

Chartwells Secondary Menu Nutrient Counts – Spring/Summer 2025

What are nutrient counts used for?

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

How to use these?

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

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

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

How to maintain accuracy:

- 1) Always use the most up to date version of nutrient counts.
- 2) Ensure the correct recipe is used by cross checking the recipe code (PLU Code) on the nutrient count vs your recipe. Also, ensure that the recipe is followed exactly.
- 3) Follow the **portion size exactly as stated on the nutrient counts**, for main, sides and desserts. If this needs to be changed then the school supporting staff, can use the per 100g data to scale up or down the portion.
- 4) Use electronic scales to measure individual ingredients for a recipe. For example, adding extra potatoes to a recipe will increase the carbohydrate content, which is why it is so important to follow the recipe exactly. Also, regularly check the scales are calibrated correctly.
- 5) Ensure when the dishes are complete the agreed portion size of the dish, sides, and dessert is accurately weighed out, note this down on the double-checking form. Cover and label the plate/bowl with the pupil's name ahead of service ready to be provided to the pupil when they arrive.

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NOTIFICATION OF CHANGES TO THE NUTRIENT COUNTS – Spring/Summer 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
93137700	ARRABIATTA PASTA	Recipe updated and changed	9
93241647	BUFFALO CHICKEN	Added	4
93217199	BUTTER CHICKEN	Added	4
93168556	ROASTED CHICKEN THIGH	Added	5
93108714	ROAST TURKEY FFL	Added	6
93147476	CHEESE AND BEAN TOASTIE	Added	7
93170724	QUORN ROAST	Added	8
93163112	BAKED SPICED WEDGES	Added	10
93065561	CARROTS	Added	11
93174102	HERBY DICED POTATOS ½ PORTION	Added	10
93197575	MASH POT	Added	10
93143440	MIXED SALAD	Added	11
93065563	PEAS	Added	11
93130897	PLAIN HALF CORN ON THE COB	Added	11
93261773	SWEET AND SOUR VEGETABLES	Added	11
93034775	GRAVY	Added	12
93285158	CHOCOLATE FUDGE BROWNIE	Added	16
93161188	FROZEN MANGO YOGHURT	Added	16
93162984	ICE CREAM BOX VANILLA	Added	17
93176746	PINEAPPLE POT	Added	17
93365455	STRAWBERRY MOUSSE SHORTCAKE	Added	17
93168833	SUMMER BERRY AND PEACH OATY CRUMBLE	Added	17
93139522	LEMON DRIZZLE MUFFINS	Updated Recipe	17
93204039	RASPBERRY YOG FLAPJACK MUFFIN	Updated Recipe	17
93287204	VEGAN CHILLI MAC TOPPER	Updated Recipe (Katerveg mince to lentils)	12
93317331	IOA CHILLI VEGGIE CHEESE NACHOS	Updated Recipe (Katerveg mince to lentils)	12

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Chartwells Secondary Menu Nutrient Counts – Spring/Summer 2025

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Recipe Code	Meat Mains	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
BEEF							
93181208	BEEF BOLOGNESE SAUCE V2	228	199	832	8	19	14
		100	87	365	4	8	6
93347548	BEEF BOLOGNESE SS25	228	161	675	6	15	10
		100	71	296	3	7	4
93360775	BUN-LESS BURGER BOX	305	366	1,530	15	19	40
		100	120	501	5	6	13
93280303	CHEESY CHILLI FRIES	218	318	1330	14	15	31
		100	146	610	7	7	14
93359837	CHEESY MAC BOLOGNESE	414	572	2,391	25	26	63
		100	138	578	6	6	15
93204629	CHILLI CON CARNE V2	158	142	596	5	14	11
		100	90	378	3	9	7
93285343	CHILLI BEEF CHEESE NACHOS	181	297	1241	14	19	26
		100	164	686	8	11	15
93167677	DOUBLE BEEF BURGER PLAIN	155	354	1479	14	22	34
		100	229	957	9	14	22
93306285	FIRECRACKER BEEF	343	388	1,622	8	23	57
		100	113	473	2	7	17
93404530	IOA BUN-LESS BURGER BOX	305	366	1,531	15	19	40
		100	120	501	5	6	13
93337562	IOA CHEESY CHILLI FRIES	215	313	1,311	14	15	30
		100	146	610	7	7	14
93404058	IOA CHEESY MAC BOLOGNESE	414	572	2,391	25	26	63
		100	138	578	6	6	15
93317330	IOA CHILLI BEEF CHEESE NACHOS	170	280	1,170	13	19	21
		100	164	687	8	11	13
93337530	IOA MEXICAN BEEF ENCHILADA	256	423	1,770	14	21	54
		100	165	692	5	8	21
93404056	IOA SLOPPY JOE BURGER	140	322	1,348	13	19	32
		100	230	962	9	13	23

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93165389	MEXICAN BEEF ENCHILADA	253	439	1836	14	21	59
		100	173	725	6	8	23
93203913	MINCE BEEF PIE	216	413	1,728	19	17	43
		100	191	800	9	8	20
93204511	SLOPPY JOE BURGER	140	322	1,347	12	19	33
		100	230	962	9	13	23
93181323	TRADITIONAL BEEF LASAGNE V2	286	0	0	0	0	0
		100	0	0	0	0	0
93098950	TRADITIONAL COTTAGE PIE	389	319	1336	9	20	41
		100	82	343	2	5	11
HALAL BEEF (Where nutrition differs from standard)							
93134406	BEEF BARBECOA ENCHILADA HALAL	272	559	2340	18	23	82
		100	205	860	6	8	30
93167679	BEEF BURGER PLAIN HALAL	100	300	1,256	16	19	20
		125	374	1,563	19	24	25
93395837	BUN-LESS BURGER BOX HALAL	305	366	1,530	15	19	40
		100	120	501	5	6	13
93359141	CHEESY MAC BOLOGNESE HALAL	414	582	2,436	26	26	63
		100	141	589	6	6	15
93208669	CHILLI CON CARNE HALAL V2	158	179	749	10	13	11
		100	114	475	6	8	7
93285344	CHILLI BEEF CHEESE NACHOS HALAL	179	329	1375	17	18	27
		100	183	766	10	10	15
93306286	FIRECRACKER BEEF HALAL	343	411	1,721	11	23	57
		100	120	502	3	7	17
93347860	HALAL BEEF BOLOGNESE	208	184	768	9	14	10
		100	88	369	4	7	5
93204227	MINCE BEEF PIE HALAL	233	484	2,024	26	19	43
		100	207	868	11	8	19
93181383	PASTA BEEF BOLOGNESE HALAL V2	232	309	1295	14	18	31
		100	134	559	6	8	13
93064700	ROAST BEEF HALAL	53	113	473	5	17	0
		100	213	893	9	33	0
93208665	SLOPPY JOE BURGER HALAL	140	345	1,442	17	18	29
		100	246	1,030	12	13	21
93099011	TRADITIONAL COTTAGE PIE HALAL	308	306	1,281	13	17	31
		100	100	416	4	6	10

Recipe Code	Meat Mains (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
CHICKEN & TURKEY							
93241647	BUFFALO CHICKEN	103	192	803	13	14	5
		100	187	781	12	14	5
93217199	BUTTER CHICKEN	136	191	799	10	18	7
		100	141	588	8	13	5
93362980	CARIBBEAN CHICKEN RICE	317	323	1,351	4	17	57
		100	102	426	1	5	18
93172124	CHICKEN & BACON PASTA SALAD	163	264	1104	9	22	25
		100	162	678	6	13	16

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9328789 0	CHICKEN AND BROCCOLI PASTA BAKE	405	417	1745	11	30	52
		100	103	431	3	7	13
9320462 7	CHICKEN KATSU	153	208	870	11	17	11
		100	136	570	7	11	7
9336579 1	CHICKEN KOTTU ROTI BOWL	211	283	1,184	11	21	23
		100	134	562	5	10	11
9336545 8	CHICKEN PHO	321	373	1,562	7	25	55
		100	117	487	2	8	17
9303684 9	CHICKEN RANCH WRAP	171	417	1743	19	26	36
		100	243	1018	11	15	21
9323999 8	CHICKEN SHAWARMA BOWL	315	427	1786	6	27	70
		100	136	567	2	8	22
9323594 3	CHICKEN TIKKA MASALA V.2	178	178	746	7	18	12
		100	100	420	4	10	7
9320334 7	CHICKEN TIKKA RICE BOX	267	334	1,399	4	23	54
		100	125	524	2	9	20
9323770 7	CHIPOTLE CHICKEN SLIDER	138	270	1,130	9	19	28
		100	196	822	7	14	20
9328528 4	CURRIED CHICKEN AND CORRIANDER	234	394	1647	8	24	59
		100	168	703	4	10	25
9328131 4	JERK CHICKEN BURGER	140	289	1,207	10	20	28
		100	206	862	7	14	20
9332088 5	KOREAN GLAZED CHICKEN FLATBREAD	149	297	1243	8	19	38
		100	199	832	5	13	26
9335810 6	PERSIAN CHICKEN KEBAB	160	253	1,057	5	17	38
		100	158	660	3	11	24
9316855 6	ROASTED CHICKEN THIGH	65	124	518	6	16	0
		100	191	800	10	25	0
9317073 3	SOUTHERN FRIED CHICKEN GOUJON	84	231	968	12	16	16
		100	277	1159	14	19	20
9336579 2	SPICY VIETNAMESE CHICK BANH MI BUN	203	354	1,481	9	25	40
		100	175	730	5	12	20
9323753 0	TENNESSEE CRISPY CHICKEN BURGER	133	317	1,326	10	16	41
		100	238	996	7	12	31
HALAL CHICKEN AND TURKEY (Where nutrition differs from standard)							
9339583 8	CARIBBEAN CHICKEN RICE HALAL	317	312	1,307	3	17	57
		100	98	412	1	5	18
9326178 7	CHICKEN AND VEG TIKKA MASALA HALAL	267	202	844	6	17	22
		100	75	316	2	6	8
9320866 8	CHICKEN KATSU HALAL	147	209	876	11	17	11
		100	143	597	7	12	8
9339583 3	CHICKEN KOTTU ROTI BOWL HALAL	211	263	1,102	8	23	23
		100	125	523	4	11	11
9317212 5	CHICKEN PASTA SALAD HALAL	238	356	1,490	5	30	50
		100	150	626	2	13	21
9339583 1	CHICKEN PHO HALAL	321	362	1,514	6	25	55
		100	113	472	2	8	17
		394	235	982	9	16	29

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9328661 7	CHICKEN SAUSAGE MASH POT HALAL	100	60	249	2	4	7
9323999 9	CHICKEN SHAWARMA BOWL HALAL	345	520	2177	11	26	81
		100	151	631	3	8	23
9324025 2	CHICKEN TIKKA RICE BOWL HALAL	279	320	1,340	2	23	55
		100	115	480	1	8	20
9323770 6	CHIPOTLE CHICKEN SLIDER HALAL	138	270	1,130	9	19	28
		100	196	822	7	14	20
9328528 5	CURRIED HALAL CHICKEN RICE BOWL	234	378	1580	7	23	59
		100	161	675	3	10	25
9328131 5	JERK CHICKEN BURGER HALAL	140	289	1,207	10	20	28
		100	206	862	7	14	20
9332561 9	KOREAN HALAL CHICKEN FLATBREAD	149	297	1243	8	19	38
		100	199	832	5	13	26
9316944 4	MANDARIN CHICKEN HALAL	109	140	584	5	16	7
		100	129	539	5	15	7
9339583 4	PERSIAN CHICKEN KEBAB HALAL	160	253	1,057	5	17	38
		100	158	660	3	11	24
9317073 4	SOUTHERN FRIED CHICKEN GOUJON HALAL	84	175	734	8	12	14
		100	210	879	9	14	17
9339583 2	SPICY VIETNA CHICK BANH MI BUN HALAL	203	354	1,481	9	25	40
		100	175	730	5	12	20
9324192 3	TENNESSEE CRISP CHICKEN BURGER HALAL	133	276	1,156	7	13	39
		100	207	868	5	10	30
FFL CHICKEN AND TURKEY (Where nutrition differs from standard)							
9310871 4	ROAST TURKEY FFL	60	105	439	3	20	0
		100	175	731	4	34	0
9317073 5	SOUTHERN FRIED CHICKEN GOUJON FFL	68	110	459	2	12	10
		100	161	675	3	18	15
9324192 1	TENNESSEE CRISPY CHICKEN BURGER FFL	123	231	965	3	14	37
		100	187	782	2	11	30

Recipe Code	Meat Mains (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
FISH							
93293230	BATTERED FISH	90	185	776	10	11	14
		100	206	862	11	12	15

Recipe Code	Meat Mains (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
PORK							
9317072 2	MAC TOPPER - CAJUN PULLED PORK	98	100	419	5	9	5
		100	102	426	5	9	5
9313078 7	MANDARIN BARBECUED PORK	134	136	568	5	16	7
		100	101	423	4	12	6
9317343 0	ROAST PORK LOIN - SAUCE AND STUFFING	110	193	808	6	17	17
		100	175	732	6	16	15
9303516 6	SAUSAGE PORK 8'S	85	236	987	14	14	11
		100	277	1,159	17	17	14

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Recipe Code	Vegetarian Mains	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93241530	BEETROOT AND FETA BURGER V2	191	334	1,398	10	11	49
		100	175	733	5	6	26
93310786	CHEESE AND ONION BAKE	158	310	1,295	22	8	21
		100	196	819	14	5	13
93147476	CHEESE AND BEAN TOASTIE	165	374	1566	14	16	43
		100	227	949	9	10	26
93280261	CHEESE BEANS AND CORN QUESALDILAS	188	298	1247	13	11	33
		100	158	663	7	6	17
93359142	CHEESY VEGEMINCE MAC BOLOGNESE	424	581	2,433	25	26	65
		100	137	574	6	6	15
93285346	CHILLI VEGGIE CHEESE NACHOS	194	312	1306	13	17	32
		100	161	674	7	9	17
93203557	CHOW MEIN VEGETABLE NOODLE	294	419	1,755	8	21	65
		100	143	598	3	7	22
93182021	CREAMY VEG PIE SHORTCRUST PASTRY	249	470	1,968	24	9	53
		100	189	791	10	4	21
93293870	DURHAM CURRIED CAULIFLOWER	38	22	91	1	1	2
		100	58	241	3	3	5
93316579	IOA BAGEL CHEESE & TOMATO PIZZA	108	280	1,172	11	13	30
		100	261	1,090	10	12	28
93337560	IOA CHEESE BEANS CORN QUESALDILAS	157	261	1,094	12	9	27
		100	166	695	8	6	17
93316527	IOA MAC AND CHEESE POT	310	491	2,056	22	19	58
		100	158	662	7	6	19
93316532	IOA MEXICAN VEGGIE BURRITO	262	455	1,902	17	18	58
		100	173	726	6	7	22
93404057	IOA PLANTBALL MARINARA MELT	145	193	809	12	14	10
		100	134	559	8	9	7
93337564	IOA ULTIMATE MEATFEAST PIZZA	151	319	1,333	11	17	41
		100	210	881	7	11	27
93316203	IOA VEGGIE FAJITAS	177	305	1,275	10	11	43
		100	173	722	6	6	24
93285771	KOREAN BBQ QUORN SUB	145	298	1,248	10	14	35
		100	206	861	7	10	24
93170738	MAC AND CHEESE POT	310	491	2056	22	19	58
		100	158	662	7	6	19
93175507	MEXICAN VEGGIE BURRITO	290	462	1931	16	19	61
		100	159	666	6	7	21
93125333	MEXICANA TOMATO CHEESE NACHOS	112	203	850	10	8	20
		100	182	761	9	7	18
93315647	PERSIAN SPICED VEGETABLE BOLANI	200	269	1124	7	11	42
		100	134	562	3	5	21
93365453	PERSIAN VEGETABLE PITTA	200	272	1,136	7	11	45
		100	136	567	3	5	22
93241053	PLANTBALL MARINARA MELT	145	193	808	12	13	10
		100	133	558	8	9	7

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9317072 4	QUORN ROAST	68	61	256	1	10	1
		100	90	377	1	15	2
9335810 4	SPINACH AND CHICKPEA DAHL	242	184	768	4	10	30
		100	76	317	1	4	12
9336545 4	STICKY BBQ BEAN PITTA	162	228	953	1	8	47
		100	140	587	1	5	29
9313137 4	STICKY BBQ QUORN PITTA	193	251	1050	2	14	48
		100	130	545	1	7	25
9323677 7	THE VEGGIE DOG	134	235	982	7	11	30
		100	175	734	5	9	22
9336581 8	TIGER BHAJI BURGER	169	222	930	2	9	40
		100	131	549	1	5	24
9326185 3	TRINIDAD VEGETABLE RICE	391	827	3458	25	15	142
		100	212	885	7	4	36
9328915 7	VEGEMINCE BOLOGNESE	274	203	849	6	15	23
		100	74	310	2	5	8
9318132 9	VEGETABLE LASAGNE V2	383	0	0	0	0	0
		100	0	0	0	0	0
9308052 8	VEGETARIAN COTTAGE PIE	428	328	1372	8	14	47
		100	77	321	2	3	11
9336545 9	VEGETARIAN PHO	344	380	1,590	7	16	66
		100	111	462	2	5	19
9328603 5	VEGETARIAN SAUSAGE MASH POT	413	210	877	5	18	23
		100	51	212	1	4	6
9326178 8	VEGETARIAN TIKKA MASALA	280	202	844	6	13	27
		100	72	302	2	5	10
9329257 7	VEGGIE BURGER	140	288	1203	14	8	40
		100	205	859	10	6	29
9313560 9	VEGGIE FAJITAS	175	301	1,258	10	11	42
		100	171	717	5	6	24
9336579 3	VEGGIE GOUJONS	84	165	689	14	2	19
		100	196	821	17	3	23
9331062 5	YAKISOBA SOYA NOODLES	278	407	1,702	7	20	64
		100	146	612	3	7	23

Recipe Code	Jacket Potatoes	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
VMC 125755	JACKET POTATO – BAKED NO OIL	100	97	406	0.2	3	23
		100	97	406	0.2	3	23
VMC 111925	CHEESE	50	207	859	17	12.5	1
		100	414	1718	34	25	2
VMC 126781	PLAIN SALMON						
		100	130	540	8	24	0
VMC 120893	BAKED BEANS	100	63	264	0	4	9
		100	63	264	0	4	9
VMC 187199 / 89704	TUNA MAYONNAISE (70G Tuna / 23g Mayo)	93	147	616	7	19	1
		100	158	661	8	20	1
		266	329	1,375	12	18	39

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93286157/93317332	JACKET POTATO WITH PULLED PORK	100	124	518	5	7	15
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Recipe Code	Pasta & Soup	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93137700	ARRABIATTA PASTA	243	384	1608	13	16	55
		100	158	662	5	6	23
93240140	GREEN PEA PESTO PASTA	206	325	1360	16	14	30
		100	158	662	8	7	14
93147954	HERBY TOMATO PASTA	199	287	1201	13	13	32
		100	144	604	7	6	16
93287915	HALAL CHICKEN BROCCOLI PASTA BAKE	405	392	1639	7	32	52
		100	97	405	2	8	13
93175148	PASTA KING FIRECRACKER CHICKEN TORIN	180	90	377	2	9	11
		100	50	209	1	5	6
93175159	PASTA KING SWEET CHILLI CHICKEN	180	349	1461	2	11	13
		100	194	812	1	6	7
93316204	IOA ARRABIATTA PASTA	322	351	1,469	8	14	61
		100	109	456	3	4	19
93404059	IOA CHEESY VEGEMINCE MAC BOLOGNESE	424	581	2,433	25	26	65
		100	137	574	6	6	15
93337565	IOA CHICKEN BROCCOLI PASTA BAKE FFL	368	506	2,116	18	30	58
		100	137	574	5	8	16
93316523	IOA HERBY TOMATO PASTA	267	409	1,711	14	16	59
		100	153	642	5	6	22
93175087	PASTA KING ZINGY PEPPERS	120	53	221	1	2	10
		100	44	184	1	1	8
93395835	PASTA KING SWEET CHILLI CHICKEN HALAL	180	104	437	2	11	0
		100	58	243	1	6	0
93122369	PASTA SALAD	113	129	540	4	4	20
		100	115	480	4	4	18
93172009	TUNA & SWEETCORN PASTA SALAD	213	248	1037	8	15	31
		100	117	488	4	7	15
93094099	CARROT AND CORIANDER SOUP V.2	246	72	301	3	1	12
		100	29	122	1	1	5
93094152	LEEK AND POTATO SOUP	222	68	283	2	2	11
		100	30	127	1	1	5
93094155	TOMATO AND BASIL SOUP.	212	58	244	2	2	9
		100	28	115	1	1	4

Recipe Code	Pizza	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93317334	IOA TRATTORIA 14 MARGHERITA PIZZA	116	279	1,168	9	11	40
		100	241	1,009	8	10	34
93317333	IOA TRATTORIA 14 BBQ CHICKEN PIZZA	166	395	1,651	15	21	46
		100	238	995	9	13	27
	IOA TRATTORIA HAWAIIAN PIZZA	138	296	1,238	10	13	41

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933173 35		100	215	900	7	10	30
933173 36	IOA TRATTORIA VEGGIE HOT PIZZA	169	376	1,572	16	19	41
		100	223	931	9	11	24
933375 69	IOA VEGGIE MEATBALL FEAST PIZZA	141	326	1,362	12	16	42
		100	231	967	8	11	30
930413 85	TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA	142	332	1391	10	17	46
		100	235	982	7	12	32
931473 04	TRATTORIA 14 BBQ CHX STBAKE PIZZA HALAL	128	304	1,273	9	15	44
		100	239	998	7	11	34
931473 02	TRATTORIA CHIPOTLE HALAL CHICKEN PIZZA	130	296	1238	9	16	41
		100	227	950	7	12	31
930413 88	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA	116	295	1234	10	13	41
		100	254	1064	8	11	35
931284 94	TRATTORIA HAWAIIAN STONE BAKED PIZZA	138	312	1304	10	15	42
		100	226	947	7	11	30
931284 98	TRATTORIA VEGGIE HOT ONE SBAKE PIZZA	139	299	1251	10	13	41
		100	215	900	7	10	30
932842 77	ULTIMATE MEATFEAST PIZZA	141	341	1426	12	18	43
		100	242	1012	9	12	30
931402 32	ULTIMATE CHICKEN PIZZA HALAL	154	343	1437	11	20	43
		100	224	936	7	13	28
933122 26	VEGGIE MEATBALL FEAST PIZZA	141	341	1,426	12	18	43
		100	242	1,012	9	12	30

Recipe Code	Carbohydrate Sides	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
930997 61	BASIC WHITE BREAD RECIPE	75	162	679	1	5	36
		100	216	902	1	7	48
931631 12	BAKED SPICED WEDGES	60	59	247	0	2	14
		100	98	411	0	3	23
931192 65	BREAD WHOLEMEAL LOAF	75	142	595	1	6	28
		100	189	792	2	8	38
931248 14	CHIPS	125	173	722	5	3	27
		100	138	577	4	3	22
932377 09	CRISPY SPICED POTATOES	125	148	619	3	3	28
		100	118	494	3	3	22
931570 67	GARLIC & HERB WEDGES	61	61	254	0	2	14
		100	100	418	0	3	23
931741 02	HERBY DICED POTATOS ½ PORTION	56	78	328	2	1	13
		100	140	586	4	2	23
931975 75	MASH POT	214	194	812	5	4	35
		100	91	380	2	2	16
931567 61	MEXICAN YELLOW RICE	144	214	893	1	4	51
		100	148	619	0	3	35
932072 26	PASTA WHOLEMEAL	150	200	838	2	8	41
		100	134	561	1	5	27
931096 33	RICE 1/2 WHOLEGRAIN	116	227	948	1	6	52
		100	195	816	1	5	45

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931626	ROAST POTATOES	126	139	583	6	3	21
15		100	111	465	5	2	16

Code	Vegetable Sides and Salads	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
931019 75	AMERICAN STYLE SLAW	69	58	244	3	1	7
		100	84	352	4	1	11
931292 65	APPLE SLAW	76	70	295	4	1	8
		100	93	390	5	1	11
931626 19	BAKED BEANS	90	57	237	0	4	8
		100	63	264	0	4	9
930655 61	CARROTS	85	25	103	0	0	5
		100	29	121	1	1	6
932872 02	CHIPOTLE SWEETCORN	87	91	383	4	2	12
		100	105	440	5	3	14
930760 60	COLESLAW	76	57	238	4	1	5
		100	75	314	5	1	6
932924 14	CRUNCHY RAW SLAW V.2	91	78	325	6	1	4
		100	86	358	7	1	5
931434 40	MIXED SALAD	78	18	74	0	1	3
		100	23	96	0	1	4
931704 22	NEW POTATO SALAD	39	51	215	3	1	7
		100	133	558	7	2	17
930655 63	PEAS	80	54	228	1	4	9
		100	68	285	1	5	11
931308 97	PLAIN HALF CORN ON THE COB	70	71	296	3	2	6
		100	101	421	5	3	9
931308 96	RED SLAW	83	54	228	3	1	5
		100	65	274	4	2	6
931704 14	SALAD BEETROOT	64	23	96	0	1	5
		100	36	151	0	2	8
931704 13	SALAD CARROT	80	23	97	0	0	5
		100	29	121	1	1	6
931704 11	SALAD CUCUMBER	78	11	45	0	1	1
		100	14	59	1	1	1
931704 10	SALAD LETTUCE	66	7	30	0	1	1
		100	11	46	0	1	1
931704 17	SALAD OLIVES	40	50	209	5	0	0
		100	125	523	13	1	0
931703 69	SALAD PEPPERS	67	10	42	0	1	2
		100	15	63	0	1	3
931704 16	SALAD PINEAPPLE	42	17	73	0	0	4
		100	41	172	0	0	10
931704 15	SALAD RED ONION	72	25	105	0	1	6
		100	35	146	0	1	8
931703 68	SALAD SWEETCORN	80	62	261	1	2	11
		100	78	326	2	3	14
931703 67	SALAD TOMATO	79	11	46	0	0	2
		100	14	59	0	1	3

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933158 42	SATAY SWEETCORN	82	71	296	2	2	11
		100	87	364	3	3	14
932617 73	SWEET AND SOUR VEGETABLES	248	153	641	3	10	23
		100	62	258	1	4	9
933158 44	TEX MEX MIXED VEGETABLES	80	49	203	2	2	7
		100	61	254	2	3	9

Code	Other Additional Items	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
9308054 8	BBQ CHICKEN WINGS	141	265	1109	15	25	8
		100	189	789	11	18	6
9328720 3	CRISPY BACON MAC TOPPER	27	57	240	3	7	0
		100	214	895	12	26	0
9303477 5	GRAVY	39	10	44	0	0	2
		100	27	113	0	0	6
9329279 9	GREEK SALAD	131	110	459	8	6	4
		100	84	350	6	4	3
9331733 1	IOA CHILLI VEGGIE CHEESE NACHOS	200	291	1,218	12	13	33
		100	146	609	6	6	16
9331653 8	IOA MEXICANA TOMATO CHEESE NACHOS	106	194	812	10	8	17
		100	184	768	10	8	16
9313137 7	LEMON, GARLIC CHICKEN WINGS	124	236	989	15	25	1
		100	191	800	12	20	0
9313463 2	LEMON, GARLIC CHICKEN WINGS HALAL	75	89	372	5	10	1
		100	120	502	7	13	1
9319659 7	LOVE JOES MEXICAN CHICKEN BURRIT HAL	147	279	1,168	5	14	44
		100	190	796	3	9	30
9319659 6	LOVE JOES MEXICAN CHICKEN BURRITO	162	296	1,239	5	15	47
		100	183	766	3	9	29
9335935 9	MINT RAITA	16	6	25	0	1	1
		100	38	160	0	4	5
9320334 6	RANCH DFRESSING AW22	16	18	74	1	0	1
		100	111	462	8	2	6
9323671 4	ROASTED INDIAN CHICKPEA SALAD	179	145	605	6	7	17
		100	81	338	3	4	9
9331564 8	ROASTED SQUASH SATAY BOLANI	231	282	1180	8	10	43
		100	122	510	3	4	18
9331630 7	SMOKEY BURGER SAUCE	11	21	88	2	0	1
		100	191	799	18	2	8
9314394 2	SPICY PIRI PIRI CHICKEN WINGS	127	269	1127	18	25	2
		100	213	890	14	20	1
9328720 4	VEGAN CHILLI MAC TOPPER	111	81	337	2	4	12
		100	72	303	2	3	11

Recipe Code	Baguettes, Salads, Sandwiches, Wraps etc.	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
BAGUETTES							

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9315149 2	BBQ CHICKEN BAGUETTE WHITE HALAL	247	496	2,076	8	32	71
		100	201	840	3	13	29
9315110 8	BLT BAGUETTE WHITE	289	546	2283	17	27	70
		100	189	791	6	9	24
9315597 4	BLT BAGUETTE WHITE FFL	319	630	2,636	23	33	70
		100	197	826	7	10	22
9318330 7	CHEESE BAGUETTE WHITE	188	539	2,256	20	22	66
		100	288	1,203	11	12	35
9317809 3	CHICKEN SALAD BAGUETTE HALAL	255	468	1,958	7	32	67
		100	184	769	3	13	26
9315600 0	CHICKEN SALAD BAGUETTE WHITE FFL	270	541	2265	15	30	69
		100	201	840	6	11	26
9314853 0	CLT BAGUETTE HALAL	252	443	1,855	5	29	68
		100	176	737	2	11	27
9328809 0	DELI CHICKEN CLUB BAGUETTE	272	539	2,253	13	35	68
		100	198	827	5	13	25
9329066 4	DELI CHICKEN CLUB BAGUETTE HALAL	263	503	2,104	9	36	68
		100	191	800	3	14	26
9320823 3	HAM BAGUETTE BROWN	208	424	1,775	7	22	65
		100	204	855	3	11	31
9331660 2	HONEY ROAST GAMMON BAGUETTE	206	481	2,015	9	25	73
		100	234	979	4	12	36
9331783 0	IOA DELI CHICKEN CLUB BAGUETTE	272	531	2,221	13	34	68
		100	195	816	5	12	25
9340453 6	IOA MEATLESS FEAST PIZZA BAGUETTE	131	294	1,229	10	14	36
		100	225	941	8	11	28
9340453 5	IOA PIZZA BAGUETTE MMB	114	262	1,097	8	11	34
		100	231	966	7	10	30
9315109 5	TUNA AND CUCUMBER BAGUETTE WHITE	269	511	2,138	13	28	69
		100	190	796	5	10	26
9317806 4	VEGAN CHEESE AND PICKLE BAGUETTE	218	528	2209	15	12	75
		100	243	1016	7	6	35

Recipe Code	Baguettes, Salads, Sandwiches, Wraps etc. (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
PANINIS							
930465 96	BACON AND CHEESE PANINI	159	398	1667	13	20	54
		100	250	1048	8	12	34
931707 29	BBQ CHICKEN PANINI	215	509	2130	16	35	58
		100	237	991	8	16	27
931708 10	BBQ CHICKEN PANINI HALAL	215	484	2024	13	37	58
		100	225	941	6	17	27
931707 94	CHEESE AND TOMATO SAUCE PANINI	170	392	1638	11	18	56
		100	230	964	7	11	33
932091 61	CHEESE PANINI V2	140	378	1581	11	17	54
		100	270	1129	8	12	38
931586 17	FAJITA CHICKEN MELT PANINI	180	410	1714	10	28	54
		100	227	952	5	16	30
	FAJITA CHICKEN MELT PANINI HALAL	173	380	1588	7	26	54

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931586 18		100	220	920	4	15	32
933165 37	IOA BACON AND CHEESE PANINI	149	415	1,737	11	19	58
		100	278	1,165	8	13	39
933162 05	IOA BBQ CHICKEN PANINI	205	546	2,285	18	34	61
		100	266	1,114	9	17	30
933165 31	IOA CHEESE AND TOMATO SAUCE PANINI	160	429	1,793	13	17	59
		100	268	1,121	8	11	37
933162 06	IOA CHEESE PANINI	130	415	1,736	13	16	57
		100	319	1,335	10	12	44
933173 39	IOA FAJITA CHICKEN MELT PANINI	195	511	2,140	16	32	58
		100	262	1,097	8	16	30
933173 37	IOA TUNA AND CHEESE MELT PANINI	227	525	2,198	15	37	58
		100	232	970	7	16	26
931298 65	TUNA AND CHEESE MELT PANINI	183	388	1625	8	27	55
		100	212	886	4	15	30

Recipe Code	Baguettes, Salads, Sandwiches, Wraps etc. (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
SALADS							
931720 09	TUNA & SWEETCORN PASTA SALAD	213	248	1037	8	15	31
		100	117	488	4	7	15

Recipe Code	Baguettes, Salads, Sandwiches, Wraps etc. (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
SANDWICHES & BLOOMERS							
931511 06	BLT SANDWICH WHITE	184	371	1550	13	22	40
		100	201	843	7	12	22
931510 59	CHICKEN TIKKA BLOOMER BROWN	185	343	1,434	10	31	31
		100	185	776	6	17	17
931516 88	CHICKEN TIKKA BLOOMER BROWN HALAL	185	310	1,295	5	33	31
		100	168	701	3	18	17
931560 10	CHICKEN TIKKA BLOOMER BROWN FFL	159	297	1,242	9	22	31
		100	187	784	6	14	20
931511 03	CHEESE SANDWICH BROWN	125	365	1,528	18	18	30
		100	292	1,223	14	14	24
931511 02	CHEESE SANDWICH WHITE	125	384	1,609	18	17	38
		100	308	1,287	14	13	31
931618 52	CHICKEN SALAD SANDWICH WHITE	210	399	1,669	14	25	42
		100	190	796	7	12	20
931618 53	CHICKEN SALAD SANDWICH WMEAL	210	380	1,589	14	26	34
		100	181	758	7	12	16
931833 01	HAM SALAD SANDWICH ON WHITE	216	284	1,187	5	16	41
		100	131	549	2	7	19
931509 64	HAM SANDWICH ON BROWN	145	256	1,070	5	17	32
		100	176	738	4	12	22
931620 53	TUNA MAYONNAISE SANDWICH WHITE	149	300	1,253	7	19	40
		100	202	843	5	13	27

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931620 54	TUNA MAYONNAISE SANDWICH WMEAL	154	294	1,229	8	20	32
		100	191	800	5	13	21
931780 46	VEGAN CHEESE SANDWICH WHITE	125	333	1,392	13	7	38
		100	266	1,114	10	5	31
FFL SANDWICH'S & BLOOMERS (Where nutrition differs from standard)							
931559 72	BLT SANDWICH WHITE FFL	207	421	1,760	16	28	40
		100	203	849	8	13	19
931834 84	CHEESE AND HAM SANDWICH BROWN FFL	100	248	1,038	12	17	16
		185	459	1,920	22	31	31
931834 83	CHEESE AND HAM SANDWICH WHITE FFL	185	478	2,000	22	30	39
		100	258	1,081	12	16	21
931560 03	CHICKEN SALAD BLOOMER BROWN FFL	203	339	1,419	10	31	30
		100	167	699	5	15	15
931834 82	HAM SALAD SANDWICH ON BROWN FFL	216	302	1,264	9	21	32
		100	140	585	4	10	15
931834 81	HAM SALAD SANDWICH ON WHITE FFL	216	321	1,344	9	20	40
		100	149	622	4	9	18
931511 05	CHEESE SALAD BLOOMER BROWN	173	324	1,356	15	17	31
		100	188	786	8	10	18
931510 52	CHICKEN SALAD BLOOMER BROWN	203	339	1,419	10	31	30
		100	167	699	5	15	15
931511 40	EGG SALAD BLOOMER WHITE	232	394	1,649	12	19	50
		100	170	712	5	8	22
931511 28	TUNA AND SWEETCORN BLOOMER BROWN	158	258	1,080	4	22	32
		100	164	685	3	14	20
HALAL SANDWICH'S (Where nutrition differs from standard)							
931514 95	CHICKEN MAYO SANDWICH BROWN HALAL	178	350	1,465	11	28	33
		100	197	826	6	16	19
931514 94	CHICKEN MAYO SANDWICH WHITE HALAL	178	387	1,619	13	25	41
		100	218	912	8	14	23
932906 69	CLT SANDWICH HALAL	203	316	1,323	5	27	40
		100	156	652	2	13	20
931516 82	CHICKEN SALAD BLOOMER WHITE HALAL	212	376	1,571	6	28	50
		100	177	741	3	13	24

Recipe Code	Baguettes, Salads, Sandwiches, Wraps etc. (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
WRAPS & PITTA							
931510 46	BBQ CHICKEN WRAP	163	363	1,517	14	23	35
		100	222	929	9	14	22
931514 91	BBQ CHICKEN WRAP HALAL	175	356	1490	11	25	40
		100	203	850	6	14	23
931888 14	CHICKEN TIKKA WRAP	224	355	1485	10	28	39
		100	159	664	5	12	17
931888 15	CHICKEN TIKKA WRAP HALAL	180	299	1,250	6	29	32
		100	166	696	3	16	18
931522 99	CRUNCHY PEPPER AND HOUMOUS WRAP	189	423	1768	22	12	44
		100	224	936	12	6	23

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934045 34	IOA HAM CHEESE PITTA POCKET MMB	100	184	769	7	13	18
		100	184	769	7	13	18
931744 62	PIRI PIRI CHICKEN WRAP HALAL	201	348	1457	12	21	41
		100	173	725	6	11	20
931697 93	TERIYAKI VEGETARIAN WRAP	161	279	1168	6	12	49
		100	174	727	4	7	30

Code	Desserts	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93094 200	APPLE CINNAMON TWICE BAKED CRUMBLE	120	212	886	7	3	34
		100	176	736	6	2	29
93041 624	APPLES PACKED LUNCH	104	43	182	0	0	11
		100	42	176	0	0	11
93166 762	BANANA MARBLE CAKE	89	314	1,314	17	4	39
		100	353	1,475	19	4	44
93159 970	BANOFFEE PIE	63	111	465	6	2	12
		100	176	737	9	4	20
93089 363	BREAD AND BUTTER PUDDING	114	193	807	6	7	29
		100	170	709	5	6	25
93365 456	CARAMEL APPLE CRUMBLE	97	70	294	2	1	13
		100	73	304	2	1	14
93098 051	CHOCOLATE BROWNIE	45	185	772	10	3	21
		100	408	1,707	22	6	46
93285 158	CHOCOLATE FUDGE BROWNIE	60	256	1071	10	3	32
		100	427	1785	17	6	53
93307 513	CHOCOLATE BUTTERSCOTCH CRISPIE	51	74	310	2	2	13
		100	145	608	4	3	25
93293 256	CHOCOLATE COOKIE	44	204	854	11	2	25
		100	464	1,941	24	5	57
93139 520	CHOCOLATE KRISPIE BAR	52	205	857	7	3	31
		100	397	1,659	14	5	60
93307 510	CHOCOLATE ORANGE	133	117	488	6	2	14
		100	88	366	5	1	10
93314 730	CHOCOLATE RICE POT	132	110	462	0	5	21
		100	84	350	0	4	16
93307 486	CHOCOLATE TOFFEE SHORTBREAD	79	203	848	10	2	26
		100	256	1,071	13	3	33
93065 568	CUSTARD TRADITIONAL MILK POWDER	128	109	457	2	2	22
		100	86	358	1	2	17
93161 188	FROZEN MANGO YOGHURT	100	113	473	1	4	22
		100	113	473	1	4	22
93161 187	FROZEN STRAWBERRY YOGHURT	100	129	540	2	4	24
		100	129	540	2	4	24
93118 989	FRUIT FLAPJACK	33	141	591	7	1	17
		100	431	1,803	23	5	51
93101 047	GOLDEN SYRUP & OAT COOKIES	63	268	1,123	10	3	41
		100	425	1,777	16	4	66
93162 982	ICE CREAM BOX CHOCOLATE	87	142	593	6	3	19
		100	163	682	7	3	22
	ICE CREAM BOX STRAWBERRY	100	139	582	6	3	19

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93162 983		87	121	506	5	3	17
93162 984	ICE CREAM BOX VANILLA	87	117	491	5	3	16
		100	135	565	5	3	18
93139 522	LEMON DRIZZLE MUFFINS	49	178	743	9	2	23
		100	359	1502	18	5	46
93300 347	LEMON OAT RAISIN COOKIE	44	184	771	7	2	27
		100	419	1,753	17	4	61
93176 748	MELON POT	68	12	52	0	0	3
		100	18	75	0	0	4
93161 328	MIXED FRUIT POT	74	34	141	0	0	8
		100	45	190	0	0	10
93310 626	ORANGE GLAZED STICKY PUDDING	99	191	799	5	4	34
		100	193	809	5	4	34
93176 746	PINEAPPLE POT	79	33	136	0	0	8
		100	41	172	0	0	10
93147 363	PINEAPPLE UPSIDE DOWN PUDDING	75	208	872	10	3	28
		100	280	1171	13	3	38
93204 039	RASPBERRY YOG FLAPJACK MUFFIN	53	178	744	9	3	21
		100	339	1417	17	5	41
93310 680	RED VELVET BROWNIE	60	174	729	9	3	21
		100	293	1,225	15	5	35
93076 318	SHORTBREAD	39	192	804	12	2	21
		100	493	2062	29	4	53
93365 455	STRAWBERRY MOUSSE SHORTCAKE	92	195	816	11	2	22
		100	212	887	12	2	24
93168 833	SUMMER BERRY AND PEACH OATY CRUMBLE	97	227	951	9	3	33
		100	234	980	10	3	34
93310 773	VANILLA AND RASPBERRY BLONDIE	61	237	993	13	3	29
		100	392	1,639	22	5	48
93110 853	SWEET WAFFLE	55	187	782	10	4	21
		100	340	1423	18	7	38
93290 451	WIBBLE JELLY RASPBERRY	99	1	2	0	0	0
		100	1	2	0	0	0
93290 179	WIBBLE JELLY STRAWBERRY	99	1	2	0	0	0
		100	1	2	0	0	0

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