



**Autumn/Winter Menu 2023/2024**  
**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)	90.15g	183.78	7.30g	4.21g	20.74g	23g
Tomato Pasta Salad	114.2g	110.90	1.61g	0.25g	19.60g	17.16g
Sweet Potato and Lentil Curry (v)	105g	123.90	0.63g	0.14g	26.91g	25.63g
Steamed Rice	77g	125.00	0.6g	0.1g	27g	35g
Mixed Salad	70g	18.80	0.32g	0.06g	3.11g	4.44g
Mixed Berry Mousse	15g	64.65	1.89g	1.57g	9.36g	62.40g
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
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
Carrot Sticks	15g	5	0g	0g	0.9g	5.9
Sultanas	20g	59	0g	0g	14g	69g
Fruit Portion						
Mixed Berry Mousse	15g	64.65	1.89g	1.57g	9.36g	62.40g
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
Breaded Chicken Wrap	100g	251.8	10.64g	2.61g	27.78g	27.78g
Potato Wedges - Primary	100g	123	3.00g	0.30g	22.00g	22.00g
Tomato Dip	5g	7.3	0.01g	0.00g	1.69g	33.80g
Mayo Dip	5g	30.15	3.27g	0.23g	0.16g	3.2g
Plant Balls in Tomato Sauce (v)	145.2g	132.3	6.47g	0.62g	9.96g	6.86g
Pasta	45.5g	158.18	1.35g	0.19g	31.84g	69.97g
Sweetcorn	41g	30.0	0.6g	0.2g	4.7g	12g
Peas	40g	27.0	0g	0g	3.6g	9g
Cocoa Sponge	65.94g	198.32	7.97g	2.72g	27.73g	42.05g
Sponge Sauce	85.40g	67.01	0.22g	0.14g	12.45g	14.58g
Cheese and Tomato Pasta Pot	75g	176.7	3.98g	2.27g	26.57g	35.42g
Cucumber Sticks	15g	2	0g	0g	0g	0g
Pizza Finger	45g	96	3.8g	2.3g	11g	24g
Fruit Portion						
Cocoa Cupcake	34.5g	133	7.4g	2.7g	14g	41g
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	89.0	0.7g	0.2g	0g	0g
Stuffing	40g	32.0	0.5g	0g	6.3g	16g
Roast Potatoes	105g	136.0	5.1g	0.4g	20g	19g
Vegemince Cottage Pie (v)	173.75g	199.73	7.88g	2.66g	20.89g	12.02g
Carrots	40g	14.0	0g	0g	2.4g	5.9g
Cabbage	40g	10.8	0.08g	0.02g	1.64g	4.10g
Gravy	26.75g	6.14	0.07g	0.04g	1.23g	4.58g
Apple Wedges	40g	21	0g	0g	4.7g	4.7g
Shortbread	15.54g	71.86	4.12g	1.52g	8.41g	54.15g
Tuna Mayo Wrap	139g	299	8.3g	0.2g	35g	26g
Cheese Wrap	99g	332	15g	5.9g	35g	35g
Carrot Sticks	15g	5	0g	0g	0.9g	5.9
Sultanas	20g	59	0g	0g	14g	69g
Apple Wedges	40g	21	0g	0g	4.7g	4.7g
Shortbread	15.54g	71.86	4.12g	1.52g	8.41g	54.15g
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 Burrito Bake	177g	235.05	10.37g	4.48g	23.40g	13.22g
Steamed Rice (cooked)	105g	123.9	0.63g	0.14g	26.9	25.63g
Loaded Tomato and Bean Bake (v)	196.9g	121.73	3.82g	0.68g	19.20g	9.75g
Mixed Vegetables	80g	42.0	0.5g	0.1g	6g	7.6g
Fresh Fruit Selection						

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
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	15g	2	0g	0g	0g	0g
Cheese Straw	33.1g	122	7.5g	3.5g	9.2g	28g
Fresh Fruit Portion						
Fruit Yogurt	80g	77	3g	2g	8.8g	11g
<b>Week 1 - Friday</b>						
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	84g	179.76	7.90g	0.67g	16.80g	20g
<i>Garden Vegetable Goujons (v)</i>	70g	144.2	4.76g	0.63g	21.84g	31.20g
Chips	100g	109.0	3.4g	0.4g	17g	17g
Peas	40g	20	0.03g	0.00g	3.37g	8.43g
Baked Beans	40g	29.6	0.24g	0.04g	5.12g	12.80g
Lemon Drizzle Cake	54.5g	212.82	10.47g	3.79g	26.24g	48.15g
<i>Garden Vegetable Goujons (v)</i>	70g	144.2	4.76g	0.63g	21.84g	31.20g
<i>Wrap</i>	90g	261	5.22g	0.45g	45.63g	50.7g
Cheese Wrap	99g	332	15g	5.9g	35g	35g
Carrot Sticks	15g	5	0g	0g	0.9g	5.9
Sultanas	20g	59	0g	0g	14g	69g
Fresh Fruit Portion						
Lemon Drizzle Cake	54.5g	212.82	10.47g	3.79g	26.24g	48.15g

These values are correct at the time of publishing, however alterations can be made subject to product change and availability.  
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## Autumn/Winter Menu 2023/2024

### 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
Margherita Pizza (v)	90.15g	183.8	7.30g	4.21g	20.74g	23g
Potato Wedges	100g	81.0	0.0	0.0	17g	17g
Tex Mex Chilli (v)	155g	123.0	2.6g	0.3g	12g	7.9g
Steamed Rice (cooked)	105g	123.9	0.63g	0.14g	26.9	25.63g
Sweetcorn	41g	30.0	0.6g	0.2g	4.7g	12g
Cocoa Krispie Cake	46.67g	197.47	8.00g	3.06g	30.88g	66.18g
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
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
Carrot Sticks	15g	5	0g	0g	0.9g	5.9
Sultanas	20g	59	0g	0g	14g	69g
Fruit Portion						
Cocoa Krispie Cake	46.67g	197.47	8.00g	3.06g	30.88g	66.18g
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
Chipolata Sausages	60g	171.6	13.62g	5.16g	5.52g	9.20g
Plant Powered Sausages (ve)	50g	91	5.55g	0.50g	4.30g	8.60g
Hash Browns	100g	168	6.20g	0.70g	26.00g	26.00g
Baked Beans	80g	59.2	0.48g	0.08g	10.24g	12.80g
Fresh Fruit Selection						
Cheese and Tomato Pasta Pot	75g	176.7	3.98g	2.27g	26.57g	35.42g
Cucumber Sticks	15g	2	0g	0g	0g	0g
Pizza Finger	45g	96	3.8g	2.3g	11g	24g
Fruit Portion						
Fruit Yogurt	80g	77	3g	2g	8.8g	11g
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
Chicken Pie	141.50g	261.07	15.58g	5.72g	12.64g	8.94g
Mashed Potatoes	125.20g	124.4	4.06g	1.32g	20.64g	16.49g
Cheese and Potato Pie (v)	196.13g	289.78	16.60g	8.86g	24.12g	12.30g
Green Beans	40g	10	0.04g	0.00g	1.88g	4.70g
Carrots	40g	13.6	0.16g	0.04g	3.08g	7.70g
Gravy	26.75g	6.14	0.07g	0.04g	1.23g	4.58g
Fruit Jelly	120g	12.6	0.10g	0.02g	3.00g	2.50g
Fresh Fruit Selection						
Tuna Mayo Wrap	139g	299	8.3g	0.2g	35g	26g
Cheese Wrap	99g	332	15g	5.9g	35g	35g
Carrot Sticks	15g	2	0g	0g	0g	0g
Sultanas	20g	59	0g	0g	14g	69g
Fruit Portion						
Fruit Jelly	120.00g	12.6	0.10g	0.02g	3.00g	2.50g
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 and Pesto Pasta	227.90g	329.88	11.11g	3.39g	36.32g	15.94g
BBQ Quorn Loaded Wedges (v)	170.50g	227.8	8.42g	2.77g	26.69g	15.65g
Mixed Vegetables	80g	42.0	0.5g	0.1g	6g	7.6g
Oaty Apple Crunch	128.50g	233.56	11.58g	4.20g	27.11g	21.10g
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
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	15g	2	0g	0g	0g	0g
Cheese Straw	33.1g	122	7.5g	3.5g	9.2g	28g

Apple Wedges	40g	21	0g	0g	4.7g	4.7g
Flapjack	63g	214.18	7.8g	2.59g	29.73g	47.03g
<b>Week 2 - Friday</b>						
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	84g	179.76	7.90g	0.67g	16.80g	20.00g
Baked Vegetable Burger (v)	55.20g	56.2	3.77g	2.14g	2.17g	3.93g
Chips	100g	109.0	3.4g	0.4g	17g	17g
Peas	40g	27.0	0g	0g	3.6g	9g
Baked Beans	40g	37.0	0g	0g	6.1g	15g
Iced Sprinkle Cake	75.83g	267.87	10.73g	3.65g	40.60g	53.53g
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Garden Vegetable Goujons (v)	70g	144.2	4.76g	0.63g	21.84g	31.20g
Wrap	90g	261	5.22g	0.45g	45.63g	50.7g
Cheese Wrap	99g	332	15g	5.9g	35g	35g
Carrot Sticks	15g	5	0g	0g	0.9g	5.9
Sultanas	20g	59	0g	0g	14g	69g
Fresh Fruit Portion						
Iced Sprinkle Cake	75.83g	267.87	10.73g	3.65g	40.60g	53.53g

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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
Margherita Pizza (v)	90.15g	183.78	7.30g	4.21g	20.74g	23.00g
Pesto Pasta Salad	29g	125.74	7.07g	0.55g	12.61g	43.49g
Sweet and Sour Quorn (v)	144.88g	100.1	1.32g	0.32g	11.10g	7.66g
Noodles	45g	159.8	0.5g	0.09g	32g	71.60g
Mixed Salad	70g	18.8	0.32g	0.06g	3.11g	4.44g
Cocoa Cupcake	33.33g	130.07	7.58g	2.65g	13.79g	41.37g
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
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
Carrot Sticks	15g	5	0g	0g	0.9g	5.9
Sultanas	20g	59	0g	0g	14g	69g
Fruit Portion						
Cocoa Cupcake	33.33g	130.07	7.58g	2.65g	13.79g	41.37g
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
Chicken Curry	154.90g	136.35	6.51g	1.59g	3.56g	2.30g
Steamed Rice (cooked)	105g	123.9	0.63g	0.14g	26.9	25.63g
Cheesy Pasta (v)	278g	559.55	33.05g	17.75g	42.05g	15.13g
Mixed Vegetables	80g	42.0	0.5g	0.1g	6g	7.6g
Vanilla Ice Cream	80g	129.5	6.56g	3.44g	14.48g	18.10g
Cheese and Tomato Pasta Pot	75g	176.7	3.98g	2.27g	26.57g	35.42g
Cucumber Sticks	15g	2	0g	0g	0g	0g
Pizza Finger	49g	91	4.3g	1.6g	12g	24g
Fresh Fruit Portion						
Vanilla Ice Cream	80g	129.5	6.56g	3.44g	14.48g	18.10g
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 Beef - Primary	50g	58.5	2.40g	1.00g	0.05g	0.10g
Plant-Powered Sausages (v)	50	91	5.55g	0.50g	4.30g	8.60g
Yorkshire Pudding	22.87g	38.7	1.10g	0.27g	5.43g	23.77g
Mashed Potatoes	125.2g	124.4	4.06g	1.32g	20.64g	16.49g
Carrots	40g	13.6	0.16g	0.04g	3.08g	7.70g
Garden Peas	40g	20	0.03g	0.00g	3.37g	8.43g
Gravy	26.75g	6.14	0.07g	0.04g	1.23g	4.58g
Fresh Fruit Selection						
Tuna Mayo Wrap	139g	299	8.3g	0.2g	35g	26g
Cheese Wrap	99g	332	15g	5.9g	35g	35g
Carrot Sticks	15g	5	0g	0g	0.9g	5.9g
Sultanas	20g	59	0g	0g	14g	69g
Fruit Portion						
Fruit Yogurt	80g	77	3g	2g	8.8g	11g
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
Pork and Carrot Meatballs in Tomato Sauce	154.2g	140.88	6.21g	1.73g	10.75g	6.97g
Pasta Twists	45.5g	158.18	1.35g	0.19g	31.84g	69.97g
Quorn Fajita (v)	116g	117.75	4.32g	0.59g	12.33g	10.63g
Steamed Rice	105g	123.9	0.63g	0.14g	26.91g	25.63g
Sweetcorn	80g	59.2	1.12g	0.32g	9.28g	11.60g
Autumn Apple Cake	61.64g	178.98	7.59g	2.59g	24.68g	40.04g
Custard	82.67g	57.13	0.08g	0.04g	10.86g	13.13g
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
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	15g	2	0g	0g	0g	0g
Cheese Straw	33.1g	122	7.5g	3.5g	9.2g	28g
Autumn Apple Cupcake	61.64g	178.98	7.59g	2.59g	24.68g	40.04g
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
Breaded Fish Fingers	84g	179.76	7.90g	0.67g	16.80g	20.00g
Salmon Fish Fingers - Primary	60g	166.2	6.18g	0.60g	19.74g	32.90g
Cheese and Potato Pastry Pinwheel (v)	144g	375.26	22.89g	10.84g	36.65g	25.45g
Chips	100g	110	3.40g	0.40g	17.00g	17.00g
Peas	40g	27.6	0.12g	0.04g	3.60g	9.00g
Baked Beans	40g	29.6	0.24g	0.04g	5.12g	12.80g
Flapjack	31.6g	107.09	3.90g	1.3g	14.86g	47.03g
Orange Wedges	60g	22.2	0.06g	0g	5.1g	8.5g
<i>Garden Vegetable Goujons (v)</i>	70g	144.2	4.76g	0.63g	21.84g	31.20g
<i>Wrap</i>	90g	261	5.22g	0.45g	45.63g	50.7g
Cheese Wrap	99g	332	15g	5.9g	35g	35g
Carrot Sticks	15g	5	0g	0g	0.9g	5.9
Sultanas	20g	59	0g	0g	14g	69g
Flapjack	63g	214.18	7.8g	2.59g	29.73g	47.03g
Orange Wedges	60g	22.2	0.06g	0g	5.1g	8.5g

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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