

Nutrient Counts Guidance for Autumn/Winter 2024 Secondary Menu

Secondary Lunch AW24 V1 16.10.24

What are nutrient counts used for?

The below information can be used for pupils with metabolic conditions whereby they monitor their nutrient intake, such as Diabetes, PKU, Cystic Fibrosis or Prader Willi.

How to use these?

Nutrient Counts provide nutrition data for each recipe served, including Carbohydrate, Fat, Protein and Calories. This data is for the final (cooked) product and is provided per average portion for a secondary school pupil and per 100g. Having the per 100g means that the portion can be scaled up or down to meet the pupils needs.

For example, a child with diabetes may need the portion altering, so the supporting adult can calculate the carbohydrates consumed and can administer the correct amount of insulin.

Communication between the kitchen and supporting staff is key to ensure the safety of the child needing to monitor their nutritional intake.

How to maintain accuracy:

- 1) Always use the most up to date version of nutrient counts.
- 2) Ensure the correct recipe is used by cross checking the recipe code (PLU Code) on the nutrient count vs your recipe. Also, ensure that the recipe is followed exactly.
- 3) Follow the **portion size exactly as stated on the nutrient counts**, for main, sides and desserts.
- 4) Use electronic scales to measure individual ingredients for a recipe. For example, adding extra potatoes to a recipe will increase the carbohydrate content, which is why it is so important to follow the recipe exactly. Also, regularly check the scales are calibrated correctly.
- 5) Ensure when the dishes are complete the agreed portion size of the dish, sides, and dessert is accurately weighed out, note this down on the double checking form. Cover and label the plate/bowl with the pupil's name ahead of service ready to be provided to the pupil when they arrive.

NOTIFICATION OF CHANGES TO THE NUTRIENT COUNTS – Autumn/Winter 2024

This can happen throughout the menu cycle due to several reasons including a change in supplier, a product switch, or a recipe change.

We will ensure that the updated nutrient counts are shared with you and displayed clearly below.

RECIPE CODE	RECIPE NAME	REASON FOR CHANGE	PAGE NUMBER

Code	Meat and Fish Mains	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93080548	BBQ CHICKEN WINGS	141	265	1109	15	25	8
		100	189	789	11	18	6
93131377	LEMON, GARLIC CHICKEN WINGS	124	236	989	15	25	1
		100	191	800	12	20	0
93143942	SPICY PIRI PIRI CHICKEN WINGS	127	269	1127	18	25	2
		100	213	890	14	20	1
93165389	MEXICAN BEEF ENCHILADA	253	439	1836	14	21	59
		100	173	725	6	8	23
93167677	DOUBLE BEEF BURGER PLAIN	155	354	1479	14	22	34
		100	229	957	9	14	22
93170722	MAC TOPPER - CAJUN PULLED PORK	98	100	419	5	9	5
		100	102	426	5	9	5
93204627	CHICKEN KATSU	153	208	870	11	17	11
		100	136	570	7	11	7
93235943	CHICKEN TIKKA MASALA	178	178	746	7	18	12
		100	100	420	4	10	7
93239998	CHICKEN SHAWARMA BOWL	315	427	1786	6	27	70
		100	136	567	2	8	22
93241647	BUFFALO CHICKEN	103	192	803	13	14	5
		100	187	781	12	14	5
93285284	CURRIED CHICKEN AND CORRIANDER	234	394	1647	8	24	59
		100	168	703	4	10	25

93285343	CHILLI BEEF CHEESE NACHOS	181	297	1241	14	19	26
		100	164	686	8	11	15
93285348	MANDARIN CHICKEN	118	140	584	5	16	7
		100	118	494	5	13	6
93286616	PORK SAUSAGE MASH POT	402	300	1255	14	18	26
		100	75	313	3	4	7
93293230	BATTERED FISH	90	185	776	10	11	14
		100	206	862	11	12	15
93310624	YAKISOBA CHICKEN NOODLES	264	394	1650	8	22	60
		100	149	624	3	8	23
93313238	CHICKEN AND WAFFLE	95	216	902	11	16	14
		100	227	950	12	17	15
93325615	SWEET AND SOUR BEEF MEATBALLS	179	259	1085	15	12	19
		100	145	607	8	7	11
93316600	OATY CHICKEN BURGER	154	324	1354	9	20	39
		100	210	879	6	13	26
93286480	NUT FREE CHICKEN SATAY	88	155	649	9	17	2
		100	176	736	10	20	2
93286616	PORK SAUSAGE MASH POT	408	300	1255	14	18	26
		100	74	308	3	4	6
93287890	CHICKEN AND BROCCOLI PASTA BAKE	405	417	1745	11	30	52
		100	103	431	3	7	13
93347548	BEEF BOLOGNESE	228	161	675	6	15	10
		100	71	296	3	7	4
93204629	CHILLI CON CARNE	158	142	596	5	14	11
		100	90	378	3	9	7
93217199	BUTTER CHICKEN	136	191	799	10	18	7
		100	141	588	8	13	5
93239252	MEXICAN BEEF TORTILLA PIE	198	232	969	10	17	20
		100	117	489	5	8	10
93253030	TURKEY CON CHILLI	247	183	764	6	14	19
		100	74	309	3	6	8
93203552	WEST AFRICAN CHICKEN RICE	315	381	1592	9	21	58
		100	121	505	3	7	18
93167677	DOUBLE BEEF BURGER	155	354	1479	14	22	34
		100	229	957	9	14	22
93168556	ROASTED CHICKEN THIGH	65	124	518	6	16	0
		100	191	800	10	25	0
93359837	CHEESY MAC BOLOGNESE	414	572	2391	25	26	63
		100	138	578	6	6	15
93168810	CHICKEN & BROCOLLI PIE	213	343	1435	21	20	20
		100	161	673	10	10	9
93173554	ROASTED HONEY GLAZED HAM	66	145	609	7	13	7
		100	221	925	11	20	11
93175447	SPICY CHICKEN PITTA WITH CHILI SAUCE	165	306	1278	10	20	36
		100	185	775	6	12	22
93175148	PASTA KING FIRECRACKER CHICKEN TORIN	180	90	377	2	9	11
		100	50	209	1	5	6
93175159	PASTA KING SWEET CHILLI CHICKEN	180	349	1461	2	11	13
		100	194	812	1	6	7
93357725	BEEF MAC CHEESE	261	335	1402	12	16	41
		100	128	537	5	6	16
93181208	BEEF BOLOGNESE SAUCE	228	199	832	8	19	14
		100	87	365	4	8	6
93056718	JERK CHICKEN	65	122	512	5	16	2
		100	188	788	8	24	3
93170733	SOUTHERN FRIED CHICKEN GOUJON	84	231	968	12	16	16
		100	277	1159	14	19	20
93196596	LOVE JOES MEXICAN CHICKEN BURRITO	222	378	1582	6	17	67
		100	170	712	3	8	30
93064252	ROAST BEEF	80	94	392	4	14	0
		100	117	490	5	18	0
93098950	TRADITIONAL COTTAGE PIE	389	319	1336	9	20	41
		100	82	343	2	5	11
Code	Halal Meat Mains	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93064700	ROAST BEEF HALAL	53	113	473	5	17	0
		100	213	893	9	33	0
93131640	JERK CHICKEN HALAL	66	124	518	5	16	2
		100	188	787	8	24	3
93147173	LEMON ROASTED CHICKEN THIGH HALAL	67	122	509	6	16	0
		100	181	758	9	23	1
93154010	CHICKEN SAUSAGES HALAL	57	109	456	7	8	10
		100	191	799	12	15	17
93167679	BEEF BURGER PLAIN HALAL	125	374	1563	19	24	25
		100	300	1256	16	19	20
93168811	CHICKEN & BROCOLLI PIE HALAL	222	314	1316	17	21	20
		100	142	593	8	10	9
93170734	SOUTHERN FRIED CHICKEN GOUJON HALAL	84	175	734	8	12	14
		100	210	879	9	14	17
93175448	SPICY CHICK PITTA CHILLI SAUCE HALAL	169	310	1298	10	21	37
		100	183	767	6	12	22
93204221	WEST AFRICAN CHICKEN RICE HALAL	311	347	1452	5	21	58
		100	111	466	2	7	19
	CHILLI CON CARNE HALAL	158	179	749	10	13	11

93208669	CHICKEN CON CARNE HALAL	100	114	475	6	8	7
		135	159	665	6	19	7
93217197	BUTTER CHICKEN HALAL	100	118	493	5	14	5
		198	261	1093	14	15	20
93239254	MEXICAN BEEF TORTILLA PIE HALAL	100	132	552	7	8	10
		267	202	844	6	17	22
93261787	CHICKEN AND VEG TIKKA MASALA HALAL	100	75	316	2	6	8
93134406	BEEF BARBECOA ENCHILADA HALAL	272	559	2340	18	23	82
		100	205	860	6	8	30
93172125	CHICKEN PASTA SALAD HALAL	170	242	1014	5	27	25
		100	143	597	3	16	15
93181383	PASTA BEEF BOLOGNESE HALAL	232	309	1295	14	18	31
		100	134	559	6	8	13
93196597	LOVE JOES MEXICAN CHICKEN BURRIT HAL	188	333	1394	5	15	57
		100	177	742	3	8	30
93208668	CHICKEN KATSU HALAL	147	209	876	11	17	11
		100	143	597	7	12	8
93239999	CHICKEN SHAWARMA BOWL HALAL	345	520	2177	11	26	81
		100	151	631	3	8	23
93241806	BUFFALO CHICKEN HALAL	60	109	458	5	10	6
		100	182	762	9	16	9
93285285	CURRIED CHIC AND CORA RICE BOWL HALA	234	378	1580	7	23	59
		100	161	675	3	10	25
93285344	CHILLI BEEF CHEESE NACHOS HALAL	179	329	1375	17	18	27
		100	183	766	10	10	15
93286038	MAKHANI CHICKEN PASTA KING HALAL	175	158	659	6	17	10
		100	90	377	4	10	6
93286617	CHICKEN SAUSAGE MASH POT HALAL	394	235	982	9	16	29
		100	60	249	2	4	7
93287207	SOUTHERN FRIED CHICKEN BBQ WRAP HALA	155	342	1430	10	14	49
		100	220	921	7	9	32
93325615	SWEET AND SOUR CHICKEN MEATBAL HALAL	153	157	656	6	10	17
		100	102	428	4	6	11
93134632	LEMON, GARLIC CHICKEN WINGS HALAL	75	89	374	5	10	1
		100	120	502	7	13	1
93140232	ULTIMATE CHICKEN PIZZA HALAL	154	343	1437	11	20	43
		100	224	936	7	13	28
93143943	SPICY PIRI PIRI CHICKEN WINGS HALAL	62	103	432	7	8	2
		100	168	702	12	12	3
93147302	TRATTORIA CHIPOTLE CHICK SIZZ PIZZA HAL	130	296	1238	9	16	41
		100	227	950	7	12	31
93147304	TRATTORIA 14 BBQ CHX STBAKE PIZZA HALAL	133	314	1316	9	15	46
		100	236	987	7	11	34
93169444	MANDARIN CHICKEN HALAL	109	140	584	5	16	7
		100	128	537	5	15	7
93359141	CHEESY MAC BOLOGNESE HALAL	414	582	2436	26	26	63
		100	141	589	6	6	15
93170221	YAKISOBA CHICKEN NOODLES HALAL	264	383	1601	7	22	60
		100	145	606	3	8	23
93170739	MAC TOPPER - BBQ PULED CHICKEN HALAL	117	109	457	6	9	6
		100	93	391	5	7	5
93267107	TURKEY CON CHILLI HALAL	252	191	797	7	15	19
		100	76	317	3	6	8
93286482	NO NUT CHICKEN SATAY HALAL	98	183	765	9	18	9
		100	186	779	9	18	10
93287915	CHICKEN AND BROCCOLI PASTA BAKE HALA	405	392	1639	7	32	52
		100	97	405	2	8	13
93290667	BBQ CHICKEN WINGS HALAL	92	118	495	5	10	8
		100	129	541	6	10	9
93290668	JACKET POTATO WITH PULLED CHIC HALAL	313	338	1412	13	17	40
		100	108	452	4	6	13
93316601	OATY CHICKEN BURGER HALAL	254	515	2154	27	23	47
		100	203	848	11	9	19
50278655	CHICKEN AND WAFFLE HALAL	95	216	902	11	16	14
		100	227	950	12	17	15
93316603	SWEET AND SOUR CHICKEN MEATBAL HALAL	153	157	656	6	10	17
		100	102	428	4	6	11
93325630	PERSIAN LAMB KOFTA KEBAB HALAL	157	284	1190	8	20	35
		100	181	756	5	13	22
Code	FFL Meat Mains	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
		96	276	1153	14	15	22
93170735	SOUTHERN FRIED CHICKEN GOUJON FFL	100	287	1201	14	15	23
		284	392	1642	17	26	35
93287916	CHICKEN AND BROCCOLI PASTA BAKE FFL	100	138	579	6	9	12
		414	582	2436	26	26	63
93359143	CHEESY MAC BOLOGNESE ORGANIC	100	141	589	6	6	15
Code	Vegetarian Mains	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
		112	203	850	10	8	20
93125333	MEXICANA TOMATO CHEESE NACHOS	100	182	761	9	7	18
		288	258	1078	16	11	18
93129263	CAULIFLOWER CHEESE	100	90	374	6	4	6
		261	230	961	8	10	34
93137700	ARRABIATTA PASTA	100	88	369	3	4	13
		199	287	1201	13	13	32
	HERRY TOMATO PASTA						

93147954	HERB TOMATO PASTA	100	144	604	7	6	16
		213	475	1988	14	25	60
93150414	SAGE & ONION CHICKEN ROLLD FLATBREAD	100	223	935	7	12	28
93236714	ROASTED INDIAN CHICKPEA SALAD	179	145	605	6	7	17
		100	81	338	3	4	9
93236777	THE VEGGIE DOG	134	235	982	7	11	30
		100	175	734	5	9	22
93238730	ROASTED RAINBOW BOWL	311	478	1999	16	11	75
		100	154	644	5	4	24
93359142	CHEESY VEGEMINCE MAC BOLOGNESE	424	581	2433	25	26	65
		100	137	574	6	6	15
93280261	CHEESE BEANS AND CORN QUESADILAS	188	298	1247	13	11	33
		100	158	663	7	6	17
93280303	CHEESY CHILLI FRIES	218	318	1330	14	15	31
		100	146	610	7	7	14
93285346	CHILLI VEGGIE CHEESE NACHOS	194	312	1306	13	17	32
		100	161	674	7	9	17
93286035	VEGETARIAN SAUSAGE MASH POT	413	210	877	5	18	23
		100	51	212	1	4	6
93289157	VEGEMINCE BOLOGNESE	274	203	849	6	15	23
		100	74	310	2	5	8
93292577	VEGGIE QUARTER POUNDER	140	288	1203	14	8	40
		100	205	859	10	6	29
93293020	QUORN SAUSAGE ROLL	70	187	782	10	6	18
		100	267	1117	14	9	26
93261773	SWEET AND SOUR VEGETABLES	248	153	641	3	10	23
		100	62	258	1	4	9
93261788	VEGETARIAN TIKKA MASALA	280	202	844	6	13	27
		100	72	302	2	5	10
93261819	VEGETARIAN CARIBB CHICKPEA COCONUT CURRY	162	164	687	10	9	11
		100	101	424	6	6	7
93170738	MAC AND CHEESE POT	310	491	2056	22	19	58
		100	158	662	7	6	19
93175087	PASTA KING ZINGY PEPPERS	120	53	221	1	2	10
		100	44	184	1	1	8
93310786	CHEESE AND ONION BAKE	158	310	1295	22	8	21
		100	196	819	14	5	13
93315647	PERSIAN SPICED VEGETABLE BOLANI	200	269	1124	7	11	42
		100	134	562	3	5	21
93315648	ROASTED SQUASH SATAY BOLANI	231	282	1180	8	10	43
		100	122	510	3	4	18
93316300	CATALAN BEAN & POTATO STEW	210	126	526	2	6	22
		100	60	251	1	3	11
93316301	RAJASTAN PANEER RED LENTIL CURRY	278	282	1180	11	19	28
		100	102	425	4	7	10
93316302	BUTTERBEAN, BLACKBEAN & COCONUT STEW	222	183	767	11	7	16
		100	82	345	5	3	7
93261853	TRINIDAD VEGETABLE RICE	391	827	3458	25	15	142
		100	212	885	7	4	36
93263540	VEGAN CHILLI	173	158	663	4	11	17
		100	92	383	3	7	10
93203553	WEST AFRICAN VEGETABLE RICE	330	380	1590	6	19	63
		100	115	482	2	6	19
93203787	SWEET CHILLI & GARLIC PLANT NOODLES	334	467	1953	9	24	72
		100	140	585	3	7	22
93080528	VEGETARIAN COTTAGE PIE	428	328	1372	8	14	47
		100	77	321	2	3	11
93147031	CHICKPEA & VEGETABLE JALFREZI	176	119	499	5	6	15
		100	68	284	3	3	9
93147476	CHEESE AND BEAN TOASTIE	165	374	1566	14	16	43
		100	227	949	9	10	26
93175507	MEXICAN VEGGIE BURRITO	290	462	1931	16	19	61
		100	159	666	6	7	21
93310625	YAKISOBA SOYA NOODLES	278	407	1703	7	20	64
		100	146	612	3	7	23
93170724	QUORN ROAST	68	61	256	1	10	1
		100	90	377	1	15	2
93175066	PASTA KING VEG TIKKA	120	66	276	1	2	12
		100	55	230	1	2	10
93170425	LOADED FRIES - VEGGIE CHILLI	293	324	1356	9	15	43
		100	111	463	3	5	15
93094099	CARROT AND CORIANDER SOUP	246	72	301	3	1	12
		100	29	122	1	1	5
93094152	LEEK AND POTATO SOUP	222	68	283	2	2	11
		100	30	127	1	1	5
93094154	WINTER VEGETABLE SOUP	184	48	200	2	1	6
		100	26	109	1	0	4
Code	Pizza	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93041385	TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA	142	332	1391	10	17	46
		100	235	982	7	12	32
93041388	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA	116	295	1234	10	13	41
		100	254	1064	8	11	35
93128494	TRATTORIA HAWAIIAN STONE BAKED PIZZA	138	312	1304	10	15	42
		100	226	947	7	11	30

93128498	TRATTORIA VEGGIE HOT ONE SBAKE PIZZA	139	299	1251	10	13	41
		100	215	900	7	10	30
93284277	ULTIMATE MEATFEAST PIZZA	152	340	1423	12	18	42
		100	224	939	8	12	27
93312226	VEGGIE MEATBALL FEAST PIZZA	141	341	1426	12	18	43
		100	242	1012	9	12	30
Code	Meat Wraps, Baguettes, Paninis, Rolls, and Sandw	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93036849	CHICKEN CASEAR WRAP	171	417	1743	19	26	36
		100	243	1018	11	15	21
93046596	BACON AND CHEESE PANINI	159	398	1667	13	20	54
		100	250	1048	8	12	34
93129865	TUNA AND CHEESE MELT PANINI	183	388	1625	8	27	55
		100	212	886	4	15	30
93151046	BBQ CHICKEN WRAP	88	191	798	7	12	20
		100	218	910	8	13	23
93150964	HAM SANDWICH ON BROWN	145	256	1070	5	17	32
		100	176	738	4	12	22
93151095	TUNA AND CUCUMBER BAGUETTE WHITE	269	511	2138	13	28	69
		100	190	796	5	10	26
93151106	BLT SANDWICH WHITE	184	371	1550	13	22	40
		100	201	843	7	12	22
93151108	BLT BAGUETTE WHITE	289	546	2283	17	27	70
		100	189	791	6	9	24
93154407	BBQ CHICKEN & MONTEREY JACK BAGUETTE	232	527	2205	12	32	72
		100	227	950	5	14	31
93156000	CHICKEN SALAD BAGUETTE WHITE	270	541	2265	15	30	69
		100	201	840	6	11	26
93158617	FAJITA CHICKEN MELT PANINI	180	410	1714	10	28	54
		100	227	952	5	16	30
93161852	CHICKEN SALAD SANDWICH WHITE	210	399	1669	14	25	42
		100	190	796	7	12	20
93161853	CHICKEN SALAD SANDWICH WMEAL	210	380	1589	14	26	34
		100	181	758	7	12	16
93162053	TUNA MAYONNAISE SANDWICH WHITE	154	313	1309	8	19	40
		100	204	852	5	12	26
93162054	TUNA MAYONNAISE SANDWICH WMEAL	154	294	1229	8	20	32
		100	191	800	5	13	21
93170729	BBQ CHICKEN PANINI	215	509	2130	16	35	58
		100	237	991	8	16	27
93172124	CHICKEN & BACON PASTA SALAD	163	264	1104	9	22	25
		100	162	678	6	13	16
93172009	TUNA & SWEETCORN PASTA SALAD	213	248	1037	8	15	31
		100	117	488	4	7	15
93183301	HAM SALAD SANDWICH ON WHITE	216	284	1187	5	16	41
		100	131	549	2	7	19
93183305	CHEESE AND HAM SANDWICH WHITE	155	349	1459	12	19	39
		100	225	941	8	12	25
93183306	CHEESE AND HAM SANDWICH BROWN	155	330	1379	12	20	31
		100	213	890	8	13	20
93188814	CHICKEN TIKKA WRAP	224	355	1485	10	28	39
		100	159	664	5	12	17
93208233	HAM BAGUETTE BROWN	208	424	1775	7	22	65
		100	204	855	3	11	31
93287206	SOUTHERN FRIED CHICKEN WRAP	155	383	1601	13	17	51
		100	246	1031	8	11	33
93288090	DELI CHICKEN CLUB BAGUETTE	272	552	2311	15	35	68
		100	203	849	6	13	25
93316303	ROAST BEEF BAP	145	273	1144	6	18	33
		100	189	789	4	13	23
93316602	HONEY ROAST GAMMON BAGUETTE	206	481	2015	9	25	73
		100	234	979	4	12	36
93316606	ROAST PORK LOIN BAGUETTE	250	529	2213	8	29	82
		100	211	884	3	12	33
93320885	KOREAN GLAZED CHICKEN FLATBREAD	149	297	1243	8	19	38
		100	199	832	5	13	26
93320888	PERSIAN LAMB PITTA	157	284	1190	8	20	35
		100	181	756	5	13	22
Code	Halal Meat Wraps, Baguettes, Paninis, Rolls, and	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93148530	CLT BAGUETTE HALAL	252	443	1855	5	29	68
		100	176	736	2	11	27
93150415	SAGE ONI CHICK ROLLD FLATBREAD HALAL	218	477	1994	14	25	60
		100	219	915	7	11	28
93151491	BBQ CHICKEN WRAP HALAL	175	356	1490	11	25	40
		100	203	850	6	14	23
93151492	BBQ CHICKEN BAGUETTE WHITE HALAL	247	496	2076	8	32	71
		100	201	840	3	13	29
93151494	CHICKEN MAYO SANDWICH WHITE HALAL	178	387	1619	13	25	41
		100	218	912	8	14	23
93151495	CHICKEN MAYO SANDWICH BROWN HALAL	178	350	1465	11	28	33
		100	197	826	6	16	19
93153573	ROAST CHICKEN & STUFFING BN BAGUETTE HL	257	468	1960	3	37	70
		100	182	763	1	15	27
93154396	BBQ CHICKEN & MONTEREY JACK BAGUETTE HL	232	506	2115	8	33	72
		100	218	912	4	14	31

93158618	FAJITA CHICKEN MELT PANINI HALAL	173	380	1588	7	26	54
		100	220	920	4	15	32
93170810	BBQ CHICKEN PANINI HALAL	215	484	2024	13	37	58
		100	225	941	6	17	27
93174462	PIRI PIRI CHICKEN WRAP HALAL	201	348	1457	12	21	41
		100	173	725	6	11	20
93175448	SPICY CHICK PITTA CHILLI SAUCE HALAL	169	310	1298	10	21	37
		100	183	767	6	12	22
93178093	CHICKEN SALAD BAGUETTE HALAL	255	468	1958	7	32	67
		100	184	769	3	13	26
93180332	CHICKEN SAUSAGE STUFFING BAGUE HALAL	284	537	2248	7	25	90
		100	189	792	2	9	32
93188815	CHICKEN TIKKA WRAP HALAL	223	328	1371	6	30	39
		100	147	615	3	13	18
93290664	DELI CHICKEN CLUB BAGUETTE HALAL	263	503	2104	9	36	68
		100	191	800	3	14	26
93325619	KOREAN GLAZED CHICKEN FLATBREAD HALA	149	297	1243	8	19	38
		100	199	832	5	13	26
93290669	CLT SANDWICH HALAL	203	316	1323	5	27	40
		100	156	652	2	13	20
93325602	ROAST BEEF BAP HALAL	138	315	1320	8	25	33
		100	229	958	6	18	24
Code	FFL Meat Wraps, Baguettes, Paninis, Rolls, and S	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93155972	BLT SANDWICH WHITE FFL	207	421	1760	16	28	40
		100	203	849	8	13	19
93155974	BLT BAGUETTE WHITE FFL	319	630	2636	23	33	70
		100	197	826	7	10	22
93156000	CHICKEN SALAD BAGUETTE WHITE FFL	270	541	2265	15	30	69
		100	201	840	6	11	26
93183481	HAM SALAD SANDWICH ON WHITE FFL	216	321	1344	9	20	40
		100	149	622	4	9	18
93183482	HAM SALAD SANDWICH ON BROWN FFL	216	302	1264	9	21	32
		100	140	585	4	10	15
93183483	CHEESE AND HAM SANDWICH WHITE FFL	185	478	2000	22	30	39
		100	258	1081	12	16	21
93183484	CHEESE AND HAM SANDWICH BROWN FFL	185	459	1920	22	31	31
		100	248	1038	12	17	16
93208235	HAM BAGUETTE BROWN FFL	213	478	1999	11	28	63
		100	225	941	5	13	30
93287208	SOUTHERN FRIED CHICKEN BBQ WRAP FFL	164	415	1735	15	16	55
		100	252	1056	9	10	34
Code	Vegetarian Wraps, Baguettes, Paninis, Rolls, and	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93131374	STICKY BBQ QUORN PITTA	193	251	1050	2	14	48
		100	130	545	1	7	25
93151102	CHEESE SANDWICH WHITE	125	384	1609	18	17	38
		100	308	1287	14	13	31
93151103	CHEESE SANDWICH BROWN	125	365	1528	18	18	30
		100	292	1223	14	14	24
93152299	CRUNCHY PEPPER AND HOUMOUS WRAP	189	423	1768	22	12	44
		100	224	936	12	6	23
93170792	CHEESE PLOUGHMANS SANDWICH WHITE	178	435	1819	20	17	45
		100	244	1022	11	10	25
93182218	CHEESE PLOUGHMANS SANDWICH BROWN	178	416	1739	20	18	37
		100	233	977	11	10	21
93169793	TERIYAKI VEGETARIAN WRAP	161	279	1168	6	12	49
		100	174	727	4	7	30
93170794	CHEESE AND TOMATO SAUCE PANINI .	170	392	1638	11	18	56
		100	230	964	7	11	33
93178046	VEGAN CHEESE SANDWICH WHITE	125	333	1392	13	7	38
		100	266	1114	10	5	31
93178064	VEGAN CHEESE AND PICKLE BAGUETTE	218	528	2209	15	12	75
		100	243	1016	7	6	35
93183307	CHEESE BAGUETTE WHITE	188	539	2256	20	22	66
		100	288	1203	11	12	35
93209161	CHEESE PANINI	140	378	1581	11	17	54
		100	270	1129	8	12	38
93322592	KOREAN GLAZED QUORN FLATBREAD	166	271	1132	5	16	45
		100	163	681	3	10	27
Code	Jacket Potatoes with Toppings	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93038279	JACKET WITH BAKED BEANS	318	274	1146	1	10	58
		100	86	361	0	3	18
93040440	TUNA MAYONNAISE JACKET POTATO	283	314	1312	7	16	51
		100	111	463	2	6	18
93040442	JACKET POTATO WITH CHEESE	268	419	1753	18	18	49
		100	157	655	7	7	18
93170793	JACKET POTATO WITH SALMON	307	370	1549	11	20	51
		100	121	504	3	7	17
93286157	JACKET POTATO WITH PULLED PORK	268	329	1375	12	18	39
		100	122	512	5	7	15
Code	Vegetable Sides	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93042664	ROASTED AUTUMN VEGETABLES	75	58	242	4	1	4
		100	77	322	6	1	6
93065561	CARROTS	85	25	103	0	0	5
		100	29	121	1	1	6

93065563	PEAS	80	54	228	1	4	9
		100	68	285	1	5	11
93074678	ROASTED BUTTERNUT SQUASH	87	54	225	2	1	7
		100	62	258	2	1	8
93076060	COLESLAW	91	121	506	11	1	6
		100	133	557	12	1	6
93128253	PICKLED CUCUMBER SALAD WITH CHILLI	79	49	203	0	1	11
		100	61	257	0	1	14
93130897	PLAIN HALF CORN ON THE COB	70	71	296	3	2	6
		100	101	421	5	3	9
93143359	CABBAGE	74	20	84	0	2	3
		100	27	113	0	2	4
93143440	MIXED SALAD	78	18	74	0	1	3
		100	23	96	0	1	4
93153275	GREEN BEANS	80	21	87	0	2	3
		100	26	109	0	2	4
93162619	BAKED BEANS	90	57	237	0	4	8
		100	63	264	0	4	9
93168815	PESTO ROASTED CARROTS	62	34	142	2	0	5
		100	55	230	3	1	7
93170368	SALAD SWEETCORN	80	62	261	1	2	11
		100	78	326	2	3	14
93292799	GREEK SALAD	131	110	459	8	6	4
		100	84	350	6	4	3
93293870	DURHAM CURRIED CAULIFLOWER	38	22	91	1	1	2
		100	58	241	3	3	5
93315842	SATAY SWEETCORN	82	71	296	2	2	11
		100	87	364	3	3	14
93315844	TEX MEX MIXED VEGETABLES	80	49	203	2	2	7
		100	61	254	2	3	9
93076060	COLESLAW	91	121	506	11	1	6
		100	133	557	12	1	6
93122369	PASTA SALAD	113	129	540	4	4	20
		100	115	480	4	4	18
93129265	APPLE SLAW	106	56	234	1	3	11
		100	53	221	1	2	10
93130896	RED SLAW	83	54	228	3	1	5
		100	65	274	4	2	6
93164908	SAVOURY RICE SALAD	178	198	830	1	5	44
		100	112	467	1	3	25
93170367	SALAD TOMATO	79	11	46	0	0	2
		100	14	59	0	1	3
93170368	SALAD SWEETCORN	80	62	261	1	2	11
		100	78	326	2	3	14
93170369	SALAD PEPPERS	67	10	42	0	1	2
		100	15	63	0	1	3
93170411	SALAD CUCUMBER	78	11	45	0	1	1
		100	14	59	1	1	1
93170412	SALAD CHERRY TOMATO	80	18	74	0	1	3
		100	22	92	1	1	4
93170413	SALAD CARROT	80	23	97	0	0	5
		100	29	121	1	1	6
93170414	SALAD BEETROOT	64	23	96	0	1	5
		100	36	151	0	2	8
93170415	SALAD RED ONION	72	25	105	0	1	6
		100	35	146	0	1	8
93170416	SALAD PINEAPPLE	42	17	73	0	0	4
		100	41	172	0	0	10
93170417	SALAD OLIVES	40	50	209	5	0	0
		100	125	523	13	1	0
93170422	SALAD NEW POTATO SALAD	39	51	215	3	1	7
		100	133	558	7	2	17
Code	Carbohydrate Sides	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93070130	YELLOW RICE	83	254	1064	0	6	60
		100	308	1287	0	7	73
93099761	BASIC WHITE BREAD RECIPE	75	162	679	1	5	36
		100	216	902	1	7	48
93109633	RICE 1/2 WHOLEGRAIN	116	227	948	1	6	52
		100	195	816	1	5	45
93119265	BREAD WHOLEMEAL LOAF	75	142	595	1	6	28
		100	189	792	2	8	38
93119376	HERB DUMPLINGS	37	147	617	9	2	16
		100	403	1685	24	5	44
93124814	CHIPS	125	173	722	5	3	27
		100	138	577	4	3	22
93154277	GARLIC AND HERB BREAD	73	149	623	1	6	32
		100	204	854	1	8	43
93157067	GARLIC & HERB WEDGES HALF PORTION	61	61	254	0	2	14
		100	100	418	0	3	23
93162615	ROAST POTATOES	126	139	583	6	3	21
		100	111	465	5	2	16
93207226	PASTA WHOLEMEAL	65	87	364	1	3	18
		100	134	561	1	5	28
	GREEN PEA PESTO PASTA	206	325	1360	16	14	30

93240140	GREEN LENTIL POTATO	100	158	662	8	7	14
		352	700	2928	4	17	158
93056719	RICE AND PEAS	100	199	832	1	5	45
		214	194	812	5	4	35
93197575	MASH POT	100	91	380	2	2	16
Code	Accompaniments	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93034775	GRAVY	39	10	44	0	0	2
		100	27	113	0	0	6
93142255	CUCUMBER RAITA	39	9	38	0	1	1
		100	23	96	0	2	3
93203346	RANCH DRESSING	16	18	74	1	0	1
		100	111	462	8	2	6
93293021	KATSU CURRY SAUCE	89	93	387	5	1	11
		100	104	437	6	1	12
93316307	SMOKEY BURGER SAUCE	11	21	88	2	0	1
		100	191	799	18	2	8
Code	Desserts	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93065568	CUSTARD TRADITIONAL	128	109	457	2	2	22
		100	86	358	1	2	17
93076318	SHORTBREAD	39	192	804	12	2	21
		100	493	2062	29	4	53
93094200	APPLE CINNAMON TWICE BAKED CRUMBLE	120	212	886	7	3	34
		100	176	736	6	2	29
93101047	GOLDEN SYRUP & OAT COOKIES	63	268	1123	10	3	41
		100	425	1777	16	4	66
93110853	SWEET WAFFLE	55	187	782	10	4	21
		100	340	1423	18	7	38
93139520	CHOCOLATE KRISPIE BAR	52	205	857	7	3	31
		100	397	1659	14	5	60
93139522	LEMON DRIZZLE MUFFINS	49	178	743	9	2	23
		100	359	1502	18	5	46
93147363	PINEAPPLE UPSIDE DOWN PUDDING	75	208	872	10	3	28
		100	280	1171	13	3	38
93159970	BANOFFEE PIE	63	111	465	6	2	12
		100	176	737	9	4	20
93161187	FROZEN STRAWBERRY YOGHURT	100	129	540	2	4	24
		100	129	540	2	4	24
93161188	FROZEN MANGO YOGHURT	100	113	473	1	4	22
		100	113	473	1	4	22
93162982	ICE CREAM BOX CHOCOLATE	87	142	593	6	3	19
		100	163	682	7	3	22
93162983	ICE CREAM BOX STRAWBERRY	87	121	506	5	3	17
		100	139	582	6	3	19
93162984	ICE CREAM BOX VANILLA	87	117	491	5	3	16
		100	135	565	5	3	18
93166762	BANANA MARBLE CAKE	89	314	1313	17	4	39
		100	352	1474	19	4	44
93176746	PINEAPPLE POT	79	33	136	0	0	8
		100	41	172	0	0	10
93176747	WHITE GRAPE POT	100	62	259	0	1	15
		100	62	259	0	1	15
93176748	MELON POT	68	12	52	0	0	3
		100	18	75	0	0	4
93204039	RASPBERRY YOG FLAPJACK MUFFIN	53	178	744	9	3	21
		100	339	1417	17	5	41
93285158	CHOCOLATE FUDGE BROWNIE	60	256	1071	10	3	32
		100	427	1785	17	6	53
93290179	WIBBLE JELLY STRAWBERRY	99	1	2	0	0	0
		100	1	2	0	0	0
93290451	WIBBLE JELLY RASPBERRY	99	1	2	0	0	0
		100	1	2	0	0	0
93293256	CHOCOLATE COOKIE	44	204	854	11	2	25
		100	464	1941	24	5	57
93300347	LEMON OAT RAISIN COOKIE	44	184	771	7	2	27
		100	419	1753	17	4	61
93307486	CHOCOLATE TOFFEE SHORTBREAD	117	213	893	11	3	28
		100	183	767	9	2	24
93307510	CHOCOLATE ORANGE	133	117	488	6	2	14
		100	88	366	5	1	10
93307513	CHOCOLATE BUTTERSCOTCH CRISPIE	51	74	310	2	2	13
		100	145	608	4	3	25
93310626	ORANGE GLAZED STICKY PUDDING	99	191	799	5	4	34
		100	193	809	5	4	34
93310680	RED VELVET BROWNIE	60	174	728	9	3	21
		100	292	1224	15	5	35
93310773	VANILLA AND RASPBERRY BLONDIE	61	237	992	13	3	29
		100	391	1638	22	5	48
93314730	CHOCOLATE RICE POT	132	110	462	0	5	21
		100	84	350	0	4	16