

Chartwells Secondary Menu Nutrient Counts – Autumn/Winter 2025

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 primary 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. If this needs to be changed then the school supporting staff, can use the per 100g data to scale up or down the portion.
- 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.

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NOTIFICATION OF CHANGES TO THE NUTRIENT COUNTS – Autumn/Winter 2025

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.

<u>RECIPE CODE</u>	<u>RECIPE NAME</u>	<u>REASON FOR CHANGE</u>	<u>PAGE NUMBER</u>
<u>93317333</u>	<u>IOA TRATTORIA 14 BBQ CHICKEN PIZZA</u>	<u>PRODUCT SWITCH</u>	<u>10</u>
<u>93337564</u>	<u>IOA ULTIMATE MEATFEAST PIZZA</u>	<u>PRODUCT SWITCH</u>	<u>10</u>
<u>93041385</u>	<u>TRATTORIA 14 BBQ CHICKEN STONE BAKED PIZZA</u>	<u>PRODUCT SWITCH</u>	<u>10</u>
<u>93151049</u>	<u>CHICKEN MAYO BAGUETTE WHITE</u>	<u>PRODUCT SWITCH</u>	<u>14</u>
<u>93346178</u>	<u>CHICKEN AND BACON BAGUETTE</u>	<u>PRODUCT SWITCH</u>	<u>14</u>
<u>93156000</u>	<u>CHICKEN SALAD BAGUETTE WHITE FFL</u>	<u>PRODUCT SWITCH</u>	<u>14</u>
<u>93316205</u>	<u>IOA BBQ CHICKEN PANINI</u>	<u>PRODUCT SWITCH</u>	<u>15</u>
<u>93317339</u>	<u>IOA FAJITA CHICKEN MELT PANINI</u>	<u>PRODUCT SWITCH</u>	<u>15</u>
<u>93170729</u>	<u>BBQ CHICKEN PANINI</u>	<u>PRODUCT SWITCH</u>	<u>15</u>
<u>93158617</u>	<u>FAJITA CHICKEN MELT PANINI</u>	<u>PRODUCT SWITCH</u>	<u>15</u>
<u>93151047</u>	<u>CHICKEN MAYONNAISE SANDWICH WHITE</u>	<u>PRODUCT SWITCH</u>	<u>15</u>
<u>93151052</u>	<u>CHICKEN SALAD BLOOMER BROWN</u>	<u>PRODUCT SWITCH</u>	<u>15</u>
<u>93161852</u>	<u>CHICKEN SALAD SANDWICH WHITE</u>	<u>PRODUCT SWITCH</u>	<u>15</u>
<u>93151059</u>	<u>CHICKEN TIKKA BLOOMER BROWN</u>	<u>PRODUCT SWITCH</u>	<u>15</u>
<u>93161853</u>	<u>CHICKEN SALAD SANDWICH WMEAL</u>	<u>PRODUCT SWITCH</u>	<u>15</u>
<u>93036849</u>	<u>CHICKEN RANCH WRAP</u>	<u>PRODUCT SWITCH</u>	<u>17</u>
<u>93151046</u>	<u>BBQ CHICKEN WRAP</u>	<u>PRODUCT SWITCH</u>	<u>17</u>
<u>93188814</u>	<u>CHICKEN TIKKA WRAP</u>	<u>PRODUCT SWITCH</u>	<u>17</u>

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Chartwells Secondary Menu Nutrient Counts – Autumn/Winter 2025

INDEX	
Menu Item	Page
Meat Mains	3
Vegetarian Mains	7
Jacket Potatoes and Toppings	9
Pasta & Soup	9
Pizza	10
Carbohydrate Sides	11
Vegetable Sides and Salads	12
Other Additional Items	13
Baguettes, Salads, Sandwiches, Wraps etc.	14
Desserts	18

Recipe code	Meat mains	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
BEEF							
93347548	BEEF BOLOGNESE	208	155	650	6	12	13
		100	75	312	3	6	6
93360775	BUN-LESS BURGER BOX	275	331	1384	14	17	35
		100	120	503	5	6	13
93395837	BUN-LESS BURGER BOX HALAL	275	331	1384	14	17	35
		100	120	503	5	6	13
93414647	CHEESY BOLOGNESE HOTPOT	245	219	917	9	15	18
		100	90	375	4	6	7
93280303	CHEESY CHILLI FRIES	215	314	1313	14	15	30
		100	146	611	7	7	14
93359837	CHEESY MAC BOLOGNESE	402	549	2297	23	24	64
		100	137	572	6	6	16
93306285	FIRECRACKER BEEF	343	379	1584	7	20	60
		100	110	461	2	6	18
93453190	IOA CHEESY BOLOGNESE HOTPOT	245	219	918	10	15	18
		100	90	375	4	6	7
93337562	IOA CHEESY CHILLI FRIES	215	314	1313	14	15	30
		100	146	611	7	7	14
93165389	MEXICAN BEEF ENCHILADA	266	508	2124	14	21	76
		100	191	800	5	8	29
93203913	MINCE BEEF PIE	216	403	1687	18	17	43
		100	187	781	8	8	20
93314074	SWEET AND SOUR BEEF MEATBALLS	143	241	1007	15	12	14
		100	169	707	10	8	10
93181323	TRADITIONAL BEEF LASAGNE V2	289	310	1298	13	18	31
		100	108	450	4	6	11
93098950	TRADITIONAL COTTAGE PIE	334	271	1133	8	14	38
		100	81	339	2	4	11

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93181208	BEEF BOLOGNESE SAUCE V2	223	205	858	9	19	13
		100	92	385	4	8	6
93204629	CHILLI CON CARNE V2	150	130	545	5	13	8
		100	87	364	4	9	5
93167677	DOUBLE BEEF BURGER PLAIN	155	354	1479	14	22	34
		100	229	957	9	14	22
93404530	IOA BUN-LESS BURGER BOX	275	331	1385	14	17	35
		100	120	503	5	6	13
93404058	IOA CHEESY MAC BOLOGNESE	402	549	2297	23	24	64
		100	137	572	6	6	16
Halal Beef- (Where nutrition differs from standard)							
93204227	MINCE BEEF PIE HALAL	233	474	1983	25	19	44
		100	203	850	11	8	19
93443180	CHEESY BOLOGNESE HOTPOT HALAL	245	241	1010	12	14	18
		100	99	413	5	6	7
93359141	CHEESY MAC BOLOGNESE HALAL	402	560	2341	25	24	64
		100	139	583	6	6	16
93306286	FIRECRACKER BEEF HALAL	343	402	1683	10	19	60
		100	117	490	3	5	18
93181381	TRADITIONAL BEEF LASAGNE HALAL V2	289	332	1391	16	17	31
		100	115	482	5	6	11
93208669	CHILLI CON CARNE HALAL V2	150	163	683	10	12	8
		100	109	456	6	8	5
93181383	PASTA BEEF BOLOGNESE HALAL V2	299	427	1788	15	22	55
		100	143	599	5	7	19
93064700	ROAST BEEF HALAL	53	113	473	5	17	0
		100	213	893	9	33	0

Recipe code	Meat mains	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
CHICKEN & TURKEY							
93241647	BUFFALO CHICKEN	101	191	798	13	14	5
		100	189	791	13	14	5
93217199	BUTTER CHICKEN	157	165	691	8	17	7
		100	105	440	5	11	5
93362980	CARIBBEAN CHICKEN RICE	327	316	1,321	5	19	52
		100	97	404	2	6	16
93169728	CHICKEN KATSU BURGER	153	394	1648	16	21	43
		100	257	1075	10	14	28
93365791	CHICKEN KOTTU ROTI BOWL	215	277	1161	10	21	25
		100	129	540	5	10	12
93365458	CHICKEN PHO	321	383	1603	8	25	53
		100	119	499	3	8	17
93239998	CHICKEN SHAWARMA BOWL	291	497	2,079	11	25	73
		100	171	714	4	9	25
93235943	CHICKEN TIKKA MASALA V.2	175	187	783	9	17	11
		100	107	447	5	9	6
93203347	CHICKEN TIKKA RICE BOX	278	342	1,429	7	23	49

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		100	123	515	3	8	18
93237707	CHIPOTLE CHICKEN SLIDER	135	266	1114	9	19	27
		100	198	828	7	14	20
93285284	CURRIED CHICKEN AND CORRIANDER	213	374	1564	8	23	54
		100	176	735	4	11	25
93281314	JERK CHICKEN BURGER	132	284	1186	10	20	27
		100	214	897	8	15	21
93320885	KOREAN GLAZED CHICKEN FLATBREAD	141	291	1218	8	19	37
		100	206	863	6	14	26
93358106	PERSIAN CHICKEN KEBAB	160	251	1052	5	17	38
		100	157	658	3	11	24
93416134	SLOPPY JOE CHICKEN BURGER	135	284	1190	9	19	30
		100	211	884	7	14	22
93203511	SRIRACHA CHICKEN BURGER	131	291	1219	11	19	28
		100	222	931	8	15	21
93203558	SWEET THAI CHILLI CHICKEN NOODLES	283	404	1689	8	23	61
		100	142	596	3	8	21
93202121	TANDOORI CHICKEN	162	134	560	5	16	5
		100	83	345	3	10	3
93237530	TENNESSEE CRISPY CHICKEN BURGER	133	317	1326	10	16	41
		100	238	996	7	12	31
93168556	ROASTED CHICKEN THIGH	65	124	518	6	16	0
		100	191	800	10	25	0
93170733	SOUTHERN FRIED CHICKEN GOUJON	84	231	968	12	16	16
		100	277	1159	14	19	20
93365792	SPICY VIETNAMESE CHICK BANH MI BUN	182	339	1418	9	25	36
		100	186	779	5	14	20
Halal Chicken & Turkey - (Where nutrition differs from standard)							
93241806	BUFFALO CHICKEN HALAL	60	108	453	5	10	6
		100	180	754	9	16	9
93395838	CARIBBEAN CHICKEN RICE HALAL	327	305	1,277	4	18	52
		100	93	391	1	6	16
93169729	CHICKEN KATSU BURGER HALAL	153	338	1414	12	16	41
		100	220	922	8	11	26
93395833	CHICKEN KOTTU ROTI BOWL HALAL	206	253	1057	7	22	24
		100	123	513	3	11	11
93235944	CHICKEN TIKKA MASALA HALAL V.2	169	154	645	5	16	11
		100	91	382	3	9	7
93281315	JERK CHICKEN BURGER HALAL	137	286	1195	10	20	27
		100	208	872	7	15	20
93169444	MANDARIN CHICKEN HALAL	102	138	579	5	16	7
		100	136	568	5	16	7
93204169	SRIRACHA CHICKEN BURGER HALAL	136	300	1253	12	20	28
		100	221	924	8	15	20
93325615	SWEET AND SOUR CHICKEN MEATBAL HALAL	120	143	599	6	10	13
		100	119	498	5	8	10
93204225	SWEET THAI CHILLI CHICKEN NOODLE HALAL	283	393	1645	7	22	61
		100	139	581	3	8	21
93204168	TANDOORI CHICKEN HALAL	163	136	568	5	17	5
		100	84	350	3	10	3

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93241923	TENNESSEE CRISP CHICKEN BURGER HALAL	133	276	1156	7	13	39
		100	207	868	5	10	30
93154010	CHICKEN SAUSAGES 8'S HALAL	57	109	456	7	8	10
		100	191	799	12	15	17
93147173	LEMON ROASTED CHICKEN THIGH HALAL	67	122	509	6	16	1
		100	181	759	9	23	1
93132734	ROAST TURKEY BREAST HALAL	51	79	331	1	18	0
		100	155	649	2	35	0
93170734	SOUTHERN FRIED CHICKEN GOUJON HALAL	84	175	734	8	12	14
		100	210	879	9	14	17
FFL Chicken & Turkey - (Where nutrition differs from standard)							
93170735	SOUTHERN FRIED CHICKEN GOUJON FFL	68	110	459	2	12	10
		100	161	675	3	18	15

Recipe code	Meat mains	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
FISH							
93293230	BATTERED FISH	90	185	776	10	11	14
		100	206	862	11	12	15

Recipe code	Meat mains	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
PORK							
93130787	MANDARIN BARBECUED PORK	134	136	567	5	16	7
		100	101	422	4	12	5
93173430	ROAST PORK LOIN - SAUCE AND STUFFING	110	193	808	6	17	17
		100	175	732	6	16	15
93097797	STICKY BBQ MANDARIN PORK	93	124	517	4	16	7
		100	133	555	4	17	8
93173554	ROASTED HONEY GLAZED HAM	66	145	609	7	13	7
		100	221	925	11	20	11
93035166	SAUSAGE PORK 8'S	85	236	987	14	14	11
		100	277	1159	17	17	14

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Recipe code	Vegetarian Mains	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
93426647	BBQ QUORN BITES	80	146	612	7	9	11
		100	183	765	9	11	14
93419699	BEANY VEGETABLE BURGER	159	265	1107	8	10	37
		100	167	699	5	6	23
93241530	BEETROOT AND FETA BURGER V2	191	334	1399	10	11	49
		100	175	731	5	6	26
93132515	BLACKKEYED BEAN BURGER	154	259	1083	4	9	44
		100	168	703	3	6	29
93438299	BRAZILLIAN BLACK BEAN STEW	197	103	431	4	4	12
		100	52	218	2	2	6
93310786	CHEESE AND ONION SLICE	158	269	1125	19	9	16
		100	170	710	12	5	10
93230848	CHEESE AND RED ONION QUICHE	222	624	2611	38	20	48
		100	281	1177	17	9	22
93280261	CHEESE BEANS AND CORN QUESADILLAS	145	236	988	10	9	26
		100	163	681	7	6	18
93359142	CHEESY VEGEMINCE MAC BOLOGNESE	414	559	2339	23	22	68
		100	135	566	6	5	16
93292577	CRISPY VEGGIE CHEESE BURGER	197	360	1507	12	25	37
		100	183	764	6	13	19
93452569	IOA CHEESE AND ONION SLICE	158	269	1125	19	9	16
		100	170	710	12	5	10
93337560	IOA CHEESE BEANS CORN QUESADILLAS	157	262	1097	12	10	26
		100	167	697	8	6	17
93452567	IOA CHEESE LEEK AND POT PIE	274	498	2086	26	14	52
		100	182	762	10	5	19
93452568	IOA CHILLI TOPPED VEGGIE BURGER	136	265	1107	8	14	32
		100	194	812	6	10	24
93452563	IOA MAC AND CHEESE	298	472	1974	20	18	57
		100	158	661	7	6	19
93316532	IOA MEXICAN VEGGIE BURRITO	262	568	2378	17	17	89
		100	217	908	6	7	34
93233562	BAGEL CHEESE & TOMATO PIZZA	103	259	1085	10	12	30
		100	253	1058	9	12	30
93316579	IOA BAGEL CHEESE & TOMATO PIZZA	108	280	1172	11	13	30
		100	261	1090	10	12	28
93285771	KOREAN BBQ QUORN SUB	145	298	1248	10	14	35
		100	206	861	7	10	24
93170738	MAC AND CHEESE	298	472	1974	20	18	57
		100	158	661	7	6	19
93175507	MEXICAN VEGGIE BURRITO	275	436	1824	15	16	59
		100	158	663	5	6	21
93365818	ONION BHAI BURGER	176	234	978	3	9	41
		100	133	555	2	5	23
93169701	OPEN CAJUN VEGETABLE FAJITA	369	521	2,179	11	15	93
		100	141	590	3	4	25

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93315647	PERSIAN SPICED VEGETABLE BOLANI	190	241	1010	6	8	38
		100	127	532	3	4	20
93178090	QUORN PATTIE EGG & CHEESE MUFFIN	183	335	1401	12	18	37
		100	183	765	6	10	20
93293020	QUORN SAUSAGE ROLL	70	187	782	10	6	18
		100	267	1117	14	9	26
93302652	ROASTED VEGETABLE & CRANBERRY SLICE	125	163	683	6	4	23
		100	130	545	5	3	18
93154945	SPICED SWEET POTATO & CHICKPEA ROAST	148	187	782	5	5	31
		100	126	528	3	4	21
93358104	SPINACH AND CHICKPEA DAHL	255	223	931	4	11	36
		100	87	366	2	4	14
93261773	SWEET AND SOUR VEGETABLES	165	129	541	3	8	16
		100	78	328	2	5	10
93203557	SWEET CHILLI VEGETABLE NOODLE	296	400	1674	7	16	69
		100	135	566	2	5	23
93315844	TEX MEX MIXED VEGETABLES	80	48	200	2	2	6
		100	60	251	2	3	8
93236777	THE VEGGIE DOG	128	228	954	7	11	29
		100	178	744	5	9	23
93153187	VEGAN CHICK PEA & TOMATO MASALA	220	144	603	6	5	17
		100	66	275	3	2	8
93263540	VEGAN CHILLI	187	146	613	4	7	21
		100	78	327	2	4	11
93289157	VEGEMINCE BOLOGNESE	213	144	604	5	6	17
		100	68	284	2	3	8
93240141	VEGETABLE FRIED RICE	189	222	930	3	6	45
		100	118	492	2	3	24
93416662	VEGETABLE JAMBALAYA	296	250	1,048	4	9	47
		100	85	355	1	3	16
93080528	VEGETARIAN COTTAGE PIE	367	268	1119	6	8	44
		100	73	305	2	2	12
93181329	VEGETARIAN LASAGNE V2	273	289	1210	12	12	33
		100	106	443	4	4	12
93365459	VEGETARIAN PHO	344	381	1592	7	16	65
		100	111	463	2	5	19
93286035	VEGETARIAN SAUSAGE MASH	377	372	1558	12	20	48
		100	99	414	3	5	13
93261788	VEGETARIAN TIKKA MASALA	257	207	866	6	13	26
		100	81	337	2	5	10
93135609	VEGGIE FAJITAS	176	300	1257	10	11	41
		100	171	715	6	6	23
93365793	VEGGIE GOUJONS	84	165	689	14	2	19
		100	196	821	17	3	23
93310625	YAKISOBA SOYA NOODLES	284	388	1625	6	15	68
		100	137	573	2	5	24
93130657	YELLOW VEGETABLE CURRY	258	249	1043	12	10	28
		100	97	404	4	4	11
93404059	IOA CHEESY VEGEMINCE MAC BOLOGNESE	414	559	2339	23	22	68
		100	135	566	6	5	16

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93404057	IOA PLANTBALL MARINARA MELT	145	198	829	12	13	9
		100	137	573	8	9	6
93170724	QUORN ROAST	68	61	256	1	10	1
		100	90	377	1	15	2

Recipe code	Jacket Potatoes	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
VMC 125755	JACKET POTATO - BAKED NO OIL	100	97	406	0.2	3	23
		100	97	406	0.2	3	23
VMC 111925	CHEESE	50	207	859	17	12.5	1
		100	414	1718	34	25	2
VMC 126781	PLAIN SALMON	100	130	540	8	24	0
		100	130	540	8	24	0
VMC 120893	BAKED BEANS	100	63	264	0	4	9
		100	63	264	0	4	9
VMC 187199 / 89704	TUNA MAYONNAISE (70g TUNA / 23g MAYO)	93	147	616	7	19	1
		100	158	661	8	20	1
93286157 / 93317332	JACKET POTATO WITH PULLED PORK	26	329	1375	12	18	39
		100	124	518	5	7	15

Recipe code	Pasta & Soup	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
93137700	ARRABIATTA PASTA	243	390	1631	14	16	54
		100	161	672	6	6	22
93172124	CHICKEN & BACON PASTA SALAD	225	376	1572	9	25	50
		100	167	698	4	11	22
93156791	CHICKEN, PEA AND LEEK PASTA BAKE.	335	451	1886	18	26	49
		100	134	562	5	8	15
93240140	GREEN PEA PESTO PASTA	298	451	1887	17	19	56
		100	151	633	6	6	19
93316204	IOA ARRABIATTA PASTA	322	360	1506	9	14	60
		100	112	468	3	4	19
93452562	IOA CHICKEN PEA AND LEEK PASTA BAKE	335	451	1887	18	26	49
		100	134	563	5	8	14
93316523	IOA HERBY TOMATO PASTA	267	415	1735	14	16	58
		100	156	651	5	6	22
93122369	PASTA SALAD	106	118	494	3	4	20
		100	112	468	2	4	19
93172009	TUNA & SWEETCORN PASTA SALAD	287	373	1562	9	24	52
		100	130	544	3	8	18
93147954	HERBY TOMATO PASTA	267	415	1735	14	16	58
		100	156	651	5	6	22
93175148	PASTA KING FIRECRACKER CHICKEN TORIN	180	90	377	2	9	11

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		100	50	209	1	5	6
93175159	PASTA KING SWEET CHILLI CHICKEN	180	349	1461	2	11	13
		100	194	812	1	6	7
93395835	PASTA KING SWEET CHILLI CHICKEN HALAL	180	349	1461	2	11	13
		100	194	812	1	6	7
93175087	PASTA KING ZINGY PEPPERS	120	53	221	1	2	10
		100	44	184	1	1	8
93410521	PERI PERI PASTA TSAT COMP WINNER DISH	330	444	1856	18	25	49
		100	135	563	5	8	15
93094099	CARROT AND CORIANDER SOUP V.2	215	72	301	3	1	12
		100	33	140	1	1	5
93094152	LEEK AND POTATO SOUP	192	67	281	2	1	11
		100	35	147	1	1	6
93094155	TOMATO AND BASIL SOUP	212	66	275	3	2	9
		100	31	130	1	1	4
Halal Pasta and Soup - (Where nutrition differs from standard)							
93172125	CHICKEN PASTA SALAD HALAL	238	356	1490	5	30	50
		100	150	626	2	13	21
93156792	CHICKEN, PEA & LEEK PASTA BAKE HALAL	345	442	1849	17	25	49
		100	128	535	5	7	14

Recipe code	Pizza	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
93452566	IOA MARGHERITA PIZZA PINWHEEL	65	142	595	2	5	27
		100	218	914	3	8	42
93317333	IOA TRATTORIA 14 BBQ CHICKEN PIZZA	171	386	1,616	15	20	46
		100	225	943	8	12	27
93317334	IOA TRATTORIA 14 MARGHERITA PIZZA	116	279	1168	9	11	40
		100	241	1009	8	10	34
93317335	IOA TRATTORIA HAWAIIAN PIZZA	138	296	1238	10	13	41
		100	215	900	7	10	30
93317336	IOA TRATTORIA VEGGIE HOT PIZZA	169	376	1572	16	19	41
		100	223	931	9	11	24
93337564	IOA ULTIMATE MEATFEAST PIZZA	148	315	1,319	11	16	40
		100	213	890	7	11	27
93337569	IOA VEGGIE MEATBALL FEAST PIZZA	141	326	1362	12	16	42
		100	231	967	8	11	30
93203944	MARGHERITA PIZZA PINWHEEL	65	142	595	2	5	27
		100	218	914	3	8	42
93312226	VEGGIE MEATBALL FEAST PIZZA	141	341	1426	12	18	43
		100	242	1012	9	12	30
93041385	TRATTORIA 14 BBQ CHICKEN STONE BAKED PIZZA	136	310	1,299	9	16	44
		100	229	956	6	12	32
93041388	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA	113	285	1194	9	12	40
		100	253	1058	8	11	36
93128494	TRATTORIA HAWAIIAN STONE BAKED PIZZA	138	311	1302	10	15	42
		100	226	947	7	11	30

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93128498	TRATTORIA VEGGIE HOT ONE SBAKE PIZZA	139	298	1248	10	13	41
		100	215	899	7	10	30
Halal Pizza - (Where nutrition differs from standard)							
93147304	TRATTORIA 14 BBQ CHX STBAKE PIZZA HALAL	128	304	1273	9	15	44
		100	239	998	7	11	34

Recipe code	Carbohydrate Sides	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
93099761	BASIC WHITE BREAD RECIPE	69	162	679	1	5	36
		100	236	989	1	8	53
93119265	BREAD WHOLEMEAL LOAF	69	142	595	1	6	28
		100	207	868	2	9	41
93237709	CRISPY MASALA POTATOES	120	118	494	3	3	20
		100	99	413	3	2	17
93163112	CHIPOTLE WEDGES HALF PORTION	60	59	247	0	2	14
		100	98	409	0	3	23
93124814	CHIPS	125	173	722	5	3	27
		100	138	577	4	3	22
93157067	GARLIC & HERB WEDGES HALF PORTION	88	87	364	0	2	20
		100	99	414	0	3	23
93174102	HERBY DICE POTATOES	56	81	337	3	1	11
		100	144	602	6	2	19
93197575	MASH POT	180	189	790	7	3	30
		100	105	439	4	2	17
93156761	MEXICAN YELLOW RICE	144	509	2129	1	10	122
		100	354	1480	1	7	85
93207226	PASTA WHOLEMEAL	150	200	838	2	8	41
		100	134	561	1	5	27
93156734	PINEAPPLE RICE	164	195	818	1	5	44
		100	119	498	1	3	27
93109633	RICE 1/2 WHOLEGRAIN	166	404	1692	2	9	95
		100	244	1020	1	5	57
93162615	ROAST POTATOES	108	125	523	6	2	18
		100	116	486	5	2	17

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Recipe code	Vegetable Sides & Salad	Portion size	Calorie s (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
93129265	APPLE SLAW	76	71	295	4	1	8
		100	93	388	5	1	11
93292414	CRUNCHY RAW SLAW V.2	91	78	325	6	1	4
		100	86	358	7	1	5
93292799	GREEK SALAD	131	109	455	8	6	4
		100	83	348	6	4	3
93170422	NEW POTATO SALAD	56	65	271	3	1	10
		100	117	489	5	2	17
93130896	RED SLAW	79	55	232	4	1	4
		100	71	295	5	1	5
93236714	ROASTED INDIAN CHICKPEA SALAD	177	151	630	7	6	15
		100	85	355	4	4	9
93315842	SATAY SWEETCORN	82	72	303	2	3	8
		100	89	372	3	4	10
93162619	BAKED BEANS	90	57	237	0	4	8
		100	63	264	0	4	9
93065561	CARROTS	85	25	103	0	0	5
		100	29	121	1	1	6
93287202	CHIPOTLE SWEETCORN	87	93	389	4	3	8
		100	107	447	5	4	10
93076060	COLESLAW	76	57	238	4	1	5
		100	75	314	5	1	6
93293870	DURHAM CURRIED CAULIFLOWER	118	102	427	1	7	17
		100	86	361	1	6	14
93153275	GREEN BEANS	73	21	88	0	1	2
		100	29	121	0	2	3
93143440	MIXED SALAD	70	18	74	0	1	2
		100	25	106	1	1	4
93065563	PEAS	80	54	228	1	4	9
		100	68	285	1	5	11
93130897	PLAIN HALF CORN ON THE COB	70	69	289	3	2	6
		100	98	411	4	3	9
93170414	SALAD BEETROOT	64	23	96	0	1	5
		100	36	151	0	2	8
93170413	SALAD CARROT	80	23	97	0	0	5
		100	29	121	1	1	6
93170411	SALAD CUCUMBER	78	11	45	0	1	1
		100	14	59	1	1	1
93170410	SALAD LETTUCE	66	7	30	0	1	1
		100	11	46	0	1	1
93170417	SALAD OLIVES	40	50	209	5	0	0
		100	125	523	13	1	0
93170369	SALAD PEPPERS	67	10	42	0	1	2
		100	15	63	0	1	3
93170415	SALAD RED ONION	72	25	105	0	1	6
		100	35	146	0	1	8

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93170368	SALAD SWEETCORN	80	64	268	2	3	8
		100	80	335	2	4	9
93170367	SALAD TOMATO	79	11	46	0	0	2
		100	14	59	0	1	3
93170416	SALAD PINEAPPLE	42	17	73	0	0	4
		100	41	172	0	0	10

Recipe code	Other Additional Items	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
93316307	SMOKEY BURGER SAUCE	10	20	83	2	0	1
		100	198	830	20	2	8
93203346	RANCH DRESSING AW22	15	17	71	1	0	1
		100	110	461	9	2	6
93359359	MINT RAITA	16	7	30	0	1	1
		100	46	192	0	4	7
93034775	GRAVY	31	10	44	0	0	2
		100	34	142	0	0	8
93196596	LOVE JOES MEXICAN CHICKEN BURRITO	158	297	1242	5	15	46
		100	187	784	3	9	29
93317330	IOA CHILLI BEEF CHEESE NACHOS	170	280	1173	13	18	22
		100	165	692	8	11	13
93285346	CHILLI VEGGIE CHEESE NACHOS	200	293	1228	12	13	32
		100	147	614	6	6	16
93317331	IOA CHILLI VEGGIE CHEESE NACHOS	200	293	1228	12	13	32
		100	147	614	6	6	16
93316538	IOA MEXICANA TOMATO CHEESE NACHOS	106	195	815	10	8	18
		100	184	771	10	8	17
93125333	MEXICANA TOMATO CHEESE NACHOS	106	194	814	10	8	18
		100	184	770	9	7	17
93080548	BBQ CHICKEN WINGS	92	118	495	5	10	8
		100	129	541	6	10	9
93290667	BBQ CHICKEN WINGS HALAL	92	118	495	5	10	8
		100	129	541	6	10	9
93131377	LEMON, GARLIC CHICKEN WINGS	75	89	374	5	10	1
		100	120	502	7	13	1
93134632	LEMON, GARLIC CHICKEN WINGS HALAL	75	89	374	5	10	1
		100	120	502	7	13	1
93143942	SPICY PIRI PIRI CHICKEN WINGS	78	122	512	9	10	2
		100	158	661	11	12	2
93143943	SPICY PIRI PIRI CHICKEN WINGS HALAL	78	122	512	9	10	2
		100	158	661	11	12	2
93315648	ROASTED SQUASH SATAY BOLANI	209	258	1078	7	9	37
		100	124	517	3	5	18
93287203	CRISPY BACON MAC TOPPER	27	57	240	3	7	0
		100	214	895	12	26	0
93170722	MAC TOPPER - CAJUN PULLED PORK	96	103	430	5	9	5
		100	108	450	6	9	5

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93287204	VEGAN CHILLI MAC TOPPER	111	82	343	2	4	12
		100	74	309	2	3	10
93196597	LOVE JOES MEXICAN CHICKEN BURRIT HALAL	144	280	1170	5	14	43
		100	194	814	3	9	30

Recipe code	Baguettes, Sandwiches, Wraps etc	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
BAGUETTES							
93208233	HAM BAGUETTE BROWN	208	424	1774	7	22	65
		100	204	855	3	11	31
93316602	HONEY ROAST GAMMON BAGUETTE	206	481	2015	9	25	73
		100	234	979	4	12	36
93151108	BLT BAGUETTE WHITE	258	478	1999	11	26	68
		100	185	775	4	10	26
93183307	CHEESE BAGUETTE WHITE	188	539	2255	20	22	66
		100	287	1203	11	12	35
93183334	CHEESE HAM BAGUETTE WHITE	218	503	2105	14	25	67
		100	231	968	6	11	31
93151049	CHICKEN MAYO BAGUETTE WHITE	237	460	1,924	7	29	68
		100	194	811	3	12	28
93346178	CHICKEN AND BACON BAGUETTE	132	298	1,245	10	18	34
		100	226	945	7	14	26
93404536	IOA MEATLESS FEAST PIZZA BAGUETTE	131	295	1235	10	14	36
		100	226	945	8	11	27
93151095	TUNA AND CUCUMBER BAGUETTE WHITE	269	511	2138	13	28	69
		100	190	796	5	10	26
93178064	VEGAN CHEESE AND PICKLE BAGUETTE	218	538	2251	16	12	84
		100	247	1035	7	6	39
Halal Baguettes - (Where nutrition differs from standard)							
93151492	BBQ CHICKEN BAGUETTE WHITE HALAL	247	496	2076	8	32	71
		100	201	840	3	13	29
93178093	CHICKEN SALAD BAGUETTE HALAL	255	468	1957	7	32	67
		100	184	769	3	13	26
93148530	CLT BAGUETTE HALAL	252	443	1855	5	29	68
		100	176	737	2	11	27
FFL Baguettes - (Where nutrition differs from standard)							
93155974	BLT BAGUETTE WHITE FFL	319	630	2635	23	33	70
		100	197	826	7	10	22
93156000	CHICKEN SALAD BAGUETTE WHITE FFL	231	445	1,860	7	26	67
		100	193	806	3	11	29

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Recipe code	Baguettes, Sandwiches, Wraps etc	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
PANINIS							
93170794	CHEESE AND TOMATO SAUCE PANINI	160	429	1793	13	17	59
		100	268	1121	8	11	37
93316537	IOA BACON AND CHEESE PANINI	149	415	1737	11	19	58
		100	278	1165	8	13	39
93316205	IOA BBQ CHICKEN PANINI	189	509	2,130	15	30	61
		100	270	1,129	8	16	32
93316531	IOA CHEESE AND TOMATO SAUCE PANINI	160	429	1793	13	17	59
		100	268	1121	8	11	37
93316206	IOA CHEESE PANINI	130	415	1736	13	16	57
		100	319	1335	10	12	44
93317339	IOA FAJITA CHICKEN MELT PANINI	170	427	1,786	10	26	57
		100	251	1,050	6	15	34
93317337	IOA TUNA AND CHEESE MELT PANINI	227	525	2198	15	37	58
		100	232	970	7	16	26
93046596	BACON AND CHEESE PANINI	149	415	1737	11	19	58
		100	278	1165	8	13	39
93170729	BBQ CHICKEN PANINI	195	474	1,985	11	30	61
		100	243	1,018	6	15	31
93209161	CHEESE PANINI V2	125	394	1648	11	15	57
		100	315	1319	9	12	46
93158617	FAJITA CHICKEN MELT PANINI	185	431	1,804	8	30	58
		100	233	975	4	16	31
93129865	TUNA AND CHEESE MELT PANINI	197	448	1875	9	32	58
		100	228	954	5	16	29

Recipe code	Baguettes, Sandwiches, Wraps etc	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
SANDWICHES & BLOOMERS							
93151106	BLT SANDWICH WHITE	184	370	1550	13	22	40
		100	201	842	7	12	22
93151105	CHEESE SALAD BLOOMER BROWN	173	324	1358	15	17	31
		100	188	787	9	10	18
93151103	CHEESE SANDWICH BROWN	125	365	1528	18	18	30
		100	292	1222	14	14	24
93151102	CHEESE SANDWICH WHITE	125	384	1608	18	17	38
		100	307	1286	14	13	31
93151047	CHICKEN MAYONNAISE SANDWICH WHITE	183	374	1,563	13	23	41
		100	205	857	7	13	22
93151052	CHICKEN SALAD BLOOMER BROWN	203	280	1,170	4	29	31
		100	138	576	2	14	15
93161852	CHICKEN SALAD SANDWICH WHITE	210	353	1,479	10	23	42
		100	169	705	5	11	20

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93151059	CHICKEN TIKKA BLOOMER BROWN	185	283	1,185	4	29	31
		100	153	641	2	16	17
93151140	EGG SALAD BLOOMER WHITE	232	394	1651	12	19	50
		100	170	712	5	8	22
93183301	HAM SALAD SANDWICH ON WHITE	215	283	1186	5	16	41
		100	132	553	2	8	19
93150964	HAM SANDWICH ON BROWN	145	256	1070	5	17	32
		100	176	738	4	12	22
93161853	CHICKEN SALAD SANDWICH WMEAL	210	334	1,398	10	25	34
		100	159	667	5	12	16
93162054	TUNA MAYONNAISE SANDWICH WMEAL	154	294	1229	8	20	32
		100	191	800	5	13	21
93151128	TUNA AND SWEETCORN BLOOMER BROWN	158	258	1081	5	22	31
		100	164	686	3	14	20
93162053	TUNA MAYONNAISE SANDWICH WHITE	149	300	1253	7	19	40
		100	202	843	5	13	27
93178046	VEGAN CHEESE SANDWICH WHITE	125	343	1436	14	7	47
		100	275	1149	11	5	38
Halal Sandwiches & Bloomers - (Where nutrition differs from standard)							
93290669	CLT SANDWICH HALAL	203	316	1323	5	27	40
		100	156	652	2	13	20
93151495	CHICKEN MAYO SANDWICH BROWN HALAL	178	350	1465	11	28	33
		100	197	826	6	16	19
93151494	CHICKEN MAYO SANDWICH WHITE HALAL	178	387	1619	13	25	41
		100	218	912	8	14	23
93151682	CHICKEN SALAD BLOOMER WHITE HALAL	212	376	1571	6	28	50
		100	177	741	3	13	24
93151688	CHICKEN TIKKA BLOOMER BROWN HALAL	185	310	1295	5	33	31
		100	168	701	3	18	17
FFL Sandwiches & Bloomers - (Where nutrition differs from standard)							
93155972	BLT SANDWICH WHITE FFL	207	421	1760	16	28	40
		100	203	849	8	13	19
93183484	CHEESE AND HAM SANDWICH BROWN FFL	185	459	1919	22	31	31
		100	248	1037	12	17	16
93183483	CHEESE AND HAM SANDWICH WHITE FFL	185	478	2000	22	30	39
		100	258	1081	12	16	21
93183482	HAM SALAD SANDWICH ON BROWN FFL	216	302	1263	9	21	32
		100	140	585	4	10	15
93183481	HAM SALAD SANDWICH ON WHITE FFL	216	321	1344	9	20	40
		100	149	622	4	9	18

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Recipe code	Baguettes, Sandwiches, Wraps etc	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
WRAPS & PITTAS							
93036849	CHICKEN RANCH WRAP	158	295	1,233	8	24	31
		100	186	779	5	15	20
93365453	PERSIAN VEGETABLE PITTA	201	270	1129	7	11	44
		100	135	563	3	5	22
93365454	STICKY BBQ BEAN PITTA	162	228	953	1	8	47
		100	140	587	1	5	29
93169793	TERIYAKI VEGETARIAN WRAP	140	264	1106	5	11	42
		100	189	792	3	8	30
93151046	BBQ CHICKEN WRAP	163	317	1,327	10	21	35
		100	194	812	6	13	22
93188814	CHICKEN TIKKA WRAP	160	268	1,121	5	24	31
		100	168	702	3	15	20
93152299	CRUNCHY PEPPER AND HOUMOUS WRAP	177	404	1689	21	11	39
		100	228	955	12	6	22
93131374	STICKY BBQ QUORN PITTA	182	244	1022	1	13	46
		100	134	560	1	7	25
Halal Wraps & Pittas - (Where nutrition differs from standard)							
93151491	BBQ CHICKEN WRAP HALAL	163	337	1411	10	25	35
		100	206	864	6	15	22
93188815	CHICKEN TIKKA WRAP HALAL	180	299	1250	6	29	32
		100	166	696	3	16	18
93174462	PIRI PIRI CHICKEN WRAP HALAL	189	329	1378	11	21	36
		100	175	731	6	11	19

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Recipe code	Desserts	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)
93094200	APPLE CINNAMON TWICE BAKED CRUMBLE	120	209	873	7	3	34
		100	173	725	6	2	28
93159970	BANOFFEE PIE	66	146	610	6	4	18
		100	222	931	10	5	28
93089363	BREAD AND BUTTER PUDDING	114	198	827	6	7	29
		100	174	727	5	6	25
93365456	CARAMEL APPLE CRUMBLE	97	120	500	3	3	20
		100	124	517	3	3	21
93098051	CHOCOLATE BROWNIE	45	179	751	9	3	21
		100	396	1659	21	6	46
93307513	CHOCOLATE BUTTERSCOTCH CRISPIE	54	128	537	4	4	20
		100	239	999	7	7	38
93293256	CHOCOLATE COOKIE	44	204	854	11	2	25
		100	464	1941	24	5	57
93144279	CHOCOLATE CRUNCH BISCUIT	43	187	783	9	3	23
		100	435	1821	21	6	53
93139520	CHOCOLATE KRISPIE BAR	52	201	842	7	3	31
		100	389	1629	13	5	60
93307510	CHOCOLATE ORANGE	136	172	719	7	4	26
		100	126	528	5	3	19
93314730	CHOCOLATE RICE POT	132	110	462	0	5	21
		100	84	350	0	4	16
93307486	CHOCOLATE TOFFEE SHORTBREAD	79	253	1057	11	4	34
		100	319	1335	14	5	42
93129792	FRUITY FLAPJACK TRAYBAKE	39	142	593	6	2	19
		100	359	1502	16	4	49
93281510	GINGERBREAD SHORTBREAD	39	185	774	11	2	20
		100	474	1984	28	4	53
93325691	LEMON DRIZZLE MUFFIN V.2	52	143	600	5	2	22
		100	273	1143	9	5	42
93300347	LEMON OAT RAISIN COOKIE	44	184	771	7	2	27
		100	419	1753	17	4	61
93310626	ORANGE GLAZED STICKY PUDDING	87	190	794	5	4	34
		100	217	907	6	5	39
93147363	PINEAPPLE UPSIDE DOWN PUDDING	75	204	852	9	3	28
		100	273	1143	12	3	38
93325692	RASPBERRY YOG FLAPJACK MUFFIN	62	162	676	7	3	22
		100	261	1092	11	4	36
93310680	RED VELVET BROWNIE	60	170	710	8	3	21
		100	285	1193	14	5	35
93414796	SMASHED COOKIE	44	185	774	9	2	25
		100	421	1760	20	5	56
93365455	STRAWBERRY MOUSSE SHORTCAKE	92	268	1122	13	5	33
		100	291	1219	14	6	36
93310773	VANILLA AND RASPBERRY BLONDIE	61	230	963	12	3	29
		100	380	1589	20	5	48

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93290451	WIBBLE JELLY RASPBERRY	99	18	76	0	0	11
		100	18	77	0	0	11
93290179	WIBBLE JELLY STRAWBERRY	68	18	76	0	0	11
		100	18	77	0	0	11
93166762	BANANA MARBLE CAKE	98	311	1302	16	4	41
		100	317	1327	16	4	42
93285158	CHOCOLATE FUDGE BROWNIE MIDDLETONS	57	256	1071	10	3	32
		100	452	1892	18	6	57
93161188	FROZEN MANGO YOGHURT	100	113	473	1	4	22
		100	113	473	1	4	22
93161187	FROZEN STRAWBERRY YOGHURT	100	129	540	2	4	24
		100	129	540	2	4	24
93101047	GOLDEN SYRUP & OAT COOKIES	63	263	1099	10	3	42
		100	416	1738	15	4	66
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
93129791	JOES FLAPJACK TRAYBAKE	42	182	761	9	2	23
		100	438	1834	22	5	54
93076318	SHORTBREAD	39	185	776	11	2	21
		100	476	1990	28	4	53
93168833	SUMMER BERRY & PEACH OATY CRUMBLE	97	229	958	9	3	32
		100	236	987	10	4	33
93041624	APPLES PACKED LUNCH	104	43	182	0	0	11
		100	42	176	0	0	11
93041625	BANANA PACKED LUNCH	120	97	407	0	1	24
		100	81	339	0	1	20
93065473	MANDARIN PACKED LUNCH	36	13	53	0	0	3
		100	36	151	0	1	8
93176748	MELON POT	68	18	74	0	0	4
		100	26	109	0	0	6
93176746	PINEAPPLE POT	79	33	136	0	0	8
		100	41	172	0	0	10
93065568	CUSTARD TRADITIONAL MILK POWDER	93	111	466	2	2	22
		100	119	499	2	2	24

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