

Recipe Nutrition Guide

Dish Category : Secondary

Dish Name	Calories	Fat	Saturated Fat	Carbohydrate	Sugar	Fibre	Protein	Salt
All Day Breakfast	350	16.4	7.0	32.0	6.8	5.3	16.4	2.0
Apple & Sultana Sponge and Custard	516	13.7	4.0	52.3	28.6	1.2	9.0	1.0
Apple & Wild Berry Oaty Crumble and Custard	299	9.3	2.8	50.3	27.0	2.7	4.4	0.3
Apple Flapjack	211	10.9	2.0	24.6	13.2	1.9	2.6	0.3
Apple Pie & Custard	319	8.2	1.6	54.1	27.5	2.0	8.5	0.4
Baked Bananas with Honey	202	1.0	0.5	47.0	42.8	1.7	4.3	0.1
Baked Bean and Cheese Wrap	341	15.7	7.8	34.7	3.7	3.6	15.6	2.4
Baked Fish Fingers and Oven Baked Wedges	262	9.4	2.3	33.1	0.7	2.8	13.2	0.8
Baked Rice Pudding with Berry Compote	376	7.6	4.7	70.7	47.8	0.4	6.5	0.3
Baked Salmon and Mediterranean Roasted Vegetables	221	5.7	0.8	15.9	5.5	5.7	17.2	0.1
Baked Tuna Omelette	420	10.4	4.4	11.1	3.7	1.6	19.4	0.8
Banana Muffin	528	25.6	9.4	58.3	36.4	1.2	5.2	0.9
Banoffee Cheesecake	259	11.9	5.6	34.2	21.3	0.6	3.7	0.6
Basil Infused Penne Pasta with Chestnut Mushrooms & Roasted Tomatoes	231	9.8	4.0	20.4	4.3	4.5	11.7	0.1
Battered Fish with Chunky Chips	321	13.1	2.6	37.4	1.0	3.4	13.0	1.1
Bean & Chilli Burrito with Fresh Salad	428	9.6	3.5	68.2	14.7	9.7	15.7	0.9
Bean and Vegetable Chilli with Wholegrain Rice & Baked Nachos	416	7.4	1.2	75.5	9.3	6.5	11.5	0.7
Beef and Potato Pie with Freshly Minted Mushy Peas	403	17.1	5.1	34.8	3.5	3.7	24.0	1.6
Beef and Potato Pie with Freshly Minted Mushy Peas - H	513	31.5	11.3	34.8	3.5	3.7	19.3	1.6
Beef Bolognese with Wholemeal Penne Pasta	398	7.5	2.9	55.8	7.9	6.6	25.4	0.4
Beef Burger in a Bun with Oven Baked Wedges	396	12.5	3.1	54.5	4.6	3.2	20.0	1.7
Beef Country Stew with Dumplings	384	14.2	6.5	30.3	3.3	3.3	30.7	0.8
Beef Country Stew with Dumplings and Crusty Bread	520	14.7	6.5	57.7	3.9	4.8	35.4	1.5
Beef Lasagne & Herb Bread	573	21.3	8.3	69.2	12.6	2.8	23.3	2.2
Berry Cheesecake	214	10.4	4.9	26.8	16.1	0.5	3.4	0.6
Bread and Orange Pudding with Custard	435	10.3	4.1	58.2	31.1	1.3	8.9	0.9
Broccoli & Cauliflower Cheese Crumble	252	16.0	7.9	11.2	5.3	3.6	15.8	0.7
Bubble & Squeak & Boston Beans	300	3.8	1.2	56.2	11.2	6.5	10.5	0.7
Butternut Squash, Red Pepper and Lentil Dhansak with Wholemeal Rice	445	5.0	0.8	80.9	18.3	6.8	17.3	1.0
Carrot Cake	308	11.7	1.0	36.5	28.6	2.1	3.1	0.4
Carrot Muffin	258	11.7	1.0	23.1	15.6	1.9	3.1	0.4
Cauliflower Cheese with Herb Gratin Topping	242	15.7	7.8	11.0	5.2	2.6	14.1	0.7
Cheese & Tomato Quiche with Oven Baked Wedges	584	21.2	6.3	43.9	3.5	3.3	15.9	0.7
Cheese and Potato Pie with Baked Beans	313	10.2	5.6	38.7	9.4	5.2	15.8	1.0
Cheese and Tomato Bake with Roast Potatoes	569	19.5	5.8	60.8	4.5	4.9	25.5	0.6
Cheese and Tomato Pinwheel with Chunky Chips	470	14.1	7.6	57.3	11.1	5.5	26.5	2.2
Cheese and Tomato Pinwheel with Oven Baked Wedges	422	13.5	4.2	55.6	11.5	4.9	19.8	1.6
Cheese, Leek and Potato Bake with Baked Beans	270	9.2	4.3	34.2	8.0	5.2	11.9	0.8
Cheesy Chicken Pasta Bake	458	13.4	4.9	54.2	9.2	6.6	25.7	1.0
Cheesy Roasted Vegetable Pasta	403	8.8	3.5	59.3	9.9	6.9	17.1	1.0
Cheesy Roasted Vegetable Pasta with Garlic Bread	512	14.3	6.4	72.8	10.7	7.2	19.4	1.5
Chicken and Roasted Vegetable Pasta Bake	404	9.3	3.6	48.9	9.0	6.1	27.3	1.0
Chicken Bangers & Mustard Mash with Onion Gravy	429	13.4	4.1	66.1	6.5	4.2	13.9	2.7
Chicken Biryani with pilau rice	334	5.4	1.3	28.7	3.5	2.8	23.7	1.1
Chicken Biryani with pilau rice - H	415	15.8	4.8	28.7	3.5	2.8	20.6	1.1
Chicken Biryani with Vegetable Samosa	391	7.0	2.6	34.4	4.6	3.2	28.5	1.4
Chicken Biryani with Vegetable Samosa - H	459	19.3	5.8	29.6	3.6	3.0	23.4	0.9
Chicken Chow Mein	385	6.4	1.7	56.8	9.6	3.6	21.5	1.9
Chicken Chow Mein - H	385	6.4	1.7	56.8	9.6	3.6	21.5	1.9
Chicken Curry with Wholegrain Rice	431	13.6	7.0	56.0	12.2	3.6	20.5	1.9
Chicken Fajitas with Tomato Salsa & Nachos	584	12.8	2.4	53.8	26.4	13.6	37.7	3.9
Chicken Fajitas with Tomato Salsa & Nachos - H	588	23.0	6.3	43.4	26.0	13.1	25.4	3.4
Chicken Fricassee with Wholegrain Rice	344	9.0	1.9	56.5	4.9	2.8	8.5	0.8
Chicken Fricassee with Wholegrain Rice - H	516	22.3	6.3	56.5	4.9	2.8	21.7	0.9
Chicken Katsu Curry with Firecracker Rice	500	15.7	5.0	60.2	12.5	3.9	27.9	1.8
Chicken Katsu Curry with Firecracker Rice - H	542	23.4	8.0	60.2	12.5	3.9	21.1	1.9
Chicken Noodles	329	6.1	1.7	45.0	8.9	3.1	19.4	1.7
Chicken sausage, cheesy herb mash, gravy - H	418	16.4	5.7	53.8	3.3	3.0	15.7	2.8
Chickpea Burger and Chips	508	15.4	3.9	72.8	3.7	8.5	15.8	1.1
Chickpea Burger and Winter Slaw	368	12.1	1.6	47.8	7.5	6.0	13.4	1.1
Chilli con Carne with Chunky Chips	293	8.1	3.6	37.9	4.6	6.5	16.8	0.8
Chilli con Carne with Oven Baked Wedges	308	11.6	2.2	36.2	5.1	5.9	16.5	0.6
Chilli con Carne with Oven Baked Wedges	309	10.6	1.9	39.7	5.3	5.0	16.5	1.0
Chilli con Carne with Oven Baked Wedges - H	430	23.5	7.8	38.2	5.0	4.9	18.7	0.5
Chilli con Carne with Wholemeal Rice	354	5.2	1.9	57.6	4.8	6.2	18.9	0.5
Chocolate and Beetroot Brownie	338	9.9	2.2	27.5	18.6	1.8	5.5	0.5
Chocolate Brownie Surprise	338	9.9	2.2	27.5	18.6	1.8	5.5	0.5
Chocolate Crunch	220	8.4	1.6	32.9	17.3	2.5	4.0	0.4
Chocolate Krispie	197	5.5	1.2	34.4	23.6	0.8	2.0	0.5
Chocolate Pudding with Chocolate Sauce	523	12.8	3.1	59.9	26.1	5.0	10.3	0.8
Chocolate Shortbread with Fruit Pieces	184	6.8	1.3	27.7	17.5	3.3	3.3	0.3
Chocolate Sponge with Chocolate Sauce	523	12.8	3.1	59.9	26.1	5.0	10.3	0.8
Classic Eton Mess	89	0.3	0.2	21.1	21.1	0.4	1.7	0.1

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Coconut Baked Rice Pudding with Jam	289	7.1	4.7	51.9	34.3	0.3	4.8	0.3
Cod and Roasted Vegetables	219	5.1	0.6	15.8	5.5	5.7	18.1	0.1
Cod Fishcake and Cheesy Mash	347	13.6	5.3	42.4	2.1	2.5	15.5	1.0
Cod in Cheese Sauce with New Potatoes	310	9.7	4.2	42.8	5.5	1.5	13.9	0.7
Cottage Pie and Onion Gravy	343	12.7	3.6	36.2	6.4	3.0	20.9	2.1
Creamy Carbonara with Cheesy Ciabatta	435	10.4	4.4	63.4	8.5	1.9	23.5	3.7
Creamy Carbonara with wholemeal pasta	398	9.7	4.5	53.2	8.3	4.9	22.3	1.7
Crispy Battered Fish Fillet with Chunky Chips	321	13.1	2.6	37.4	1.0	3.4	13.0	1.1
Curried Vegetable Plait	203	10.7	4.7	21.2	2.8	2.8	5.6	0.4
Curried Vegetable Plait and Chunky Chips	333	14.7	6.5	42.1	3.0	3.9	7.9	0.9
Custard Biscuit with Fruit Slices	243	9.6	1.7	37.7	20.3	1.6	2.5	0.4
Eton Mess	54	0.3	0.2	12.4	12.3	0.3	1.2	0.0
Feta and Beetroot Burger with chargrilled corn	462	11.0	4.2	56.9	8.1	3.9	16.4	1.8
Fish and Roasted Vegetables	211	5.0	0.6	15.8	5.5	5.7	16.1	0.1
Fish Finger Butty, Tartare Sauce and Chunky Chips	432	11.1	2.0	62.8	6.1	7.9	17.8	1.2
Fish Finger Sandwich on Homemade Brown Bread	322	7.4	0.9	47.8	4.6	6.5	13.8	0.9
Fish Finger Wrap	309	10.6	1.1	42.0	4.1	1.8	13.4	2.1
Fish Finger Wrap with Tartare Sauce & Wedges	417	15.8	1.5	56.6	4.2	2.9	15.0	2.2
Fish Fingers and Chunky Chips	288	10.4	4.0	34.8	0.2	3.4	13.5	1.1
Fishcake & Chips & Tomato Sauce	359	13.0	1.9	43.7	1.6	3.0	17.1	0.4
Fisherman's Pie	413	14.1	5.2	47.3	6.5	3.1	26.2	0.8
Forest Fruit Cheesecake	214	10.4	4.9	26.8	16.1	0.5	3.4	0.6
Fruit Crumble and Custard	299	9.3	2.8	50.3	27.0	2.7	4.4	0.3
Fruit Flapjack	216	10.9	2.0	25.8	14.3	2.2	2.7	0.3
Fruit Jelly and Ice Cream	323	8.1	6.5	58.8	57.7	1.7	3.2	0.2
Fruit Tart with Vanilla Custard	293	9.1	3.0	49.3	27.8	1.9	4.0	0.3
Fruity Ice Cream Sundae	249	8.5	4.3	32.1	38.1	1.4	5.3	0.3
Fruity Jelly Mousse	149	1.8	1.4	29.8	27.6	0.4	2.2	0.3
Hoi Sin Chicken, Stir Fried Vegetables and Noodles	312	6.1	1.7	40.7	4.6	3.2	19.6	1.4
Hoi Sin Chicken, Stir Fried Vegetables and Noodles - H	312	6.1	1.7	40.7	4.6	3.2	19.6	1.4
Homemade Turkey Burger in a Bun	303	8.1	2.0	28.5	3.3	1.5	27.0	1.1
Homemade Vegetable Burger with oven baked wedges	401	8.6	0.8	65.8	5.6	8.3	13.7	1.2
Homemade Veggie Burger with Chunky Chips	312	8.2	2.3	44.8	3.9	8.1	9.5	0.9
Honey Roast Gammon with Parsley Sauce and Potatoes	373	16.8	7.0	33.0	7.9	2.2	23.7	2.4
Iced Fruit Sponge	284	7.6	1.6	30.5	23.0	0.4	3.7	0.5
Italian Meatballs with Tomato and Basil Sauce and Whole Wheat Pasta - H	375	5.2	1.3	52.4	8.6	6.5	27.2	0.9
Jam Roly Poly with Custard	393	17.8	10.3	54.9	22.3	1.3	5.5	0.5
Jamaican Jerk Chicken with Rice & Peas	502	27.2	10.8	32.6	3.7	5.0	29.6	0.5
Jamaican Jerk Chicken with Rice & Peas - H	408	18.3	7.0	32.6	3.7	5.0	25.9	0.4
Jumbo Fishcake & Chunky Chips	358	13.0	1.9	43.1	1.3	3.1	17.1	0.4
Keema Lamb Curry with Wholemeal Rice - H	469	22.5	10.2	47.1	5.0	3.8	18.9	0.7
Key lime Pie	359	24.8	15.7	29.8	16.0	1.7	4.2	0.6
Lamb Keema Curry with Wholemeal Rice	526	20.5	5.4	62.2	5.0	6.9	23.0	0.4
Lamb Keema Curry with Wholemeal Rice - H	566	26.6	8.4	62.2	5.0	6.9	19.6	0.4
Lasagne with Garlic Bread	271	12.9	5.4	23.0	5.2	1.4	16.7	1.3
Leek and Courgette Cheese Crumble with Baby Potatoes	360	14.1	5.8	47.5	7.0	3.6	13.1	0.7
Leek and Mushroom Risotto with Green leaf Salad	167	4.7	2.6	24.3	4.6	2.0	7.4	1.4
Loaded Fishy Potato Skins	267	6.9	3.9	36.7	5.1	2.1	15.9	0.4
Loaded Fishy Potato Skins	360	10.8	1.6	39.0	6.5	4.4	22.1	1.6
Loaded Skins Stuffed with Tuna	360	10.8	1.6	39.0	6.5	4.4	22.1	1.6
Macaroni Cheese with Herby Bread	499	23.2	12.3	54.8	4.7	0.3	20.4	0.6
Macaroni Cheese with Herby Bread	524	24.6	13.1	57.5	4.3	0.4	21.2	1.3
Mango, Chilli and Lime Glazed Pork with Parmentier Potatoes	363	10.9	3.0	41.0	7.6	2.7	27.6	0.3
Marmalade Bread Pudding & Custard	335	7.8	3.1	45.6	25.2	1.4	6.9	0.7
Meatballs in Tomato Sauce and Wholemeal Pasta	349	6.0	1.8	54.1	9.0	6.7	17.6	1.3
Minced Beef and Onion Slice with Mash	503	19.6	8.6	64.5	4.9	5.5	16.6	1.3
Moroccan Beef Tagine	532	8.2	2.4	80.7	14.7	9.8	33.5	0.3
Moroccan Beef Tagine - H	508	8.7	2.6	80.7	14.7	9.8	26.4	0.3
Moussaka - H	298	17.8	9.5	21.0	5.8	2.5	14.0	0.7
Orange & Cranberry Cupcake	358	14.2	5.3	51.4	39.2	1.1	2.6	0.5
Oriental Stir Fry	340	3.4	0.6	59.2	10.2	5.1	12.4	1.3
Oven Baked Turkey Lasagne with Cheesy Garlic Bread - H	289	10.7	4.7	21.5	4.9	1.3	27.2	0.9
Peach and Apple Crumble & Custard	305	9.7	2.8	50.3	27.2	2.3	4.6	0.3
Piri Piri Chicken Thigh with Tex Mex Rice	387	10.4	2.6	48.5	2.5	1.9	26.6	0.2
Piri Piri Chicken Thigh with Tex Mex Rice - H	343	8.0	2.1	50.6	3.3	2.1	18.7	0.9
Pizza Day Base	190	5.2	2.6	27.1	9.4	2.7	8.2	1.1
Pork Bangers & Mustard Mash with Onion Gravy	460	18.2	6.7	58.5	9.1	3.5	18.0	2.4
Pumpkin Bar	308	9.4	0.9	44.9	31.7	0.9	2.8	0.5
Pumpkin Lasagne	547	22.9	7.9	67.2	18.6	5.4	17.3	1.5
Quorn Bolognese with Herb Bread	294	8.0	3.6	46.9	4.3	3.5	14.2	0.9
Quorn Dog with chips and tomato sauce	429	9.3	3.0	64.1	3.9	8.9	19.1	1.6
Quorn Dog with chunky chips and tomato sauce	411	13.2	6.1	54.1	3.5	5.0	18.7	1.9
Quorn Paella	400	10.4	3.6	53.5	6.1	5.2	19.7	1.6
Quorn Roast with Gravy and Potatoes	254	8.8	0.8	31.0	2.1	3.8	15.1	1.6

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Quorn Sausage Toad in the Hole, Onion Gravy and Roast Potatoes	514	16.5	2.5	48.7	7.8	2.5	23.7	1.8
Rev. Sept 2017 Spaghetti Bolognese with Garlic Bread	315	10.2	4.4	42.7	7.4	3.6	16.2	1.2
Roast Beef, Yorkshire Pudding & Paprika Glazed Roast Potatoes	590	14.3	4.5	54.2	3.7	6.2	35.7	0.7
Roast Chicken with Stuffing, Gravy and Potatoes	509	19.4	3.2	56.4	2.1	2.7	29.3	3.1
Roast Chicken, Roast Potatoes & Gravy - H	323	14.5	1.3	24.2	1.0	1.2	25.4	1.6
Roast Chicken, Stuffing, Gravy and Potatoes	423	9.8	2.5	56.4	2.1	2.7	29.3	3.1
Roast Gammon with Pineapple & Baked Wedges	268	10.3	3.5	29.6	9.2	2.0	16.6	3.5
Roast Gammon with Pineapple and Potatoes	381	19.8	4.9	33.6	13.4	1.8	19.9	4.8
Roast Lamb with Gravy & Potatoes - H	218	12.9	5.2	14.9	0.6	0.7	11.5	1.3
Roast Lamb with Roast Potatoes, Mint Sauce & Gravy - H	442	27.3	9.5	30.8	3.8	1.8	19.5	1.4
Roast Pork with Roast Potatoes & Apple Sauce	405	14.7	3.4	38.3	10.0	3.2	31.0	1.1
Roast Turkey and Roast Potatoes	296	8.2	1.1	27.0	1.9	1.4	29.7	1.1
Roast Turkey, Roast Potatoes and Gravy - H	279	11.1	1.2	21.9	1.8	1.1	23.5	1.1
Roast Turkey, Stuffing and Roast Potatoes - H	421	20.7	3.7	34.0	3.6	1.1	26.1	1.7
Roast Turkey, Stuffing, Gravy and Potatoes	503	9.5	2.4	70.0	2.6	3.5	37.1	3.2
Roast Turkey, Stuffing, Root Vegetable Mash & Gravy	535	24.6	5.2	38.2	6.4	3.3	34.7	1.8
Roast Turkey, Stuffing, Root Vegetable Mash & Gravy - H	492	24.1	5.0	38.2	6.4	3.3	24.9	1.8
Roasted Peach & Apple Crumble	305	9.7	2.8	50.3	27.2	2.3	4.6	0.3
Roasted Tomato & Red Pepper Lasagne	272	13.9	5.8	19.3	10.0	3.5	11.2	0.5
Roasted Vegetable and Bean Chilli with Wholegrain Rice	347	4.0	0.6	66.5	9.1	5.6	10.3	0.4
Roasted Vegetable Omelette with Chips	512	10.6	4.0	36.4	5.8	5.3	11.6	0.4
Roasted Vegetable Omelette with Fresh Salad	336	5.9	1.7	7.2	5.7	2.4	9.1	0.3
Salmon & Tomato Ketchup Fishcakes (not inc chips)	311	2.2	0.7	51.8	3.1	2.9	8.3	0.4
Salmon Fish Finger Wrap with Green Salad and Mayonnaise	322	11.1	1.3	41.9	2.4	1.7	15.6	1.9
Salmon Fish Fingers and Chips	299	10.0	2.7	37.2	1.4	2.8	14.3	0.6
Sausage and Mash with Gravy	418	18.0	6.7	49.3	8.6	2.8	16.8	2.2
Sausages and Mash with Onion Gravy	418	18.0	6.7	49.3	8.6	2.8	16.8	2.2
Shepherdess Hotpot, Gravy and Potatoes	377	7.0	1.0	61.1	7.5	6.5	16.6	1.8
Shepherdess Hotpot and Gravy	403	7.6	1.0	62.1	8.3	5.6	21.4	3.6
Shepherdess Pie with Minted Leek and Creamed Potato Topping	243	4.3	1.0	40.1	4.7	4.0	14.1	1.3
Shepherds Pie topped with Root Vegetable Mash - H	317	21.9	10.2	11.6	4.8	2.7	13.9	0.7
Shortbread Biscuit with Fruit Slices	209	8.2	1.5	31.0	14.6	2.3	3.5	0.3
Soy and Ginger Quorn and Egg Fried Rice	279	7.4	1.1	26.0	3.7	7.9	15.3	1.4
Spaghetti Bolognese and Garlic Bread	243	18.2	1.7	35.9	4.5	2.8	15.7	0.8
Spaghetti Bolognese with Garlic Bread	243	18.2	1.7	35.9	4.5	2.8	15.7	0.8
Spaghetti Bolognese and Garlic Bread - H	434	23.1	10.3	40.6	7.0	3.4	18.4	0.8
Spiced Fresh Fruit Salad and Ice Cream	234	6.3	3.8	39.5	38.0	2.9	6.4	0.4
Spiced Winter Apple Pancakes	327	8.5	3.0	25.4	14.0	1.8	6.8	0.3
Spicy Vegetable and Bean Quesadilla	307	12.6	7.0	34.5	5.8	4.1	12.5	0.6
Steamed Ginger Sponge with Custard	500	16.3	4.1	60.4	40.9	0.7	6.1	1.0
Steamed Lemon Sponge with Lemon Drizzle	467	15.2	3.0	56.1	40.0	0.7	5.1	0.8
Sticky Toffee & Banana Pudding	408	14.1	8.3	49.3	36.9	1.5	5.1	0.6
Strawberry Eton Mess Muffin	257	18.0	1.3	24.0	19.9	0.1	0.1	0.0
Strawberry Mousse	144	3.7	2.7	22.1	18.2	0.0	5.0	0.5
Sultana & Oat Cookie with Fruit Slices	248	9.2	1.7	37.3	21.3	2.1	3.8	0.8
Sultana and Oat Cookie	229	9.2	1.7	32.8	16.8	1.6	3.4	0.8
Sweet & Sour Chicken with Wholegrain Rice	408	6.5	1.7	68.4	26.1	3.3	18.5	3.5
Sweet & Sour Chicken with Wholegrain Rice - H	462	15.4	4.8	60.5	19.3	3.4	19.4	0.5
Sweet & Sour Pork with Wholegrain Rice	381	5.1	1.4	60.5	19.3	3.4	22.2	0.5
Sweet Chilli Noodles with Roasted Vegetables	324	2.6	0.5	60.9	10.7	4.3	10.6	1.3
Sweet Potato & Chickpea Curry	549	15.1	9.6	86.1	13.7	9.6	16.1	0.3
Sweet Potato and Chickpea Curry with Wholegrain Rice	505	11.8	5.4	88.4	13.6	8.1	13.4	1.1
Sweet Potato, Aubergine and Spinach Moussaka	244	7.5	4.4	34.3	7.7	4.2	14.6	1.1
Sweet Potato, Vegetable & Lentil Roast and Roast Potatoes	557	16.8	5.0	58.8	11.6	6.6	20.3	1.0
Thai Red Turkey Curry with Wholegrain Rice	325	5.1	2.2	41.7	5.9	3.5	22.8	0.2
Thai Red Turkey Curry with Wholegrain Rice - H	320	4.7	2.1	41.5	5.9	3.3	23.0	0.1
Three Cheese Focaccia	383	14.3	7.1	45.1	9.9	3.4	16.5	1.1
Toffee Apple Crumble and Custard	357	11.1	3.7	59.4	35.3	2.7	5.8	0.4
Toffee Sponge & Custard	294	7.4	1.8	39.8	23.8	1.3	4.3	0.9
Tomato, Mozzarella & Baby Spinach Tart with Green Herb Salad	335	16.6	7.0	26.5	5.0	2.0	9.2	0.4
Traditional Apple Pie and Cinnamon Custard	320	8.2	1.6	54.6	27.5	2.4	8.5	0.4
Traditional Fruit Trifle	221	9.5	7.7	30.5	21.1	0.5	3.3	0.2
Traditional Roast Chicken with Sage & Onion Stuffing - H	509	19.4	3.2	56.4	2.1	2.7	29.3	3.1
Treacle Tart with Vanilla Cream	387	13.0	5.7	58.5	28.5	1.3	6.2	0.9
Triple Loaded Mac & Cheese	454	19.2	10.1	53.6	4.9	0.3	19.4	0.7
Tuna & Sweetcorn Pasta Bake	426	9.3	4.6	58.8	7.0	6.3	24.4	1.4
Tuna and Sweetcorn Plait	384	17.6	9.2	29.8	3.9	1.3	22.1	1.8
Tuna Melt	406	9.9	3.9	59.2	6.2	2.8	22.9	1.9
Tuna Pasta Bake with Crunchy Topping	426	9.3	4.6	58.8	7.0	6.3	24.4	1.4
Turkey and Vegetable Pie with Herby New Potatoes - H	546	20.2	9.0	64.1	3.5	2.3	26.0	1.6
Turkey Bolognese with Garlic Bread - H	397	5.1	1.9	65.5	4.3	3.0	26.8	0.4
Turkey Lasagne with Garlic Bread - H	272	9.7	4.1	21.5	4.9	1.3	25.2	0.8
Turkey Samosa & Spicy Rice	581	25.8	10.2	52.6	5.8	4.7	24.1	0.9

Recipe Nutrition Guide

Dish Category : Secondary

Dish Name	Calories	Fat	Saturated Fat	Carbohydrate	Sugar	Fibre	Protein	Salt
Turkey Samosa & Spicy Rice - H	547	23.0	9.4	52.9	5.9	4.7	21.5	0.9
Ultimate Pork Sausage Sandwich with Red Onion Marmalade	544	21.4	7.2	62.4	8.5	5.6	22.9	2.3
Vegetable & Bean Chilli with Wholemeal Rice	348	4.0	0.6	66.6	9.1	5.7	10.4	0.4
Vegetable & Bean Wrap	428	9.6	3.5	68.2	14.7	9.7	15.7	0.9
Vegetable Enchiladas with Sour Cream with Chives & Green Leaf Salad	305	7.9	2.4	30.8	12.0	12.1	15.4	0.4
Vegetarian All Day Breakfast	311	13.0	3.6	26.6	5.7	5.1	19.8	1.4
Vegetarian Frankfurter and Caramelised Onions	362	12.8	4.4	40.6	5.7	4.5	18.4	1.7
Vegetarian Frankfurter and Chunky Chips	302	12.4	6.0	31.6	1.3	3.6	15.0	1.4
Vegetarian Frankfurter with sides	423	16.7	4.7	51.7	3.7	4.4	18.4	1.5
Vegetarian Moussaka	315	9.8	5.8	43.7	8.0	4.7	19.2	1.3
Veggie Bolognese with Wholemeal Pasta	452	4.9	0.8	62.4	11.2	6.6	38.2	6.9
Victoria Muffin	288	11.8	4.3	29.7	21.4	0.4	2.7	0.3
Winter Berry Sponge	559	11.8	2.6	62.9	35.6	1.3	13.3	1.3
Winter Fruit Cheesecake	214	10.4	4.9	26.8	16.1	0.5	3.4	0.6

REF	NEW	DISH TITLE	GRAM
	1 y	Vegetarian Tomato Pasta Bake (90G) with garlic bread (30G)	42
	2 y	Meat Cumberland Sausage Bubble & Squeak Mash & Apple Gravy	49
	3 y	Dessert Pear & Apple Crumble with Custard	50
	4 y	Vegetarian Vegetarian Lancashire Hotpot	61
	5	Spaghetti Bolognese Garlic Bread	42.7
	6	Sultana & Oat Cookie	37.3
	7	Sweet Potato & Chick Pea Curry Whole grain rice	86.1
	8 y	Meat Piri Piri Chicken Thigh with Portuguese Rice	51
	9	Carrot Muffin	23.1
	10	Spicy Veg & Bean Quesadilla	34.5
	11 y	Meat Roast Turkey, Stuffing with Roasted Root Vegetables, Mash & Gravy	57
	12	Traditional Apple Pie with Cinnamon Custard	27.5
	13 y	Vegetarian Mac & Cheese Open Burger Winter Slaw	55
	14 y	Fish Big Fish Sandwich with chunky chips	63
	15	Chocolate Shortbread	27.7
	16	Bean & Chilli Burrito Fresh Salad	68.2
	17 y	Meat Sticky Chicken with Savoury Rice	51
	18 y	Dessert Steamed Jam Sponge	60
	19	Cheese, Leek & Potato Pie with Baked Bean	34.2
	20	Chilli Con Carne with Baked Wedges	36.2
	21	Winter Cheesecake	26.8
	22 y	Vegetarian Vegetable Lasagne	42
	23 y	Meat Quiche Lorraine Fresh Salad	44
	24	Apple Flapjack	24.6
	25	Quorn Toad in the Hole Gravy Potatoes	48.7
	26	Roast Chicken Stuffing Gravy Potatoes	56.4
	27 y	Dessert Iced Sponge	60
	28	Chickpea burger Winterslaw	47.8
	29	Homemade Salmon Fishcake	51.8
	30	Chocolate & Beetroot Brownie	27.5
	31	Veggie Bolognese Wholemeal Pasta	62.4
	32	Chicken Curry Wholegrain rice	56
	33	Jamaican Ginger Cake	27.4
	34 y	Vegetarian Mushroom Stroganoff with Wholegrain Rice	32
	35 y	Meat Pork Sausage Casserole	35
	36 y	Dessert Oaty Apple Crumble with Custard	50
	37 y	Vegetarian Sweet Potato & Bean Chilli with Wholegrain Rice	68
	38 y	Meat Jamaican Jerk Chicken with Corn Bread & Rice	45
	39 y	Dessert Winter Sponge	60
	40 y	Vegetarian Crispy Topped Vegetarian Pie	46
	41 y	Meat Beef & Vegetable Pie with Creamed Potatoes	63
	42	Pineapple USD	38.8
	43 y	Vegetarian Aloo Tikki Samosa Burger with Salad	52
	44	Crisp Battered Fish & Chunky Chips	37.4
	45	Chocolate Crunch	32.9

REF	NEW	DISH TITLE	PTN SIZE	GRAM
1		FOCACCIA STYLE PIZZA	35G	35
2		CHEESE ON TOAST	slice	10
3		HASH BROWN	ea	12
4		CHICKEN GOUJONS		3 18
5		CHEESY GARLIC SLICE	ea	22
6		TOAST	slice	10
7		CHEESE & BEAN PETITS PAIN	ea	25
8		POTATO WEDGES	100g	20
9		BANANA PANCAKE	ea	30
10		DOUGH BALLS		3 31
11		WAFFLE	60g	25
12		BACON ROLL	50g	25 just the roll
13		CRUMPET	ea	22
14		PAIN AU CHOCOLATE	64g	29
15		BREAKFAST WRAP	ea	35
16		BAGEL	ea	50
17		CHEESE TWIST	25g	11
18		TEA CAKE	45g	17
19		TOASTIES	half	10
20		SAUSAGE BAP	50g	25 just the bap
21		NACHOS	50g	7
22		CALZONE BITES	25g	11
23		POTATO WAFFLES	50g	25
24		POSH DOG	41g	21 finger roll
25		CHICKEN WINGS	80g	4
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