



Spring/Summer 2025 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
Tomato Pasta (v)	57.10g	55.47kcal	0.80g	0.12g	9.79g	1.86g	17.15g
<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>	105.00g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
Sweetcorn	80.00g	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
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Vanilla Cupcake	33.75g	130.70kcal	7.13g	2.58g	15.06g	1.83g	44.61g
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
Sweet and Sour Sauce	83.88g	37.98kcal	0.55g	0.04g	7.81g	0.49g	9.31g
Chicken	60.00g	63.60kcal	0.66g	0.18g	0.00g	14.40g	0.00g
Noodles	45.00g	159.75kcal	0.50g	0.09g	32.22g	5.81g	71.60g
<i>Cheese and Tomato Pasta Bake (v)</i>	169.20g	320.78kcal	11.76g	6.57g	39.18g	13.63g	23.16g
Mixed Vegetables	80g	42.00kcal	0.36g	0.12g	6.20g	2.02g	7.75g

Beetroot Brownie	58.62g	264.92Kcal	18.54g	2.44g	21.59g	2.99g	36.82g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Pizza Finger	45.08g	93.92kcal	3.82g	2.13g	10.66g	4.56g	23.65g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Beetroot Brownie	58.62g	264.92g	18.54g	2.44g	21.59g	2.99g	36.82g
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
Roast Chicken	60.00g	63.60kcal	0.66g	0.18g	0.00g	14.40g	0.00g
Stuffing	10.00g	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	103.00g	102.00kcal	3.20g	0.20g	17.20g	2.10g	16.70g
Gravy	26.75g	6.02kcal	0.07g	0.03g	1.26g	0.13g	4.72g
Carrots	40.00g	13.60kcal	0.16g	0.04g	3.08g	0.20g	7.70g
Green Beans	40.00g	10.00kcal	0.04g	0.00g	1.88g	0.68g	4.70g
Flapjack (mini)	25.54g	107.07kcal	3.83g	1.38g	15.06g	2.01g	58.98g
Orange Wedges	50.00g	18.50kcal	0.05g	0.00g	4.25g	0.55g	8.50g
Cheese and Tomato Pasta Pot	75g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Flapjack (fullsize)	51.07g	214.14kcal	7.65g	2.75g	30.12g	4.01g	58.98g
Orange Wedges	50.00g	18.50kcal	0.05g	0.00g	4.25g	0.55g	8.50g
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
Sausage Pastry Pinwheel	116.00g	313.41kcal	21.22g	9.23g	19.98g	10.38g	17.22g
<i>Plant Sausage Pastry Pinwheel (v)</i>	71.88g	222.69kcal	14.03g	5.88g	18.04g	5.97g	25.10g
Potato Wedges	100.00g	130.00kcal	3.00g	0.40g	22.00g	2.50g	22.00g
Mixed Salad	70.00g	19.70kcal	0.36g	0.06g	3.17g	0.80g	4.53g
Fruit Jelly	104.50g	1.33kcal	0.05g	0.01g	0.81g	0.05g	0.77g
Cheese and Tomato Pasta Pot	75g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Fruit Bread	51.77g	107.42kcal	0.35g	0.05g	23.51g	2.80g	45.42g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Fruit Jelly	104.50g	1.33kcal	0.05g	0.01g	0.81g	0.05g	0.77g

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
Fish Fingers	75.00g	158.25kcal	6.82g	0.52g	13.35g	10.35g	17.80g
Salmon Fingers	60.00g	166.20kcal	6.18g	0.60g	19.74g	8.10g	32.90g
<i>Garden Vegetable Goujons (v)</i>	70.00g	158.20kcal	6.75g	0.70g	20.28g	2.63g	28.97g
Chips	100.00g	110.00kcal	2.40g	0.30g	20.00g	1.60g	20.00g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Baked Beans	40.00g	33.60kcal	0.16g	0.08g	5.40g	1.88g	13.50g
Shortbread Biscuit	31.07g	144.27kcal	8.24g	3.03g	16.82g	1.56g	54.15g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Shortbread Biscuit	31.07g	144.27kcal	8.24g	3.03g	16.82g	1.56g	54.15g

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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
Cheesy Pasta (v)	205.00g	440.32kcal	23.84g	11.83g	43.37g	16.01g	21.15g
<i>Sweet and Sour Plant Balls (v)</i>	134.88g	132.33kcal	5.80g	0.50g	12.85g	7.88g	9.53g
<i>Steamed Rice (cooked)</i>	105.00g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
Mixed Vegetables	80.00g	42.00kcal	0.36g	0.12g	6.20g	2.02g	7.75g
Orange Cupcake	39.17g	131.66kcal	7.13g	2.58g	15.50g	1.90g	39.57g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Orange Cupcake	39.17g	131.66kcal	7.13g	2.58g	15.50g	1.90g	39.57g
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
BBQ Chicken	91.10g	180.04kcal	5.80g	1.52g	15.33g	15.91g	16.83g
Steamed Rice (cooked)	105.00g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
<i>Cheese and Tomato Pasta Bake (v)</i>	169.20g	320.78kcal	11.76g	6.57g	39.18g	13.63g	23.16g
Sweetcorn	80.00g	59.20kcal	1.12g	0.32g	9.28g	2.00g	11.60g
Oaty Cookie	24.91g	103.30kcal	4.70g	1.63g	13.72g	1.44g	55.06g

Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Oaty Cookie	24.91g	103.30kcal	4.70g	1.63g	13.72g	1.44g	55.06g
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	60.00g	63.60kcal	0.66g	0.18g	0.00g	14.40g	0.00g
Stuffing	10.00g	18.00kcal	0.20g	0.09g	4.43g	0.44g	44.33g
Mashed Potato	125.20g	124.40kcal	4.06g	1.32g	20.64g	2.53g	16.49g
Gravy	26.75g	6.02kcal	0.07g	0.03g	1.26g	0.13g	4.72g
<i>Vegemince Cottage Pie (v)</i>	165.42g	202.52kcal	7.51g	2.58g	24.36g	9.15g	14.72g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Carrots	40.00g	13.60kcal	0.16g	0.04g	3.08g	0.20g	7.70g
Toffee Cream Shortcake	72.92g	232.51kcal	12.62g	4.45g	27.94g	2.65g	38.31g
Cheese and Tomato Pasta Pot	75g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Fruit Portion							
Toffee Cream Shortcake	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
<i>Plant Sausages in Tomato Sauce (v)</i>	144.20g	133.58kcal	6.62g	0.57g	10.28g	7.93g	7.13g
Potato Wedges	100.00g	130.00kcal	3.00g	0.40g	22.00g	2.50g	22.00g
Mixed Salad	70.00g	19.70kcal	0.36g	0.06g	3.17g	0.80g	4.53g
Summer Berry and Apple Slice	67.19g	175.95kcal	10.86g	4.02g	18.56g	1.60g	27.63g
Cheese and Tomato Pasta Pot	75g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Fruit Bread	51.77g	107.42kcal	0.35g	0.05g	23.51g	2.80g	45.42g
Fruit Portion							
Summer Berry and Apple Slice	67.19g	175.95kcal	10.86g	4.02g	18.56g	1.60g	27.63g
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

Chicken Fillet Bites	60.00g	123.60kcal	7.92g	1.32g	4.62g	8.16g	7.7g
<i>Vegetarian Enchilada (v)</i>	150.66g	193.83kcal	4.60g	1.62g	24.37g	12.29g	16.18g
Chips	100.00g	110.00kcal	2.40g	0.30g	20.00g	1.60g	20.00g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Baked Beans	40.00g	33.60kcal	0.16g	0.08g	5.40g	1.88g	13.50g
Cocoa Shortbread (mini)	15.54g	74.22kcal	4.17g	1.54g	8.16g	0.89g	52.54g
Melon Wedge	80.00g	14.40kcal	0.08g	0.02g	3.44g	0.24g	4.30g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Cocoa Shortbread (fullsize)	31.07g	148.55kcal	8.34g	3.09g	16.34g	1.76g	52.60g
Melon Wedge	80.00g	14.40kcal	0.08g	0.02g	3.44g	0.24g	4.30g

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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
Cheese and Tomato Pizza Swirl (v)	58.81g	137.18kcal	3.29g	1.91g	22.10g	5.43g	37.57g
Potato Wedges	100.00g	130.00kcal	3.00g	0.40g	22.00g	2.50g	22.00g
<i>Vegemince Bolognese (v)</i>	172.50g	110.12kcal	2.28g	0.27g	12.16g	8.76g	7.05g
<i>Pasta</i>	45.50g	158.18kcal	1.35g	0.19g	31.84g	5.31g	69.97g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Sweetcorn	40.00g	29.60kcal	0.56g	0.16g	4.64g	1.00g	11.60g
Blueberry Cupcake	37.92g	130.99kcal	7.10g	2.56g	14.97g	1.88g	39.49g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Blueberry Cupcake	37.92g	130.99kcal	7.10g	2.56g	14.97g	1.88g	39.49g
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
Lasagne (Pork and Lentil)	258.20g	313.80kcal	16.86g	6.72g	22.41g	18.56g	8.68g
<i>Loaded Bean Bake (v)</i>	196.90g	121.79kcal	3.81g	0.68g	19.18g	4.27g	9.74g
Garlic Bread	24.44g	52.29kcal	0.58g	0.19g	9.65g	1.92g	39.46g

Mixed Salad	70.00g	19.70kcal	0.36g	0.06g	3.17g	0.80g	4.53g
Vanilla Ice Cream	80.00ml	129.60kcal	6.56g	3.44g	14.48g	2.72g	18.10g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Pizza Finger	45.08g	93.92kcal	3.82g	2.13g	10.66g	4.56g	23.65g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Vanilla Ice Cream	80.00ml	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
Chipolata Sausages	2 each	171.60kcal	13.62g	5.16g	5.52g	7.08g	9.20g
<i>Plant Sausages (v)</i>	2 each	91.00kcal	5.55g	0.50g	4.30g	6.60g	8.60g
Yorkshire Pudding (homemade)	22.87g	38.70kcal	1.10g	0.27g	5.43g	1.68g	23.77g
Mashed Potato	125.20g	124.40kcal	4.06g	1.32g	20.64g	2.53g	16.49g
Gravy	26.75g	6.02kcal	0.07g	0.03g	1.26g	0.13g	4.72g
Cabbage	40.00g	10.80kcal	0.08g	0.02g	1.64g	0.96g	4.10g
Carrots	40.00g	13.60kcal	0.16g	0.04g	3.08g	0.20g	7.70g
Carrot Cake	57.50g	182.01kcal	8.97g	3.26g	23.58g	2.83g	41.02g
Cheese and Tomato Pasta Pot	75.00g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.68g	69.40g
Carrot Cake	57.50g	182.01kcal	8.97g	3.26g	23.58g	2.83g	41.02g
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
Breaded Chicken	1 each	143.40kcal	7.64g	1.16g	7.26g	8.18g	12.10g
Lettuce	25.00g	2.75kcal	0.03g	0.01g	0.35g	0.30g	1.40g
Mayo	5.00g	30.15kcal	3.27g	0.23g	0.16g	0.03g	3.20g
Wrap	1/2 wrap	86.42kcal	1.59g	0.20g	15.37g	2.00g	53.00g
Steamed Rice (cooked)	105.00g	123.90kcal	0.63g	0.14g	26.92g	2.59g	25.63g
<i>Tomato and Courgette Frittata (v)</i>	121.83g	142.73g	9.93g	4.94g	2.54g	10.92g	2.08g
<i>Potato Wedges</i>	100.00g	130.00kcal	3.00g	0.40g	22.00g	2.50g	22.00g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Cocoa Oatcake (mini)	26.52g	126.67kcal	7.03g	2.40g	13.61g	1.75g	51.33g
Orange Wedges	50.00g	18.50kcal	0.05g	0.00g	4.25g	0.55g	8.50g

Cheese and Tomato Pasta Pot	75.00g	176.70kcal	3.98g	2.27g	26.57g	7.34g	35.42g
Fruit Bread	51.77g	107.42kcal	0.35g	0.05g	23.51g	2.80g	45.42g
Cocoa Oatcake (fullsize)	53.04g	253.33kcal	14.06g	4.81g	27.22g	3.49g	51.33g
Orange Wedges	50.00g	18.50kcal	0.05g	0.00g	4.25g	0.55g	8.50g
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
Fish Fingers	75.00g	158.25kcal	6.82g	0.52g	13.35g	10.35g	17.80g
<i>Cheese and Potato Pastry Pinwheel (v)</i>	144.00g	389.01kcal	24.01g	12.40g	36.52g	7.37g	25.36g
Chips	100.00g	110.00kcal	2.40g	0.30g	20.00g	1.60g	20.00g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	9.00g
Baked Beans	40.00g	33.60kcal	0.16g	0.08g	5.40g	1.88g	13.50g
Vanilla Crunch Bar (mini)	18.84g	85.21kcal	4.20g	1.54g	10.79g	0.90g	57.26g
Apple Wedges	50.00g	13.50kcal	0.10g	0.02g	3.25g	0.10g	6.50g
Ham	1 slice	34.80kcal	0.68g	0.20g	0.56g	6.64g	1.40g
Cheese	30.00g	124.80kcal	10.47g	6.5g	0.03g	7.62g	0.10g
Bread	2 Slices	187.20kcal	1.76g	0.32g	33.52g	7.52g	41.90g
Salad Sticks	25.00g	6.00kcal	0.13g	0.01g	1.11g	0.19g	4.45g
Vanilla Crunch Bar (fullsize)	37.68g	170.42kcal	8.39g	3.08g	21.58g	1.80g	57.26g
Apple Wedges	50.00g	13.50kcal	0.10g	0.02g	3.25g	0.10g	6.50g

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	Carb (g) Per 100g
Jacket Potato - size may vary	220g	172.0	0.5	0.0	36.0	16.36g
Fillings						
Baked Beans	80g	67.20kcal	0.32g	0.16g	10.80g	13.50g
Cheese	30g	117kcal	9.60g	5.94g	0.06g	0.20g
Baked Beans	40g	33.60kcal	0.16g	0.08g	5.40g	13.50g
Cheese	60g	234kcal	19.20g	11.88g	0.12g	0.20g