50/50 Bread	2 Slices	204	2	0.4	36	41
	Ham - sandwich filling	25g	27	0.8	0.3	0.5	1
	Cucumber Sticks	3 Sticks	2	0	0	0	0
	Cheese Bar	1 Bar	243.0	15.0	7.0	18.0	28.0
	Fresh Fruit Portion - site specific						
Fruit Yoghurt	80g	77	3.1	2.1	8.6	11	
Wednesday	Sausage	2 Individual	132.0	8.0	3.0	7.8	13.0
	<i>(v) Vegetarian Sausage</i>	1 Individual	119.0	6.0	2.3	6.6	11.0
	Yorkshire Pudding - site specific	1 Individual	38.0	1.1	0.1	5.7	35.0
	Homemade Yorkshire Pudding - site specific	1 Individual	39.0	1.1	0.3	5.6	25.0
	Mashed Potatoes	125g	128.0	4.0	1.5	20.0	16.0
	Carrots	40g	14.0	0.5	0.0	2.4	5.9
	Green Beans	40g	7.0	0.0	0.0	0.8	2.1
	Gravy	27g	6.0	0.0	0.0	1.2	4.6
	Pear and Ginger Sponge	1 Portion	163.0	6.6	2.4	24.0	35.0
	Custard	83g	60.0	2.0	1.3	9.1	11.0
	Cheese and Tomato Pasta Pot - cooked	205g	240.0	5.6	2.3	36.0	18.0
	Cucumber Sticks	3 Sticks	2	0	0	0	0
	Pizza Finger	1/2 Slice	93	3.7	2.1	10	22
	Fresh Fruit Portion - site specific						
Pear and Ginger Sponge	1 Portion	163.0	6.6	2.4	24.0	35.0	

<b>Thursday</b>	Beef Bolognese	185g	135.0	8.3	3.5	3.2	1.7
	Pasta - cooked	101g	163.0	1.4	0.2	31.0	31.0
	<i>(v) Potato, Broccoli and Cauliflower Cheese Bake</i>	334g	259.0	9.7	4.7	29.0	8.7
	Vegetable Medley	80g	41.0	0.5	0.0	5.8	7.3
	Cornflake Tart	1 Portion	242.0	11.0	3.9	34.0	55.0
	50/50 Bread	2 Slices	204	2	0.4	36	41
	Egg Mayo - sandwich filling	29g	44.0	3.4	0.7	0.5	1.2
	Carrot Batons	3 Batons	5	0	0	0.9	5.9
	Sultanas	20g	59	0	0	14	69
	Orange Wedges	1/2	34	0	0	6.4	8
	Cornflake Tart	1 Portion	242.0	11.0	3.9	34.0	55.0
<b>Friday</b>	Breaded Fish Fingers	3 Individual	156.0	6.5	0.8	15.0	19.0
	<i>(v) Vegetarian Enchilada</i>	155g	210.0	5.5	1.6	25.0	16.0
	Chips	100g	124.0	3.0	0.4	21.0	21.0
	Garden Peas - site specific	40g	27.0	0.0	0.0	3.6	9.0
	Baked Beans - site specific	40g	36.0	0.0	0.0	6.1	15.0
	Lemon Cupcake	1 Cupcake	102.0	7.2	2.6	6.8	17.0
	Bread Roll	1 Individual	189	1.7	0.6	36	44
	Ham - roll filling	25g	27	0.8	0.3	0.5	1
	Cucumber Sticks	3 Sticks	2	0	0	0	0
	Sultanas	20g	59	0	0	14	69
	Fresh Fruit Portion - site specific						
	Lemon Cupcake	1 Cupcake	102.0	7.2	2.6	6.8	17.0

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Week 3	Menu Item	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 Slice	185.0	7.3	4.2	20.0	22.0
	Potato Wedges	100g	81.0	0.0	0.0	17.0	17.0
	<i>(v) Sweet Potato and Lentil Curry</i>	211g	194.0	3.4	0.9	33.0	16.0
	Steamed Rice - cooked	77g	125.0	0.6	0.1	27.0	35.0
	Crunchy Vegetable Sticks - site specific						
	Ice Cream Tub	1 Tub	129.0	6.5	3.2	15.0	19.0
	50/50 Bread	2 Slices	204	2	0.4	36	41
	Cheese - sandwich filling	1 Slice	84	7	4.3	0	0
	Carrot Batons	3 Batons	5	0	0	0.9	5.9
	Sultanas	20g	59	0	0	14	69
	Fresh Fruit Portion - site specific						
	Ice Cream Tub	1 Tub	129.0	6.5	3.2	15.0	19.0
Tuesday	Sweet and Sour Chicken	145g	103.0	1.2	0.2	7.6	5.2
	Steamed Rice - cooked	77g	125.0	0.6	0.1	27.0	35.0
	<i>(v) Quorn and Tomato Pasta Bake</i>	289g	312.0	6.5	2.6	40.0	14.0
	Broccoli	40g	10.0	0.0	0.0	0.8	2.0
	Sweetcorn	40g	30.0	0.6	0.2	4.6	12.0
	Chewy Krispie Bar	1/2 Portion	58.0	2.5	1.3	7.8	58.0
	Orange Wedges	1/2	34	0	0	6.4	8
	50/50 Bread	2 Slices	204	2	0.4	36	41
	Ham - sandwich filling	25g	27	0.8	0.3	0.5	1
	Cucumber Sticks	3 Sticks	2	0	0	0	0
	Pizza Finger	1/2 Slice	93	3.7	2.1	10	22
	Fresh Fruit Portion - site specific						
Chewy Krispie Bar	1 Portion	117.0	52.00	2.5	16.0	58.0	
Wednesday	Roast Chicken	1 Fillet	64.0	0.7	0.2	0.0	0.0
	<i>(v) Veggie Balls</i>	3 Balls	105.0	1.5	0.2	15.0	13.0
	Roast Potatoes	105g	136.0	5.1	0.4	20.0	19.0
	Vegetable Medley	80g	41.0	0.5	0.0	5.8	7.3
	Gravy	27g	6.0	0.0	0.0	1.2	4.6
	Fresh Fruit Selection	80g	37.0	0.0	0.0	8.0	10.0
	Cheese and Tomato Pasta Pot - cooked	205g	240.0	5.6	2.3	36.0	18.0
	Cucumber Sticks	3 Sticks	2	0	0	0	0
	Cheese Bar	1 Bar	243.0	15.0	7.0	18.0	28.0
	Apple Wedges	40g	21.0	0.0	0.0	4.7	12.0
	Fruit Yoghurt	80g	77	3.1	2.1	8.6	11

<b>Thursday</b>	Cottage Pie	224g	270.0	13.00	5.4	23.0	10.0
	<i>(v) Italian Bean Bake</i>	198g	159.0	5.2	0.7	21.0	11.0
	Garden Peas	40g	27.0	0.0	0.0	3.6	9.0
	Carrots	40g	14.0	0.0	0.0	2.4	5.9
	Cocoa Pudding	1 portion	175.0	9.1	3.7	20.0	30.0
	Cocoa Sauce	50g	37.0	1.3	0.8	5.5	11.0
	50/50 Bread	2 Slices	204	2	0.4	36	41
	Egg Mayo - sandwich filling	29g	44.0	3.4	0.7	0.5	1.2
	Carrot Batons	3 Batons	5	0	0	0.9	5.9
	Sultanas	20g	59	0	0	14	69
	Orange Wedges	1/2	34	0	0	6.4	8
	Cocoa Cake	1 portion	135.0	7.5	2.7	14.0	41.0
<b>Friday</b>	Breaded Fish Fingers	3 Individual	156.0	6.5	0.8	15.0	19.0
	Salmon Fingers	2 Individual	169.0	6.2	0.6	20.0	33.0
	<i>(v) Cheese and Tomato Quiche</i>	1 Slice	282.0	18.0	9.0	17.0	16.0
	Chips	100g	124.0	3.0	0.4	21.0	21.0
	Garden Peas - site specific	40g	27.0	0.0	0.0	3.6	9.0
	Baked Beans - site specific	40g	36.0	0.0	0.0	6.1	15.0
	Autumn Feast Muffin	1 Muffin	190.0	8.9	3.0	24.0	35.0
	Bread Roll	1 Individual	189	1.7	0.6	36	44
	Ham - roll filling	25g	27	0.8	0.3	0.5	1
	Cucumber Sticks	3 Sticks	2	0	0	0	0
	Sultanas	20g	59	0	0	14	69
	Fresh Fruit Portion - site specific						
	Autumn Feast Muffin	1 Muffin	190.0	8.9	3.0	24.0	35.0

		Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
	Jacket Potato - size may vary	220g	172.0	0.5	0.0	36.0	16.0
	<b>Fillings</b>						
	Baked Beans	80g	71.0	0.5	0.0	12.0	15.0
	Cheese and Coleslaw	60g	159.0	13.0	6.2	1.8	3.0
	Tuna Mayonnaise	70g	85.0	2.8	0.2	0.7	1.0
	Cheese and Baked Beans	70g	153.0	9.7	5.9	6.1	9.0
	Tuna Sweetcorn	80g	74.0	0.6	0.1	2.4	3.0
	Cheese	60g	236.0	19.0	12.0	0.0	0.0

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