Autumn Winter 2026/2027
Nutritional Analysis

Please note this report should be used as a guide only as there will be a certain degree of variation for any given food, such as cooking method, length of time cooked, amount of water used, temperature and surface area of the food.

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	Fibre (g) Per Portion	Carb (g) Per 100g
Cheese and Tomato Pasta Bake (v)	169.20g	320.78kcal	11.76g	6.57g	39.18g	13.63g	2.46g	23.16g
Tex Mex Chilli (Ve)	165.03g	84.65kcal	2.65g	0.39g	5.95g	1.94g	2.21g	3.60g
Steamed Rice (cooked)	105.00g	123.90kcal	0.63g	0.14g	26.91g	2.59g	0.59g	25.63g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	1.84g	9.00g
Sweetcorn	40.00g	29.60kcal	0.56g	0.16g	4.64g	1.00g	1.00g	11.60g
Beetroot Brownie	58.63g	264.92kcal	18.54g	2.44g	21.59g	2.99g	0.77g	36.82g
Ham Sandwich	120.00g	244.65kcal	5.35g	1.34g	34.02g	13.34g	3.93g	28.35g
Tuna Mayo Sandwich	135.00g	284.90kcal	7.81g	1.62g	34.29g	17.52g	3.81g	25.40g
Cheese Sandwich	115.00g	339.00kcal	15.23g	7.67g	33.56g	15.14g	3.76g	29.18g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.67g	0.00g	69.40g
Fruit Portion								
Beetroot Brownie	58.63g	264.92kcal	18.54g	2.44g	21.59g	2.99g	0.77g	36.82g
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	Fibre (g) Per Portion	Carb (g) Per 100g
Pork Meatballs	60.00g	103.20kcal	5.70g	2.04g	4.62g	8.34g	0.60g	7.70g
Plant Balls (v)	42.00g	57.96kcal	2.68g	0.37g	3.57g	6.25g	0.75g	8.50g
BBQ Sauce	21.93g	22.12kcal	0.05g	0.01g	4.96g	0.51g	0.19g	22.61g
Homemade Roll	82.29g	178.52kcal	1.15g	0.23g	37.98g	5.30g	2.58g	46.15g
Potato Wedges	100.00g	75.00kcal	0.50g	0.10g	15.00g	2.50g	1.80g	15.00g
Mixed Salad	70.00g	19.70kcal	0.36g	0.06g	3.17g	0.80g	1.25g	4.53g

Ice Cream	80.00ml	129.60kcal	6.56g	3.44g	14.48g	2.72g	0.72g	18.10g
Cheese and Tomato Pasta (v)	75.00g	176.70kcal	3.97g	2.26g	26.56g	7.34g	2.20g	35.42g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Fruit Portion								
Ice Cream	80.00ml	129.60kcal	6.56g	3.44g	14.48g	2.72g	0.72g	18.10g
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	Fibre (g) Per Portion	Carb (g) Per 100g
Chicken Pie	141.50g	245.79kcal	14.45g	5.73g	11.40g	17.25g	0.83g	8.05g
Roast Potatoes	103.00g	102.00kcal	3.20g	0.20g	17.20g	2.10g	0.00g	16.70g
Cheese and Potato Pie (v)	196.13g	287.84kcal	16.36g	8.83g	24.00g	12.62g	0.48g	12.23g
Gravy	26.75g	6.02kcal	0.07g	0.03g	1.26g	0.13g	0.09g	4.72g
Carrots	40.00g	13.60kcal	0.16g	0.04g	3.08g	0.20g	1.56g	7.70g
Green Beans	40.00g	10.00kcal	0.04g	0.00g	1.88g	0.68g	0.00g	4.70g
Fresh Fruit Selection	80.00g	21.87kcal	0.10g	0.02g	5.15g	0.44g	0.41g	6.43g
Cheese and Tomato Pasta (v)	75.00g	176.70kcal	3.97g	2.26g	26.56g	7.34g	2.20g	35.42g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.67g	0.00g	69.40g
Fruit Portion								
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	Fibre (g) Per Portion	Carb (g) Per 100g
Chicken Curry	124.25g	161.46kcal	9.17g	4.07g	3.82g	16.13g	0.83g	3.07g
Steamed Rice (cooked)	105.00g	123.90kcal	0.63g	0.14g	26.91g	2.59g	0.59g	25.63g
Vegemince Bolognese (v)	129.26g	50.69kcal	0.25g	0.04g	4.32g	1.18g	0.62g	3.35g
Pasta Twists	45.50g	158.18kcal	1.35g	0.19g	31.84g	5.31g	3.24g	69.97g
Broccoli	40.00g	13.60kcal	0.24g	0.06g	1.28g	1.72g	1.60g	3.20g
Carrots	40.00g	13.60kcal	0.16g	0.04g	3.08g	0.20g	1.56g	7.70g
Apple Sponge	128.36g	231.85kcal	9.02g	3.59g	33.97g	3.51g	0.71g	26.47g
Custard	82.67g	71.13kcal	2.42g	2.10g	10.18g	2.22g	0.00g	12.31g
Ham Wrap	88.00g	221.58kcal	6.61g	1.38g	31.10g	8.16g	2.44g	35.34g
Tuna Mayo Wrap	93.00g	257.24kcal	9.70g	1.56g	30.91g	10.26g	2.32g	33.24g
Cheese Wrap	93.00g	324.64kcal	16.66g	7.76g	30.78g	11.63g	2.32g	33.10g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Fruit Portion								
Apple Sponge	128.36g	231.85kcal	9.02g	3.59g	33.97g	3.51g	0.71g	26.47g
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	Fibre (g) Per Portion	Carb (g) Per 100g
Breaded Fish Fingers	75.00g	153.00kcal	6.15g	0.53g	14.25g	9.75g	0.68g	19.00g
Salmon Fingers	60.00g	166.20kcal	6.18g	0.60g	19.74g	8.10g	0.78g	32.90g
Garden Vegetable Goujons (v)	70.00g	158.20kcal	6.75g	0.70g	20.28g	2.62g	3.08g	28.97g
Chips	100.00g	110.00kcal	2.40g	0.30g	20.00g	1.60g	1.70g	20.00g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	1.84g	9.00g
Baked Beans	40.00g	33.60kcal	0.16g	0.08g	5.40g	1.88g	1.52g	13.50g
Ginger Crunch	23.26g	106.07kcal	5.24g	1.92g	13.56g	1.11g	0.32g	58.28g
Orange Wedges	50.00g	18.50kcal	0.05g	0.00g	4.25g	0.55g	0.00g	8.50g
Ham Sandwich	120.00g	244.65kcal	5.35g	1.34g	34.02g	13.34g	3.93g	28.35g
Tuna Mayo Sandwich	135.00g	284.90kcal	7.81g	1.62g	34.29g	17.52g	3.81g	25.40g
Cheese Sandwich	115.00g	339.00kcal	15.23g	7.67g	33.56g	15.14g	3.76g	29.18g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Ginger Crunch	37.21g	169.70kcal	8.37g	3.07g	21.68g	1.77g	0.51g	58.27g
Orange Wedges	50.00g	18.50kcal	0.05g	0.00g	4.25g	0.55g	0.00g	8.50g

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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**	**Fibre (g) Per Portion**	**Carb (g) Per 100g**
Margherita Pizza (v)	90.15g	185.55kcal	7.40g	4.09g	22.00g	8.82g	1.40g	24.41g
Potato Wedges	100.00g	75.00kcal	0.50g	0.10g	15.00g	2.50g	1.80g	15.00g
Winter Vegetable Pasta Bake (v)	267.26g	258.70kcal	5.33g	2.31g	41.41g	9.49g	3.55g	15.49g
Peas	80.00g	55.20kcal	0.24g	0.08g	7.20g	4.16g	3.68g	9.00g
Banana Cupcake	36.83g	126.47kcal	6.68g	2.47g	15.06g	1.55g	0.31g	40.89g
Ham Sandwich	120.00g	244.65kcal	5.35g	1.34g	34.02g	13.34g	3.93g	28.35g
Tuna Mayo Sandwich	135.00g	284.90kcal	7.81g	1.62g	34.29g	17.52g	3.81g	25.40g
Cheese Sandwich	115.00g	339.00kcal	15.23g	7.67g	33.56g	15.14g	3.76g	29.18g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.67g	0.00g	69.40g
Banana Cupcake	36.83g	126.47kcal	6.68g	2.47g	15.06g	1.55g	0.31g	40.89g
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**	**Fibre (g) Per Portion**	**Carb (g) Per 100g**
Chicken Taco	148.37g	250.16kcal	13.59g	4.03g	11.85g	19.60g	1.31g	7.99g
Vegetarian Taco (v)	148.63g	199.61kcal	9.70g	2.70g	13.80g	5.80g	2.33g	9.28g
Steamed Rice (cooked)	54.00g	63.72kcal	0.32g	0.07g	13.84g	1.33g	0.31g	25.63g
Sweetcorn	80.00g	59.20kcal	1.12g	0.32g	9.28g	2.00g	2.00g	11.60g
Fresh Fruit Selection	80.00g	21.87kcal	0.10g	0.02g	5.15g	0.44g	0.41g	6.43g
Cheese and Tomato Pasta (v)	75.00g	176.70kcal	3.97g	2.26g	26.56g	7.34g	2.20g	35.42g
Pizza Finger	30.05g	61.85kcal	2.46g	1.36g	7.33g	2.93g	0.46g	24.41g

Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Fruit Portion								
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**	**Fibre (g) Per Portion**	**Carb (g) Per 100g**
Roast Chicken	60.00g	63.60kcal	0.66g	0.18g	0.00g	14.40g	0.00g	0.00g
Stuffing	10.00g	18.00kcal	0.20g	0.09g	4.43g	0.44g	0.17g	44.33g
Mashed Potato	125.20g	123.75kcal	3.99g	1.40g	20.67g	2.56g	0.00g	16.51g
Vegetarian Cottage Pie (v)	260.40g	210.70kcal	6.30g	1.83g	27.20g	4.15g	1.75g	10.44g
Gravy	26.75g	6.02kcal	0.07g	0.03g	1.26g	0.13g	0.09g	4.72g
Carrots	40.00g	13.60kcal	0.16g	0.04g	3.08g	0.20g	1.56g	7.70g
Broccoli	40.00g	13.60kcal	0.24g	0.06g	1.28g	1.72g	1.60g	3.20g
Flapjack	25.54g	107.07kcal	3.83g	1.38g	15.06g	2.01g	1.06g	58.98g
Apple Wedges	50.00g	13.50kcal	0.10g	0.02g	3.25g	0.10g	0.60g	6.50g
Cheese and Tomato Pasta (v)	75.00g	176.70kcal	3.97g	2.26g	26.56g	7.34g	2.20g	35.42g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Flapjack	51.07g	214.14kcal	7.65g	2.75g	30.12g	4.01g	2.11g	58.98g
Apple Wedges	50.00g	13.50kcal	0.10g	0.02g	3.25g	0.10g	0.60g	6.50g
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**	**Fibre (g) Per Portion**	**Carb (g) Per 100g**
Pork Bolognese	147.20g	149.95kcal	8.29g	2.47g	5.63g	9.70g	1.56g	3.82g
Pasta	45.50g	158.18kcal	1.35g	0.19g	31.84g	5.31g	3.24g	69.97g
Cheese and Potato Pastry Pinwheel (v)	144.00g	378.51kcal	23.18g	11.43g	34.95g	7.90g	1.98g	24.27g
Potato Wedges	100.00g	75.00kcal	0.50g	0.10g	15.00g	2.50g	1.80g	15.00g
Mixed Vegetables	80.00g	42.00kcal	0.36g	0.12g	6.20g	2.02g	1.80g	7.75g
Cocoa Sponge	65.94g	207.12kcal	9.07g	3.69g	28.99g	3.31g	0.96g	43.96g
Cocoa Sauce	85.40g	79.81kcal	2.16g	1.40g	13.38g	1.49g	0.43g	15.67g
Ham Wrap	88.00g	221.58kcal	6.61g	1.38g	31.10g	8.16g	2.44g	35.34g
Tuna Mayo Wrap	93.00g	257.24kcal	9.70g	1.56g	30.91g	10.26g	2.32g	33.24g
Cheese Wrap	93.00g	324.64kcal	16.66g	7.76g	30.78g	11.63g	2.32g	33.10g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.67g	0.00g	69.40g
Cocoa Sponge	65.94g	207.12kcal	9.07g	3.69g	28.99g	3.31g	0.96g	43.96g
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**	**Fibre (g) Per Portion**	**Carb (g) Per 100g**
Chicken Fillet Bites	60.00g	123.60kcal	7.92g	1.32g	4.62g	8.16g	0.78g	7.70g
Vegetarian Enchilada (v)	156.91g	212.45kcal	4.95g	1.66g	27.69g	12.72g	4.06g	17.65g
Chips	100.00g	110.00kcal	2.40g	0.30g	20.00g	1.60g	1.70g	20.00g

Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	1.84g	9.00g
Baked Beans	40.00g	33.60kcal	0.16g	0.08g	5.40g	1.88g	1.52g	13.50g
Cinnamon Bun	48.30g	119.87kcal	1.77g	0.57g	23.57g	2.44g	0.99g	48.81g
Ham Sandwich	120.00g	244.65kcal	5.35g	1.34g	34.02g	13.34g	3.93g	28.35g
Tuna Mayo Sandwich	135.00g	284.90kcal	7.81g	1.62g	34.29g	17.52g	3.81g	25.40g
Cheese Sandwich	115.00g	339.00kcal	15.23g	7.67g	33.56g	15.14g	3.76g	29.18g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Fruit Portion								
Cinnamon Bun	48.30g	119.87kcal	1.77g	0.57g	23.57g	2.44g	0.99g	48.81g

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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**	**Fibre (g) Per Portion**	**Carb (g) Per 100g**
Margherita Pizza (v)	90.15g	185.55kcal	7.40g	4.09g	22.00g	8.82g	1.40g	24.41g
Tomato Pasta (v)	114.20g	110.97kcal	1.61g	0.25g	19.58g	3.71g	2.26g	17.15g
Loaded Tomato and Bean Bake (v)	196.90g	121.79kcal	3.81g	0.68g	19.18g	4.27g	5.15g	9.74g
Salad Sticks	60.00g	15.60kcal	0.30g	0.02g	2.74g	0.50g	0.92g	4.57g
Cocoa Cupcake	33.33g	128.98kcal	7.46g	2.78g	13.95g	0.94g	0.27g	41.86g
Ham Sandwich	120.00g	244.65kcal	5.35g	1.34g	34.02g	13.34g	3.93g	28.35g
Tuna Mayo Sandwich	135.00g	284.90kcal	7.81g	1.62g	34.29g	17.52g	3.81g	25.40g
Cheese Sandwich	115.00g	339.00kcal	15.23g	7.67g	33.56g	15.14g	3.76g	29.18g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.67g	0.00g	69.40g
Cocoa Cupcake	33.33g	128.98kcal	7.46g	2.78g	13.95g	0.94g	0.27g	41.86g
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**	**Fibre (g) Per Portion**	**Carb (g) Per 100g**
Chicken Fajita Wrap	176.81g	270.05kcal	5.07g	0.67g	35.41g	19.32g	3.44g	20.03g
Potato Wedges	100.00g	75.00kcal	0.50g	0.10g	15.00g	2.50g	1.80g	15.00g
Cheesy Pasta (v)	205.00g	440.32kcal	23.84g	11.83g	43.37g	16.01g	2.94g	21.15g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	1.84g	9.00g
Sweetcorn	40.00g	29.60kcal	0.56g	0.16g	4.64g	1.00g	1.00g	11.60g
Fruit Jelly	104.50g	1.33kcal	0.05g	0.01g	0.81g	0.05g	0.05g	0.77g

Cheese and Tomato Pasta	75.00g	176.70kcal	3.97g	2.26g	26.56g	7.34g	2.20g	35.42g
Pizza Finger	30.05g	61.85kcal	2.46g	1.36g	7.33g	2.93g	0.46g	24.41g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Fruit Jelly	104.50g	1.33kcal	0.05g	0.01g	0.81g	0.05g	0.05g	0.77g
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**	**Fibre (g) Per Portion**	**Carb (g) Per 100g**
Chipolata Sausages	60.00g	171.60kcal	13.62g	5.16g	5.52g	7.08g	0.00g	9.20g
Plant Sausages (v)	100.00g	171.00kcal	6.8g	0.90g	7.40g	14.70g	5.6g	7.40g
Yorkshire Pudding	22.87g	38.70kcal	1.10g	0.27g	5.43g	1.68g	0.21g	23.77g
Mashed Potato	125.20g	123.75kcal	3.99g	1.40g	20.67g	2.56g	0.00g	16.51g
Gravy	26.75g	6.02kcal	0.07g	0.03g	1.26g	0.13g	0.09g	4.72g
Mixed Vegetables	80.00g	42.00kcal	0.36g	0.12g	6.20g	2.02g	1.80g	7.75g
Oaty Cookie	24.91g	105.23kcal	4.31g	1.56g	14.26g	1.70g	0.65g	57.24g
Cheese and Tomato Pasta	75.00g	176.70kcal	3.97g	2.26g	26.56g	7.34g	2.20g	35.42g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Fruit Portion								
Oaty Cookie	24.91g	105.23kcal	4.31g	1.56g	14.26g	1.70g	0.65g	57.24g
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**	**Fibre (g) Per Portion**	**Carb (g) Per 100g**
Creamy Chicken and Tomato Pasta	220.51g	277.46kcal	5.63g	2.01g	34.09g	21.35g	2.57g	15.46g
Vegetable Curry (v)	154.75g	115.54kcal	4.46g	2.68g	13.75g	4.24g	4.11g	8.88g
Steamed Rice (v) (cooked)	105.00g	123.90kcal	0.63g	0.14g	26.91g	2.59g	0.59g	25.63g
Broccoli	80.00g	27.20kcal	0.48g	0.12g	2.56g	3.44g	3.20g	3.20g
Toffee Cream Shortcake	72.92g	230.48kcal	12.40g	4.70g	28.01g	2.73g	0.14g	38.42g
Ham Wrap	88.00g	221.58kcal	6.61g	1.38g	31.10g	8.16g	2.44g	35.34g
Tuna Mayo Wrap	93.00g	257.24kcal	9.70g	1.56g	30.91g	10.26g	2.32g	33.24g
Cheese Wrap	93.00g	324.64kcal	16.66g	7.76g	30.78g	11.63g	2.32g	33.10g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Fruit Portion								
Toffee Cream Shortcake	72.92g	230.48kcal	12.40g	4.70g	28.01g	2.73g	0.14g	38.42g
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**	**Fibre (g) Per Portion**	**Carb (g) Per 100g**
Breaded Fish Fingers	75.00g	153.00kcal	6.15g	0.53g	14.25g	9.75g	0.68g	19.00g
Cheese and Tomato Quiche (v)	102.80g	268.77kcal	17.46g	8.38g	16.85g	11.26g	0.84g	16.39g
Chips	100.00g	110.00kcal	2.40g	0.30g	20.00g	1.60g	1.70g	20.00g
Peas	40.00g	27.60kcal	0.12g	0.04g	3.60g	2.08g	1.84g	9.00g
Baked Beans	40.00g	33.60kcal	0.16g	0.08g	5.40g	1.88g	1.52g	13.50g

Fresh Fruit Selection	80.00g	21.87kcal	0.10g	0.02g	5.15g	0.44g	0.41g	6.43g
Ham Sandwich	120.00g	244.65kcal	5.35g	1.34g	34.02g	13.34g	3.93g	28.35g
Tuna Mayo Sandwich	135.00g	284.90kcal	7.81g	1.62g	34.29g	17.52g	3.81g	25.40g
Cheese Sandwich	115.00g	339.00kcal	15.23g	7.67g	33.56g	15.14g	3.76g	29.18g
Salad Sticks	80.00g	21.20kcal	0.39g	0.03g	3.81g	0.65g	1.34g	4.76g
Sultanas	25.00g	68.75kcal	0.10g	0.00g	17.35g	0.67g	0.00g	69.40g
Fruit Portion								

These values are correct at the time of publishing, however alterations can be made subject to product change and availibility.
We advise the contents of these reports to be checked regularly.

	Portion	Energy (Kcal) Per Portion	Saturates (g) Per Portion	Carb (g) Per Portion	Carb (g) Per 100g
Jacket Potato - size may vary	220.00g	172.00kcal	0.00g	36.00g	16.36g
Fillings					
Baked Beans	80.00g	67.20kcal	0.16g	10.80g	13.50g
Cheese	30.00g	123.00kcal	6.00g	0.90g	3.00g
Baked Beans	40.00g	33.60kcal	0.08g	5.40g	13.50g
Cheese	60.00g	246.00kcal	12.00g	1.80g	3.00g
Tuna Mayonniase	60.00g	114.80kcal	0.61g	0.32g	0.53g