

Menu Nutritional Analysis for ASPENS STREATERIES SEPT 23/24 WEEK 1

Filter



Dishes	10 of 10	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Curried Coconut Chilli Chicken, Wholegrain Rice & Peas, Lime Dressed Slaw SEC	413	521	16.8	6.3	71.8	12.1	24.4	7.5	0.7	
		26.0%	24.0%	31.6%	27.6%	13.4%	48.8%	-	11.2%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Jamaican Black Eyed Peas Stew, Wholegrain Rice & Peas, Lime Dressed Slaw SEC	429	547	7.7	2.4	103.2	14.5	22.7	14.2	0.2	
		27.3%	11.0%	11.9%	39.7%	16.1%	45.5%	-	3.8%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Homemade Spicy Falafel Flatbread, Mixed Salad SEC	314	318	7.3	0.7	49.6	6.7	12.7	7.6	0.6	
		15.9%	10.4%	3.6%	19.1%	7.4%	25.5%	-	10.2%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Plant Based Creamy Green Pasta, Mixed Salad SEC	316	462	7.6	5.3	80.3	6.3	21.1	10.8	0.2	
		23.1%	10.9%	26.3%	30.9%	7.0%	42.2%	-	3.6%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Glazed Gammon Roast, Yorkshire Pudding, Roasties, Gravy, Roast Carrots & Parsnips SEC	357	475	17.7	3.0	60.5	13.9	19.9	7.9	2.6	
		23.7%	25.3%	14.9%	23.3%	15.5%	39.8%	-	42.7%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Root Veg & Bean Stew, Roasties, Gravy, Roast Carrots & Parsnips SEC	480	359	12.5	1.1	65.0	15.3	10.8	14.5	1.4	
		17.9%	17.8%	5.5%	25.0%	17.0%	21.6%	-	23.4%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Low Salt & Chilli Chicken. Firecracker Rice, Sweet Chilli Sticky Greens SEC	271	458	11.2	2.5	64.4	5.8	21.2	3.9	1.9	
		22.9%	16.0%	12.3%	24.8%	6.5%	42.5%	-	31.8%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Japanese Yakisoba Stir Fried Noodles, Sweet Chilli Sticky Greens SEC	335	426	11.2	1.5	61.9	14.4	16.3	8.8	1.2	
		21.3%	16.0%	7.3%	23.8%	16.0%	32.6%	-	20.7%	
ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, ...	664	955	30.5	8.4	109.4	8.2	55.5	15.3	5.5	
		47.7%	43.6%	42.2%	42.1%	9.1%	111.0%	-	91.5%	

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ASPENS STREATERIES SEPT 23/24 WEEK 1 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34		505	665	12.4	5.5	105.7	8.1	25.5	15.1	2.2
Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Curry Sauce, Gravy, Chips, Baked B...			33.2%	17.7%	27.7%	40.7%	9.0%	51.0%	-	37.5%