

Chartwells Secondary MMB Menu Nutrient Counts – Autumn/Winter 2025

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Recipe code	MMB	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
Bagels, Baguettes & Pots									
93163783	BACON MAC N CHEESE POT	343	465	1948	18	22	58	8	487
		100	136	568	5	6	17	2	142
93363202	BBQ CHICKEN BAGEL	113	267	1116	7	17	33	6	300
		100	237	992	6	15	29	5	266
93363205	BEANY BAGEL MELT	118	219	916	4	10	34	4	296
		100	186	780	4	8	29	3	252
93363230	CHEESY BBQ PRETZEL MELT	125	373	1559	9	13	57	7	948
		100	298	1247	8	11	46	6	758
93363201	CHINESE CHICKEN RICE POT	247	269	1,127	6	17	40	9	178
		100	109	456	2	7	16	4	72
93395836	CHINESE CHICKEN RICE POT HALAL	266	304	1,270	7	22	40	9	186
		100	114	478	3	8	15	3	70
93363260	HAM CHEESE PITTA POCKET	100	184	768	7	13	19	2	664
		100	184	768	7	13	19	2	664
93363262	MEATLESS FEAST PIZZA BAGUETTE	131	295	1233	10	14	36	4	474
		100	226	944	8	11	28	3	363
93363261	PIZZA BAGUETTE	114	263	1101	8	11	35	3	406
		100	232	970	7	10	30	3	357
93404532	IOA BEANY BAGEL MELT	118	219	917	4	10	33	4	293
		100	187	780	4	8	28	3	250
93404533	IOA CHEESY BBQ PRETZEL MELT	125	373	1560	10	13	57	7	944
		100	298	1248	8	11	46	6	756
93404534	IOA HAM CHEESE PITTA POCKET	100	184	769	7	13	18	2	661
		100	184	769	7	13	18	2	661
93404535	IOA PIZZA BAGUETTE	114	264	1103	9	11	34	3	401
		100	232	971	7	10	30	3	353
93316527	IOA MAC AND CHEESE POT	298	472	1974	20	18	57	7	309
		100	158	661	7	6	19	2	103
93286031	SPECIAL FISH FINGER BAP	143	305	1274	10	14	40	4	443
		100	214	894	7	10	28	3	311

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Recipe code	MMB	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
Yoghurt, Fruit & Veg									
93363265	BBQ CORN POT	108	93	391	4	4	10	3	63
		100	87	363	3	4	9	2	58
93233535	BERRY, GRANOLA AND YOGHURT	144	177	741	6	5	25	12	23
		100	123	515	4	3	17	8	16
93363264	CHIPOTLE CORN POT	128	115	482	4	5	13	4	114
		100	90	377	3	4	10	3	89
93161328	MIXED FRUIT POT	74	33	139	0	0	8	8	8
		100	45	188	0	1	11	11	11
93314388	PINEAPPLE AND SPINACH SMOOTHIE	158	126	526	2	5	22	13	49
		100	79	332	1	3	14	8	31
93234760	SMOOTHIE BANANA & CINNAMON	157	134	560	2	5	24	14	38
		100	85	357	1	3	15	9	24
93232011	SMOOTHIE VERY BERRY	156	125	521	2	5	22	13	35
		100	80	334	1	3	14	8	22
93041624	APPLES PACKED LUNCH	104	43	182	0	0	11	11	3
		100	42	176	0	0	11	11	3
93041625	BANANA PACKED LUNCH	120	97	407	0	1	24	22	0
		100	81	339	0	1	20	18	0
93065473	MANDARIN PACKED LUNCH	36	13	53	0	0	3	3	0
		100	36	151	0	1	8	8	1
93176748	MELON POT	68	18	74	0	0	4	4	22
		100	26	109	0	0	6	6	32
93176746	PINEAPPLE POT	79	33	136	0	0	8	8	2
		100	41	172	0	0	10	10	2

Recipe code	MMB	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
Additions									
9312975 3	BACON ROLL	134	241	1009	7	19	27	2	996
		100	180	755	5	14	20	1	745
9308054 8	BBQ CHICKEN WINGS	92	118	495	5	10	8	7	143
		100	129	541	6	10	9	7	157
9329066 7	BBQ CHICKEN WINGS HALAL	92	118	495	5	10	8	7	143
		100	129	541	6	10	9	7	157
9317842 0	CARROT WITH HOUMOUS	160	232	970	17	6	13	5	362
		100	145	606	10	4	8	3	226
9314747 6	CHEESE AND BEAN TOASTIE	165	374	1566	14	16	43	3	481
		100	227	949	9	10	26	2	291
9336320 6	CHOC COCONUT PRETZEL	113	369	1546	10	10	59	10	806
		100	327	1368	9	9	53	9	713
9310598 0	CINNAMON PRETZEL	101	294	1231	4	10	53	4	800
		100	293	1225	4	9	53	3	796
9331652 2	IOA CHEESE AND BEAN TOASTIE	165	374	1566	14	16	43	3	481
		100	227	949	9	10	26	2	291

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9313137 7	LEMON, GARLIC CHICKEN WINGS	75	89	374	5	10	1	0	40
		100	120	502	7	13	1	0	54
9313463 2	LEMON, GARLIC CHICKEN WINGS HALAL	75	89	374	5	10	1	0	40
		100	120	502	7	13	1	0	54
9323979 0	PANCAKE REDUCED SUGAR	40	77	323	1	2	15	2	112
		100	193	808	3	4	37	5	280
9329105 7	PORK SAUSAGE AND CHEESE MUFFIN MELT	141	370	1548	18	14	36	4	695
		100	262	1098	13	10	25	3	493
9315104 1	SAUSAGE ROLL 4IN	88	277	1160	16	6	30	0	363
		100	315	1318	18	7	34	0	412
9314394 2	SPICY PIRI PIRI CHICKEN WINGS	78	122	512	9	10	2	1	116
		100	158	661	11	12	2	1	150
9314394 3	SPICY PIRI PIRI CHICKEN WINGS HALAL	78	122	512	9	10	2	1	116
		100	158	661	11	12	2	1	150
9323353 6	SPINACH & EGG ENGLISH MUFFIN	137	281	1176	10	13	33	4	639
		100	205	859	7	10	24	3	467
9310995 9	TOASTED CRUMPETS	59	140	585	6	3	18	0	286
		100	237	992	10	6	31	1	486
9336326 3	TUNA MELT CRUMPET	103	155	648	3	12	21	1	393
		100	151	632	3	12	20	1	383
9317806 1	VEGAN CHEESE AND BEAN TOASTIE	165	343	1436	11	9	50	4	516
		100	208	871	7	5	30	2	313
9317842 1	CUCUMBER WITH HOUMOUS	157	218	912	17	6	9	1	339
		100	139	580	11	4	6	1	216
9340453 7	IOA TUNA MELT CRUMPET	103	155	648	3	12	20	1	392
		100	151	632	3	12	20	1	382
9328603 1	SPECIAL FISH FINGER BAP	143	305	1274	10	14	40	4	443
		100	214	894	7	10	28	3	311
9311085 3	SWEET WAFFLE	55	248	1038	13	5	30	14	216
		100	451	1887	23	9	54	25	392
9302203 9	TOAST 50 50	90	223	933	7	8	30	2	328
		100	248	1037	7	9	34	2	364

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Recipe code	Meat mains	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
BEEF									
93347548	BEEF BOLOGNESE	208	155	650	6	12	13	6	158
		100	75	312	3	6	6	3	76
93360775	BUN-LESS BURGER BOX	275	331	1384	14	17	35	6	264
		100	120	503	5	6	13	2	96
93395837	BUN-LESS BURGER BOX HALAL	275	331	1384	14	17	35	6	264
		100	120	503	5	6	13	2	96
93414647	CHEESY BOLOGNESE HOTPOT	245	219	917	9	15	18	6	274
		100	90	375	4	6	7	3	112
93280303	CHEESY CHILLI FRIES	215	314	1313	14	15	30	3	220
		100	146	611	7	7	14	1	102
93359837	CHEESY MAC BOLOGNESE	402	549	2297	23	24	64	10	439
		100	137	572	6	6	16	2	109
93306285	FIRECRACKER BEEF	343	379	1584	7	20	60	10	456
		100	110	461	2	6	18	3	133
93453190	IOA CHEESY BOLOGNESE HOTPOT	245	219	918	10	15	18	6	272
		100	90	375	4	6	7	3	111
93337562	IOA CHEESY CHILLI FRIES	215	314	1313	14	15	30	3	220
		100	146	611	7	7	14	1	102
93165389	MEXICAN BEEF ENCHILADA	266	508	2124	14	21	76	4	382
		100	191	800	5	8	29	2	144
93203913	MINCE BEEF PIE	216	403	1687	18	17	43	4	361
		100	187	781	8	8	20	2	167
93314074	SWEET AND SOUR BEEF MEATBALLS	143	241	1007	15	12	14	12	540
		100	169	707	10	8	10	8	379
93181323	TRADITIONAL BEEF LASAGNE V2	289	310	1298	13	18	31	7	306
		100	108	450	4	6	11	2	106
93098950	TRADITIONAL COTTAGE PIE	334	271	1133	8	14	38	5	259
		100	81	339	2	4	11	1	78

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93181208	BEEF BOLOGNESE SAUCE V2	223	205	858	9	19	13	6	187
		100	92	385	4	8	6	3	84
93204629	CHILLI CON CARNE V2	150	130	545	5	13	8	5	151
		100	87	364	4	9	5	3	101
93167677	DOUBLE BEEF BURGER PLAIN	155	354	1479	14	22	34	7	620
		100	229	957	9	14	22	4	401
93404530	IOA BUN-LESS BURGER BOX	275	331	1385	14	17	35	6	262
		100	120	503	5	6	13	2	95
93404058	IOA CHEESY MAC BOLOGNESE	402	549	2297	23	24	64	10	439
		100	137	572	6	6	16	2	109
Halal Beef- (Where nutrition differs from standard)									
93204227	MINCE BEEF PIE HALAL	233	474	1983	25	19	44	4	370
		100	203	850	11	8	19	2	159
93443180	CHEESY BOLOGNESE HOTPOT HALAL	245	241	1010	12	14	18	6	274
		100	99	413	5	6	7	3	112
93359141	CHEESY MAC BOLOGNESE HALAL	402	560	2341	25	24	64	10	438
		100	139	583	6	6	16	2	109
93306286	FIRECRACKER BEEF HALAL	343	402	1683	10	19	60	10	463
		100	117	490	3	5	18	3	135
93181381	TRADITIONAL BEEF LASAGNE HALAL V2	289	332	1391	16	17	31	7	305
		100	115	482	5	6	11	2	106
93208669	CHILLI CON CARNE HALAL V2	150	163	683	10	12	8	5	149
		100	109	456	6	8	5	3	100
93181383	PASTA BEEF BOLOGNESE HALAL V2	299	427	1788	15	22	55	6	176
		100	143	599	5	7	19	2	59
93064700	ROAST BEEF HALAL	53	113	473	5	17	0	0	30
		100	213	893	9	33	0	0	56

Recipe code	Meat mains	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
CHICKEN & TURKEY									
93241647	BUFFALO CHICKEN	101	191	798	13	14	5	4	378
		100	189	791	13	14	5	4	374
93217199	BUTTER CHICKEN	157	165	691	8	17	7	3	179
		100	105	440	5	11	5	2	114
93362980	CARIBBEAN CHICKEN RICE	327	316	1,321	5	19	52	4	244
		100	97	404	2	6	16	1	75
93169728	CHICKEN KATSU BURGER	153	394	1648	16	21	43	4	666
		100	257	1075	10	14	28	3	434
93365791	CHICKEN KOTTU ROTI BOWL	215	277	1161	10	21	25	9	259
		100	129	540	5	10	12	4	121
93365458	CHICKEN PHO	321	383	1603	8	25	53	3	407
		100	119	499	3	8	17	1	127
93239998	CHICKEN SHAWARMA BOWL	291	497	2,079	11	25	73	3	477
		100	171	714	4	9	25	1	164
93235943	CHICKEN TIKKA MASALA V.2	175	187	783	9	17	11	4	65
		100	107	447	5	9	6	2	37
93203347	CHICKEN TIKKA RICE BOX	278	342	1,429	7	23	49	3	287
		100	123	515	3	8	18	1	103

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93237707	CHIPOTLE CHICKEN SLIDER	135	266	1114	9	19	27	3	323
		100	198	828	7	14	20	2	240
93285284	CURRIED CHICKEN AND CORRIANDER	213	374	1564	8	23	54	3	195
		100	176	735	4	11	25	1	92
93281314	JERK CHICKEN BURGER	132	284	1186	10	20	27	3	504
		100	214	897	8	15	21	2	381
93320885	KOREAN GLAZED CHICKEN FLATBREAD	141	291	1218	8	19	37	5	387
		100	206	863	6	14	26	3	274
93358106	PERSIAN CHICKEN KEBAB	160	251	1052	5	17	38	3	332
		100	157	658	3	11	24	2	208
93416134	SLOPPY JOE CHICKEN BURGER	135	284	1190	9	19	30	3	334
		100	211	884	7	14	22	2	249
93203511	SRIRACHA CHICKEN BURGER	131	291	1219	11	19	28	4	429
		100	222	931	8	15	21	3	328
93203558	SWEET THAI CHILLI CHICKEN NOODLES	283	404	1689	8	23	61	12	666
		100	142	596	3	8	21	4	235
93202121	TANDOORI CHICKEN	162	134	560	5	16	5	4	64
		100	83	345	3	10	3	2	40
93237530	TENNESSEE CRISPY CHICKEN BURGER	133	317	1326	10	16	41	7	525
		100	238	996	7	12	31	5	394
93168556	ROASTED CHICKEN THIGH	65	124	518	6	16	0	0	26
		100	191	800	10	25	0	0	39
93170733	SOUTHERN FRIED CHICKEN GOUJON	84	231	968	12	16	16	1	418
		100	277	1159	14	19	20	1	500
93365792	SPICY VIETNAMESE CHICK BANH MI BUN	182	339	1418	9	25	36	5	338
		100	186	779	5	14	20	3	186
Halal Chicken & Turkey - (Where nutrition differs from standard)									
93241806	BUFFALO CHICKEN HALAL	60	108	453	5	10	6	5	425
		100	180	754	9	16	9	7	707
93395838	CARIBBEAN CHICKEN RICE HALAL	327	305	1,277	4	18	52	4	236
		100	93	391	1	6	16	1	72
93169729	CHICKEN KATSU BURGER HALAL	153	338	1414	12	16	41	4	582
		100	220	922	8	11	26	3	380
93395833	CHICKEN KOTTU ROTI BOWL HALAL	206	253	1057	7	22	24	8	352
		100	123	513	3	11	11	4	171
93235944	CHICKEN TIKKA MASALA HALAL V.2	169	154	645	5	16	11	4	62
		100	91	382	3	9	7	2	37
93281315	JERK CHICKEN BURGER HALAL	137	286	1195	10	20	27	3	504
		100	208	872	7	15	20	2	367
93169444	MANDARIN CHICKEN HALAL	102	138	579	5	16	7	7	235
		100	136	568	5	16	7	7	230
93204169	SRIRACHA CHICKEN BURGER HALAL	136	300	1253	12	20	28	4	431
		100	221	924	8	15	20	3	318
93325615	SWEET AND SOUR CHICKEN MEATBAL HALAL	120	143	599	6	10	13	8	424
		100	119	498	5	8	10	7	352
93204225	SWEET THAI CHILLI CHICKEN NOODLE HALAL	283	393	1645	7	22	61	12	659
		100	139	581	3	8	21	4	232
93204168	TANDOORI CHICKEN HALAL	163	136	568	5	17	5	4	73
		100	84	350	3	10	3	2	45
93241923		133	276	1156	7	13	39	7	464

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	TENNESSEE CRISP CHICKEN BURGER HALAL	100	207	868	5	10	30	5	348
93154010	CHICKEN SAUSAGES 8'S HALAL	57	109	456	7	8	10	0	263
		100	191	799	12	15	17	0	462
93147173	LEMON ROASTED CHICKEN THIGH HALAL	67	122	509	6	16	1	0	25
		100	181	759	9	23	1	1	37
93132734	ROAST TURKEY BREAST HALAL	51	79	331	1	18	0	0	46
		100	155	649	2	35	0	0	90
93170734	SOUTHERN FRIED CHICKEN GOUJON HALAL	84	175	734	8	12	14	1	334
		100	210	879	9	14	17	1	400
FFL Chicken & Turkey - (Where nutrition differs from standard)									
93170735	SOUTHERN FRIED CHICKEN GOUJON FFL	68	110	459	2	12	10	1	317
		100	161	675	3	18	15	2	467

Recipe code	Meat mains	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
FISH									
93293230	BATTERED FISH	90	185	776	10	11	14	2	270
		100	206	862	11	12	15	2	300

Recipe code	Meat mains	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
PORK									
93130787	MANDARIN BARBECUED PORK	134	136	567	5	16	7	7	251
		100	101	422	4	12	5	5	187
93173430	ROAST PORK LOIN - SAUCE AND STUFFING	110	193	808	6	17	17	6	261
		100	175	732	6	16	15	6	236
93097797	STICKY BBQ MANDARIN PORK	93	124	517	4	16	7	7	242
		100	133	555	4	17	8	7	260
93173554	ROASTED HONEY GLAZED HAM	66	145	609	7	13	7	7	671
		100	221	925	11	20	11	11	1020
93035166	SAUSAGE PORK 8'S	85	236	987	14	14	11	3	392
		100	277	1159	17	17	14	3	460

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Recipe code	Vegetarian Mains	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
93426647	BBQ QUORN BITES	80	146	612	7	9	11	4	251
		100	183	765	9	11	14	5	314
93419699	BEANY VEGETABLE BURGER	159	265	1107	8	10	37	6	469
		100	167	699	5	6	23	4	296
93241530	BEETROOT AND FETA BURGER V2	191	334	1399	10	11	49	7	494
		100	175	731	5	6	26	4	258
93132515	BLACKEYED BEAN BURGER	154	259	1083	4	9	44	4	314
		100	168	703	3	6	29	3	204
93438299	BRAZILLIAN BLACK BEAN STEW	197	103	431	4	4	12	6	30
		100	52	218	2	2	6	3	15
93310786	CHEESE AND ONION SLICE	158	269	1125	19	9	16	1	222
		100	170	710	12	5	10	1	140
93230848	CHEESE AND RED ONION QUICHE	222	624	2611	38	20	48	8	493
		100	281	1177	17	9	22	4	222
93280261	CHEESE BEANS AND CORN QUESADILLAS	145	236	988	10	9	26	3	175
		100	163	681	7	6	18	2	120
93359142	CHEESY VEGEMINCE MAC BOLOGNESE	414	559	2339	23	22	68	10	457
		100	135	566	6	5	16	2	110
93292577	CRISPY VEGGIE CHEESE BURGER	197	360	1507	12	25	37	9	960
		100	183	764	6	13	19	5	487
93452569	IOA CHEESE AND ONION SLICE	158	269	1125	19	9	16	1	222
		100	170	710	12	5	10	1	140
93337560	IOA CHEESE BEANS CORN QUESADILLAS	157	262	1097	12	10	26	5	180
		100	167	697	8	6	17	3	114
93452567	IOA CHEESE LEEK AND POT PIE	274	498	2086	26	14	52	5	335
		100	182	762	10	5	19	2	122
93452568	IOA CHILLI TOPPED VEGGIE BURGER	136	265	1107	8	14	32	4	507
		100	194	812	6	10	24	3	372
93452563	IOA MAC AND CHEESE	298	472	1974	20	18	57	7	309
		100	158	661	7	6	19	2	103
93316532	IOA MEXICAN VEGGIE BURRITO	262	568	2378	17	17	89	6	452
		100	217	908	6	7	34	2	172
93233562	BAGEL CHEESE & TOMATO PIZZA	103	259	1085	10	12	30	4	342
		100	253	1058	9	12	30	4	333
93316579	IOA BAGEL CHEESE & TOMATO PIZZA	108	280	1172	11	13	30	4	378
		100	261	1090	10	12	28	3	352
93285771	KOREAN BBQ QUORN SUB	145	298	1248	10	14	35	6	428
		100	206	861	7	10	24	4	295
93170738	MAC AND CHEESE	298	472	1974	20	18	57	7	309
		100	158	661	7	6	19	2	103
93175507	MEXICAN VEGGIE BURRITO	275	436	1824	15	16	59	6	337
		100	158	663	5	6	21	2	123
93365818	ONION BHAI BURGER	176	234	978	3	9	41	4	243
		100	133	555	2	5	23	2	138
93169701	OPEN CAJUN VEGETABLE FAJITA	369	521	2,179	11	15	93	6	509
		100	141	590	3	4	25	2	138
93315647		190	241	1010	6	8	38	3	271

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	PERSIAN SPICED VEGETABLE BOLANI	100	127	532	3	4	20	1	143
93178090	QUORN PATTIE EGG & CHEESE MUFFIN	183	335	1401	12	18	37	7	835
		100	183	765	6	10	20	4	456
93293020	QUORN SAUSAGE ROLL	70	187	782	10	6	18	3	365
		100	267	1117	14	9	26	4	522
93302652	ROASTED VEGETABLE & CRANBERRY SLICE	125	163	683	6	4	23	7	246
		100	130	545	5	3	18	5	196
93154945	SPICED SWEET POTATO & CHICKPEA ROAST	148	187	782	5	5	31	6	327
		100	126	528	3	4	21	4	221
93358104	SPINACH AND CHICKPEA DAHL	255	223	931	4	11	36	5	352
		100	87	366	2	4	14	2	138
93261773	SWEET AND SOUR VEGETABLES	165	129	541	3	8	16	10	492
		100	78	328	2	5	10	6	298
93203557	SWEET CHILLI VEGETABLE NOODLE	296	400	1674	7	16	69	12	646
		100	135	566	2	5	23	4	218
93315844	TEX MEX MIXED VEGETABLES	80	48	200	2	2	6	3	30
		100	60	251	2	3	8	4	38
93236777	THE VEGGIE DOG	128	228	954	7	11	29	4	350
		100	178	744	5	9	23	3	273
93153187	VEGAN CHICKPEA & TOMATO MASALA	220	144	603	6	5	17	5	281
		100	66	275	3	2	8	2	128
93263540	VEGAN CHILLI	187	146	613	4	7	21	5	82
		100	78	327	2	4	11	3	44
93289157	VEGEMINCE BOLOGNESE	213	144	604	5	6	17	7	85
		100	68	284	2	3	8	3	40
93240141	VEGETABLE FRIED RICE	189	222	930	3	6	45	3	306
		100	118	492	2	3	24	2	162
93416662	VEGETABLE JAMBALAYA	296	250	1,048	4	9	47	5	208
		100	85	355	1	3	16	2	70
93080528	VEGETARIAN COTTAGE PIE	367	268	1119	6	8	44	6	151
		100	73	305	2	2	12	2	41
93181329	VEGETARIAN LASAGNE V2	273	289	1210	12	12	33	8	336
		100	106	443	4	4	12	3	123
93365459	VEGETARIAN PHO	344	381	1592	7	16	65	5	403
		100	111	463	2	5	19	2	117
93286035	VEGETARIAN SAUSAGE MASH	377	372	1558	12	20	48	6	540
		100	99	414	3	5	13	2	143
93261788	VEGETARIAN TIKKA MASALA	257	207	866	6	13	26	7	250
		100	81	337	2	5	10	3	97
93135609	VEGGIE FAJITAS	176	300	1257	10	11	41	3	224
		100	171	715	6	6	23	2	127
93365793	VEGGIE GOUJONS	84	165	689	14	2	19	2	252
		100	196	821	17	3	23	2	300
93310625	YAKISOBA SOYA NOODLES	284	388	1625	6	15	68	12	551
		100	137	573	2	5	24	4	194
93130657	YELLOW VEGETABLE CURRY	258	249	1043	12	10	28	5	233
		100	97	404	4	4	11	2	90
93404059	IOA CHEESY VEGEMINCE MAC BOLOGNESE	414	559	2339	23	22	68	10	457
		100	135	566	6	5	16	2	110
93404057		145	198	829	12	13	9	7	336

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	IOA PLANTBALL MARINARA MELT	100	137	573	8	9	6	5	232
93170724	QUORN ROAST	68	61	256	1	10	1	0	191
		100	90	377	1	15	2	0	280

Recipe code	Jacket Potatoes	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
VMC 125755	JACKET POTATO - BAKED NO OIL	100	97	406	0.2	3	23	1	0
		100	97	406	0.2	3	23	1	0
VMC 111925	CHEESE	50	207	859	17	12.5	1	0	1
		100	414	1718	34	25	2	0	1
VMC 126781	PLAIN SALMON	100	130	540	8	24	0	0	0
		100	130	540	8	24	0	0	0
VMC 120893	BAKED BEANS	100	63	264	0	4	9	2	160
		100	63	264	0	4	9	2	160
VMC 187199 / 89704	TUNA MAYONNAISE (70g TUNA / 23g MAYO)	93	147	616	7	19	1	1	503
		100	158	661	8	20	1	1	540
93286157 / 93317332	JACKET POTATO WITH PULLED PORK	26	329	1375	12	18	39	4	335
		100	124	518	5	7	15	1	126

Recipe code	Pasta & Soup	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
93137700	ARRABIATTA PASTA	243	390	1631	14	16	54	5	242
		100	161	672	6	6	22	2	100
93172124	CHICKEN & BACON PASTA SALAD	225	376	1572	9	25	50	2	350
		100	167	698	4	11	22	1	156
93156791	CHICKEN, PEA AND LEEK PASTA BAKE.	335	451	1886	18	26	49	6	348
		100	134	562	5	8	15	2	104
93240140	GREEN PEA PESTO PASTA	298	451	1887	17	19	56	5	495
		100	151	633	6	6	19	2	166
93316204	IOA ARRABIATTA PASTA	322	360	1506	9	14	60	8	235
		100	112	468	3	4	19	2	73
93452562	IOA CHICKEN PEA AND LEEK PASTA BAKE	335	451	1887	18	26	49	6	346
		100	134	563	5	8	14	2	103
93316523	IOA HERBY TOMATO PASTA	267	415	1735	14	16	58	6	246
		100	156	651	5	6	22	2	92
93122369	PASTA SALAD	106	118	494	3	4	20	1	5
		100	112	468	2	4	19	1	4
93172009	TUNA & SWEETCORN PASTA SALAD	287	373	1562	9	24	52	4	414
		100	130	544	3	8	18	1	144
93147954	HERBY TOMATO PASTA	267	415	1735	14	16	58	6	246
		100	156	651	5	6	22	2	92
93175148		180	90	377	2	9	11	0	288

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	PASTA KING FIRECRACKER CHICKEN TORIN	100	50	209	1	5	6	0	160
93175159	PASTA KING SWEET CHILLI CHICKEN	180	349	1461	2	11	13	12	288
		100	194	812	1	6	7	7	160
93395835	PASTA KING SWEET CHILLI CHICKEN HALAL	180	349	1461	2	11	13	12	288
		100	194	812	1	6	7	7	160
93175087	PASTA KING ZINGY PEPPERS	120	53	221	1	2	10	6	192
		100	44	184	1	1	8	5	160
93410521	PERI PERI PASTA TSAT COMP WINNER DISH	330	444	1856	18	25	49	6	95
		100	135	563	5	8	15	2	29
93094099	CARROT AND CORIANDER SOUP V.2	215	72	301	3	1	12	5	363
		100	33	140	1	1	5	3	169
93094152	LEEK AND POTATO SOUP	192	67	281	2	1	11	2	208
		100	35	147	1	1	6	1	108
93094155	TOMATO AND BASIL SOUP	212	66	275	3	2	9	5	298
		100	31	130	1	1	4	2	141
Halal Pasta and Soup - (Where nutrition differs from standard)									
93172125	CHICKEN PASTA SALAD HALAL	238	356	1490	5	30	50	2	281
		100	150	626	2	13	21	1	118
93156792	CHICKEN, PEA & LEEK PASTA BAKE HALAL	345	442	1849	17	25	49	6	341
		100	128	535	5	7	14	2	99

Recipe code	Pizza	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
93452566	IOA MARGHERITA PIZZA PINWHEEL	65	142	595	2	5	27	1	35
		100	218	914	3	8	42	1	54
93317333	IOA TRATTORIA 14 BBQ CHICKEN PIZZA	166	395	1651	15	21	46	8	586
		100	238	995	9	13	27	5	353
93317334	IOA TRATTORIA 14 MARGHERITA PIZZA	116	279	1168	9	11	40	3	385
		100	241	1009	8	10	34	3	333
93317335	IOA TRATTORIA HAWAIIAN PIZZA	138	296	1238	10	13	41	4	529
		100	215	900	7	10	30	3	385
93317336	IOA TRATTORIA VEGGIE HOT PIZZA	169	376	1572	16	19	41	4	551
		100	223	931	9	11	24	3	326
93337564	IOA ULTIMATE MEATFEAST PIZZA	151	319	1333	11	17	41	4	563
		100	210	881	7	11	27	3	372
93337569	IOA VEGGIE MEATBALL FEAST PIZZA	141	326	1362	12	16	42	5	485
		100	231	967	8	11	30	3	345
93203944	MARGHERITA PIZZA PINWHEEL	65	142	595	2	5	27	1	35
		100	218	914	3	8	42	1	54
93312226	VEGGIE MEATBALL FEAST PIZZA	141	341	1426	12	18	43	5	532
		100	242	1012	9	12	30	3	378
93041385	TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA	136	322	1348	10	17	44	6	461
		100	237	992	7	12	32	5	339
93041388	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA	113	285	1194	9	12	40	3	415
		100	253	1058	8	11	36	3	368
93128494		138	311	1302	10	15	42	5	576

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	TRATTORIA HAWAIIAN STONE BAKED PIZZA	100	226	947	7	11	30	3	419
93128498	TRATTORIA VEGGIE HOT ONE SBAKE PIZZA	139	298	1248	10	13	41	4	433
		100	215	899	7	10	30	3	312
Halal Pizza - (Where nutrition differs from standard)									
93147304	TRATTORIA 14 BBQ CHX STBAKE PIZZA HALAL	128	304	1273	9	15	44	6	471
		100	239	998	7	11	34	5	369

Recipe code	Carbohydrate Sides	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
93099761	BASIC WHITE BREAD RECIPE	69	162	679	1	5	36	0	1
		100	236	989	1	8	53	0	1
93119265	BREAD WHOLEMEAL LOAF	69	142	595	1	6	28	1	218
		100	207	868	2	9	41	2	318
93237709	CRISPY MASALA POTATOES	120	118	494	3	3	20	1	26
		100	99	413	3	2	17	1	22
93163112	CHIPOTLE WEDGES HALF PORTION	60	59	247	0	2	14	1	9
		100	98	409	0	3	23	1	15
93124814	CHIPS	125	173	722	5	3	27	0	0
		100	138	577	4	3	22	0	0
93157067	GARLIC & HERB WEDGES HALF PORTION	88	87	364	0	2	20	1	2
		100	99	414	0	3	23	1	2
93174102	HERBY DICE POTATOES	56	81	337	3	1	11	0	168
		100	144	602	6	2	19	0	300
93197575	MASH POT	180	189	790	7	3	30	1	42
		100	105	439	4	2	17	1	23
93156761	MEXICAN YELLOW RICE	144	509	2129	1	10	122	1	208
		100	354	1480	1	7	85	0	145
93207226	PASTA WHOLEMEAL	150	200	838	2	8	41	0	7
		100	134	561	1	5	27	0	5
93156734	PINEAPPLE RICE	164	195	818	1	5	44	3	6
		100	119	498	1	3	27	2	4
93109633	RICE 1/2 WHOLEGRAIN	166	404	1692	2	9	95	1	159
		100	244	1020	1	5	57	0	96
93162615	ROAST POTATOES	108	125	523	6	2	18	1	1
		100	116	486	5	2	17	1	1

Recipe code	Vegetable Sides & Salad	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
93129265	APPLE SLAW	76	71	295	4	1	8	6	110
		100	93	388	5	1	11	8	145
93292414	CRUNCHY RAW SLAW V.2	91	78	325	6	1	4	4	11
		100	86	358	7	1	5	4	12

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93292799	GREEK SALAD	131	109	455	8	6	4	2	365
		100	83	348	6	4	3	2	279
93170422	NEW POTATO SALAD	56	65	271	3	1	10	1	69
		100	117	489	5	2	17	2	125
93130896	RED SLAW	79	55	232	4	1	4	3	110
		100	71	295	5	1	5	4	140
93236714	ROASTED IAN CHICKPEA SALAD	177	151	630	7	6	15	3	9
		100	85	355	4	4	9	2	5
93315842	SATAY SWEETCORN	82	72	303	2	3	8	2	0
		100	89	372	3	4	10	3	0
93162619	BAKED BEANS	90	57	237	0	4	8	2	108
		100	63	264	0	4	9	2	120
93065561	CARROTS	85	25	103	0	0	5	5	25
		100	29	121	1	1	6	6	29
93287202	CHIPOTLE SWEETCORN	87	93	389	4	3	8	2	92
		100	107	447	5	4	10	3	106
93076060	COLESLAW	76	57	238	4	1	5	3	110
		100	75	314	5	1	6	4	145
93293870	DURHAM CURRIED CAULIFLOWER	118	102	427	1	7	17	2	75
		100	86	361	1	6	14	2	63
93153275	GREEN BEANS	73	21	88	0	1	2	2	0
		100	29	121	0	2	3	2	0
93143440	MIXED SALAD	70	18	74	0	1	2	2	6
		100	25	106	1	1	4	2	9
93065563	PEAS	80	54	228	1	4	9	5	3
		100	68	285	1	5	11	6	4
93130897	PLAIN HALF CORN ON THE COB	70	69	289	3	2	6	2	16
		100	98	411	4	3	9	2	23
93170414	SALAD BEETROOT	64	23	96	0	1	5	4	42
		100	36	151	0	2	8	7	66
93170413	SALAD CARROT	80	23	97	0	0	5	4	23
		100	29	121	1	1	6	6	29
93170411	SALAD CUCUMBER	78	11	45	0	1	1	1	3
		100	14	59	1	1	1	1	4
93170410	SALAD LETTUCE	66	7	30	0	1	1	1	6
		100	11	46	0	1	1	1	9
93170417	SALAD OLIVES	40	50	209	5	0	0	0	320
		100	125	523	13	1	0	0	800
93170369	SALAD PEPPERS	67	10	42	0	1	2	2	3
		100	15	63	0	1	3	2	4
93170415	SALAD RED ONION	72	25	105	0	1	6	4	2
		100	35	146	0	1	8	6	3
93170368	SALAD SWEETCORN	80	64	268	2	3	8	2	0
		100	80	335	2	4	9	3	0
93170367	SALAD TOMATO	79	11	46	0	0	2	2	2
		100	14	59	0	1	3	3	2
93170416	SALAD PINEAPPLE	42	17	73	0	0	4	4	1
		100	41	172	0	0	10	10	2

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Recipe code	Other Additional Items	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
93316307	SMOKEY BURGER SAUCE	10	20	83	2	0	1	1	66
		100	198	830	20	2	8	8	663
93203346	RANCH DRESSING AW22	15	17	71	1	0	1	1	37
		100	110	461	9	2	6	4	237
93359359	MINT RAITA	16	7	30	0	1	1	1	6
		100	46	192	0	4	7	4	42
93034775	GRAVY	31	10	44	0	0	2	0	125
		100	34	142	0	0	8	0	409
93196596	LOVE JOES MEXICAN CHICKEN BURRITO	158	297	1242	5	15	46	5	154
		100	187	784	3	9	29	3	97
93317330	IOA CHILLI BEEF CHEESE NACHOS	170	280	1173	13	18	22	5	404
		100	165	692	8	11	13	3	238
93285346	CHILLI VEGGIE CHEESE NACHOS	200	293	1228	12	13	32	6	349
		100	147	614	6	6	16	3	175
93317331	IOA CHILLI VEGGIE CHEESE NACHOS	200	293	1228	12	13	32	6	349
		100	147	614	6	6	16	3	175
93316538	IOA MEXICANA TOMATO CHEESE NACHOS	106	195	815	10	8	18	3	285
		100	184	771	10	8	17	3	270
93125333	MEXICANA TOMATO CHEESE NACHOS	106	194	814	10	8	18	3	290
		100	184	770	9	7	17	3	274
93080548	BBQ CHICKEN WINGS	92	118	495	5	10	8	7	143
		100	129	541	6	10	9	7	157
93290667	BBQ CHICKEN WINGS HALAL	92	118	495	5	10	8	7	143
		100	129	541	6	10	9	7	157
93131377	LEMON, GARLIC CHICKEN WINGS	75	89	374	5	10	1	0	40
		100	120	502	7	13	1	0	54
93134632	LEMON, GARLIC CHICKEN WINGS HALAL	75	89	374	5	10	1	0	40
		100	120	502	7	13	1	0	54
93143942	SPICY PIRI PIRI CHICKEN WINGS	78	122	512	9	10	2	1	116
		100	158	661	11	12	2	1	150
93143943	SPICY PIRI PIRI CHICKEN WINGS HALAL	78	122	512	9	10	2	1	116
		100	158	661	11	12	2	1	150
93315648	ROASTED SQUASH SATAY BOLANI	209	258	1078	7	9	37	4	275
		100	124	517	3	5	18	2	132
93287203	CRISPY BACON MAC TOPPER	27	57	240	3	7	0	0	383
		100	214	895	12	26	0	0	1430
93170722	MAC TOPPER - CAJUN PULLED PORK	96	103	430	5	9	5	2	355
		100	108	450	6	9	5	2	371
93287204	VEGAN CHILLI MAC TOPPER	111	82	343	2	4	12	3	63
		100	74	309	2	3	10	3	57
93196597	LOVE JOES MEXICAN CHICKEN BURRIT HALAL	144	280	1170	5	14	43	4	393
		100	194	814	3	9	30	3	273

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Recipe code	Baguettes, Sandwiches, Wraps etc	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
BAGUETTES									
93208233	HAM BAGUETTE BROWN	208	424	1774	7	22	65	3	1402
		100	204	855	3	11	31	1	676
93316602	HONEY ROAST GAMMON BAGUETTE	206	481	2015	9	25	73	12	1170
		100	234	979	4	12	36	6	568
93151108	BLT BAGUETTE WHITE	258	478	1999	11	26	68	6	1287
		100	185	775	4	10	26	2	499
93183307	CHEESE BAGUETTE WHITE	188	539	2255	20	22	66	4	830
		100	287	1203	11	12	35	2	442
93183334	CHEESE HAM BAGUETTE WHITE	218	503	2105	14	25	67	5	1232
		100	231	968	6	11	31	2	567
93151049	CHICKEN MAYO BAGUETTE WHITE	237	505	2115	12	30	67	5	688
		100	213	891	5	13	28	2	290
93346178	CHICKEN AND BACON BAGUETTE	132	312	1304	11	19	34	2	744
		100	236	989	8	14	26	2	565
93404536	IOA MEATLESS FEAST PIZZA BAGUETTE	131	295	1235	10	14	36	4	469
		100	226	945	8	11	27	3	359
93151095	TUNA AND CUCUMBER BAGUETTE WHITE	269	511	2138	13	28	69	6	946
		100	190	796	5	10	26	2	352
93178064	VEGAN CHEESE AND PICKLE BAGUETTE	218	538	2251	16	12	84	13	1128
		100	247	1035	7	6	39	6	519
Halal Baguettes - (Where nutrition differs from standard)									
93151492	BBQ CHICKEN BAGUETTE WHITE HALAL	247	496	2076	8	32	71	9	870
		100	201	840	3	13	29	3	352
93178093	CHICKEN SALAD BAGUETTE HALAL	255	468	1957	7	32	67	5	724
		100	184	769	3	13	26	2	285
93148530	CLT BAGUETTE HALAL	252	443	1855	5	29	68	6	719
		100	176	737	2	11	27	2	286
FFL Baguettes - (Where nutrition differs from standard)									
93155974	BLT BAGUETTE WHITE FFL	319	630	2635	23	33	70	7	1893
		100	197	826	7	10	22	2	593
93156000	CHICKEN SALAD BAGUETTE WHITE FFL	247	482	2015	9	30	67	5	620
		100	195	816	4	12	27	2	251

Recipe code	Baguettes, Sandwiches, Wraps etc	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
PANINIS									
93170794	CHEESE AND TOMATO SAUCE PANINI	160	429	1793	13	17	59	5	581
		100	268	1121	8	11	37	3	363
93316537	IOA BACON AND CHEESE PANINI	149	415	1737	11	19	58	4	800
		100	278	1165	8	13	39	2	536
93316205	IOA BBQ CHICKEN PANINI	205	546	2285	18	34	61	6	685
		100	266	1114	9	17	30	3	334
93316531		160	429	1793	13	17	59	5	581

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	IOA CHEESE AND TOMATO SAUCE PANINI	100	268	1121	8	11	37	3	363
93316206	IOA CHEESE PANINI	130	415	1736	13	16	57	3	581
		100	319	1335	10	12	44	2	447
93317339	IOA FAJITA CHICKEN MELT PANINI	195	511	2140	16	32	58	3	650
		100	262	1097	8	16	30	2	333
93317337	IOA TUNA AND CHEESE MELT PANINI	227	525	2198	15	37	58	3	887
		100	232	970	7	16	26	1	392
93046596	BACON AND CHEESE PANINI	149	415	1737	11	19	58	4	800
		100	278	1165	8	13	39	2	536
93170729	BBQ CHICKEN PANINI	195	516	2161	15	31	61	6	645
		100	265	1108	8	16	31	3	331
93209161	CHEESE PANINI V2	125	394	1648	11	15	57	3	545
		100	315	1319	9	12	46	2	436
93158617	FAJITA CHICKEN MELT PANINI	185	473	1980	12	31	58	3	550
		100	256	1070	7	17	31	2	297
93129865	TUNA AND CHEESE MELT PANINI	197	448	1875	9	32	58	3	768
		100	228	954	5	16	29	2	391

Recipe code	Baguettes, Sandwiches, Wraps etc	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
SANDWICHES & BLOOMERS									
93151106	BLT SANDWICH WHITE	184	370	1550	13	22	40	4	1088
		100	201	842	7	12	22	2	591
93151105	CHEESE SALAD BLOOMER BROWN	173	324	1358	15	17	31	3	548
		100	188	787	9	10	18	2	317
93151103	CHEESE SANDWICH BROWN	125	365	1528	18	18	30	2	604
		100	292	1222	14	14	24	2	483
93151102	CHEESE SANDWICH WHITE	125	384	1608	18	17	38	3	493
		100	307	1286	14	13	31	2	395
93151047	CHICKEN MAYONNAISE SANDWICH WHITE	183	419	1754	17	25	41	4	477
		100	230	961	9	13	22	2	261
93151052	CHICKEN SALAD BLOOMER BROWN	203	339	1419	10	31	30	3	396
		100	167	699	5	15	15	1	195
93161852	CHICKEN SALAD SANDWICH WHITE	210	399	1669	14	25	42	4	451
		100	190	796	7	12	20	2	215
93151059	CHICKEN TIKKA BLOOMER BROWN	185	343	1434	10	31	31	2	423
		100	185	776	6	17	17	1	229
93151140	EGG SALAD BLOOMER WHITE	232	394	1651	12	19	50	5	436
		100	170	712	5	8	22	2	188
93183301	HAM SALAD SANDWICH ON WHITE	215	283	1186	5	16	41	5	854
		100	132	553	2	8	19	2	398
93150964	HAM SANDWICH ON BROWN	145	256	1070	5	17	32	3	948
		100	176	738	4	12	22	2	654
93161853	CHICKEN SALAD SANDWICH WMEAL	210	380	1589	14	26	34	4	547
		100	181	758	7	12	16	2	261
93162054	TUNA MAYONNAISE SANDWICH WMEAL	154	294	1229	8	20	32	3	584
		100	191	800	5	13	21	2	380
93151128		158	258	1081	5	22	31	3	493

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	TUNA AND SWEETCORN BLOOMER BROWN	100	164	686	3	14	20	2	312
93162053	TUNA MAYONNAISE SANDWICH WHITE	149	300	1253	7	19	40	3	454
		100	202	843	5	13	27	2	306
93178046	VEGAN CHEESE SANDWICH WHITE	125	343	1436	14	7	47	3	540
		100	275	1149	11	5	38	2	432
Halal Sandwiches & Bloomers - (Where nutrition differs from standard)									
93290669	CLT SANDWICH HALAL	203	316	1323	5	27	40	4	428
		100	156	652	2	13	20	2	211
93151495	CHICKEN MAYO SANDWICH BROWN HALAL	178	350	1465	11	28	33	3	675
		100	197	826	6	16	19	2	380
93151494	CHICKEN MAYO SANDWICH WHITE HALAL	178	387	1619	13	25	41	4	593
		100	218	912	8	14	23	2	334
93151682	CHICKEN SALAD BLOOMER WHITE HALAL	212	376	1571	6	28	50	4	506
		100	177	741	3	13	24	2	238
93151688	CHICKEN TIKKA BLOOMER BROWN HALAL	185	310	1295	5	33	31	2	593
		100	168	701	3	18	17	1	321
FFL Sandwiches & Bloomers - (Where nutrition differs from standard)									
93155972	BLT SANDWICH WHITE FFL	207	421	1760	16	28	40	4	1423
		100	203	849	8	13	19	2	686
93183484	CHEESE AND HAM SANDWICH BROWN FFL	185	459	1919	22	31	31	2	1045
		100	248	1037	12	17	16	1	565
93183483	CHEESE AND HAM SANDWICH WHITE FFL	185	478	2000	22	30	39	3	964
		100	258	1081	12	16	21	1	521
93183482	HAM SALAD SANDWICH ON BROWN FFL	216	302	1263	9	21	32	3	759
		100	140	585	4	10	15	2	351
93183481	HAM SALAD SANDWICH ON WHITE FFL	216	321	1344	9	20	40	4	663
		100	149	622	4	9	18	2	307

Recipe code	Baguettes, Sandwiches, Wraps etc	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
WRAPS & PITTAS									
93036849	CHICKEN RANCH WRAP	158	347	1453	13	26	31	2	301
		100	219	917	8	16	20	1	190
93365453	PERSIAN VEGETABLE PITTA	201	270	1129	7	11	44	4	415
		100	135	563	3	5	22	2	207
93365454	STICKY BBQ BEAN PITTA	162	228	953	1	8	47	10	347
		100	140	587	1	5	29	6	214
93169793	TERIYAKI VEGETARIAN WRAP	140	264	1106	5	11	42	11	779
		100	189	792	3	8	30	8	558
93151046	BBQ CHICKEN WRAP	163	363	1517	14	23	35	6	391
		100	222	929	9	14	22	3	240
93188814	CHICKEN TIKKA WRAP	160	320	1340	10	26	31	3	228
		100	201	839	6	16	20	2	143
93152299	CRUNCHY PEPPER AND HOUMOUS WRAP	177	404	1689	21	11	39	2	513
		100	228	955	12	6	22	1	290
93131374	STICKY BBQ QUORN PITTA	182	244	1022	1	13	46	10	524
		100	134	560	1	7	25	6	287
Halal Wraps & Pittas - (Where nutrition differs from standard)									

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93151491	BBQ CHICKEN WRAP HALAL	163	337	1411	10	25	35	6	521
		100	206	864	6	15	22	3	319
93188815	CHICKEN TIKKA WRAP HALAL	180	299	1250	6	29	32	4	385
		100	166	696	3	16	18	2	214
93174462	PIRI PIRI CHICKEN WRAP HALAL	189	329	1378	11	21	36	6	536
		100	175	731	6	11	19	3	284

Recipe code	Desserts	Portion size	Calories (Kcal)	Energy (kJ)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Sodium (mg)
93094200	APPLE CINNAMON TWICE BAKED CRUMBLE	120	209	873	7	3	34	19	113
		100	173	725	6	2	28	16	94
93159970	BANOFFEE PIE	66	146	610	6	4	18	10	94
		100	222	931	10	5	28	15	143
93089363	BREAD AND BUTTER PUDDING	114	198	827	6	7	29	13	113
		100	174	727	5	6	25	11	99
93365456	CARAMEL APPLE CRUMBLE	97	120	500	3	3	20	15	125
		100	124	517	3	3	21	15	129
93098051	CHOCOLATE BROWNIE	45	179	751	9	3	21	11	49
		100	396	1659	21	6	46	24	109
93307513	CHOCOLATE BUTTERSCOTCH CRISPIE	54	128	537	4	4	20	10	110
		100	239	999	7	7	38	18	205
93293256	CHOCOLATE COOKIE	44	204	854	11	2	25	18	88
		100	464	1941	24	5	57	40	200
93144279	CHOCOLATE CRUNCH BISCUIT	43	187	783	9	3	23	9	59
		100	435	1821	21	6	53	22	138
93139520	CHOCOLATE KRISPIE BAR	52	201	842	7	3	31	18	149
		100	389	1629	13	5	60	34	289
93307510	CHOCOLATE ORANGE	136	172	719	7	4	26	14	128
		100	126	528	5	3	19	11	94
93314730	CHOCOLATE RICE POT	132	110	462	0	5	21	10	63
		100	84	350	0	4	16	8	47
93307486	CHOCOLATE TOFFEE SHORTBREAD	79	253	1057	11	4	34	16	118
		100	319	1335	14	5	42	20	149
93129792	FRUITY FLAPJACK TRAYBAKE	39	142	593	6	2	19	11	41
		100	359	1502	16	4	49	27	103
93281510	GINGERBREAD SHORTBREAD	39	185	774	11	2	20	6	61
		100	474	1984	28	4	53	16	156
93325691	LEMON DRIZZLE MUFFIN V.2	52	143	600	5	2	22	12	105
		100	273	1143	9	5	42	22	201
93300347	LEMON OAT RAISIN COOKIE	44	184	771	7	2	27	15	0
		100	419	1753	17	4	61	35	0
93310626	ORANGE GLAZED STICKY PUDDING	87	190	794	5	4	34	20	213
		100	217	907	6	5	39	23	244
93147363	PINEAPPLE UPSIDE DOWN PUDDING	75	204	852	9	3	28	18	73
		100	273	1143	12	3	38	24	97
93325692	RASPBERRY YOG FLAPJACK MUFFIN	62	162	676	7	3	22	11	85
		100	261	1092	11	4	36	17	137

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93310680	RED VELVET BROWNIE	60	170	710	8	3	21	12	52
		100	285	1193	14	5	35	20	87
93414796	SMASHED COOKIE	44	185	774	9	2	25	9	96
		100	421	1760	20	5	56	20	217
93365455	STRAWBERRY MOUSSE SHORTCAKE	92	268	1122	13	5	33	14	161
		100	291	1219	14	6	36	15	175
93310773	VANILLA AND RASPBERRY BLONDIE	61	230	963	12	3	29	13	133
		100	380	1589	20	5	48	22	220
93290451	WIBBLE JELLY RASPBERRY	99	18	76	0	0	11	5	1
		100	18	77	0	0	11	5	1
93290179	WIBBLE JELLY STRAWBERRY	68	18	76	0	0	11	5	1
		100	18	77	0	0	11	5	1
93166762	BANANA MARBLE CAKE	98	311	1302	16	4	41	26	143
		100	317	1327	16	4	42	26	145
93285158	CHOCOLATE FUDGE BROWNIE MIDDLETONS	57	256	1071	10	3	32	14	200
		100	452	1892	18	6	57	24	353
93161188	FROZEN MANGO YOGHURT	100	113	473	1	4	22	18	61
		100	113	473	1	4	22	18	61
93161187	FROZEN STRAWBERRY YOGHURT	100	129	540	2	4	24	18	60
		100	129	540	2	4	24	18	60
93101047	GOLDEN SYRUP & OAT COOKIES	63	263	1099	10	3	42	20	310
		100	416	1738	15	4	66	32	490
93162982	ICE CREAM BOX CHOCOLATE	87	142	593	6	3	19	15	45
		100	163	682	7	3	22	17	52
93162983	ICE CREAM BOX STRAWBERRY	87	121	506	5	3	17	17	53
		100	139	582	6	3	19	19	61
93162984	ICE CREAM BOX VANILLA	87	117	491	5	3	16	16	61
		100	135	565	5	3	18	18	70
93129791	JOES FLAPJACK TRAYBAKE	42	182	761	9	2	23	12	60
		100	438	1834	22	5	54	29	145
93076318	SHORTBREAD	39	185	776	11	2	21	6	61
		100	476	1990	28	4	53	15	156
93168833	SUMMER BERRY & PEACH OATY CRUMBLE	97	229	958	9	3	32	12	56
		100	236	987	10	4	33	12	58
93041624	APPLES PACKED LUNCH	104	43	182	0	0	11	11	3
		100	42	176	0	0	11	11	3
93041625	BANANA PACKED LUNCH	120	97	407	0	1	24	22	0
		100	81	339	0	1	20	18	0
93065473	MANDARIN PACKED LUNCH	36	13	53	0	0	3	3	0
		100	36	151	0	1	8	8	1
93176748	MELON POT	68	18	74	0	0	4	4	22
		100	26	109	0	0	6	6	32
93176746	PINEAPPLE POT	79	33	136	0	0	8	8	2
		100	41	172	0	0	10	10	2
93065568	CUSTARD TRADITIONAL MILK POWDER	93	111	466	2	2	22	13	48
		100	119	499	2	2	24	13	52

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