

Spring/Summer Primary Menu 2022

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	Carb (g) Per 100g
Margherita Pizza (v)	45g	93.0	3.7g	2.1g	10g	22g
Potato Wedges	100g	81.0	0.0	0.0	17g	17g
Oriental Quorn Strips with Noodles (v)	222g	256.0	3.3g	1g	41g	19g
Sweetcorn	80g	59.0	1.1g	0.3g	9.3g	12g
Vanilla Ice Cream	80g	139	7.8g	3.5g	15g	19g
50/50 Bread	2 slices	204.0	2.0g	0.4g	36g	41g
Cheese - Sandwich Filling	1 slice	84.0	7.0g	4.3g	0.0g	0.0g
Carrot Batons	3 batons	5.0	0.0g	0.0g	0.9g	5.9g
Sultanas	20g	59.0	0.0g	0.0g	14.0g	69.0g
Orange Wedges	Half orange	34.0	0.0g	0.0g	6.4g	8.0g
Vanilla Ice Cream	80g	139	7.8g	3.5g	15g	19g

Week 1 - Tuesday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Spanish Chicken	169g	105.0	1.7g	0.3g	5.7g	3.4g
Steamed Rice	77g	125.0	0.6g	0.1g	27g	35g
Vegemince Bolognese (v)	203g	151.0	3.0g	0.4g	14g	6.7g
Pasta Twists	101g	163.0	1.4g	0.2g	31g	31g
Mixed Salad	50g	17.0	0.5g	0.0g	2.7g	5.3g
Beetroot Brownie	75g	340	23.0g	2.0g	28g	37g
50/50 Bread	2 slices	204.0	2.0g	0.4g	36g	41g
Ham - Sandwich Filling	25g	27.0	0.8g	0.3g	0.5g	1.0g
Cucumber Sticks	3 batons	2.0	0.0g	0.0g	0.0g	0.0g
Pizza Finger	1/2 slice	93.0	3.7g	2.1g	10.0g	22.0g
Melon Wedge	60g	11.0	0.0g	0.0g	2.3g	3.9g
Beetroot Brownie	75g	340	23.0g	2.0g	28g	37g

Week 1 - Wednesday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Roast Chicken	60g	64.0	0.7g	0.2g	0.0g	0.0g
Stuffing	40.0g	32.0	0.5g	0.0g	6.3g	16.0g
Quorn Fillet (v)	69.0g	68.0	0.8g	0.3g	3.4g	4.9g
Roast Potatoes	105g	136.0	5.1g	0.4g	20.0g	19.0g
Carrots	40.0 g	14.0	0.0g	0.0g	2.4g	5.9g
Green Beans	40.0g	7.0	0.0g	0.0g	0.8g	2.1g
Gravy	97.0g	26.0	0.5g	0.2g	5.3g	5.4g
Oaty Bar	45.0g	216.0	12.0g	4.4g	22.0g	50.0g
Apple Wedges	40.0g	21.0	0.0g	0.0g	4.7g	12.0g
Cheese and Tomato Pasta Pot - cooked	205g	240	5.6g	2.3g	36.0g	18.0g
Cucumber Sticks	3 batons	2.0	0.0g	0.0g	0.0g	0.0g
Sultanas	20g	59	0.0g	0.0g	14.0g	69.0g
Fresh Fruit Portion - Site Specific						
Oaty Bar	45.0g	216.0	12.0g	4.4g	22.0g	50.0g

Week 1 - Thursday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Beef Bolognese	185g	134.0	8.3g	3.5g	3.1g	1.7g
Pasta Twists	101g	163.0	1.4g	0.2g	31.0g	31.0g
Sweet Potato and Lentil Curry (v)	211g	194.0	3.4g	0.9g	33.0g	16.0g
Steamed Rice	77.0g	125.0	0.6g	0.1g	27.0g	35.0g
Mixed Vegetables	80.0g	42.0	0.5g	0.1g	6.0g	7.6g
Banana Cupcake	49.0g	150.0	5.4g	2.0g	23.0g	46.0g
50/50 Bread	2 slices	204.0	2.0g	0.4g	36g	41g
Egg Mayonnaise - Sandwich Filling	29.0g	44.0	3.4g	0.7g	0.5g	1.2g

Carrot Batons	3 batons	5.0	0.0g	0.0g	0.9g	5.9g
Cheese Bar	1 bar	243.0	15.0g	7.0g	18.0g	28.0g
Orange Wedges	Half orange	34.0	0.0g	0.0g	6.4g	8.0g
Banana Cupcake	49.0g	150.0	5.4g	2.0g	23.0g	46.0g

Week 1 - Friday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Breaded Fish Fingers	75.0g	156.0	6.5g	0.8g	15.0g	19.0g
<i>Tomato and Courgette Omelette (v)</i>	144g	177.0	13.0g	5.3g	3.4g	2.3g
Chips	100g	124.0	3.0g	0.4g	21.0g	21.0g
Garden Peas	40.0g	27.0	0.0g	0.0g	3.6g	9.0g
Baked Beans	40.0g	36.0	0.0g	0.0g	6.1g	15.0g
Fresh Fruit Salad	80.0g	37.0	0.0g	0.0g	8.0g	10.0g
Roll	1 roll	189	1.7g	0.6g	36.0g	44.0g
Ham - Roll Filling	25g	27.0	0.8g	0.3g	0.5g	1.0g
Carrot Batons	3 batons	5.0	0.0g	0.0g	0.9g	5.9g
Sultanas	20g	59.0	0.0g	0.0g	14.0g	69.0g
Fresh Fruit Portion - Site Specific						
Fruit Yoghurt	80g	77.0	3.1g	2.1g	8.6g	11.0g

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Nutrition Analysis

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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	Carb (g) Per 100g
Breaded Chicken	60g	124.0	5.5g	0.5g	10.0g	17.0g
Half a Tortilla Wrap	34.5g	107.0	2.8g	0.0g	17.0g	50.0g
Lettuce	10g	2.0	0.0g	0.0g	0.0g	1.9g
Mayonnaise	10g	26.0	2.5g	0.2g	0.7g	6.7g
Potato Wedges	100g	81.0	0.0g	0.0g	17.0g	17.0g
<i>Quorn and Tomato Pasta Bake (v)</i>	263g	266.0	4.0g	1.1g	39.0g	15.0g
Crunchy Vegetable Sticks	80g	21.0	0.5	0.0	3.2	4.0
Apple Flapjack	31.6g	89.0	4.7g	1.5g	9.7g	31.0g
50/50 Bread	2 slices	204.0	2.0g	0.4g	36g	41g
Cheese - Sandwich Filling	1 slice	84.0	7.0g	4.3g	0.0g	0.0g
Carrot Batons	3 batons	5.0	0.0g	0.0g	0.9g	5.9g
Sultanas	20g	59.0	0.0g	0.0g	14.0g	69.0g
Apple Wedges	40g	21.0	0.0g	0.0g	4.7g	12.0g
Flapjack	1 portion	177g	11.0g	3.6g	32.0g	54.0g

Week 2 - Tuesday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Margherita Pizza (v)	45g	93.0	3.7g	2.1g	10.0g	22.0g
Pasta Salad	80g	102.0	3.0g	0.3g	15.0g	19.0g
<i>Vegemince and Bean Chilli (v)</i>	155g	123.0	2.6g	0.3g	12.0g	7.9g
<i>Steamed Rice</i>	77g	125.0	0.6g	0.1g	27.0g	35.0g
Sweetcorn	80g	59.0	1.1g	0.3g	9.3g	12.0g
Fruit Jelly	150g	34.0	0.0g	0.0g	7.7g	5.1g
50/50 Bread	2 slices	204.0	2.0g	0.4g	36g	41g
Ham - Sandwich Filling	25g	27.0	0.8g	0.3g	0.5g	1.0g
Cucumber Sticks	3 batons	2.0	0.0g	0.0g	0.0g	0.0g
Cheese Bar	1 bar	243.0	15.0g	7.0g	18.0g	28.0g
Fresh Fruit Portion - Site Specific						
Fruit Jelly	150g	34.0	0.0g	0.0g	7.7g	5.1g

Week 2 - Wednesday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Roast Beef	50g	59.0	2.4g	1.0g	0.0g	0.0g
Homemade Yorkshire Pudding	22.5g	39.0	1.1g	0.3g	5.6g	25.0g
Mashed Potato	125g	128.0	4.0g	1.5g	20.0g	16.0g
<i>Vegemince Cottage Pie (v)</i>	90g	136.0	7.7g	2.7g	6.1g	6.7g
Carrots	40g	14.0	0.0g	0.0g	2.4g	5.9g
Garden Peas	40g	27.0	0.0g	0.0g	3.6g	9.0g
Gravy	97g	26.0	0.5g	0.2g	5.3g	5.4g
Fresh Fruit Salad	80g	37.0	0.0g	0.0g	8.0g	10.0g
Cheese and Tomato Pasta Pot - cooked	205g	240	5.6g	2.3g	36.0g	18.0g
Cucumber Sticks	3 batons	2.0	0.0g	0.0g	0.0g	0.0g
Sultanas	20g	59.0	0.0g	0.0g	14.0g	69.0g
Fresh Fruit Portion - Site Specific						
Fruit Yoghurt	80g	77.0	3.1g	2.1g	8.6g	11.0g

Week 2 - Thursday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Chicken Curry	109g	140.0	6.3g	3.1g	5.4g	4.9g
Steamed Rice	77g	125.0	0.6g	0.1g	27.0g	35.0g
<i>Italian Bean Bake (v)</i>	198g	159.0	5.2g	0.7g	21.0g	11.0g
Broccoli	40g	16.0	0.0g	0.0g	1.1g	2.8g
Herby Bread	24.2g	54.0	0.6g	0.2g	9.8g	40.0g
Summer Berry Muffin	69g	247.0	13.0g	5.0g	28.0g	41.0g

50/50 Bread	2 slices	204.0	2.0g	0.4g	36g	41g
Egg Mayonnaise - Sandwich Filling	29.0g	44.0	3.4g	0.7g	0.5g	1.2g
Carrot Batons	3 batons	5.0	0.0g	0.0g	0.9g	5.9g
Pizza Finger	1/2 slice	93.0	3.7g	2.1g	10.0g	22.0g
Orange Wedges	Half orange	34.0	0.0g	0.0g	6.4g	8.0g
Summer Berry Muffin	69g	247.0	13.0g	5.0g	28.0g	41.0g

Week 2 - Friday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Breaded Fish Fingers	75g	156.0	6.5g	0.8g	15.0g	19.0g
<i>Cheese and Onion Pastry Pinwheel (v)</i>	144g	378.0	23.0g	11.0g	34.0g	23.0g
Chips	100g	124.0	3.0g	0.4g	21.0g	21.0g
Garden Peas	40g	27.0	0.0g	0.0g	3.6g	9.0g
Baked Beans	40g	36.0	0.0g	0.0g	6.1g	15.0g
Cocoa Shortbread	31.1g	133.0	8.4g	3.1g	12.0g	40.0g
Melon Wedge	60g	11.0	0.0g	0.0g	2.3g	3.9g
Roll	1 roll	189	1.7g	0.6g	36.0g	44.0g
Ham - Roll Filling	25g	27.0	0.8g	0.3g	0.5g	1.0g
Cucumber Sticks	3 batons	2.0	0.0g	0.0g	0.0g	0.0g
Sultanas	20g	59.0	0.0g	0.0g	14.0g	69.0g
Melon Wedge	60g	11.0	0.0g	0.0g	2.3g	3.9g
Cocoa Shortbread	31.1g	133.0	8.4g	3.1g	12.0g	40.0g

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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	Carb (g) Per 100g
Sausages	56g	123.0	7.5g	2.8g	7.3g	13.0g
<i>Vegetarian Sausage (v)</i>	59g	117.0	5.9g	2.2g	6.5g	11.0g
Hash Brown	50g	88.0	3.6g	0.4g	13.0g	26.0g
Omlette	58g	64.0	4.0	1.2	0.8	1.3
Baked Beans	40g	36.0	0.0g	0.0g	6.1g	15.0g
Iced Lemon Cupcake	56g	152.0	7.3g	2.6g	19.0g	35.0g
50/50 Bread	2 slices	204.0	2.0g	0.4g	36g	41g
Cheese - Sandwich Filling	1 slice	84.0	7.0g	4.3g	0.0g	0.0g
Carrot Batons	3 batons	5.0	0.0g	0.0g	0.9g	5.9g
Sultanas	20g	59.0	0.0g	0.0g	14.0g	69.0g
Fresh Fruit Portion - Site Specific						
Iced Lemon Cupcake	56g	152.0	7.3g	2.6g	19.0g	35.0g

Week 3 - Tuesday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Mac'n'Cheese	258g	601.0	32g	18g	52g	20g
<i>BBQ Quorn (v)</i>	79g	80.0	0.8g	0.3g	6.2g	7.9g
<i>Half a Tortilla Wrap</i>	34.5g	107.0	2.8g	0.0g	17.0g	50.0g
<i>Potato Wedges</i>	100g	81.0	0.0g	0.0g	17.0g	17.0g
Mixed Vegetables	80g	42.0	0.5g	0.1g	6.0g	7.6g
Fresh Fruit Salad	80g	37	0.0g	0.0g	8.0g	10.0g
50/50 Bread	2 slices	204.0	2.0g	0.4g	36g	41g
Ham - Sandwich Filling	25g	27.0	0.8g	0.3g	0.5g	1.0g
Cucumber Sticks	3 batons	2.0	0.0g	0.0g	0.0g	0.0g
Pizza Finger	1/2 slice	93.0	3.7g	2.1g	10.0g	22.0g
Fresh Fruit Portion - Site Specific						
Fruit Yoghurt	80g	77.0	3.1g	2.1g	8.6g	11.0g

Week 3 - Wednesday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Roast Chicken	60g	64.0	0.7g	0.2g	0.0g	0.0g
Stuffing	40.0g	32.0	0.5g	0.0g	6.3g	16.0g
Vegetarian Roast	132g	272.0	11g	5.2g	30g	23g
Mashed Potato	125g	128.0	4.0g	1.5g	20.0g	16.0g
Spring Greens	40g	17.0	0.5g	0.0g	1.2g	3.1g
Carrots	40g	14.0	0.0g	0.0g	2.4g	5.9g
Gravy	97g	26.0	0.5g	0.2g	5.3g	5.4g
Marble Cake	43g	164.0	8.8g	3.2g	18.0g	43.0g
Cheese and Tomato Pasta Pot - cooked	205g	240	5.6g	2.3g	36.0g	18.0g
Cucumber Sticks	3 batons	2.0	0.0g	0.0g	0.0g	0.0g
Sultanas	20g	59	0.0g	0.0g	14.0g	69.0g
Apple Wedges	40.0g	21.0	0.0g	0.0g	4.7g	12.0g
Marble Cake	43g	164.0	8.8g	3.2g	18.0g	43.0g

Week 3 - Thursday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Margherita Pizza (v)	45g	93.0	3.7g	2.1g	10.0g	22.0g
<i>Vegetarian Enchilada (v)</i>	155g	210.0	5.5g	1.6g	25.0g	16.0g
Sunshine Couscous	149g	113.0	3.4g	0.3g	17.0g	11.0g
Mixed Salad	50g	17.0	0.5g	0.0g	2.7g	5.3g
Fruit Smoothie Ice Cream	80g	66.0	0.0g	0.0g	15.0g	19.0g
50/50 Bread	2 slices	204.0	2.0g	0.4g	36g	41g
Egg Mayonnaise - Sandwich Filling	29.0g	44.0	3.4g	0.7g	0.5g	1.2g
Carrot Batons	3 batons	5.0	0.0g	0.0g	0.9g	5.9g
Cheese Bar	1 bar	243.0	15.0g	7.0g	18.0g	28.0g
Fresh Fruit Portion - Site Specific						
Fruit Smoothie Ice Cream	80g	66.0	0.0g	0.0g	15.0g	19.0g

Week 3 - Friday						
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Fish Fingers	75g	156.0	6.5g	0.8g	15.0g	19.0g
Salmon Fingers	60g	169.0	6.2g	0.6g	20.0g	33.0g
<i>Garden Vegetable Goujons (v)</i>	70g	158.0	6.8g	0.7g	20.0g	29.0g
Chips	100g	124.0	3.0g	0.4g	21.0g	21.0g
Garden Peas	40g	27.0	0.0g	0.0g	3.6g	9.0g
Baked Beans	40g	36.0	0.0g	0.0g	6.1g	15.0g
Cocoa Krispie Bar	47g	201.0	8.0g	3.1g	30.0g	64.0g
Orange Wedges	80g	34.0	0.0g	0.0g	6.4g	8.0g
Roll	1 roll	189	1.7g	0.6g	36.0g	44.0g
Ham - Roll Filling	25g	27.0	0.8g	0.3g	0.5g	1.0g
Cucumber Sticks	3 batons	2.0	0.0g	0.0g	0.0g	0.0g
Sultanas	20g	59	0.0g	0.0g	14.0g	69.0g
Cocoa Krispie Bar	47g	201.0	8.0g	3.1g	30.0g	64.0g
Orange Wedges	80g	34.0	0.0g	0.0g	6.4g	8.0g

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