

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Macaroni Cheese	474	1,983	18.6g	11.0g	59.1g	10.5g	1.2g	17.6g	0.78g
Tomato & Basil Pasta Bake	478	2,000	21.9g	11.5g	47.4g	6.5g	3.1g	21.7g	1.31g
Sausages (Primary portion)	147	615	9.2g	3.4g	0.0g	0.0g	0.0g	11.1g	0.78g
Vegetarian Sausages	218	912	10.1g	1.0g	25.3g	3.6g	5.4g	4.7g	0.74g
Roast Chicken	95	397	1.0g	0.3g	0.0g	0.0g	0.0g	21.6g	0.14g
Yorkshire pudding stuffed with Quorn pieces	201	841	10.1g	1.2g	16.6g	1.5g	4.7g	10.0g	0.57g
Beef Lasagne	358	1,498	10.0g	4.9g	42.5g	4.9g	5.1g	22.8g	0.46g
Vegetarian Lasagne (AW24 Primary)	298	1,247	7.9g	3.8g	43.9g	6.2g	5.1g	11.9g	0.35g
Battered Fish Fillet	107	448	4.7g	0.4g	9.8g	1.0g	0.7g	6.2g	0.54g
Veggie Nuggets	125	523	6.2g	0.6g	14.4g	2.8g	1.7g	2.1g	0.30g
Pip Ice Lolly	17	71	0.0g	0.0g	4.2g	1.6g	4.0g	0.0g	0.00g
Apple Crumble	209	874	7.7g	3.1g	32.2g	18.5g	2.8g	2.4g	0.16g
Custard	64	268	1.2g	0.9g	11.0g	3.7g	4.0g	2.8g	0.03g
Crispy Chocolate Cornflake Cake	235	983	9.3g	4.5g	34.4g	1.5g	26.3g	2.8g	0.52g
Carrot Cake	207	866	10.3g	3.6g	26.7g	18.8g	2.1g	1.6g	0.17g
Homemade Shortbread	199	833	10.3g	4.2g	24.3g	7.7g	1.0g	2.7g	0.20g