

# Recipe Nutrition Guide

Dish Category : Secondary

Meal	Dish Name	Calories	Fat	Saturated Fat	Carbohydrate	Sugar	Fibre	Protein	Salt
Main	All Day Breakfast	350	16.4	7.0	32.0	6.8	5.3	16.4	2.0
Desert	Apple & Sultana Sponge and Custard	516	13.7	4.0	52.3	28.6	1.2	9.0	1.0
Desert	Apple & Wild Berry Oaty Crumble and Custard	299	9.3	2.8	50.3	27.0	2.7	4.4	0.3
Desert	Apple Flapjack	211	10.9	2.0	24.6	13.2	1.9	2.6	0.3
Desert	Apple Pie & Custard	319	8.2	1.6	54.1	27.5	2.0	8.5	0.4
Desert	Baked Bananas with Honey	202	1.0	0.5	47.0	42.8	1.7	4.3	0.1
Main	Baked Bean and Cheese Wrap	341	15.7	7.8	34.7	3.7	3.6	15.6	2.4
Main	Baked Fish Fingers and Oven Baked Wedges	262	9.4	2.3	33.1	0.7	2.8	13.2	0.8
Desert	Baked Rice Pudding with Berry Compote	376	7.6	4.7	70.7	47.8	0.4	6.5	0.3
Main	Baked Salmon and Mediterranean Roasted Vegetables	221	5.7	0.8	15.9	5.5	5.7	17.2	0.1
Main	Baked Tuna Omelette	420	10.4	4.4	11.1	3.7	1.6	19.4	0.8
Desert	Banana Muffin	528	25.6	9.4	58.3	36.4	1.2	5.2	0.9
Desert	Banoffee Cheesecake	259	11.9	5.6	34.2	21.3	0.6	3.7	0.6
Main	Basil Infused Penne Pasta with Chestnut Mushrooms & Roasted Tomatoes	231	9.8	4.0	20.4	4.3	4.5	11.7	0.1
Main	Battered Fish with Chunky Chips	321	13.1	2.6	37.4	1.0	3.4	13.0	1.1
Main	Bean & Chilli Burrito with Fresh Salad	428	9.6	3.5	68.2	14.7	9.7	15.7	0.9
Main	Bean and Vegetable Chilli with Wholegrain Rice & Baked Nachos	416	7.4	1.2	75.5	9.3	6.5	11.5	0.7
Main	Beef and Potato Pie with Freshly Minted Mushy Peas	403	17.1	5.1	34.8	3.5	3.7	24.0	1.6
Main	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
Main	Beef Bolognese with Wholemeal Penne Pasta	398	7.5	2.9	55.8	7.9	6.6	25.4	0.4
Main	Beef Burger in a Bun with Oven Baked Wedges	396	12.5	3.1	54.5	4.6	3.2	20.0	1.7
Main	Beef Country Stew with Dumplings	384	14.2	6.5	30.3	3.3	3.3	30.7	0.8
Main	Beef Country Stew with Dumplings and Crusty Bread	520	14.7	6.5	57.7	3.9	4.8	35.4	1.5
Main	Beef Lasagne & Herb Bread	573	21.3	8.3	69.2	12.6	2.8	23.3	2.2
Desert	Berry Cheesecake	214	10.4	4.9	26.8	16.1	0.5	3.4	0.6
Desert	Bread and Orange Pudding with Custard	435	10.3	4.1	58.2	31.1	1.3	8.9	0.9
Main	Broccoli & Cauliflower Cheese Crumble	252	16.0	7.9	11.2	5.3	3.6	15.8	0.7
Main	Bubble & Squeak & Boston Beans	300	3.8	1.2	56.2	11.2	6.5	10.5	0.7
Main	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
Desert	Carrot Cake	308	11.7	1.0	36.5	28.6	2.1	3.1	0.4
Desert	Carrot Muffin	258	11.7	1.0	23.1	15.6	1.9	3.1	0.4
Main	Cauliflower Cheese with Herb Gratin Topping	242	15.7	7.8	11.0	5.2	2.6	14.1	0.7
Main	Cheese & Tomato Quiche with Oven Baked Wedges	584	21.2	6.3	43.9	3.5	3.3	15.9	0.7
Main	Cheese and Potato Pie with Baked Beans	313	10.2	5.6	38.7	9.4	5.2	15.8	1.0
Main	Cheese and Tomato Bake with Roast Potatoes	569	19.5	5.8	60.8	4.5	4.9	25.5	0.6
Main	Cheese and Tomato Pinwheel with Chunky Chips	470	14.1	7.6	57.3	11.1	5.5	26.5	2.2
Main	Cheese and Tomato Pinwheel with Oven Baked Wedges	422	13.5	4.2	55.6	11.5	4.9	19.8	1.6
Main	Cheese, Leek and Potato Bake with Baked Beans	270	9.2	4.3	34.2	8.0	5.2	11.9	0.8
Main	Cheesy Chicken Pasta Bake	458	13.4	4.9	54.2	9.2	6.6	25.7	1.0
Main	Cheesy Roasted Vegetable Pasta	403	8.8	3.5	59.3	9.9	6.9	17.1	1.0
Main	Cheesy Roasted Vegetable Pasta with Garlic Bread	512	14.3	6.4	72.8	10.7	7.2	19.4	1.5
Main	Chicken and Roasted Vegetable Pasta Bake	404	9.3	3.6	48.9	9.0	6.1	27.3	1.0
Main	Chicken Bangers & Mustard Mash with Onion Gravy	429	13.4	4.1	66.1	6.5	4.2	13.9	2.7
Main	Chicken Biryani with pilau rice	334	5.4	1.3	28.7	3.5	2.8	23.7	1.1
Main	Chicken Biryani with pilau rice - H	415	15.8	4.8	28.7	3.5	2.8	20.6	1.1
Main	Chicken Biryani with Vegetable Samosa	391	7.0	2.6	34.4	4.6	3.2	28.5	1.4
Main	Chicken Biryani with Vegetable Samosa - H	459	19.3	5.8	29.6	3.6	3.0	23.4	0.9
Main	Chicken Chow Mein	385	6.4	1.7	56.8	9.6	3.6	21.5	1.9
Main	Chicken Chow Mein - H	385	6.4	1.7	56.8	9.6	3.6	21.5	1.9
Main	Chicken Curry with Wholegrain Rice	431	13.6	7.0	56.0	12.2	3.6	20.5	1.9
Main	Chicken Fajitas with Tomato Salsa & Nachos	584	12.8	2.4	53.8	26.4	13.6	37.7	3.9
Main	Chicken Fajitas with Tomato Salsa & Nachos - H	588	23.0	6.3	43.4	26.0	13.1	25.4	3.4
Main	Chicken Fricassee with Wholegrain Rice	344	9.0	1.9	56.5	4.9	2.8	8.5	0.8
Main	Chicken Fricassee with Wholegrain Rice - H	516	22.3	6.3	56.5	4.9	2.8	21.7	0.9
Main	Chicken Katsu Curry with Firecracker Rice	500	15.7	5.0	60.2	12.5	3.9	27.9	1.8
Main	Chicken Katsu Curry with Firecracker Rice - H	542	23.4	8.0	60.2	12.5	3.9	21.1	1.9
Main	Chicken Noodles	329	6.1	1.7	45.0	8.9	3.1	19.4	1.7
Main	Chicken sausage, cheesy herb mash, gravy - H	418	16.4	5.7	53.8	3.3	3.0	15.7	2.8
Main	Chickpea Burger and Chips	508	15.4	3.9	72.8	3.7	8.5	15.8	1.1
Main	Chickpea Burger and Winter Slaw	368	12.1	1.6	47.8	7.5	6.0	13.4	1.1
Main	Chilli con Carne with Chunky Chips	293	8.1	3.6	37.9	4.6	6.5	16.8	0.8
Main	Chilli con Carne with Oven Baked Wedges	308	11.6	2.2	36.2	5.1	5.9	16.5	0.6
Main	Chilli con Carne with Oven Baked Wedges	309	10.6	1.9	39.7	5.3	5.0	16.5	1.0
Main	Chilli con Carne with Oven Baked Wedges - H	430	23.5	7.8	38.2	5.0	4.9	18.7	0.5
Main	Chilli con Carne with Wholemeal Rice	354	5.2	1.9	57.6	4.8	6.2	18.9	0.5
Desert	Chocolate and Beetroot Brownie	338	9.9	2.2	27.5	18.6	1.8	5.5	0.5
Main	Chocolate Brownie Surprise	338	9.9	2.2	27.5	18.6	1.8	5.5	0.5
Desert	Chocolate Crunch	220	8.4	1.6	32.9	17.3	2.5	4.0	0.4
Desert	Chocolate Krispie	197	5.5	1.2	34.4	23.6	0.8	2.0	0.5
Desert	Chocolate Pudding with Chocolate Sauce	523	12.8	3.1	59.9	26.1	5.0	10.3	0.8
Desert	Chocolate Shortbread with Fruit Pieces	184	6.8	1.3	27.7	17.5	3.3	3.3	0.3
Desert	Chocolate Sponge with Chocolate Sauce	523	12.8	3.1	59.9	26.1	5.0	10.3	0.8
Desert	Classic Eton Mess	89	0.3	0.2	21.1	21.1	0.4	1.7	0.1
Desert	Coconut Baked Rice Pudding with Jam	289	7.1	4.7	51.9	34.3	0.3	4.8	0.3
Main	Cod and Roasted Vegetables	219	5.1	0.6	15.8	5.5	5.7	18.1	0.1
Main	Cod Fishcake and Cheesy Mash	347	13.6	5.3	42.4	2.1	2.5	15.5	1.0
Main	Cod in Cheese Sauce with New Potatoes	310	9.7	4.2	42.8	5.5	1.5	13.9	0.7
Main	Cottage Pie and Onion Gravy	343	12.7	3.6	36.2	6.4	3.0	20.9	2.1

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Meal	Dish Name	Calories	Fat	Saturated Fat	Carbohydrate	Sugar	Fibre	Protein	Salt
Main	Creamy Carbonara with Cheesy Ciabatta	435	10.4	4.4	63.4	8.5	1.9	23.5	3.7
Main	Creamy Carbonara with wholemeal pasta	398	9.7	4.5	53.2	8.3	4.9	22.3	1.7
Main	Crispy Battered Fish Fillet with Chunky Chips	321	13.1	2.6	37.4	1.0	3.4	13.0	1.1
Main	Curried Vegetable Plait	203	10.7	4.7	21.2	2.8	2.8	5.6	0.4
Main	Curried Vegetable Plait and Chunky Chips	333	14.7	6.5	42.1	3.0	3.9	7.9	0.9
Desert	Custard Biscuit with Fruit Slices	243	9.6	1.7	37.7	20.3	1.6	2.5	0.4
Desert	Eton Mess	54	0.3	0.2	12.4	12.3	0.3	1.2	0.0
Main	Feta and Beetroot Burger with chargrilled corn	462	11.0	4.2	56.9	8.1	3.9	16.4	1.8
Main	Fish and Roasted Vegetables	211	5.0	0.6	15.8	5.5	5.7	16.1	0.1
Main	Fish Finger Butty, Tartare Sauce and Chunky Chips	432	11.1	2.0	62.8	6.1	7.9	17.8	1.2
Main	Fish Finger Sandwich on Homemade Brown Bread	322	7.4	0.9	47.8	4.6	6.5	13.8	0.9
Main	Fish Finger Wrap	309	10.6	1.1	42.0	4.1	1.8	13.4	2.1
Main	Fish Finger Wrap with Tartare Sauce & Wedges	417	15.8	1.5	56.6	4.2	2.9	15.0	2.2
Main	Fish Fingers and Chunky Chips	288	10.4	4.0	34.8	0.2	3.4	13.5	1.1
Main	Fishcake & Chips & Tomato Sauce	359	13.0	1.9	43.7	1.6	3.0	17.1	0.4
Main	Fisherman's Pie	413	14.1	5.2	47.3	6.5	3.1	26.2	0.8
Desert	Forest Fruit Cheesecake	214	10.4	4.9	26.8	16.1	0.5	3.4	0.6
Desert	Fruit Crumble and Custard	299	9.3	2.8	50.3	27.0	2.7	4.4	0.3
Desert	Fruit Flapjack	216	10.9	2.0	25.8	14.3	2.2	2.7	0.3
Desert	Fruit Jelly and Ice Cream	323	8.1	6.5	58.8	57.7	1.7	3.2	0.2
Desert	Fruit Tart with Vanilla Custard	293	9.1	3.0	49.3	27.8	1.9	4.0	0.3
Desert	Fruity Ice Cream Sundae	249	8.5	4.3	32.1	38.1	1.4	5.3	0.3
Desert	Fruity Jelly Mousse	149	1.8	1.4	29.8	27.6	0.4	2.2	0.3
Main	Hoi Sin Chicken, Stir Fried Vegetables and Noodles	312	6.1	1.7	40.7	4.6	3.2	19.6	1.4
Main	Hoi Sin Chicken, Stir Fried Vegetables and Noodles - H	312	6.1	1.7	40.7	4.6	3.2	19.6	1.4
Main	Homemade Turkey Burger in a Bun	303	8.1	2.0	28.5	3.3	1.5	27.0	1.1
Main	Homemade Vegetable Burger with oven baked wedges	401	8.6	0.8	65.8	5.6	8.3	13.7	1.2
Main	Homemade Veggie Burger with Chunky Chips	312	8.2	2.3	44.8	3.9	8.1	9.5	0.9
Main	Honey Roast Gammon with Parsley Sauce and Potatoes	373	16.8	7.0	33.0	7.9	2.2	23.7	2.4
Desert	Iced Fruit Sponge	284	7.6	1.6	30.5	23.0	0.4	3.7	0.5
Main	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
Desert	Jam Roly Poly with Custard	393	17.8	10.3	54.9	22.3	1.3	5.5	0.5
Main	Jamaican Jerk Chicken with Rice & Peas	502	27.2	10.8	32.6	3.7	5.0	29.6	0.5
Main	Jamaican Jerk Chicken with Rice & Peas - H	408	18.3	7.0	32.6	3.7	5.0	25.9	0.4
Main	Jumbo Fishcake & Chunky Chips	358	13.0	1.9	43.1	1.3	3.1	17.1	0.4
Main	Keema Lamb Curry with Wholemeal Rice - H	469	22.5	10.2	47.1	5.0	3.8	18.9	0.7
Desert	Key lime Pie	359	24.8	15.7	29.8	16.0	1.7	4.2	0.6
Main	Lamb Keema Curry with Wholemeal Rice	526	20.5	5.4	62.2	5.0	6.9	23.0	0.4
Main	Lamb Keema Curry with Wholemeal Rice - H	566	26.6	8.4	62.2	5.0	6.9	19.6	0.4
Main	Lasagne with Garlic Bread	271	12.9	5.4	23.0	5.2	1.4	16.7	1.3
Main	Leek and Courgette Cheese Crumble with Baby Potatoes	360	14.1	5.8	47.5	7.0	3.6	13.1	0.7
Main	Leek and Mushroom Risotto with Green leaf Salad	167	4.7	2.6	24.3	4.6	2.0	7.4	1.4
Main	Loaded Fishy Potato Skins	267	6.9	3.9	36.7	5.1	2.1	15.9	0.4
Main	Loaded Fishy Potato Skins	360	10.8	1.6	39.0	6.5	4.4	22.1	1.6
Main	Loaded Skins Stuffed with Tuna	360	10.8	1.6	39.0	6.5	4.4	22.1	1.6
Main	Macaroni Cheese with Herby Bread	499	23.2	12.3	54.8	4.7	0.3	20.4	0.6
Main	Macaroni Cheese with Herby Bread	524	24.6	13.1	57.5	4.3	0.4	21.2	1.3
Main	Mango, Chilli and Lime Glazed Pork with Parmentier Potatoes	363	10.9	3.0	41.0	7.6	2.7	27.6	0.3
Desert	Marmalade Bread Pudding & Custard	335	7.8	3.1	45.6	25.2	1.4	6.9	0.7
Main	Meatballs in Tomato Sauce and Wholemeal Pasta	349	6.0	1.8	54.1	9.0	6.7	17.6	1.3
Main	Minced Beef and Onion Slice with Mash	503	19.6	8.6	64.5	4.9	5.5	16.6	1.3
Main	Moroccan Beef Tagine	532	8.2	2.4	80.7	14.7	9.8	33.5	0.3
Main	Moroccan Beef Tagine - H	508	8.7	2.6	80.7	14.7	9.8	26.4	0.3
Main	Moussaka - H	298	17.8	9.5	21.0	5.8	2.5	14.0	0.7
Desert	Orange & Cranberry Cupcake	358	14.2	5.3	51.4	39.2	1.1	2.6	0.5
Main	Oriental Stir Fry	340	3.4	0.6	59.2	10.2	5.1	12.4	1.3
Main	Oven Baked Turkey Lasagne with Cheesy Garlic Bread - H	289	10.7	4.7	21.5	4.9	1.3	27.2	0.9
Desert	Peach and Apple Crumble & Custard	305	9.7	2.8	50.3	27.2	2.3	4.6	0.3
Main	Piri Piri Chicken Thigh with Tex Mex Rice	387	10.4	2.6	48.5	2.5	1.9	26.6	0.2
Main	Piri Piri Chicken Thigh with Tex Mex Rice - H	343	8.0	2.1	50.6	3.3	2.1	18.7	0.9
Main	Pizza Day Base	190	5.2	2.6	27.1	9.4	2.7	8.2	1.1
Main	Pork Bangers & Mustard Mash with Onion Gravy	460	18.2	6.7	58.5	9.1	3.5	18.0	2.4
Main	Pumpkin Bar	308	9.4	0.9	44.9	31.7	0.9	2.8	0.5
Main	Pumpkin Lasagne	547	22.9	7.9	67.2	18.6	5.4	17.3	1.5
Main	Quorn Bolognese with Herb Bread	294	8.0	3.6	46.9	4.3	3.5	14.2	0.9
Main	Quorn Dog with chips and tomato sauce	429	9.3	3.0	64.1	3.9	8.9	19.1	1.6
Main	Quorn Dog with chunky chips and tomato sauce	411	13.2	6.1	54.1	3.5	5.0	18.7	1.9
Main	Quorn Paella	400	10.4	3.6	53.5	6.1	5.2	19.7	1.6
Main	Quorn Roast with Gravy and Potatoes	254	8.8	0.8	31.0	2.1	3.8	15.1	1.6
Main	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
Main	Rev. Sept 2017 Spaghetti Bolognese with Garlic Bread	315	10.2	4.4	42.7	7.4	3.6	16.2	1.2
Main	Roast Beef, Yorkshire Pudding & Paprika Glazed Roast Potatoes	590	14.3	4.5	54.2	3.7	6.2	35.7	0.7
Main	Roast Chicken with Stuffing, Gravy and Potatoes	509	19.4	3.2	56.4	2.1	2.7	29.3	3.1
Main	Roast Chicken, Roast Potatoes & Gravy - H	323	14.5	1.3	24.2	1.0	1.2	25.4	1.6
Main	Roast Chicken, Stuffing, Gravy and Potatoes	423	9.8	2.5	56.4	2.1	2.7	29.3	3.1
Main	Roast Gammon with Pineapple & Baked Wedges	268	10.3	3.5	29.6	9.2	2.0	16.6	3.5
Main	Roast Gammon with Pineapple and Potatoes	381	19.8	4.9	33.6	13.4	1.8	19.9	4.8
Main	Roast Lamb with Gravy & Potatoes H	218	12.9	5.2	14.9	0.6	0.7	11.5	1.3

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Meal	Dish Name	Calories	Fat	Saturated Fat	Carbohydrate	Sugar	Fibre	Protein	Salt
Main	Roast Lamb with Roast Potatoes, Mint Sauce & Gravy - H	442	27.3	9.5	30.8	3.8	1.8	19.5	1.4
Main	Roast Pork with Roast Potatoes & Apple Sauce	405	14.7	3.4	38.3	10.0	3.2	31.0	1.1
Main	Roast Turkey and Roast Potatoes	296	8.2	1.1	27.0	1.9	1.4	29.7	1.1
Main	Roast Turkey, Roast Potatoes and Gravy - H	279	11.1	1.2	21.9	1.8	1.1	23.5	1.1
Main	Roast Turkey, Stuffing and Roast Potatoes - H	421	20.7	3.7	34.0	3.6	1.1	26.1	1.7
Main	Roast Turkey, Stuffing, Gravy and Potatoes	503	9.5	2.4	70.0	2.6	3.5	37.1	3.2
Main	Roast Turkey, Stuffing, Root Vegetable Mash & Gravy	535	24.6	5.2	38.2	6.4	3.3	34.7	1.8
Main	Roast Turkey, Stuffing, Root Vegetable Mash & Gravy - H	492	24.1	5.0	38.2	6.4	3.3	24.9	1.8
Desert	Roasted Peach & Apple Crumble	305	9.7	2.8	50.3	27.2	2.3	4.6	0.3
Main	Roasted Tomato & Red Pepper Lasagne	272	13.9	5.8	19.3	10.0	3.5	11.2	0.5
Main	Roasted Vegetable and Bean Chilli with Wholegrain Rice	347	4.0	0.6	66.5	9.1	5.6	10.3	0.4
Main	Roasted Vegetable Omelette with Chips	512	10.6	4.0	36.4	5.8	5.3	11.6	0.4
Main	Roasted Vegetable Omelette with Fresh Salad	336	5.9	1.7	7.2	5.7	2.4	9.1	0.3
Main	Salmon & Tomato Ketchup Fishcakes (not inc chips)	311	2.2	0.7	51.8	3.1	2.9	8.3	0.4
Main	Salmon Fish Finger Wrap with Green Salad and Mayonnaise	322	11.1	1.3	41.9	2.4	1.7	15.6	1.9
Main	Salmon Fish Fingers and Chips	299	10.0	2.7	37.2	1.4	2.8	14.3	0.6
Main	Sausage and Mash with Gravy	418	18.0	6.7	49.3	8.6	2.8	16.8	2.2
Main	Sausages and Mash with Onion Gravy	418	18.0	6.7	49.3	8.6	2.8	16.8	2.2
Main	Shepherdess Hotpot, Gravy and Potatoes	377	7.0	1.0	61.1	7.5	6.5	16.6	1.8
Main	Shepherdess Hotpot and Gravy	403	7.6	1.0	62.1	8.3	5.6	21.4	3.6
Main	Shepherds Pie topped with Root Vegetable Mash - H	317	21.9	10.2	11.6	4.8	2.7	13.9	0.7
Main	Shepherds Pie with Minted Leek and Creamed Potato Topping	243	4.3	1.0	40.1	4.7	4.0	14.1	1.3
Desert	Shortbread Biscuit with Fruit Slices	209	8.2	1.5	31.0	14.6	2.3	3.5	0.3
Main	Soy and Ginger Quorn and Egg Fried Rice	279	7.4	1.1	26.0	3.7	7.9	15.3	1.4
Main	Spaghetti Bolognese and Garlic Bread	243	18.2	1.7	35.9	4.5	2.8	15.7	0.8
Main	Spaghetti Bolognese with Garlic Bread	243	18.2	1.7	35.9	4.5	2.8	15.7	0.8
Main	Spaghetti Bolognese and Garlic Bread - H	434	23.1	10.3	40.6	7.0	3.4	18.4	0.8
Desert	Spiced Fresh Fruit Salad and Ice Cream	234	6.3	3.8	39.5	38.0	2.9	6.4	0.4
Desert	Spiced Winter Apple Pancakes	327	8.5	3.0	25.4	14.0	1.8	6.8	0.3
Main	Spicy Vegetable and Bean Quesadilla	307	12.6	7.0	34.5	5.8	4.1	12.5	0.6
Desert	Steamed Ginger Sponge with Custard	500	16.3	4.1	60.4	40.9	0.7	6.1	1.0
Desert	Steamed Lemon Sponge with Lemon Drizzle	467	15.2	3.0	56.1	40.0	0.7	5.1	0.8
Desert	Sticky Toffee & Banana Pudding	408	14.1	8.3	49.3	36.9	1.5	5.1	0.6
Desert	Strawberry Eton Mess Muffin	257	18.0	1.3	24.0	19.9	0.1	0.1	0.0
Desert	Strawberry Mousse	144	3.7	2.7	22.1	18.2	0.0	5.0	0.5
Desert	Sultana & Oat Cookie with Fruit Slices	248	9.2	1.7	37.3	21.3	2.1	3.8	0.8
Desert	Sultana and Oat Cookie	229	9.2	1.7	32.8	16.8	1.6	3.4	0.8
Main	Sweet & Sour Chicken with Wholegrain Rice	408	6.5	1.7	68.4	26.1	3.3	18.5	3.5
Main	Sweet & Sour Chicken with Wholegrain Rice - H	462	15.4	4.8	60.5	19.3	3.4	19.4	0.5
Main	Sweet & Sour Pork with Wholegrain Rice	381	5.1	1.4	60.5	19.3	3.4	22.2	0.5
Main	Sweet Chilli Noodles with Roasted Vegetables	324	2.6	0.5	60.9	10.7	4.3	10.6	1.3
Main	Sweet Potato & Chickpea Curry	549	15.1	9.6	86.1	13.7	9.6	16.1	0.3
Main	Sweet Potato and Chickpea Curry with Wholegrain Rice	505	11.8	5.4	88.4	13.6	8.1	13.4	1.1
Main	Sweet Potato, Aubergine and Spinach Moussaka	244	7.5	4.4	34.3	7.7	4.2	14.6	1.1
Main	Sweet Potato, Vegetable & Lentil Roast and Roast Potatoes	557	16.8	5.0	58.8	11.6	6.6	20.3	1.0
Main	Thai Red Turkey Curry with Wholegrain Rice	325	5.1	2.2	41.7	5.9	3.5	22.8	0.2
Main	Thai Red Turkey Curry with Wholegrain Rice - H	320	4.7	2.1	41.5	5.9	3.3	23.0	0.1
Main	Three Cheese Focaccia	383	14.3	7.1	45.1	9.9	3.4	16.5	1.1
Desert	Toffee Apple Crumble and Custard	357	11.1	3.7	59.4	35.3	2.7	5.8	0.4
Desert	Toffee Sponge & Custard	294	7.4	1.8	39.8	23.8	1.3	4.3	0.9
Main	Tomato, Mozzarella & Baby Spinach Tart with Green Herb Salad	335	16.6	7.0	26.5	5.0	2.0	9.2	0.4
Desert	Traditional Apple Pie and Cinnamon Custard	320	8.2	1.6	54.6	27.5	2.4	8.5	0.4
Desert	Traditional Fruit Trifle	221	9.5	7.7	30.5	21.1	0.5	3.3	0.2
Main	Traditional Roast Chicken with Sage & Onion Stuffing - H	509	19.4	3.2	56.4	2.1	2.7	29.3	3.1
Main	Treacle Tart with Vanilla Cream	387	13.0	5.7	58.5	28.5	1.3	6.2	0.9
Main	Triple Loaded Mac & Cheese	454	19.2	10.1	53.6	4.9	0.3	19.4	0.7
Main	Tuna & Sweetcorn Pasta Bake	426	9.3	4.6	58.8	7.0	6.3	24.4	1.4
Main	Tuna and Sweetcorn Plait	384	17.6	9.2	29.8	3.9	1.3	22.1	1.8
Main	Tuna Melt	406	9.9	3.9	59.2	6.2	2.8	22.9	1.9
Main	Tuna Pasta Bake with Crunchy Topping	426	9.3	4.6	58.8	7.0	6.3	24.4	1.4
Main	Turkey and Vegetable Pie with Herby New Potatoes - H	546	20.2	9.0	64.1	3.5	2.3	26.0	1.6
Main	Turkey Bolognese with Garlic Bread - H	397	5.1	1.9	65.5	4.3	3.0	26.8	0.4
Main	Turkey Lasagne with Garlic Bread - H	272	9.7	4.1	21.5	4.9	1.3	25.2	0.8
Main	Turkey Samosa & Spicy Rice	581	25.8	10.2	52.6	5.8	4.7	24.1	0.9
Main	Turkey Samosa & Spicy Rice - H	547	23.0	9.4	52.9	5.9	4.7	21.5	0.9
Main	Ultimate Pork Sausage Sandwich with Red Onion Marmalade	544	21.4	7.2	62.4	8.5	5.6	22.9	2.3
Main	Vegetable & Bean Chilli with Wholemeal Rice	348	4.0	0.6	66.6	9.1	5.7	10.4	0.4
Main	Vegetable & Bean Wrap	428	9.6	3.5	68.2	14.7	9.7	15.7	0.9
Main	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
Main	Vegetarian All Day Breakfast	311	13.0	3.6	26.6	5.7	5.1	19.8	1.4
Main	Vegetarian Frankfurter and Caramelised Onions	362	12.8	4.4	40.6	5.7	4.5	18.4	1.7
Main	Vegetarian Frankfurter and Chunky Chips	302	12.4	6.0	31.6	1.3	3.6	15.0	1.4
Main	Vegetarian Frankfurter with sides	423	16.7	4.7	51.7	3.7	4.4	18.4	1.5
Main	Vegetarian Moussaka	315	9.8	5.8	43.7	8.0	4.7	19.2	1.3
Main	Veggie Bolognese with Wholemeal Pasta	452	4.9	0.8	62.4	11.2	6.6	38.2	6.9
Desert	Victoria Muffin	288	11.8	4.3	29.7	21.4	0.4	2.7	0.3
Desert	Winter Berry Sponge	559	11.8	2.6	62.9	35.6	1.3	13.3	1.3
Desert	Winter Fruit Cheesecake	214	10.4	4.9	26.8	16.1	0.5	3.4	0.6