



Autumn/Winter 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	187.84kcal	7.64g	4.25g	21.32g	9.13g	23.65g
Potato Wedges	100g	130kcal	3.0g	0.4g	22.00g	2.5g	22.00g
<i>Tex Mex Chilli (v)</i>	144.60g	112.84kcal	2.51g	0.37g	11.20g	8.75g	7.75g
<i>Steamed Rice (cooked)</i>	105g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
Vegetable Sticks	80g	21.20kcal	0.40g	0.03g	3.81g	0.65g	4.76g
Lemon Cupcake	35.75g	133.17kcal	7.14g	2.58g	15.08g	1.86g	42.19g
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
Lemon Cupcake	35.75g	133.17kcal	7.14g	2.58g	15.08g	1.86g	42.19g
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
Breaded Chicken	1 each	143.40kcal	7.6g	1.2g	9.9g	8.2g	16.53g
Mexican Rice (cooked)	127.55g	155.16kcal	2.37g	0.35g	29.76g	3.49g	23.33g
Ketchup Dip	5g	7.30kcal	0.02g	0.00g	1.69g	0.12g	33.80g

Mayo Dip	5g	30.15kcal	3.27g	0.23g	0.16g	0.03g	3.20g
<i>Cheese and Tomato Pasta Bake (v)</i>	169.20g	320.71kcal	11.76g	6.57g	39.21g	13.63g	23.17g
Sweetcorn	80g	59.20kcal	1.12g	0.32g	9.28g	2.00g	11.60g
Pear and Ginger Sponge	95.836g	202.11kcal	6.60g	2.42g	34.45g	1.79g	35.95g
Custard	100ml	69.11kcal	0.10g	0.05g	13.13g	4.39g	13.13g
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	45.08g	93.92kcal	3.82g	2.13g	10.66g	4.56g	23.65g
Melon Wedge	80g	14.40kcal	0.08g	0.02g	3.44g	0.24g	4.30g
Pear and Ginger Sponge	95.836g	202.11kcal	6.60g	2.42g	34.45g	1.79g	35.95g
Week 1 - Wednesday							
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
Carrots	40g	13.60kcal	0.16g	0.04g	3.08g	0.20g	7.70g
Broccoli	60g	20.40kcal	0.36g	0.09g	1.92g	2.58g	3.20g
Gravy	26.75g	6.14kcal	0.07g	0.04g	1.23g	0.13g	4.58g
Oaty Cookie	24.91g	104kcal	4.70g	1.63g	13.72g	1.44g	55.06g
Fresh Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.70kcal	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
Oaty Cookie	24.91g	104kcal	4.70g	1.63g	13.72g	1.44g	55.06g
Week 1 - Thursday							
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>Sweet Potato and Lentil Curry (v)</i>	203.54g	186.64kcal	3.19g	0.45g	35.31g	6.39g	17.35g

<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
Beetroot Brownie	73.28g	274.90kcal	23.17g	3.05g	12.93g	3.74g	17.64g
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
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
Beetroot Brownie	73.28g	274.90kcal	23.17g	3.05g	12.93g	3.74g	17.64g
Week 1 - Friday							
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
<i>Vegetable Goujons (v)</i>	70g	158.20kcal	6.75g	0.70g	20.28g	2.62g	28.97g
Chips	100g	110.00kcal	2.40g	0.30g	20.00g	1.6g	20.00g
Garden Peas	40g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Baked Beans	40g	33.60kcal	0.16g	0.08g	5.40g	1.88g	13.50g
Vanilla Crunch Bar	37.68g	131.85kcal	8.39g	3.08g	11.94g	1.80g	31.68g
Apple Wedges	50g	13.50kcal	0.10g	0.02g	3.25g	0.10g	6.50g
Fresh Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Sultanas	25g	68.75kcal	0.10g	0g	17.35g	0.68g	69.4g
Apple Wedges	50g	13.50kcal	0.10g	0.02g	3.25g	0.10g	6.50g
Vanilla Crunch Bar	37.68g	131.85kcal	8.39g	3.08g	11.94g	1.80g	31.68g

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Nutrition Analysis

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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	187.84kcal	7.64g	4.25g	21.32g	9.13g	23.65g
<i>Spanish Omelette (v)</i>	135.75g	178.13kcal	11.79g	4.86g	6.86g	12.10g	5.05g
Potato Wedges	100g	130kcal	3.0g	0.4g	22.00g	2.5g	22.00g
Baked Beans	80g	67.20kcal	0.32g	0.16g	10.80g	3.76g	13.50g
Autumn Feast Muffin	64.12g	183.40kcal	8.91g	3.21g	24.29g	2.73g	37.88g
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	6.51	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
Autumn Feast Muffin	64.12g	183.40kcal	8.91g	3.21g	24.29g	2.73g	37.88g
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
Beef Burrito Bake	171.60g	219.55kcal	9.78g	3.71g	21.58g	11.39g	12.57g
Steamed Rice (cooked)	105g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
<i>BBO Plant Balls (v)</i>	80.10g	137.38kcal	5.82g	0.51g	13.32g	7.86g	16.63g

<i>Pasta</i>	45.50g	158.18kcal	1.35g	0.19g	31.84g	5.31g	69.97g
Mixed Salad	70g	18.80kcal	0.32g	0.06g	3.11g	0.79g	4.44g
Cocoa Mousse	15g	62.40kcal	2.01g	1.64g	7.97g	2.78g	53.10g
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
Pizza Finger	45.08g	93.92kcal	3.82g	2.13g	10.66g	4.56g	23.65g
Orange Wedges	60g	22.2kcal	0.06g	0g	5.1g	0.56g	8.5g
Cocoa Mousse	15g	62.40kcal	2.01g	1.64g	7.97g	2.78g	53.10g
Week 2 - Wednesday							
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
Roast Chicken	60g	63.60kcal	0.66g	0.18g	0.00g	14.40g	0.00g
Stuffing	10g	18.00kcal	0.20g	0.09g	4.43g	0.44g	44.33g
Gravy	26.75g	6.14kcal	0.07g	0.04g	1.23g	0.13g	4.58g
Roast Potatoes	103g	101.97kcal	3.20g	0.35g	17.20g	2.10g	16.70g
<i>Cheese and Potato Pie (v)</i>	196.13g	287.84kcal	16.36g	8.84g	23.99g	12.62g	12.23g
Cabbage	40g	10.80kcal	0.08g	0.02g	1.64g	0.96g	4.10g
Carrots	40g	13.60kcal	0.16g	0.04g	3.08g	0.20g	7.70g
Toffee Cream Shortbread	72.92g	232.51kcal	12.62g	4.45g	27.94g	2.65g	38.31g
Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.70kcal	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 Shortbread	72.92g	232.51kcal	12.62g	4.45g	27.94g	2.65g	38.31g
Week 2 - Thursday							
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
Pork and Carrot Meatballs in Tomato Sauce	154.20g	167.98kcal	6.21g	1.68g	10.85g	9.71g	7.04g
Pasta	45.50g	158.18kcal	1.35g	0.19g	31.84g	5.31g	69.97g
<i>Vegetable Risotto (v)</i>	235.90g	270.71kcal	8.55g	3.39g	38.26g	10.88g	16.22g
Peas	40g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Sweetcorn	40g	29.60kcal	0.56g	0.16g	4.64g	1.00g	11.60g

Apple Crumble	110.21g	196.16kcal	8.47g	3.08g	28.08g	2.52g	25.48g
Custard	100ml	69.11kcal	0.10g	0.05g	13.13g	4.39g	13.13g
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
Melon Wedges	80g	14.40kcal	0.08g	0.02g	3.44g	0.24g	4.30g
Fruit Yogurt (Golden Acre)	100g	91.00kcal	0.3g	0.2g	19.6g	2.6g	19.6g
Week 2 - Friday							
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
<i>Vegetarian Enchilada (v)</i>	150.66g	149.04kcal	3.73g	1.43g	22.19g	5.16g	14.73g
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	33.60kcal	0.16g	0.08g	5.40g	1.88g	13.50g
Flapjack	49.79g	214.14kcal	7.65g	2.75g	30.12g	4.01g	60.50g
Orange Wedges	50g	18.5kcal	0.05g	0.00g	4.25g	0.55g	8.50g
Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
Flapjack	49.79g	214.14kcal	7.65g	2.75g	30.12g	4.01g	60.50g
Orange Wedges	50g	18.5kcal	0.05g	0.00g	4.25g	0.55g	8.50g

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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	187.84kcal	7.64g	4.25g	21.32g	9.13g	23.65g
Tomato Pasta (v)	114.20g	110.90kcal	1.61g	0.25g	19.60g	3.71g	17.16g
<i>Vegemince Curry (v)</i>	191.70g	86.05kcal	2.45g	0.32g	6.04g	7.79g	3.15g
<i>Steamed Rice (cooked)</i>	105g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
Sweetcorn	80g	59.20kcal	1.12g	0.32g	9.28g	2.00g	11.60g
Cocoa Sponge	65.94g	207.12kcal	9.07g	3.69g	28.99g	3.31g	43.96g
Sponge Sauce	85.40g	79.81kcal	2.16g	1.40g	13.36g	1.49g	15.65g
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 Sponge	65.94g	207.12kcal	9.07g	3.69g	28.99g	3.31g	43.96g
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
Chicken Curry	150.21g	154.27kcal	7.80g	1.76g	5.36g	15.85g	3.57g

Steamed Rice (cooked)	105g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
<i>Cheesy Pasta (v)</i>	278.00g	562.78kcal	33.18g	17.97g	42.52g	25.66g	15.29g
Mixed Vegetables	80.00g	42.00kcal	0.36g	0.12g	6.20g	2.02g	7.75g
Vanilla Ice Cream	80.00g	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	45.08g	93.92kcal	3.82g	2.13g	10.66g	4.56g	23.65g
Melon Wedge	80g	14.40kcal	0.08g	0.02g	3.44g	0.24g	4.30g
Vanilla Ice Cream	80.00g	129.60kcal	6.56g	3.44g	14.48g	2.72g	18.10g
Week 3 - Wednesday							
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
Roast Chicken	60g	63.60kcal	0.66g	0.18g	0.00g	14.40g	0.00g
Stuffing	10g	18.00kcal	0.20g	0.09g	4.43g	0.44g	44.33g
<i>Lentil Roast (v)</i>	331.00g	468.10kcal	26.10g	11.87g	38.78g	22.24g	11.72g
Roast Potatoes	103g	101.97kcal	3.20g	0.35g	17.20g	2.10g	16.70g
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
Gravy	26.75g	6.14kcal	0.07g	0.04g	1.23g	0.13g	4.58g
Shortbread (mini)	15.53g	72.13g	4.12g	1.51g	8.41g	0.78g	54.15g
Apple Wedges	50g	13.50kcal	0.10g	0.02g	3.25g	0.10g	6.50g
Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25g	6kcal	0.13g	0.01g	1.11g	0.19g	4.44g
Shortbread (mini)	15.53g	72.13g	4.12g	1.51g	8.41g	0.78g	54.15g
Apple Wedges	50g	13.50kcal	0.10g	0.02g	3.25g	0.10g	6.50g
Week 3 - Thursday							
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 Burger	57g	128.3kcal	8.4g	3.3g	3.8g	8.9g	6.7g
Homemade Roll	82.29g	180.39kcal	1.60g	0.50g	35.79g	6.00g	43.50g
<i>Homemade Bean Burger (v)</i>	69.00g	70.25kcal	4.72g	2.67g	2.71g	3.61g	3.93g
Potato Wedges	100g	130kcal	3.0g	0.4g	22.00g	2.5g	22.00g

Coleslaw	32.70g	88.48kcal	8.97g	0.76g	1.74g	0.26g	5.32g
Peas	40g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Sweetcorn	40g	29.60kcal	0.56g	0.16g	4.64g	1.00g	11.60g
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	10.2	6.51	0.0g	7.5g	0.0g
Popcorn	10g	37.5kcal	0.45g	0.06g	6.30g	1.30g	63g
Orange Wedges	50g	18.5kcal	0.05g	0.00g	4.25g	0.55g	8.50g
Fruit Jelly	120g	12.60kcal	0.10g	0.02g	3.00g	0.10g	2.50g
Week 3 - Friday							
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	374.76kcal	22.81g	10.80g	37.27g	7.90g	25.88g
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	33.60kcal	0.16g	0.08g	5.40g	1.88g	13.50g
Iced Sprinkle Cake	75.83g	267.77kcal	10.73g	3.66g	40.65g	2.57g	53.61g
Fruit Portion							
Cheese and Tomato Pasta Pot	75g	176.70kcal	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	267.77kcal	10.73g	3.66g	40.65g	2.57g	53.61g

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
Fillings					
Baked Beans	80g	67.20kcal	0.32g	0.16g	13.50g

Tuna Mayonnaise	70g	125.70kcal	7.13g	0.64g	0.32g
Cheese	30g	117kcal	9.60g	5.94g	0.06g
Baked Beans	40g	33.60kcal	0.16g	0.08g	6.75g
Cheese	60g	234kcal	19.20g	11.88g	0.12g