

Nutrient Counts Guidance for Autumn/Winter 2025 Primary Menu

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.

RECIPE CODE	RECIPE NAME	REASON FOR CHANGE	PAGE NUMBER

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Chartwells Primary Menu Nutrient Counts – Autumn/Winter 2025

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Recipe Code	MEAT MAINS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sodium (mg)	Sugars (g)
BEEF									
93170702	DURHAM BEEF BOLOGNESE	107	108	452	6	10	4	126	3
		100	101	422	6	9	4	117	2
93227270	BEEF BOLOGNESE SAUCE V3	180	130	545	4	11	13	98	4
		100	73	304	2	6	7	55	2
93300541	BEEF BOLOGNESE SS25	147	98	412	4	8	8	87	4
		100	67	280	2	5	6	59	3
93227334	BEEF KEEMA V2	182	144	603	4	12	15	207	4
		100	79	332	2	7	8	114	2
93195626	BEEF MEATBALLS IN TOMATO SAUCE	139	181	758	12	10	8	239	7
		100	131	547	9	7	6	172	5
93210202	BEEF MINCE COBBLER DURHAM	89	146	609	4	12	14	157	1
		100	164	687	5	14	16	177	1
93348582	STICKY ASIAN-STYLE BEEF	68	85	354	2	7	8	245	4
		100	125	521	3	11	12	361	6
93036755	BURGER IN A BUN	102	242	1012	8	13	30	394	5
		100	237	990	8	13	29	385	4
93227278	COTTAGE PIE V2	215	188	787	6	10	24	377	4
		100	88	367	3	5	11	175	2
HALAL BEEF - Where nutrition differs from standard									
93347549	SS25 BOLOGNESE HALAL	147	113	474	5	7	8	87	4
		100	77	322	4	5	6	59	3
93290444	BEEF KEEMA HALAL V3	182	165	689	7	11	15	206	4
		100	91	380	4	6	8	114	2
93353906	STICKY ASIAN-STYLE BEEF HALAL	68	99	415	4	7	8	245	4
		100	146	612	6	10	12	361	6
93227279	COTTAGE PIE HALAL V2	194	194	811	9	9	20	380	3
		100	100	419	4	5	11	196	2
93100459	BURGER IN A BUN HALAL	102	265	1,108	12	12	26	309	4
		100	259	1,083	12	12	26	302	4
93303591	BURGER OUT THE BUN HALAL	57	135	565	11	8	1	141	2
		100	235	983	19	13	3	246	3
93041777	ROAST BEEF HALAL	38	73	304	2	13	0	22	0
		100	193	807	6	34	0	58	0

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FFL BEEF - Where nutrition differs from standard									
93034427	BEEF BOLOGNESE ORGANIC MINCE	113	111	463	6	9	5	84	2
		100	98	410	5	8	5	75	2
93156137	BEEF KEEMA ORGANIC FFL	113	116	486	6	9	5	84	2
		100	103	429	6	8	5	74	2
93090398	COTTAGE PIE ORGANIC BEEF	200	207	865	9	10	22	326	2
		100	104	433	5	5	11	163	1
93359832	CHEESY MAC BOLOGNESE FFL GOLD	298	403	1688	18	17	46	355	8
		100	135	567	6	6	15	119	3
93359833	CHEESY MAC BOLOGNESE FFL SILVER	298	396	1657	17	17	46	355	8
		100	133	556	6	6	15	119	3
93175792	BEEF BURRITO ORGANIC BEEF FFL	207	367	1536	12	15	50	238	4
		100	177	740	6	7	24	115	2
93104402	CARIBBEAN BEEF PIE ORGANIC FFL	103	246	1028	12	11	22	281	1
		100	240	1003	12	11	21	274	1

Recipe Code	MEAT MAINS (CONTINUED)	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sodium (mg)	Sugar (g)
CHICKEN AND TURKEY									
93045982	CHICKEN SAUSAGES 12'S	82	122	511	5	13	5	197	0
		100	149	623	6	16	6	240	0
93403852	IOA CHICKEN QUESADILLA	106	192	805	8	12	18	311	3
		100	182	763	7	11	17	295	3
93314288	IOA CHICKEN & BROCCOLI PASTA BAKE	236	250	1045	6	17	33	374	4
		100	106	443	3	7	14	158	2
93278107	BBQ CHICKEN	48	87	363	4	11	2	54	2
		100	182	762	9	23	4	113	4
93040779	BBQ CHICKEN PASTA BAKE	233	279	1167	9	16	36	173	5
		100	120	502	4	7	15	75	2
93383261	BUTTER CHICKEN V.2	122	116	487	6	11	5	156	2
		100	95	399	5	9	4	128	2
93276358	CHICKEN AND BROCCOLI PASTA BAKE V.2	236	249	1043	6	17	33	374	4
		100	106	442	3	7	14	158	2
93248300	CHICKEN AND VEG TIKKA MASALA	183	170	713	5	12	19	64	4
		100	93	390	3	7	10	35	2
93034804	CHICKEN AND VEGETABLE CASSEROLE	134	111	466	3	11	9	190	2
		100	83	348	2	9	7	142	1
93248310	CHICKEN AND VEGETABLE KORMA	168	182	762	9	12	15	159	3
		100	109	455	5	7	9	95	2
93092538	CHICKEN AND VEGETABLE PIE V.2	141	245	1025	11	13	23	458	2
		100	174	728	8	9	16	325	1
93234086	CHICKEN KORMA V.3	115	138	577	7	11	8	138	2
		100	120	501	6	10	7	120	1
93107074	CHICKEN QUESADILLA	106	197	824	9	12	18	307	2
		100	186	779	8	11	17	291	2
93270452	CHICKEN SWEETCORN PASTA BAKE	283	305	1278	8	20	40	450	4
		100	108	451	3	7	14	159	2
93164652	CHINESE STICKY LEMON CHICKEN	216	238	998	7	14	31	171	3
		100	110	461	3	6	15	79	2

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933539 09	JAMAICAN CHICKEN JAMBALAYA	228	221	924	3	13	37	162	3
		100	97	406	1	6	16	71	1
931464 36	JAMAICAN JERK CHICKEN	44	82	345	4	11	1	219	0
		100	186	779	8	25	2	495	0
931063 36	MOROCCAN CHICKEN STEW	93	106	442	4	9	8	31	5
		100	113	475	5	10	8	33	5
933304 35	OAT CRUSTED CHICKEN	60	125	524	4	12	9	88	3
		100	210	878	7	20	16	147	5
933550 89	PERSIAN CHICKEN	105	152	634	5	11	19	143	2
		100	145	606	4	10	18	137	2
931750 46	SPANISH STYLE CHICKEN BAKE	120	124	518	4	17	4	19	3
		100	103	431	4	14	4	16	3
932078 06	SWEET AND SOUR CHICKEN	141	112	468	4	9	11	183	8
		100	79	331	3	6	8	130	6
930350 93	LEMON ROASTED CHICKEN BREAST	68	101	426	2	22	1	0	1
		100	148	626	3	32	1	1	1
931701 36	SOUTHERN FRIED CHICKEN GOUJON	52	145	605	7	10	10	261	1
		100	277	1160	14	19	20	500	1
HALAL CHICKEN AND TURKEY - Where nutrition differs from standard									
930416 60	CHICKEN SAUSAGES 12'S HALAL	75	112	468	5	12	5	300	0
		100	149	623	7	16	6	400	1
932895 73	BBQ CHICKEN HALAL	49	88	368	4	11	2	66	2
		100	178	745	9	22	4	133	3
932345 97	BUTTER CHICKEN HALAL	128	111	466	4	12	6	228	4
		100	87	365	3	9	5	178	3
932483 14	CHICKEN AND VEG KORMA HALAL	141	146	609	6	11	12	133	3
		100	103	431	4	8	9	94	2
932483 13	CHICKEN AND VEG TIKKA MASALA HALAL	139	126	528	3	11	14	47	4
		100	91	380	2	8	10	34	3
934391 39	CHICKEN AND VEGETABLE CASSEROLE HALAL	134	103	431	2	11	9	184	2
		100	77	322	2	8	7	137	1
931475 72	CHICKEN AND VEGETABLE PIE HALAL	195	382	1599	19	16	34	233	5
		100	196	822	10	8	17	120	2
932345 15	CHICKEN KORMA HALAL V.3	114	128	534	6	11	8	132	2
		100	112	468	5	10	7	115	1
933550 63	CHICKEN QUESADILLA HALAL	106	186	778	7	12	18	309	3
		100	176	738	7	11	17	293	3
931464 37	JAMAICAN JERK CHICKEN THIGH HALAL	47	85	356	4	12	0	103	0
		100	182	763	9	25	1	220	0
931475 73	MOROCCAN CHICKEN STEW HALAL	93	98	411	4	9	8	26	5
		100	106	442	4	10	8	28	5
933306 76	OATY CHICKEN HALAL	74	115	483	1	16	9	101	3
		100	157	657	2	21	13	138	4
931731 48	ROASTED CHICKEN BREAST HALAL	55	68	285	1	14	0	30	0
		100	123	514	2	26	0	55	0
931701 37	SOUTHERN FRIED CHICKEN GOUJON HALAL	52	110	459	5	7	9	209	1
		100	210	879	9	14	17	400	1
931004 58	ROAST TURKEY HALAL	43	67	278	1	15	0	39	0
		100	155	649	2	35	0	90	0
	ITALIAN CHICKEN PASTA BAKE HALAL	222	276	1153	8	16	37	211	5

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93270453		100	124	520	4	7	17	95	2
93367409	CHICKEN MEATBALLS IN TOM SAUCE HALAL	86	82	343	4	8	4	128	2
		100	96	401	4	9	5	150	3
93289772	HALAL CHICKEN BROCCOLI PASTA BAKE	239	240	1005	4	18	33	448	4
		100	101	421	2	8	14	188	2
93439138	ORIENTAL LEMON CHICKEN RICE HALAL	216	226	945	5	14	32	170	4
		100	105	438	2	7	15	79	2
FFL CHICKEN AND TURKEY - Where nutrition differs from standard									
93170160	SOUTHERN FRIED CHICKEN GOUJON FFL	60	103	430	2	12	10	297	1
		100	161	672	3	18	15	466	2
93037054	LEMON ROASTED CHICKEN BREAST FFL	55	97	407	5	13	0	20	0
		100	179	747	9	23	1	36	0
93036852	CHICKEN HOTDOGS IN A BUN FFL	92	192	802	4	11	25	247	2
		100	208	871	5	12	28	268	2

Recipe Code	MEAT MAINS (CONTINUED)	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sodium (mg)	Sugar (g)
PORK									
93103825	PORK SAUSAGES FARM ASSURED	76	211	881	13	13	10	350	2
		100	277	1159	17	17	14	460	3
93173431	ROAST PORK LOIN	39	71	297	3	12	0	24	0
		100	182	761	7	30	0	61	0
93169013	SAUSAGE HOT DOG	103	255	1069	9	12	30	381	6
		100	247	1034	9	12	29	369	6
93180317	DURHAM SAUSAGE ROLL	63	210	879	15	7	12	271	1
		100	334	1,398	24	11	19	431	2
93207204	SAUSAGE CASSEROLE	140	135	567	5	8	12	362	3
		100	96	404	4	6	9	258	2
93173553	ROAST GAMMON	47	101	421	5	10	3	503	3
		100	215	900	11	21	7	1076	7
FFL PORK - Where nutrition differs from standard									
93158397	ORGANIC PORK SAUSAGE 8S	87	240	1004	15	15	12	399	3
		100	277	1159	17	17	14	460	3

Recipe Code	MEAT MAINS (CONTINUED)	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sodium (mg)	Sugar (g)
LAMB									
93180835	LAMB BOLOGNESE V2	149	154	644	8	10	11	144	4
		100	103	431	5	7	7	96	3
HALAL LAMB - Where nutrition differs from standard									
93041665	LAMB BOLOGNESE HALAL	139	131	547	5	11	12	79	3
		100	94	394	3	8	9	57	2
FFL LAMB - Where nutrition differs from standard									
93165630	LAMB BOLOGNESE FFL	149	153	640	8	10	10	144	4
		100	102	429	5	7	7	96	3

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Recipe Code	FISH MAINS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sodium (mg)	Sugar (g)
FISH									
93036883	FISH FINGERS MINCED MSC	65	146	609	6	9	14	207	1
		100	223	933	9	14	22	317	2
93041321	COD & SALMON FISH FINGER	56	98	411	4	8	9	134	1
		100	176	736	8	14	17	240	1
93307822	BATTERED FISH	60	151	632	9	6	12	156	0
		100	252	1054	15	10	19	296	0

Recipe Code	VEGETARIAN MAINS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sodium (mg)	Sugar (g)
93037125	OVEN BAKED VEGETARIAN SAUSAGES	65	89	372	3	10	5	277	0
		100	138	577	5	15	8	430	0
93227274	VEGETARIAN BOLOGNESE	217	156	653	4	7	21	145	6
		100	72	300	2	3	10	66	3
93228079	VEGETARIAN COTTAGE PIE V2	218	177	741	5	6	27	217	4
		100	81	340	2	3	12	100	2
93159391	VEGETARIAN MOROCCAN TAGINE	118	109	458	4	5	14	19	6
		100	93	387	3	4	12	16	5
93125973	VEGETARIAN SHEPHERDS PIE	194	166	695	4	6	26	216	3
		100	86	359	2	3	13	112	1
93164644	MILD SWEET POTATO CURRY	155	115	481	4	5	17	110	4
		100	74	310	2	3	11	71	2
93289314	CAULIFLOWER & SWEET POTATO MASALA	204	145	606	5	6	20	169	6
		100	71	297	2	3	10	83	3
93037147	POTATO AND LENTIL CURRY	193	147	614	2	7	26	102	3
		100	76	318	1	3	14	53	1
93157943	SWEET POTATO , CHICKPEA HERB ROAST	91	113	471	3	4	19	186	2
		100	124	518	3	4	21	205	3
93355061	SWEET POTATO AND LENTIL CURRY	202	176	738	6	7	26	153	6
		100	88	366	3	3	13	76	3
93037184	BBQ VEGETABLE WRAP	164	232	971	6	8	38	184	3
		100	142	594	3	5	23	112	2
93419699	BEANY VEGETABLE BURGER	159	265	1107	8	10	37	469	6
		100	167	699	5	6	23	296	4
93303590	BUN-LESS QUORN BURGER	60	59	246	1	8	3	186	3
		100	98	411	2	14	5	310	5
93436824	CRISPY VEGGIE BURGER	117	248	1039	11	6	39	374	6
		100	213	889	9	5	33	321	5
93075380	QUORN BURGER	110	189	792	3	12	28	354	5
		100	172	720	2	11	26	322	5
93130975	TOMATO VEGGIE BURGER	162	254	1062	6	10	41	373	5
		100	157	656	4	6	25	230	3
93292577	CRISPY VEGGIE CHEESE BURGER	197	360	1507	12	25	37	960	9
		100	183	764	6	13	19	487	5
93365818	ONION BHAJI BURGER	176	234	978	3	9	41	243	4
		100	133	555	2	5	23	138	2

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93398806	DURHAM CHEESE AND ONION PIE	104	315	1320	19	9	27	223	1
		100	303	1270	18	9	26	215	1
93330358	IOA MEXICAN VEGGIE TORTILLA PIE	123	147	614	7	6	14	130	4
		100	119	500	5	5	12	106	3
93234276	MEXICAN VEGGIE TORTILLA PIE	134	147	613	7	6	14	132	4
		100	109	458	5	5	11	99	3
93321896	MEATLESS BALL SUB MELT	143	190	796	8	10	20	281	7
		100	133	558	5	7	14	197	5
93303772	VEGETABLE PIE V.2	171	326	1362	17	7	36	169	5
		100	190	795	10	4	21	99	3
93224559	KIDNEY BEAN & SWEETCORN CURRY	130	80	335	2	4	11	22	3
		100	62	258	1	3	8	17	2
93140722	TEX MEX FAJITA BEAN WRAP	172	288	1204	10	10	39	272	5
		100	167	700	6	6	23	158	3
93404424	IOA CHEESE AND BEAN TORTILLA TOASTIE	98	203	850	9	10	19	280	2
		100	207	867	9	10	20	285	2
93330356	IOA CHEESY BEAN BURRITO V2	211	334	1398	10	11	49	235	6
		100	158	663	5	5	23	111	3
93353904	BROCCOLI WHITE BEAN AND LEEK TART	93	203	851	12	6	18	248	3
		100	220	920	13	6	19	263	3
93176214	CARIBBEAN CHICKPEA COCONUT CURRY	95	133	557	9	3	10	137	3
		100	140	584	10	3	10	143	3
93224555	CHANA DHAL (MUNG BEAN CURRY)	82	148	618	1	12	24	15	2
		100	180	752	1	14	29	19	2
93353907	CHEESE AND BEAN TORTILLA TOASTIE	98	203	850	9	10	19	280	2
		100	207	867	9	10	20	285	2
93036834	CHEESE AND TOMATO PIZZA	70	177	739	6	8	24	259	2
		100	254	1064	8	11	35	373	3
93382209	VEGGIE MEAT FEAST PIZZA V.2	82	195	817	7	10	26	303	3
		100	240	1002	8	12	31	371	4
93218018	VEGGIE SUPREME PIZZA	83	184	769	6	8	25	259	2
		100	221	923	7	10	30	311	3
93325318	ARRABBIATA PASTA BAKE	210	266	1112	10	11	33	186	4
		100	127	530	5	5	16	89	2
93227207	TOMATO PASTA V2	202	263	1102	10	11	33	173	4
		100	130	545	5	6	16	86	2
93330375	IOA BUTTERNUT SQUASH AND TOMATO BAKE	179	142	593	5	7	17	233	5
		100	79	332	3	4	9	130	3
93314287	IOA TOMATO AND HERB LENTIL RAGU	233	255	1065	7	11	38	108	5
		100	109	458	3	5	16	47	2
93310184	BUTTERNUT SQUASH AND TOMATO BAKE V.2	184	139	583	5	7	17	237	5
		100	76	316	3	4	9	129	3
93283682	MEATLESS BALL IN TOMATO SAUCE V.2	146	144	603	7	10	10	232	7
		100	99	414	5	7	7	159	5
93275496	TOMATO AND HERB LENTIL RAGU V.2	233	255	1065	7	11	38	108	5
		100	109	458	3	5	16	47	2
93037069	MACARONI CHEESE	181	258	1079	8	10	38	327	4
		100	142	595	5	6	21	180	2
93164831	VEGGIE SAUSAGE HOT DOG	98	192	801	4	11	27	349	3
		100	195	818	4	11	27	356	3

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93484599	DURHAM VEGGIE SAUSAGE HOT DOG	63	210	879	15	7	12	444	5
		100	334	1,398	24	11	19	400	4
93162247	CHINESE VEGGIE RICE	159	394	1647	4	12	80	331	2
		100	247	1033	3	8	50	208	1
93164835	VEGGIE BURRITO	224	381	1,596	10	13	61	409	4
		100	170	713	4	6	27	185	2
93175226	VEGGIE FINGERS	57	111	466	9	2	13	170	1
		100	196	820	16	3	23	300	2
93235470	VEGGIE KORMA V.3	152	141	591	8	5	13	144	3
		100	93	389	5	3	9	95	2
93290902	LINTON MEAD INDIAN BUTTERNUT CURRY	172	118	493	4	5	15	155	4
		100	68	287	3	3	8	90	2
93290900	MUSHROOM AND VEG CURRY	131	90	378	6	3	7	54	3
		100	69	288	4	2	5	41	2
93324860	DAL PALAK (LENTIL AND SPINACH CURRY)	275	387	1618	5	30	59	147	4
		100	141	589	2	11	22	54	1
93224571	VEGETABLE CURRY	118	78	326	2	4	12	21	3
		100	66	278	1	4	10	18	3
93036848	CHICKPEA AND SPINACH ALOO GHOBI	116	89	373	3	4	12	96	1
		100	77	323	3	4	10	83	1
93158318	CHICKPEA MASALA	134	110	459	3	5	16	98	3
		100	82	342	2	4	12	73	2
93175012	CHEESY PEASY RICE BAKE	227	228	956	8	5	36	351	3
		100	101	422	3	2	16	159	1
93040513	CHEESY VEGETABLE HOTPOT	210	265	1109	15	10	24	205	4
		100	127	529	7	5	11	98	2
93330296	IOA WINTER VEGETABLE HOTPOT	191	252	1056	15	10	20	208	4
		100	132	552	8	5	11	109	2
93304313	QUORN AND VEGETABLE TIKKA MASALA	159	119	499	3	8	15	132	5
		100	75	315	2	5	9	83	3
93065804	SPANISH VEGETABLE RICE	256	255	1067	3	8	49	93	3
		100	100	417	1	3	19	37	1
93248311	SWEET AND SOUR VEGETABLES	147	99	416	3	5	13	254	8
		100	68	284	2	3	9	174	5
93235473	VEGETABLE BIRYANI V.2	310	254	1063	3	8	51	144	4
		100	82	343	1	3	17	46	1
93159335	VEGETABLE JAMBALAYA	238	205	858	3	6	41	184	3
		100	86	360	1	3	17	82	2
93416017	VEGETABLE PASTRY SLICE V.2	128	173	724	9	5	18	177	3
		100	135	564	7	4	14	138	2
93224573	VEGETABLE SHAK	109	73	306	2	4	12	35	2
		100	67	281	1	3	11	32	2
93216240	WEST AFRICAN VEGETABLE RICE	267	236	986	4	10	41	60	3
		100	88	370	2	4	15	20	1
93248112	VEGGIE CHILLI CON CARNE CRISPY TORTILLA	150	124	517	3	5	19	81	4
		100	82	345	2	3	12	54	3
93161349	QUORN DIPPERS	60	110	462	6	7	6	184	0
		100	184	770	10	12	10	307	0
93073812	QUORN ROAST	50	45	189	1	8	1	140	0
		100	90	377	1	15	2	280	0

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93398784	DUR CHINESE STYLE NOODLES	195	253	1057	2	12	46	830	8
		100	130	542	1	6	24	425	4
93269553	MEAD CHEESE AND PEPPER FLAN	98	200	838	12	8	15	214	4
		100	205	856	12	8	15	218	4
93310785	CHEESE AND ONION PASTY BAKE	79	134	561	9	4	8	113	1
		100	170	710	12	5	10	143	1
93132800	SPICED RED LENTIL DHAL	131	148	621	8	6	15	144	2
		100	113	473	6	4	11	110	2
93348581	TIKKA VEGGIE SAUSAGE ROLL	103	146	611	7	5	14	141	2
		100	142	594	7	5	14	137	2
FFL VEGETARIAN - Where nutrition differs from standard									
93128003	CHEESE TOMATO PIZZA WMEAL FFL RAW SAUCE	113	214	896	6	11	32	225	3
		100	189	793	5	10	28	199	2
93041608	MACARONI CHEESE FFL	223	342	1430	15	13	41	270	5
		100	153	640	7	6	18	121	2
93149288	MACARONI CHEESE FFL ORGANIC MILK	223	342	1430	15	13	41	286	5
		100	153	640	7	6	18	128	2
93330351	IOA CHEESE TOMATO PIZZA WMEAL FFL	113	201	843	5	10	32	0	0
		100	178	746	5	9	28	0	0
93330376	IOA MEATLESS FEAST CHEESEY PIZZA FFL	104	206	864	5	10	32	213	2
		100	199	832	5	10	31	205	2
93321174	MEATLESS FEAST CHEESEY PIZZA FFL	104	213	891	5	11	32	232	2
		100	205	858	5	11	31	224	2
93175791	CREAMY VEG PIE CHEESE CRUST TOP ORGANIC	215	498	2085	30	15	42	415	5
		100	231	968	14	7	20	193	2
93359834	CHEESY MAC VEGETABLE BOLOGNESE FFL ORGANIC	343	428	1789	17	18	53	354	9
		100	125	521	5	5	15	103	3

Code	Jacket Potatoes	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbs (g)	Sodium (mg)	Sugar (g)
VMC 125755	JACKET POTATO-BAKED, NO OIL	100	97	406	0.2	3	23	0	1
		100	97	406	0.2	3	23	0	1
TOPPINGS									
VMC 120893	BAKED BEANS	83	52	218	0	3	7	89	1
		100	63	264	0	4	9	160	2
VMC 111925	CHEESE	30	124	519	10	8	0	0	0
		100	414	1718	34	25	2	1	0
VMC 126781	PLAIN SALMON	50	65	272	4	12	0	0	0
		100	130	540	8	24	0	0	0
VMC 124374 /89704	SALMON MAYONNAISE (50G SALMON & 8G MAYO PER PORTION)	58	87	364	6	12	0	255	0
		100	153	644	6.6	24	0	440	0

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Recipe Code	CARBOHYDRATE SIDES	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sodium (mg)	Sugar (g)
9303700 2	HOMEMADE BREAD BEST OF BOTH	65	139	581	1	5	30	86	1
		100	215	898	1	8	46	169	1
9303475 6	GARLIC BREAD WEDGE	53	113	474	1	4	24	80	1
		100	215	900	1	8	46	165	2
9303497 6	NEW POTATOES	72	70	292	0	2	16	1	1
		100	97	406	0	2	23	2	1
9342664 6	HERBY BAKED POTATO	75	92	386	3	2	16	29	1
		100	123	516	4	2	21	39	1
9304679 0	MASHED POTATOES	72	83	346	4	1	11	25	0
		100	115	483	5	2	16	36	1
9315664 6	POTATO WEDGES 1/2 PORTION	45	44	183	0	1	10	1	1
		100	97	406	0	3	23	2	1
9303512 7	ROAST POTATOES	48	63	265	3	1	8	3	0
		100	132	553	7	2	16	7	1
9303735 2	YORKSHIRE PUDDING	28	63	265	1	2	10	67	0
		100	226	946	5	9	35	240	2
9315775 1	HERBY WEDGES 1/2 PORTION	45	44	184	0	1	10	1	1
		100	97	407	0	3	23	2	1
9306566 2	RICE AND PEAS	118	162	682	3	4	33	53	1
		100	138	578	2	3	38	45	1
9327673 1	RAINBOW RICE	149	166	694	1	4	37	7	3
		100	111	466	1	3	25	5	2
9303502 6	RICE 1/2 WHOLEGRAIN	89	123	516	1	3	28	2	0
		100	139	582	1	3	32	2	0
9304052 5	CHIPS	75	104	433	3	2	16	0	0
		100	138	577	4	3	22	0	0
9323780 8	SAGE STUFFING	27	35	148	0	1	7	144	0
		100	132	553	2	4	25	537	1
9310878 0	PASTA WHOLEMEAL	45	60	252	1	2	12	5	0
		100	134	561	1	5	28	5	0
9303712 8	PASTA SALAD	115	158	663	3	5	29	6	0
		100	138	577	3	5	25	5	0
9316225 1	PESTO PASTA	28	45	189	1	1	7	44	0
		100	148	619	3	5	25	77	0
9320801 3	TOMATO PIZZA BREAD AW22	28	57	240	3	3	6	90	1
		100	202	843	10	10	20	317	2
9327044 9	ACMP HALF CHOTA NAAN BREAD	20	60	250	1	2	11	70	0
		100	299	1251	6	8	53	350	0
FFL CARBOHYDRATE SIDE - Where nutrition differs from standard									
9314928 9	CREAMED POTATOES FFL ORGANIC MILK	84	86	360	3	2	14	22	1
		100	103	429	4	2	16	27	1
9327549 9	BREAD FFL GOLD	59	148	620	1	5	33	1	0
		100	252	1054	1	8	56	2	0

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Recipe Code	VEGETABLE SIDES	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sodium (mg)	Sugar (g)
9303601 1	BAKED BEANS	56	35	147	0	2	5	67	1
		100	63	264	0	4	9	120	2
9303478 3	GREEN BEANS	36	11	44	0	1	1	0	1
		100	29	121	0	2	3	0	2
9312657 1	CARROT BATON	40	14	57	0	0	3	11	3
		100	34	142	0	1	8	27	7
9318709 3	CARROT STICKS	40	12	49	0	0	2	12	2
		100	29	121	1	1	6	29	6
9303451 0	CARROTS	40	12	49	0	0	2	12	2
		100	29	121	1	1	6	29	6
9314656 7	SALAD CARROT	54	16	66	0	0	3	16	3
		100	29	121	0	0	6	29	6
9327892 2	MIXED SALAD	56	7	31	0	0	1	3	1
		100	13	55	0	1	2	5	2
9314656 8	SALAD BEETROOT	32	12	48	0	1	2	21	2
		100	36	151	0	2	8	66	7
9314656 3	SALAD CUCUMBER	39	5	23	0	0	0	2	0
		100	14	59	1	1	1	4	1
9314656 9	SALAD LETTUCE	33	4	15	0	0	0	3	0
		100	11	46	0	1	1	9	1
9314656 5	SALAD SWEETCORN	40	32	134	1	1	4	0	1
		100	80	335	2	4	9	0	3
9314656 4	SALAD TOMATO	40	6	23	0	0	1	1	1
		100	14	59	0	1	3	2	3
9303501 3	PEAS	40	27	114	0	2	4	2	2
		100	68	285	1	5	11	4	6
9303446 7	CABBAGE	35	9	39	0	1	1	2	1
		100	27	113	0	2	4	5	4
9318709 4	CUCUMBER STICKS	39	5	23	0	0	0	2	0
		100	14	59	1	1	1	4	1
9329387 0	DURHAM CURRIED CAULIFLOWER	118	102	427	1	7	17	75	2
		100	86	361	1	6	14	63	2
9303446 2	BROCCOLI	40	14	57	0	1	1	3	1
		100	34	142	1	3	3	8	2
9323201 2	CRUDITE POT PACKED LUNCH	58	11	44	0	0	2	6	2
		100	18	76	0	1	4	11	3
9303522 1	SWEETCORN	40	32	134	1	1	4	0	1
		100	80	335	2	4	9	0	3
9314698 1	WHOLE ROASTED CAULIFLOWER FFL	40	25	104	2	1	2	11	1
		100	62	261	4	2	4	27	3
9312657 2	CHERRY TOMATOES	40	9	36	0	0	1	2	1
		100	22	92	1	1	4	4	4
9313525 7	CHOP CHOP SALAD	37	6	23	0	0	1	1	1
		100	15	63	0	1	2	3	3
9315013 5	CRUNCHY COLESLAW HOME MADE	58	46	194	3	0	3	71	3
		100	80	335	5	1	6	134	5

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Recipe Code	OTHER ADDITIONAL ITEMS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sodium (mg)	Sugar (g)
93176700	CHEDDAR CHEESE PORTION AND CRACKERS	46	155	650	9	7	11	231	1
		100	338	1413	20	14	25	502	2
93157180	BECHAMEL SAUCE ORGANIC MILK	106	101	424	6	4	9	80	5
		100	95	400	5	4	9	75	4
93133322	CRACKERS AND SOFT CHEESE	49	117	491	6	4	13	218	2
		100	240	1003	11	8	26	474	4
93147600	CRUDITE WITH HOUMOUS	61	66	278	5	2	4	101	1
		100	109	454	8	3	6	164	2
93136635	TOMATO SALSA	47	15	64	1	0	2	1	1
		100	33	138	2	1	4	2	3
93034775	GRAVY	31	10	44	0	0	2	125	0
		100	34	142	0	0	8	409	0
93075691	HOUMOUS SCRATCH	17	33	138	2	1	2	0	0
		100	195	817	14	5	12	1	1
93171946	HOUMOUS WITH BAKED NACHOS	39	118	493	6	3	12	146	1
		100	305	1275	15	8	31	378	1
93034930	MILK DRINK IN A CUP	151	70	291	3	5	7	65	7
		100	46	192	2	4	4	43	4
93107491	MILK DRINK IN A CUP ORGANIC	200	92	385	3	7	9	120	9
		100	46	192	2	4	5	60	5
93217513	DUR MILK DRINK IN A CUP	151	70	291	3	5	7	65	7
		100	46	192	2	4	4	43	4
93167870	ORANGE JUICE 50/50 WATER	178	45	188	0	1	10	0	10
		100	25	106	0	0	5	0	5
93167871	APPLE JUICE 50/50 WATER	178	41	170	0	0	11	2	11
		100	23	96	0	0	6	1	6
VMC 185485	TOMATO KETCHUP	10	6	25	0	0	1	36	1
		100	64	268	0	1	12	360	11
VMC 89704	MAYONNAISE	10	28	117	3	0	1	52	0
		100	279	1149	28	1	6	520	3
VMC 4381	WRAP	56	177	746	4	5	30	152	2
		100	316	1332	7	9	53	268	3

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Recipe Code	DESSERTS	Portion Size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sodium (mg)	Sugar (g)
930405 42	FRESH FRUIT SLICES (ACCOMPANIMENT)	27	11	45	0	0	3	1	3
		100	40	165	0	0	10	3	10
930406 17	FRUIT PLATTER.	86	45	187	0	1	10	3	10
		100	52	218	0	1	12	3	12
931403 03	FRUITY FLAPJACK BAR	42	111	465	3	2	18	0	9
		100	267	1119	8	5	44	1	22
932909 04	FRUITS WITH FOREST FRUIT JELLY	91	13	54	0	0	6	0	3
		100	14	60	0	0	7	1	5
933550 68	BANOFFEE PIE	56	131	548	7	3	15	128	8
		100	235	985	12	5	28	230	15
931685 66	DURHAM APPLE CAKE	100	212	885	10	3	29	141	19
		100	212	885	10	3	29	141	19
932343 71	MAGIC APPLE & CINNAMON BAKE	41	104	434	4	1	16	38	7
		100	253	1058	10	3	40	92	17
930657 17	APPLE AND GOLDEN SYRUP SPONGE	50	128	537	6	2	18	85	12
		100	257	1075	12	3	35	170	23
932080 15	APPLE CRUMBLE	80	191	798	8	3	27	80	11
		100	239	1000	10	3	34	100	14
933658 17	APPLE WEDGES	20	10	42	0	0	2	0	2
		100	51	213	1	1	12	1	12
932175 18	CRUNCHY APPLE SLICE FB	65	179	750	10	3	21	110	11
		100	277	1159	15	4	33	171	17
933036 39	PINEAPPLE UPSIDE DOWN CAKE V.2	58	154	646	7	2	21	89	13
		100	266	1112	13	3	36	153	22
931594 02	APPLE & BERRY CRUMBLE FB	80	189	792	8	3	27	74	11
		100	237	993	10	4	34	92	13
931593 99	BANANA & APRICOT FLAPJACK	40	128	535	6	2	16	42	6
		100	320	1337	16	5	39	104	16
933036 51	BANANA LOAF V.2	40	126	527	5	2	18	28	9
		100	311	1303	13	5	46	68	21
931628 03	ICE CREAM BOX CHOCOLATE	83	135	565	6	3	18	43	14
		100	163	682	7	3	22	52	17
934161 30	CHOCOLATE CARAMEL CRUNCH	62	141	588	5	4	19	104	9
		100	226	946	9	6	31	167	15
933041 54	CHOCOLATE AND PEAR CAKE	58	170	711	10	2	19	99	10
		100	295	1235	17	4	33	171	17
933043 14	CHOCOLATE BEET BROWNIE	47	130	543	7	2	16	68	9
		100	276	1154	14	5	34	145	20
932938 71	CHOCOLATE COOKIES	34	139	583	5	1	22	86	13
		100	408	1707	16	4	65	253	39
933252 13	CHOCOLATE FUDGE CAKE	49	137	572	5	2	23	75	14
		100	278	1165	9	4	47	153	28
932076 37	CHOCOLATE MARBLE CAKE FB	80	232	971	13	4	28	120	15
		100	290	1214	16	5	35	149	18
	CHOCOLATE ORANGE DRIZZLE CAKE	43	157	657	8	3	19	80	10

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933036 54		100	362	1516	20	6	43	185	23
933253 25	CHOCOLATE SPONGE CAKE	53	230	962	12	2	29	124	16
		100	431	1804	23	4	54	233	29
932333 90	EGGLESS CHOCOLATE BROWNIE	50	164	686	6	2	24	7	8
		100	326	1366	13	5	47	15	16
931681 90	ORANGE, SULTANA & CARROT SLICE	51	151	631	6	2	24	58	11
		100	293	1228	11	3	46	113	21
932477 71	CARROT CAKE	55	164	688	8	2	23	121	12
		100	299	1253	14	3	42	221	22
934139 73	ORANGE, SULTANA & CARROT SLICE V.2	52	152	637	6	2	22	15	9
		100	290	1213	12	4	43	29	18
930346 83	CUSTARD TRADITIONAL FRESH MILK	96	85	356	1	3	15	37	8
		100	88	370	1	3	16	38	8
930346 85	CUSTARD TRADITIONAL MILK POWDER	83	82	345	1	2	16	36	9
		100	119	499	2	2	24	52	13
931628 02	ICE CREAM BOX STRAWBERRY	83	115	482	5	3	16	51	16
		100	139	582	6	3	19	61	19
932176 23	ICE CREAM BOX VANILLA	80	108	452	4	3	15	56	15
		100	135	565	5	3	18	70	18
931626 94	ICE CREAM BOX VANILLA	83	112	468	4	3	15	58	15
		100	135	565	5	3	18	70	18
931646 58	BAKED ORANGE & VANILLA RICE PUDDING	107	109	456	2	4	21	37	10
		100	102	427	2	3	19	35	10
931706 81	CREAMY RICE PUDDING WITH PEACH ORGANIC	116	94	394	2	3	18	49	12
		100	82	341	2	3	15	43	10
933035 97	ORANGE GLAZED STICKY SPONGE PUDDING	56	135	565	4	3	23	70	13
		100	239	1001	7	5	41	125	22
933036 37	PEACH AND GINGER PUDDING	53	139	581	7	2	17	79	9
		100	261	1092	14	4	32	148	16
933030 11	RICE PUDDING WITH JAM OR CHOC SPREAD	113	158	662	3	4	30	38	19
		100	141	588	3	3	27	34	16
932186 55	ORANGE WEDGES	46	20	82	0	1	4	2	4
		100	43	180	0	1	9	4	9
933373 28	DURHAM RASPBERRY YOGHURT CAKE	46	138	576	6	2	21	77	11
		100	299	1251	12	4	46	168	23
931469 02	PANCAKE WITH BERRY COMPOTE	84	113	471	1	2	24	113	11
		100	135	563	1	3	28	135	13
933301 77	LEMON DRIZZLE CAKE V.2	44	166	694	10	2	18	96	8
		100	377	1576	22	5	41	219	18
930906 30	MARBLE CAKE DURHAM	51	192	805	10	3	23	93	13
		100	374	1564	20	6	46	181	26
931655 79	RASPBERRY AND YOGHURT CAKE ORGANIC	48	141	592	6	2	21	40	10
		100	295	1234	12	4	43	84	22
930843 22	BEAR NIBBLES STRAWN YO YO 20G	20	0	0	0	0	0	0	0
		100	0	0	0	0	0	0	0
931464 24	FROZEN STRAWBERRY YOGHURT	80	103	432	2	3	19	48	15
		100	129	540	2	4	24	60	18
932901 75	WIBBLE JELLY STRAWBERRY	78	10	40	0	0	6	0	2
		100	12	52	0	0	8	1	4
	WIBBLE ORANGE JELLY	78	10	40	0	0	6	0	2

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932901 76		140	12	52	0	0	8	0	3
933524 32	HOMEMADE OAT COOKIE	32	137	572	6	2	19	72	8
		100	434	1817	20	5	61	230	25
932938 72	LEMON COOKIES	33	123	514	4	1	21	83	11
		100	374	1567	13	4	64	253	33
933003 47	LEMON OAT RAISIN COOKIE	44	184	771	7	2	27	0	15
		100	419	1753	17	4	61	0	35
933269 34	LEMON EMERALD CAKE	48	164	685	10	2	18	96	8
		100	338	1,414	20	5	36	199	16
934147 96	SMASHED COOKIE	44	185	774	9	2	25	96	9
		100	421	1760	20	5	56	217	20
933616 65	CARMEL MOUSSE	62	70	294	2	3	10	85	7
		100	113	473	3	5	17	182	15
933078 25	CRUNCHY WIBBLE MOUSSE	70	148	619	6	3	20	96	9
		100	212	885	9	5	28	167	16
931646 55	PEACH COBBLER FB	62	126	527	4	2	22	91	6
		100	203	849	6	4	35	146	9
931549 28	CRISPY CRACKLE BAR	35	137	572	6	1	19	68	10
		100	386	1616	18	4	53	192	27
932901 77	WIBBLE JELLY RASPBERRY	78	14	59	0	0	7	0	2
		100	18	75	0	0	11	1	4
932175 80	DUR YOGHURT	120	100	417	1	4	18	60	17
		100	83	347	1	4	15	50	14
931331 03	FROZEN MANGO YOGHURT	80	90	378	1	3	17	49	15
		100	113	473	1	4	22	61	18
931524 72	NATURAL YOGHURT FULL FAT	91	69	289	3	5	4	65	4
		100	76	318	4	5	4	72	4
930353 07	YOGHURT	80	66	278	1	3	12	40	11
		100	83	347	1	4	15	50	14
933036 38	JAM AND COCONUT SPONGE V.2	49	186	779	11	2	21	93	11
		100	382	1597	22	5	44	191	22
931594 01	ST CLEMENTS SPONGE	46	167	698	10	2	18	95	8
		100	360	1504	21	5	39	205	18
931718 04	AMBROSIA RICE POT	115	89	370	2	4	15	60	7
		100	77	322	1	3	13	52	6
930373 03	DURHAM VANILLA CRUNCH	51	215	900	11	2	29	127	13
		100	423	1768	21	5	58	250	26
931577 52	ORIGINAL FLAPJACK	31	134	560	6	2	17	41	8
		100	431	1803	21	6	54	134	26
933524 31	BERRY BLONDIE	45	166	693	9	2	20	101	8
		100	366	1530	20	4	45	224	18
930347 44	CORNFLAKE TART	36	152	635	7	2	21	76	6
		100	426	1783	19	5	58	212	16
933035 92	FLAPJACK V.2	32	137	575	8	2	14	50	5
		100	433	1813	25	6	44	158	16
932891 58	GINGER BISCUIT	27	109	458	4	1	17	35	9
		100	404	1690	15	5	64	130	34
933107 73	VANILLA AND RASPBERRY BLONDIE	61	230	963	12	3	29	133	13
		100	380	1589	20	5	48	220	22
	SWEET WAFFLE	55	248	1038	13	5	30	216	14

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931108 53		100	451	1887	23	9	54	392	25
932072 24	VANILLA DESSERT POT	125	106	445	2	4	17	70	13
		100	85	356	2	3	14	56	11
934161 33	STRAWBERRY SHORTBREAD MOUSSE	80	133	558	5	3	21	85	9
		100	167	699	6	4	26	107	11
930906 21	BREAD AND BUTTER PUDDING	54	85	354	2	3	13	55	5
		100	155	650	4	6	24	101	9
932307 22	SHORTBREAD BISCUIT	33	150	626	7	2	20	41	5
		100	458	1918	22	5	60	124	17
930763 18	SHORTBREAD	39	185	776	11	2	21	61	6
		100	476	1990	28	4	53	156	15
FFL DESSERTS - Where nutrition differs from standard									
931323 35	CUSTARD TRADITIONAL ORGANIC MILK	108	96	400	2	3	17	58	9
		100	88	370	1	3	16	53	9
931433 68	ORGANIC STRAWBERRY YOGHURT	91	93	388	3	4	11	73	11
		100	102	427	4	5	12	80	12

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