

## Nutrient Counts Guidance

### 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 – SPRING SUMMER 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.

<u>RECIPE CODE</u>	<u>RECIPE NAME</u>	<u>REASON FOR CHANGE</u>	<u>PAGE NUMBER</u>
93147173	LEMON ROASTED CHICKEN THIGH HALAL	Recipe analysis update on halal chicken thigh	6
93310786	CHEESE AND ONION BAKE	Replacement recipe for delisted pasty	8

**Secondary Lunch Nutrient Counts Spring/Summer 2024**

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<b>Code</b>	<b>Meat Mains – Chicken and Turkey</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Energy (kj)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>
93056718	JAMAICAN JERK CHICKEN	146	131	548	5	16	4
		100	90	376	4	11	3
93286480	NUT FREE CHICKEN SATAY	86	602	602	8	17	2
		100	167	700	9	20	2
93131377	LEMON, GARLIC CHICKEN WINGS	92	129	541	8	15	1
		100	140	587	8	16	1
93143942	SPICY PIRI PIRI CHICKEN WINGS	88	147	615	10	14	1
		100	168	702	11	16	2
93163625	TERIYAKI CHICKEN SOUL BOWL	314	374	1565	12	19	48
		100	119	498	4	6	15
93170733	SOUTHERN FRIED CHICKEN GOUJON	84	231	968	12	16	16
		100	277	1159	14	19	20
93175447	SPICY CHICKEN PITTA WITH CHILI SAUCE	166	305	1277	10	20	35
		100	184	770	6	12	21
93168810	CHICKEN & BROCOLLI PIE	213	342	1429	21	20	20
		100	160	671	10	10	9
93172124	CHICKEN & BACON PASTA SALAD	229	390	1631	11	25	50
		100	170	712	5	11	22
93203347	CHICKEN MASALA NAAN BOWL	276	345	1444	8	23	46
		100	125	523	3	8	17
93203511	SRIRACHA-GLAZED CHICKEN BURGER	208	339	1418	12	20	38
		100	163	683	6	10	19
93203516	PULLED MEXICAN CHICKEN AND CRUSHED TACO	150	165	689	7	13	14
		100	110	461	4	9	10
93203552	WEST AFRICAN CHICKEN RICE	313	379	1584	9	21	57
		100	121	506	3	7	18
93285159	BUFFALO CHICKEN BURGER	163	308	1287	10	22	31
		100	188	788	6	13	19
93261784	CHICKEN AND VEG TIKKA MASALA	258	212	888	7	17	22
		100	82	344	3	7	8
93204627	CHICKEN KATSU	149	208	868	11	17	11
		100	139	582	7	12	7
93235943	CHICKEN TIKKA MASALA	178	188	787	9	17	12
		100	106	442	5	9	7

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93239998	CHICKEN SHAWARMA BOWL	315	427	1787	6	27	70
		100	136	567	2	8	22
93241647	BUFFALO CHICKEN	103	193	806	13	14	5
		100	187	784	12	14	5
93253030	TURKEY CON CHILLI	235	179	749	6	14	18
		100	76	318	3	6	8
93285284	CURRIED CHICKEN AND CORRIANDER	218	380	1588	8	23	56
		100	174	727	4	10	26
93285348	MANDARIN CHICKEN	118	140	584	5	16	7
		100	118	494	5	13	6
93080548	BBQ CHICKEN WINGS	109	158	662	8	15	8
		100	145	606	7	14	7
93287890	CHICKEN AND BROCCOLI PASTA BAKE	370	373	1560	10	29	44
		100	101	422	3	8	12
93168556	ROASTED CHICKEN THIGH	65	124	518	6	16	0
		100	191	800	10	25	0
	<b>Chicken FFL</b>						
93170735	SOUTHERN FRIED CHICKEN GOUJON FFL	96	276	1153	14	15	22
		100	287	1201	14	15	23
<b>Code</b>	<b>Meat Mains – Beef and Pork</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Energy (kj)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>
93128494	TRATTORIA HAWAIIAN STONE BAKED PIZZA	139	312	1306	10	15	42
		100	225	942	7	11	30
93170722	MAC TOPPER - CAJUN PULLED PORK	102	125	521	8	9	5
		100	122	510	8	9	4
93287203	CRISPY BACON MAC TOPPER	27	78	327	6	6	0
		100	289	1210	22	23	0
93167677	DOUBLE BEEF BURGER	155	354	1479	14	22	34
		100	229	957	9	14	22
93173430	ROAST PORK LOIN - SAUCE AND STUFFING	110	193	808	6	17	17
		100	175	732	6	16	15
93181323	TRADITIONAL BEEF LASAGNE	278	409	1710	20	23	38
		100	147	614	7	8	14
93181208	BEEF BOLOGNESE SAUCE	228	196	821	8	19	12
		100	86	361	4	8	5
93187061	CRISPY BACON MAC DOG	165	387	1617	18	19	35
		100	235	983	11	12	21
93188711	TROPICAL SUNSHINE DOG	140	225	943	5	12	31
		100	161	674	4	9	22
93203913	MINCE BEEF PIE	207	295	1236	8	17	40
		100	143	597	4	8	19
93204629	CHILLI CON CARNE	156	140	588	5	14	10
		100	90	377	3	9	6
93035166	SAUSAGE PORK 8'S	85	236	987	14	14	11
		100	277	1159	17	17	14
93285343	CHILLI BEEF CHEESE NACHOS	181	298	1246	14	19	26
		100	165	689	7	11	14
93098950	TRADITIONAL COTTAGE PIE	364	299	1250	9	19	38
		100	82	344	2	5	10

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93292575	DOUBLE CHEESEBURGER	167	394	1647	17	24	35
		100	236	989	10	14	21
93236776	THE SAUSAGE DOG	147	312	1306	14	13	31
		100	212	887	10	9	21
93285586	ROAST MEATBALLS	80	186	780	13	12	5
		100	233	975	16	16	6
93172124	CHICKEN & BACON PASTA SALAD	229	390	1631	11	25	50
		100	170	712	5	11	22
<b>Code</b>	<b>Halal Meat Mains</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Energy (kj)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>
93204227	MINCE BEEF PIE HALAL	223	368	1538	15	19	40
		100	165	689	7	8	18
93175448	SPICY CHICK PITTA CHILSAUCE HALAL SEC	169	266	1114	5	19	36
		100	158	660	3	11	21
93208668	CHICKEN KATSU HALAL	149	160	668	6	16	11
		100	107	448	4	11	7
93208669	CHILLI CON CARNE HALAL	156	177	741	10	13	10
		100	114	475	6	8	6
93239254	MEXICAN BEEF TORTILLA PIE HALAL	196	259	1085	14	15	19
		100	132	552	7	8	10
93239999	CHICKEN SHAWARMA BOWL HALAL	345	473	1979	6	25	81
		100	137	573	2	7	23
93241806	BUFFALO CHICKEN HALAL	112	199	834	10	22	6
		100	179	748	9	20	5
93242024	THE SAUSAGE DOG HALAL	150	288	1204	12	14	36
		100	193	806	8	9	24
93261787	CHICKEN AND VEG TIKKA MASALA HALAL	258	202	844	6	17	22
		100	78	327	2	7	8
93267107	TURKEY CON CHILLI HALAL	231	187	782	7	15	18
		100	81	338	3	6	8
93285285	CURRIED CHIC AND CORA RICE BOWL HALAL	218	364	1521	7	22	56
		100	167	697	3	10	26
93285344	CHILLI BEEF CHEESE NACHOS HALAL	181	327	1368	17	18	26
		100	181	757	10	10	14
93285588	ROASTED CHICKEN MEATBALLS HALAL	53	77	323	3	10	2
		100	146	611	6	18	5
93286482	NO NUT CHICKEN SATAY HALAL	96	124	518	3	16	9
		100	129	538	3	17	10
93286617	CHICKEN SAUSAGE MASH POT HALAL	389	396	1656	15	20	56
		100	102	426	4	5	14
93287915	CHICKEN AND BROCCOLI PASTA BAKE HALAL	370	348	1454	7	31	44
		100	94	393	2	8	12
93290663	BUFFALO CHICKEN BURGER HALAL	185	345	1443	12	27	31
		100	187	782	7	15	17
93290665	CRISPY CHICKEN MAC DOG HALAL	158	342	1430	14	20	39
		100	216	904	9	13	24
93290667	BBQ CHICKEN WINGS HALAL	92	118	495	5	10	8
		100	129	541	6	10	9
93290668	JACKET POTATO WITH PULLED CHIC HALAL	301	314	1312	11	17	40
		100	104	436	3	6	13

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93292576	DOUBLE CHEESEBURGER HALAL	167	439	1837	26	22	28
		100	264	1103	16	13	17
93099011	TRADITIONAL COTTAGE PIE HALAL	344	323	1353	13	17	36
		100	94	393	4	5	10
93131640	JERK CHICKEN HALAL	104	90	377	1	15	6
		100	87	364	1	15	5
93132734	ROAST TURKEY BREAST HALAL	58	91	379	1	20	0
		100	155	649	2	35	0
93134632	LEMON, GARLIC CHICKEN WINGS HALAL	75	89	374	5	10	1
		100	120	502	7	13	1
93143943	SPICY PIRI PIRI CHICKEN WINGS HALAL	99	116	486	7	11	3
		100	117	489	7	11	3
93147173	LEMON ROASTED CHICKEN THIGH HALAL	67	122	509	6	16	0
		100	182	760	9	23	1
93154010	CHICKEN SAUSAGES 8'S 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	220	313	1310	17	21	20
		100	142	595	8	10	9
93169444	MANDARIN CHICKEN HALAL	118	95	396	1	15	7
		100	80	335	1	13	6
93170734	SOUTHERN FRIED CHICKEN GOUJON HALAL	84	175	734	8	12	14
		100	210	879	9	14	17
93172125	CHICKEN PASTA SALAD HALAL	237	356	1489	5	30	50
		100	150	628	2	13	21
93181297	TERIYAKI CHICKEN AOUL BOWL HALAL	315	332	1391	8	19	48
		100	106	441	3	6	15
93181381	TRADITIONAL BEEF LASAGNE HALAL	296	440	1841	24	21	38
		100	149	623	8	7	13
93181383	PASTA BEEF BOLOGNESE HALAL	305	421	1760	14	22	55
		100	138	577	5	7	18
93204168	CRISPY MASALA CHICKEN SLIDER HALAL	174	256	1070	5	20	33
		100	147	616	3	11	19
93204169	SRIRACHA-GLAZED CHICKEN BURGER HALAL	240	348	1456	9	20	47
		100	145	607	4	8	20
93204220	PULLED MEXICAN CHICKEN HALAL	157	149	625	4	14	14
		100	95	399	3	9	9
<b>Halal Pizza</b>							
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	128	309	1295	9	15	44
		100	241	1009	7	12	34
<b>Code</b>	<b>Fish Mains</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Energy (kj)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>
93293230	BATTERED FISH	90	185	776	10	11	14
		100	106	862	11	12	15
93287205	FISH FINGERS	87	194	812	8	12	19
		100	223	933	9	14	22
93172009		280	362	1515	8	19	56

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Code	Vegetarian Mains	Portion Size (g)	Energy (kcal)	Energy (kj)	Fat (g)	Protein (g)	Carbohydrate (g)
	TUNA & SWEETCORN PASTA SALAD	100	129	541	3	7	20
93236714	ROASTED INDIAN CHICKPEA SALAD	179	145	606	6	7	17
		100	81	339	3	4	9
93170723	MAC TOPPER - CRISPY CAULIFLOWER	114	79	330	1	4	14
		100	69	289	1	3	12
93293020	QUORN SAUSAGE ROLL	70	193	805	11	8	15
		100	276	1151	15	12	21
93236777	THE VEGGIE DOG	140	244	1019	7	12	30
		100	174	727	5	9	21
93238730	ROASTED RAINBOW BOWL	311	479	2003	16	11	75
		100	154	644	5	4	24
93239997	ROASTED BUTTERNUT BUDDHA BOWL	323	345	1443	4	11	68
		100	107	447	1	3	21
93240140	GREEN PEA PESTO PASTA	310	473	1978	18	20	59
		100	153	639	6	7	19
93261773	SWEET AND SOUR VEGETABLES	236	157	655	3	10	23
		100	66	277	1	4	10
93261788	VEGETARIAN TIKKA MASALA	271	202	844	6	14	26
		100	74	312	2	5	10
93263540	VEGAN CHILLI	169	157	656	4	11	16
		100	93	388	3	7	10
93280261	CHEESE BEANS AND CORN QUESALDILAS	185	297	1243	13	11	32
		100	160	671	7	6	18
93285286	ROASTED BEETROOT & CHICKPEA SALAD	62	55	232	2	2	7
		100	90	375	4	3	11
93285350	KATAYAMA VEGETARIAN DONBURI	258	329	1376	3	16	67
		100	127	533	1	6	26
93285351	QUORN SHAWARMA PITTA POCKET	162	254	1063	4	14	40
		100	157	657	2	8	25
93285587	ROAST VEGETARIAN MEATBALLS	76	122	512	8	9	6
		100	161	674	10	11	8
93285771	KOREAN BBQ QUORN SUB	145	324	1356	12	15	37
		100	224	935	8	10	25
93286035	VEGETARIAN SAUSAGE MASH POT	413	389	1626	11	24	51
		100	94	394	3	6	12
93285347	HOMEMADE BAKED NACHOS	36	103	429	2	3	18
		100	285	1192	7	8	50
93287202	CHIPOTLE SWEETCORN	87	91	383	4	2	12
		100	105	440	5	3	14
93287204	VEGAN CHILLI MAC TOPPER	116	89	371	3	6	9
		100	76	320	2	6	8
93289157	VEGEMINCE BOLOGNESE	274	201	841	6	15	21
		100	73	307	2	5	8
93292577	VEGGIE QUARTER POUNDER	184	284	1186	7	23	31
		100	154	644	4	12	17
93041388	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA	117	295	1234	10	13	41
		100	252	1055	8	11	35
93080528	VEGETARIAN COTTAGE PIE	397	307	1286	8	13	43

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		100	78	324	2	3	11
93094099	CARROT AND CORIANDER SOUP	225	69	289	2	1	11
		100	31	128	1	1	5
93094152	LEEK AND POTATO SOUP	224	68	286	2	2	11
		100	31	128	1	1	5
93094155	TOMATO AND BASIL SOUP.	232	53	220	2	2	8
		100	23	95	1	1	3
93125333	MEXICANA TOMATO CHEESE NACHOS	112	203	850	10	8	20
		100	182	761	9	7	18
93128498	TRATTORIA VEGGIE HOT ONE SBAKE PIZZA	140	299	1251	10	13	41
		100	214	894	7	10	30
93131374	STICKY BBQ QUORN PITTA	193	249	1044	2	13	47
		100	129	541	1	7	24
93135609	VEGGIE FAJITAS	189	324	1354	10	12	48
		100	171	717	5	6	26
93137700	ARRABIATTA SAUCE	331	351	1468	8	14	60
		100	106	444	3	4	18
93175507	MEXICAN VEGGIE BURRITO	281	480	2007	17	18	64
		100	171	715	6	7	23
93170724	QUORN ROAST	68	61	256	1	10	1
		100	90	377	1	15	2
93310786	CHEESE AND ONION BAKE	158	310	1295	22	8	21
		100	196	120	14	5	13
93147031	CHICKPEA & VEGETABLE JALFREZI	172	119	500	5	6	14
		100	70	291	3	3	8
93147954	HERBY TOMATO PASTA	271	406	1701	14	16	58
		100	150	629	5	6	21
93175355	QUORN DIPPER	80	147	616	8	10	8
		100	184	770	10	12	10
93175508	VEGETABLE CHOW MEIN	341	323	1350	6	13	55
		100	95	396	2	4	16
93181329	VEGETABLE LASAGNE	380	362	1516	19	13	39
		100	95	399	5	3	10
93197575	MASH POT	194	174	727	5	4	31
		100	90	375	2	2	16
93203553	WEST AFRICAN VEGETABLE RICE	328	378	1582	6	19	62
		100	115	482	2	6	19
93203787	SWEET CHILLI & GARLIC PLANT NOODLES	328	466	1951	9	24	72
		100	142	595	3	7	22
93261819	VEGETARIAN CARIBB CHICKPEA COCONUT CURRY	156	164	686	10	9	11
		100	105	440	6	6	7
93261853	TRINIDAD VEGETABLE RICE	379	502	2101	25	7	65
		100	132	554	7	2	17
93280303	CHEESY CHILLI FRIES	188	323	1352	14	15	37
		100	172	720	7	8	20
93285346	CHILLI VEGGIE CHEESE NACHOS	191	311	1300	13	17	32
		100	163	681	7	9	16
93170738	MAC AND CHEESE POT	312	488	2043	22	19	58
		100	156	654	7	6	19
93292799	GREEK SALAD	131	110	459	8	6	4

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		100	84	350	6	4	3
Code	Wraps, Baguettes, Paninis, Rolls and Sandwiches	Portion Size (g)	Energy (kcal)	Energy (kj)	Fat (g)	Protein (g)	Carbohydrate (g)
93235947	CHEESE AND TOMATO BAGUETTE BROWN	202	523	2190	19	21	64
		100	259	1083	10	10	32
93170792	CHEESE PLOUGHMANS SANDWICH WHITE	178	435	1820	20	17	45
		100	244	1022	11	10	25
93182218	CHEESE PLOUGHMANS SANDWICH BROWN	178	416	1739	20	18	37
		100	234	977	12	10	21
93151046	BBQ CHICKEN WRAP	175	382	1597	15	23	40
		100	218	911	8	13	23
93151048	CHICKEN MAYONNAISE SANDWICH BROWN	183	400	1674	17	26	33
		100	219	917	9	14	18
93150964	HAM SANDWICH ON BROWN	145	256	1070	5	17	32
		100	176	738	4	12	22
93151095	TUNA AND CUCUMBER BAGUETTE WHITE	269	510	2134	13	27	69
		100	190	795	5	10	26
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
93151106	BLT SANDWICH WHITE	185	415	1736	19	20	40
		100	224	938	10	11	22
93151108	BLT BAGUETTE WHITE	290	590	2468	22	26	70
		100	204	852	8	9	24
93152299	CRUNCHY PEPPER AND HOUMOUS WRAP	195	425	1777	22	12	44
		100	218	913	11	6	23
93153404	BEEF MEATBALL PANINI	238	509	2128	18	27	61
		100	214	894	8	12	26
93153572	ROAST CHICKEN & STUFFING BN BAGUETTE	255	502	2099	8	35	70
		100	197	823	3	14	27
93154407	BBQ CHICKEN & MONTEREY JACK BAGUETTE	232	527	2205	12	32	72
		100	227	950	5	14	31
93156000	CHICKEN SALAD BAGUETTE WHITE	270	542	2266	15	30	69
		100	201	840	6	11	26
93158617	FAJITA CHICKEN MELT PANINI	180	410	1716	10	28	55
		100	228	953	5	16	30
93161852	CHICKEN SALAD SANDWICH WHITE	210	399	1670	14	25	42
		100	190	796	7	12	20
93161853	CHICKEN SALAD SANDWICH WMEAL	210	380	1590	15	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
93170794	CHEESE AND TOMATO SAUCE PANINI	170	392	1638	11	18	56
		100	230	964	7	11	33
93170729	BBQ CHICKEN PANINI	215	509	2130	16	35	58
		100	237	991	8	16	27
93178046		125	333	1392	13	7	38

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	VEGAN CHEESE SANDWICH WHITE	100	266	1114	10	5	31
93178064	VEGAN CHEESE AND PICKLE BAGUETTE	218	528	2209	15	12	75
		100	243	1016	7	6	35
93183301	HAM SALAD SANDWICH ON WHITE	216	284	1188	5	16	41
		100	131	550	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
93183483	CHEESE AND HAM SANDWICH WHITE FFL	185	478	2000	22	30	39
		100	258	1082	12	16	21
93183484	CHEESE AND HAM SANDWICH BROWN FFL	185	486	1920	22	31	31
		100	248	1038	12	17	16
93183307	CHEESE BAGUETTE WHITE	188	539	2256	20	22	66
		100	288	1203	11	12	35
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
93209161	CHEESE PANINI	140	378	1581	11	17	54
		100	270	1129	8	12	38
93218560	TUNA MAYO BAGUETTE BROWN	199	435	1822	8	23	65
		100	219	917	4	12	33
93036849	CHICKEN CASEAR WRAP	171	417	1744	19	26	36
		100	243	1018	11	15	21
93129865	TUNA AND CHEESE MELT PANINI	183	388	1625	8	27	55
		100	212	886	4	15	30
93183482	HAM SALAD SANDWICH ON BROWN FFL	216	301	1261	9	21	32
		100	139	583	4	10	15
93287206	SOUTHERN FRIED CHICKEN WRAP	156	383	1602	13	17	51
		100	246	1030	8	11	33
93288090	DELI CHICKEN CLUB BAGUETTE	267	540	2258	13	35	68
		100	203	847	5	13	25
93046596	BACON AND CHEESE PANINI	150	379	1588	10	20	54
		100	252	1056	7	13	36
93208235	HAM BAGUETTE BROWN FFL	213	478	1999	11	28	63
		100	225	941	5	13	30
<b>Code</b>	<b>Halal Wraps, Baguettes, Paninis, Rolls and Sandwiches</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Energy (kj)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>
93290664	DELI CHICKEN CLUB BAGUETTE HALAL	263	503	2104	9	36	68
		100	191	800	3	14	26
93290666	CHICKEN MEATBALL PANINI HALAL	203	392	1641	8	24	58
		100	194	810	4	12	29
93170810	BBQ CHICKEN PANINI HALAL	205	468	1956	13	37	54
		100	228	954	6	18	26
93154396	BBQ CHICKEN & MONTEREY JACK BAGUETTE HALAL	220	486	2034	8	33	67
		100	221	925	4	15	30
93290669	CLT SANDWICH HALAL	203	316	1324	5	27	41
		100	156	652	2	13	20
93148530	CLT BAGUETTE HALAL	314	602	2518	6	34	99

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		100	191	801	2	11	32
93151491	BBQ CHICKEN WRAP HALAL	175	356	1491	11	25	40
		100	203	850	6	14	23
93151492	BBQ CHICKEN BAGUETTE WHITE HALAL	121	194	812	7	21	12
		100	160	669	5	17	10
93151494	CHICKEN MAYO SANDWICH WHITE HALAL	178	387	1619	13	25	41
		100	218	912	8	14	23
93158618	FAJITA CHICKEN MELT PANINI HALAL	173	380	1590	7	26	55
		100	220	921	4	15	32
93174462	PIRI PIRI CHICKEN WRAP HALAL	201	306	1282	8	20	41
		100	152	638	4	10	20
93178093	CHICKEN SALAD BAGUETTE HALAL	255	468	1959	7	32	67
		100	184	769	3	13	26
93188815	CHICKEN TIKKA WRAP HALAL	274	330	1382	9	23	41
		100	121	505	3	8	15
93151495	CHICKEN MAYO SANDWICH BROWN HALAL	178	350	1465	11	28	33
		100	197	826	6	16	19
93287207	SOUTHERN FRIED CHICKEN BBQ WRAP HALAL	156	342	1431	10	14	49
		100	220	920	7	9	32
<b>Code</b>	<b>Jacket Potatoes</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Energy (kj)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>
VMC 125755	PLAIN JACKET POTATO (BAKED, NO OIL)	100	97	406	0	3	23
		100	97	406	0	3	23
VMC 152652	BAKED BEANS ONLY	100	138	577	5	24	0
		100	138	577	5	24	0
VMC 163298/ 785625	TUNA MAYO ONLY (70g tuna, 22g mayo)	92	127	534	6	16	2
		100	138	580	7	17	2
VMC 200263	CHEESE ONLY	50	208	870	17	13	0
		100	416	1741	35	25	0
VMC 756958/ 163298	SALMON MAYO ONLY (80G Salmon, 28g mayo)	108	184	714	11	19	2
		100	170	661	10	18	2
50133724	PULLED PORK ONLY	102	125	521	8	9	5
		100	122	511	8	9	4
<b>Code</b>	<b>Vegetable Sides</b>	<b>Portion Size (g)</b>	<b>Energy (kcal)</b>	<b>Energy (kj)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>
93128253	PICKLED CUCUMBER SALAD WITH CHILLI	79	47	197	0	1	12
		100	59	248	0	1	15
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	80	14	60	0	1	2
		100	18	75	1	1	3
93170410	SALAD LETTUCE	66	9	36	0	0	1
		100	13	54	0	1	2
93170411	SALAD CUCUMBER	78	9	36	0	1	1
		100	11	46	0	1	1
93170412	SALAD CHERRY TOMATO	80	18	74	0	1	3
		100	22	92	1	1	4

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93170413	SALAD CARROT	57	16	69	0	0	3
		100	29	121	0	0	6
93170414	SALAD BEETROOT	64	23	96	0	1	5
		100	36	151	0	2	8
93170415	SALAD RED ONION	73	25	107	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
93065561	CARROTS	60	18	73	0	0	4
		100	29	121	0	0	6
93065563	PEAS	80	66	278	1	6	9
		100	83	347	2	7	11
93292414	CRUNCHY RAW SLAW	85	76	318	6	1	4
		100	90	376	7	1	4
93287202	CHIPOTLE SWEETCORN	87	91	383	4	2	12
		100	105	440	5	3	14
93130897	CORN ON THE COB	70	71	296	3	2	6
		100	101	421	5	3	9
93162619	BAKED BEANS	90	57	237	0	4	8
		100	63	264	0	4	9
Code	Carbohydrate Sides	Portion Size (g)	Energy (kcal)	Energy (kj)	Fat (g)	Protein (g)	Carbohydrate (g)
93207226	PASTA WHOLEMEAL	167	223	935	2	9	46
		100	134	561	1	5	28
93099761	WHITE BREAD	75	162	679	1	5	36
		100	216	902	1	7	48
93122369	PASTA SALAD	199	243	1015	5	8	44
		100	122	510	2	4	22
93124814	CHIPS	94	177	741	5	3	33
		100	189	791	5	3	35
93157067	GARLIC & HERB WEDGES HALF PORTION	61	61	254	0	2	14
		100	100	418	0	3	23
93162615	ROAST POTATOES	114	182	763	7	3	30
		100	160	669	6	3	26
93163112	CHIPOTLE WEDGES HALF PORTION	60	59	246	0	2	14
		100	97	408	0	3	23
93170422	SALAD NEW POTATO SALAD	39	52	216	3	1	7
		100	132	552	7	2	17
93099761	BASIC WHITE BREAD RECIPE	75	162	679	1	5	36
		100	216	902	1	7	48
93119265	BREAD WHOLEMEAL LOAF	75	142	595	1	6	28
		100	189	792	2	8	38
93119266	BREAD GARLIC AND HERB BREAD WEDGE	83	246	1027	10	5	37
		100	295	1236	11	6	44
93170422	SALAD NEW POTATO SALAD	39	52	216	3	1	7
		100	132	552	7	2	17
93056719	RICE AND PEAS	331	316	1321	4	7	66
		100	95	399	1	2	20

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93164908	SAVOURY RICE SALAD	161	199	832	1	4	46
		100	124	517	1	3	29
93109633	RICE 1/2 WHOLEGRAIN	173	251	1051	1	5	58
		100	145	606	1	3	34
Code	Accompaniments	Portion Size (g)	Energy (kcal)	Energy (kj)	Fat (g)	Protein (g)	Carbohydrate (g)
93221666	LIME MAYONNAISE	14	27	112	3	0	1
		100	195	816	19	1	6
93285200	CRISPY ONIONS	10	61	255	5	1	4
		100	610	2552	46	6	44
93293021	KATSU CURRY SAUCE	84	91	379	5	1	11
		100	107	449	6	1	13
93034775	GRAVY	39	10	44	0	0	2
		100	27	113	0	0	6
93076060	COLESLAW	86	119	497	11	1	6
		100	138	579	12	1	7
93285345	FRESH TOMATO SALSA	111	36	149	2	1	4
		100	32	133	2	1	3
93292414	CRUNCHY RAW SLAW	85	76	318	6	1	4
		100	90	376	7	1	4
93101975	AMERICAN STYLE SLAW	69	56	236	3	1	7
		100	82	343	4	1	10
93129265	APPLE SLAW	102	52	219	0	2	11
		100	51	215	0	2	10
93128253	PICKLED CUCUMBER SALAD WITH CHILLI	79	47	197	0	1	12
		100	59	248	0	1	15
93130896	RED SLAW	82	56	232	3	1	5
		100	68	283	4	1	6
93131375	REGGAE REGGAE SLAW	90	64	267	4	1	6
		100	71	298	5	1	7
93188811	BUFFALO SAUCE	10	3	13	0	0	0
		100	30	126	2	1	2
93203346	RANCH DRESSING	16	18	74	1	0	1
		100	111	462	8	2	6
93075873	MINTED CUC AND YOGHURT DRESSING	42	11	46	0	1	1
		100	26	109	0	2	4
Code	Desserts	Portion Size (g)	Energy (kcal)	Energy (kj)	Fat (g)	Protein (g)	Carbohydrate (g)
93203945	APPLE CRUMBLE LAYER POT	144	166	693	4	3	30
		100	115	481	3	2	21
93204037	OATIE COOKIE	55	218	910	8	3	34
		100	394	1648	15	6	61
93204039	RASPBERRY YOG FLAPJACK MUFFIN	52	178	744	9	3	21
		100	344	1438	17	6	41
93239790	PANCAKE REDUCED SUGAR	40	77	323	1	2	15
		100	193	808	334	374	37
93176747	GRAPE POT	100	62	259	0	1	15
		100	62	259	0	1	15
93176746	PINEAPPLE POT	150	62	257	0	1	15
		100	41	172	0	0	10

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93239791	MAGIC APPLE & CINNAMON BAKE	52	135	564	5	2	21
		100	258	1081	10	3	41
93233535	BERRY, GRANOLA AND YOGHURT	150	213	890	9	6	25
		100	142	594	6	4	17
93285158	CHOCOLATE FUDGE BROWNIE	44	192	803	8	3	24
		100	438	1831	17	6	55
93041624	APPLE	104	53	221	1	1	12
		100	51	213	1	1	12
93041625	BANANA	76	39	161	0	1	10
		100	51	213	0	1	13
93110853	SWEET WAFFLE	55	187	782	10	4	21
		100	340	1423	18	7	38
93114189	BAKED DOUGHNUT	47	144	604	3	3	25
		100	307	1284	7	7	53
93118989	FRUIT FLAPJACK	33	141	591	7	1	17
		100	431	1803	23	5	51
93122002	PEACHES HOME GRANOLA AND YOGHURT	160	225	942	9	5	30
		100	141	589	6	3	18
93139522	LEMON DRIZZLE MUFFINS	49	181	759	9	2	24
		100	371	1551	18	5	48
93159970	BANOFFEE PIE	97	125	522	6	3	16
		100	128	537	6	3	16
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
93290179	WIBBLE JELLY STRAWBERRY	86	35	146	0	1	8
		100	41	171	0	1	9
93290451	WIBBLE JELLY RASPBERRY	86	35	146	0	1	8
		100	41	171	0	1	9
93069578	BLUEBERRY MUFFIN	87	331	1385	18	5	39
		100	381	1592	20	5	45
93293256	CHOCOLATE COOKIE	44	204	854	11	2	25
		100	464	1941	24	5	57
93076318	SHORTBREAD	39	187	782	12	2	21
		100	479	2006	29	4	53
93129805	OAT, RAISIN & LEMON COOKIE	56	232	972	8	8	36
		100	415	1736	15	15	64
93065473	MANDARIN	78	34	140	0	1	12
		100	43	180	0	1	15

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