



## Spring/Summer 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	Protein (g) Per Portion	Carb (g) Per 100g
Margherita Pizza (v)	90.15g	183.78kcal	7.30g	4.21g	20.74g	8.70g	23g
Tomato Pasta Salad	114.2g	110.9kcal	1.61g	0.25g	19.60g	3.71g	17.16g
Tex Mex Chilli (v)	144.60g	112.84kcal	2.51g	0.37g	11.20g	8.75g	7.75g
Steamed Rice (cooked)	105g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
Sweetcorn	40g	29.60kcal	0.56g	0.16g	4.64g	1.00g	11.60g
Peas	40g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Orange Cupcake	39.17g	131.66kcal	7.13g	2.58g	15.46g	1.90g	39.48g
Fresh Fruit Portion							
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Cheese - Sandwich Filling	1.5 slices	123kcal	10.2	6.51	0.0g	7.5g	0.0g
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Ham - Sandwich Filling	25g	27kcal	1g	0.35g	0.5g	5.4g	1.0g
Salad Sticks	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
Popcorn	10g	37.5kcal	0.45g	0.06g	6.30g	1.30g	63g
Orange Cupcake	39.17g	131.66kcal	7.13g	2.58g	15.46g	1.90g	39.48g
Week 1 - Tuesday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Beef Meatballs in Tomato Sauce	106.85g	134.00kcal	6.72g	2.52g	7.34g	10.80g	6.87g
Bread Roll	82.29g	179.62kcal	1.64g	0.51g	35.60g	5.94g	43.26g

Potato Wedges	100g	123.00kcal	3.00g	0.30g	22.00g	2.20g	22.00g
<i>Cheese and Tomato Pasta Bake (v)</i>	169.20g	322.70kcal	11.60g	6.58g	39.33g	13.75g	23.24g
Mixed Salad	70g	18.80kcal	0.32g	0.06g	3.11g	0.79g	4.44g
Strawberry Ice Cream	80g	129.60kcal	6.56g	3.44g	14.48g	2.72g	18.10g
Fresh Fruit Portion							
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Cheese - Sandwich Filling	1.5 slices	123kcal	10.2g	6.51g	0.0g	7.5g	0.0g
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Ham - Sandwich Filling	25g	27kcal	1g	0.35g	0.5g	5.4g	1.0g
Pizza Finger	45g	91.89kcal	3.65g	2.10g	10.37g	4.35g	23g
Melon Wedge	80g	14.40kcal	0.08g	0.02g	3.44g	0.24g	4.30g
Strawberry Ice Cream	80g	129.60kcal	6.56g	3.44g	14.48g	2.72g	18.10g
<b>Week 1 - Wednesday</b>							
<b>Menu Item</b>	<b>Portion</b>	<b>Energy (Kcal) Per Portion</b>	<b>Fat (g) Per Portion</b>	<b>Saturates (g) Per Portion</b>	<b>Carb (g) Per Portion</b>	<b>Protein (g) Per Portion</b>	<b>Carb (g) Per 100g</b>
Roast Chicken	60g	89kcal	0.7g	0.2g	0g	14.40g	0g
Stuffing	10g	18.00kcal	0.20g	0.09g	4.43g	0.44g	44.33g
Mashed Potatoes	125.20g	124.40kcal	4.06g	1.32g	20.64g	2.53g	16.49g
<i>Cheese and Potato Pie (v)</i>	196.13g	289.78kcal	16.60g	8.86g	24.12g	12.43g	12.30g
Gravy	26.75g	6.14kcal	0.07g	0.04g	1.23g	0.13g	4.58g
Carrots	40g	13.60kcal	0.16g	0.04g	3.08g	0.20g	7.70g
Green Beans	40g	10.00kcal	0.04g	0.00g	1.88g	0.68g	4.70g
Toffee Cream Shortcake	72.92g	214.42kcal	12.62g	4.45g	24.02g	2.63g	32.94g
Fresh Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.7kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
Sultanas	25g	68.75kcal	0.10g	0g	17.35g	0.68g	69.4g
Toffee Cream Shortcake	72.92g	214.42kcal	12.62g	4.45g	24.02g	2.63g	32.94g
<b>Week 1 - Thursday</b>							
<b>Menu Item</b>	<b>Portion</b>	<b>Energy (Kcal) Per Portion</b>	<b>Fat (g) Per Portion</b>	<b>Saturates (g) Per Portion</b>	<b>Carb (g) Per Portion</b>	<b>Protein (g) Per Portion</b>	<b>Carb (g) Per 100g</b>
Chicken and Sweetcorn Pasta	239.75g	306.27kcal	10.10g	3.15g	32.02g	22.56g	13.35g
<i>BBQ Plant Balls (v)</i>	82.10g	166.10kcal	5.90g	0.54g	20.33g	7.94g	24.77g
<i>Steamed Rice (cooked)</i>	105g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
Mixed Vegetables	80g	42.00kcal	0.36g	0.12g	6.20g	2.02g	7.75g
Cocoa Krispie Bar	46.67g	197.47kcal	8.00g	3.06g	30.88g	1.64g	66.18g

Fresh Fruit Portion							
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Tuna Mayo - Sandwich Filling	70g	125.70kcal	7.13g	0.64g	0.32g	15g	0.46g
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Cheese - Sandwich Filling	1.5 slices	123kcal	10.2g	6.51g	0.0g	7.5g	0.0g
Sultanas	25g	68.75kcal	0.10g	0g	17.35g	0.68g	69.4g
Orange Wedges	60g	22.2kcal	0.06g	0g	5.1g	0.56g	8.5g
Cocoa Krispie Bar	46.67g	197.47kcal	8.00g	3.06g	30.88g	1.64g	66.18g
<b>Week 1 - Friday</b>							
<b>Menu Item</b>	<b>Portion</b>	<b>Energy (Kcal) Per Portion</b>	<b>Fat (g) Per Portion</b>	<b>Saturates (g) Per Portion</b>	<b>Carb (g) Per Portion</b>	<b>Protein (g) Per Portion</b>	<b>Carb (g) Per 100g</b>
Breaded Fish Fingers	75g	158.25kcal	6.83g	0.53g	13.35g	10.35g	17.80g
<i>Tomato and Courgette Frittata (v)</i>	121.83g	142.73kcal	9.93g	4.94g	2.54g	10.92g	2.08g
Chips	100g	110.00kcal	2.40g	0.30g	20.00g	1.6g	20.00g
Garden Peas - Primary	40g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Baked Beans	40g	29.60kcal	0.24g	0.04g	5.12g	2.16g	12.80g
Summer Berry Muffin	68.33g	244.15kcal	13.34g	4.92g	27.72g	3.04g	40.57g
Fresh Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.7kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
Sultanas	25g	68.75kcal	0.10g	0g	17.35g	0.68g	69.4g
Summer Berry Muffin	68.33g	244.15kcal	13.34g	4.92g	27.72g	3.04g	40.57g

**These values are correct at the time of publishing, however alterations can be made subject to product change and availability.  
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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	Protein (g) Per Portion	Carb (g) Per 100g
Margherita Pizza (v)	90.15g	183.78kcal	7.30g	4.21g	20.74g	8.70g	23.00g
Baked Vegetable Burger (v)	69g	70.25kcal	4.72g	2.67g	2.71g	3.61g	3.93g
Bread Roll	82.29g	179.62kcal	1.64g	0.51g	35.60g	5.94g	43.26g
Potato Wedges	100g	123kcal	3.0g	0.3g	22.00g	2.20g	22.00g
Sweetcorn	80g	59.20kcal	1.12g	0.32g	9.28g	2.00g	11.60g
Vanilla Cupcake	33.75g	130.70kcal	7.13g	2.58g	15.06g	1.83g	44.61g
Fruit Portion							
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Cheese - Sandwich Filling	1.5 slices	123kcal	10.2g	6.51g	0.0g	7.5g	0.0g
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Ham - Sandwich Filling	25g	27kcal	1g	0.35g	0.5g	5.4g	1.0g
Salad Sticks	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
Popcorn	10g	37.5kcal	0.45g	0.06g	6.30g	1.30g	63g
Vanilla Cupcake	33.75g	130.70kcal	7.13g	2.58g	15.06g	1.83g	44.61g
Week 2 - Tuesday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Breaded Chicken Goujons in a Wrap	104.40g	313.19kcal	13.96g	2.21g	33.36g	12.12g	9.20g
Savoury Rice	115g	131.05kcal	0.72g	0.17g	27.94g	2.97g	8.60g

<i>Plant Sausages (v)</i>	50g	380.00kcal	5.55g	0.50g	4.30g	6.60g	8.60g
<i>Tomato Sauce</i>	64g	26.97kcal	1.07g	0.12g	3.04g	0.86g	4.75g
<i>Pasta</i>	45.50g	158.18kcal	1.35g	0.19g	31.84g	5.31g	69.97g
<i>Vegetable Sticks</i>	80g	21.20kcal	0.40g	0.03g	3.81g	0.65g	4.76g
<i>Cocoa Oatcake</i>	53.04g	217.62kcal	14.06g	4.81g	18.30g	3.49g	34.50g
<i>Fruit Portion</i>							
<i>50/50 Bread</i>	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
<i>Cheese - Sandwich Filling</i>	1.5 slices	123kcal	10.2	6.51	0.0g	7.5g	0.0g
<i>50/50 Bread</i>	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
<i>Ham - Sandwich Filling</i>	25g	27kcal	1g	0.35g	0.5g	5.4g	1.0g
<i>Pizza Finger</i>	45g	91.89kcal	3.65g	2.10g	10.37g	4.35g	23g
<i>Melon Wedge</i>	80g	14.40kcal	0.08g	0.02g	3.44g	0.24g	4.30g
<i>Cocoa Oatcake</i>	53.04g	217.62kcal	14.06g	4.81g	18.30g	3.49g	34.50g
<b>Week 2 - Wednesday</b>							
<b>Menu Item</b>	<b>Portion</b>	<b>Energy (Kcal) Per Portion</b>	<b>Fat (g) Per Portion</b>	<b>Saturates (g) Per Portion</b>	<b>Carb (g) Per Portion</b>	<b>Protein (g) Per Portion</b>	<b>Carb (g) Per 100g</b>
<i>Roast Chicken</i>	60g	63.60kcal	0.66g	0.18g	0.00g	14.40g	0.00g
<i>Stuffing</i>	10g	18.00kcal	0.20g	0.09g	4.43g	0.44g	44.33g
<i>Gravy</i>	26.75g	6.14kcal	0.07g	0.04g	1.23g	0.13g	4.58g
<i>Vegetable Plait (v)</i>	131.25g	377.62kcal	23.63g	12.47g	35.52g	5.12g	27.06g
<i>Roast Potatoes</i>	103g	101.97kcal	3.20g	0.35g	17.20g	2.10g	16.70g
<i>Garden Peas</i>	40g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
<i>Carrots</i>	40g	13.60kcal	0.16g	0.04g	3.08g	0.20g	7.70g
<i>Shortbread</i>	31.07g	143.71kcal	8.24g	3.03g	16.83g	1.56g	54.15g
<i>Fruit Portion</i>							
<i>Cheese and Tomato Pasta Pot</i>	75g	176.7kcal	3.98g	2.27g	26.57g	7.34g	35.42g
<i>Salad Sticks</i>	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
<i>Sultanas</i>	25g	68.75kcal	0.10g	0g	17.35g	0.68g	69.4g
<i>Shortbread</i>	31.07g	143.71kcal	8.24g	3.03g	16.83g	1.56g	54.15g
<b>Week 2 - Thursday</b>							
<b>Menu Item</b>	<b>Portion</b>	<b>Energy (Kcal) Per Portion</b>	<b>Fat (g) Per Portion</b>	<b>Saturates (g) Per Portion</b>	<b>Carb (g) Per Portion</b>	<b>Protein (g) Per Portion</b>	<b>Carb (g) Per 100g</b>
<i>Cheesy Pasta (v)</i>	278g	559.55kcal	33.05g	17.75g	42.05g	25.40g	15.13g
<i>Cauliflower, Chickpea and Potato Curry (v)</i>	254.20g	116.68kcal	2.49g	0.35g	16.07g	5.80g	6.32g
<i>Steamed Rice (cooked)</i>	105g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
<i>Mixed Vegetables</i>	80g	42.00kcal	0.36g	0.12g	6.20g	2.02g	7.75g

Fruit Jelly	120g	12.60kcal	0.10g	0.02g	3.00g	0.10g	2.50g
Fresh Fruit Portion							
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Tuna Mayo - Sandwich Filling	70g	125.70kcal	7.13g	0.64g	0.32g	15g	0.46g
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Cheese - Sandwich Filling	1.5 slices	123kcal	10.2g	6.51g	0.0g	7.5g	0.0g
Popcorn	10g	37.5kcal	0.45g	0.06g	6.30g	1.30g	63g
Orange Wedges	60g	22.2kcal	0.06g	0g	5.1g	0.56g	8.5g
Fruit Jelly	120g	12.60kcal	0.10g	0.02g	3.00g	0.10g	2.50g
<b>Week 2 - Friday</b>							
<b>Menu Item</b>	<b>Portion</b>	<b>Energy (Kcal) Per Portion</b>	<b>Fat (g) Per Portion</b>	<b>Saturates (g) Per Portion</b>	<b>Carb (g) Per Portion</b>	<b>Protein (g) Per Portion</b>	<b>Carb (g) Per 100g</b>
Breaded Fish Fingers	75g	158.25kcal	6.83g	0.53g	13.35g	10.35g	17.80g
<i>Vegetable Goujons (v)</i>	70g	158.20kcal	6.75g	0.70g	20.28g	2.62g	28.97g
Chips	100g	110.00kcal	2.4g	0.3g	20.00g	1.6g	20.00g
Garden Peas	40g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Baked Beans	40g	29.60kcal	0.24g	0.04g	5.12g	2.16g	12.80g
Cherry Bakewell Cupcake	50.56g	187.12kcal	7.10g	2.56g	28.72g	1.91g	56.80g
Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.7kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
Sultanas	25g	68.75kcal	0.10g	0g	17.35g	0.68g	69.4g
Cherry Bakewell Cupcake	50.56g	187.12kcal	7.10g	2.56g	28.72g	1.91g	56.80g

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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	Protein (g) Per Portion	Carb (g) Per 100g
Margherita Pizza (v)	90.15g	183.78kcal	7.30g	4.21g	20.74g	8.70g	23.00g
Potato Wedges	100g	123kcal	3g	0.3g	22.00g	2.20g	22.00g
<i>Vegemince Bolognese (v)</i>	202.50g	153.51kcal	3.29g	0.54g	14.38g	13.94g	7.10g
<i>Pasta</i>	45.50g	158.18kcal	1.35g	0.19g	31.84g	5.31g	69.97g
Vegetable Sticks	80g	21.20kcal	0.40g	0.03g	3.81g	0.65g	4.76g
Cocoa Mousse	15g	62.40kcal	2.01g	1.64g	7.96g	2.77g	53.10g
Fresh Fruit Portion							
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Cheese - Sandwich Filling	1.5 slices	123kcal	10.2g	6.51g	0.0g	7.5g	0.0g
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Ham - Sandwich Filling	25g	27kcal	1g	0.35g	0.5g	5.4g	1.0g
Salad Sticks	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
Popcorn	10g	37.5kcal	0.45g	0.06g	6.30g	1.30g	63g
Cocoa Mousse	15g	62.40kcal	2.01g	1.64g	7.96g	2.77g	53.10g
Week 3 - Tuesday							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Beef Bolognese	183.70g	97.21kcal	5.24g	1.92g	5.74g	6.58g	3.13g
Pasta	45.50g	158.18kcal	1.35g	0.19g	31.84g	5.31g	69.97g

<i>Loaded Tomato and Bean Bake (v)</i>	196.90g	121.73kcal	3.82g	0.68g	19.20g	4.26g	9.75g
Broccoli	80g	27.20kcal	0.48g	0.12g	2.56g	3.44g	3.20g
Lemon Shortbread	33.14g	134.93kcal	8.25g	3.03g	12.66g	1.68g	38.18g
Fresh Fruit Portion							
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Cheese - Sandwich Filling	1.5 slices	123kcal	10.2g	6.51g	0.0g	7.5g	0.0g
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Ham - Sandwich Filling	25g	27kcal	1g	0.35g	0.5g	5.4g	1.0g
Pizza Finger	45g	91.89kcal	3.65g	2.10g	10.37g	4.35g	23g
Melon Wedge	80g	14.40kcal	0.08g	0.02g	3.44g	0.24g	4.30g
Lemon Shortbread	33.14g	134.93kcal	8.25g	3.03g	12.66g	1.68g	38.18g
<b>Week 3 - Wednesday</b>							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Chipolata sausages	60g	171.60kcal	13.62g	5.16g	5.52g	7.08g	9.20g
<i>Plant-Powered Sausages (v)</i>	50g	380.00kcal	5.55g	0.50g	4.30g	6.60g	8.60g
Yorkshire Pudding	22.87g	38.70kcal	1.10g	0.27g	5.43g	1.68g	23.77g
Mashed Potatoes	125.20g	124.40kcal	4.06g	1.32g	20.64g	2.53g	16.49g
Gravy	26.75g	6.14kcal	0.07g	0.04g	1.23g	0.13g	4.58g
Mixed Vegetables	80g	42.00kcal	0.36g	0.12g	6.20g	2.02g	7.75g
Marble Cake	41.17g	160.24kcal	8.63g	3.14g	17.79g	2.52g	43.21g
Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.7kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
Sultanas	25g	68.75kcal	0.10g	0g	17.35g	0.68g	69.4g
Marble Cake	41.17g	160.24kcal	8.63g	3.14g	17.79g	2.52g	43.21g
<b>Week 3 - Thursday</b>							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
BBQ Chicken	91.10g	180.04kcal	5.80g	1.52g	15.33g	15.91g	16.83g
Savoury Rice	115g	131.05kcal	0.72g	0.17g	27.94g	2.97g	24.30g
<i>Cheese and Tomato Pasta Bake (v)</i>	169.20g	322.70kcal	11.60g	6.58g	39.33g	13.75g	23.24g
Sweetcorn	80g	59.20kcal	1.12g	0.32g	9.28g	2.00g	11.60g
Banana Flapjack	61.79g	221.85kcal	7.69g	2.76g	31.59g	4.16g	51.12g
Fresh Fruit Portion							
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g



Tuna Mayo - Sandwich Filling	70g	125.70kcal	7.13g	0.64g	0.32g	15g	0.46g
50/50 Bread	2 slices	188kcal	1.8g	0.4g	33.6g	7.6g	41g
Cheese - Sandwich Filling	1.5 slices	123kcal	10.2	6.51	0.0g	7.5g	0.0g
Popcorn	10g	37.5kcal	0.45g	0.06g	6.30g	1.30g	63g
Orange Wedges	60g	22.2kcal	0.06g	0g	5.1g	0.56g	8.5g
Banana Flapjack	61.79g	221.85kcal	7.69g	2.76g	31.59g	4.16g	51.12g
<b>Week 3 - Friday</b>							
Menu Item	Portion	Energy (Kcal) Per Portion	Fat (g) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Protein (g) Per Portion	Carb (g) Per 100g
Breaded Fish Fingers	75g	158.25kcal	6.83g	0.53g	13.35g	10.35g	17.80g
Salmon Fish Fingers	60g	166.2kcal	6.18g	0.60g	19.74g	8.1g	32.90g
<i>Cheese and Potato Pastry Pinwheel (v)</i>	144g	375.26kcal	22.89g	10.84g	36.65g	7.95g	25.45g
Chips	100g	110.00kcal	2.4g	0.30g	20.00g	1.60g	20.00g
Peas	40g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Baked Beans	40g	29.60kcal	0.24g	0.04g	5.12g	2.16g	12.80g
Iced Sprinkle Cake	75.83g	267.87kcal	10.73g	3.65g	40.60g	1.25g	53.53g
Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.7kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
Sultanas	25g	68.75kcal	0.10g	0g	17.35g	0.68g	69.4g
Iced Sprinkle Cake	75.83g	267.87kcal	10.73g	3.65g	40.60g	1.25g	53.53g

**These values are correct at the time of publishing, however alterations can be made subject to product change and availability.**

**We advise the contents of these reports to be checked regularly.**

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