

Menu Nutritional Analysis for ASPENS STREATERIES SEPT 23/24 WEEK 2

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 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Spicy Chicken Dhansak, Wholegrain Rice, Kachumber Salad SEC	310	464	10.4	1.8	75.9	10.7	20.6	7.3	0.8	
		23.2%	14.9%	9.2%	29.2%	11.9%	41.3%	-	13.3%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Baked Vada Pav Burger, Wholegrain Rice, Kachumber Salad SEC	331	525	6.1	0.9	106.1	12.0	14.9	7.0	0.9	
		26.3%	8.7%	4.3%	40.8%	13.4%	29.7%	-	15.1%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Burrito Bar, Chipotle Chicken Burrito, Spicy Beef Burrito, Mexican Slaw, Tomato Salsa SEC	625	1052	45.5	17.0	123.7	18.8	36.4	8.1	2.9	
		52.6%	65.0%	85.2%	47.6%	20.9%	72.7%	-	48.4%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Crispy Topped Mac n Cheese with BBQ Drizzle, Mexican Slaw, Tomato Salsa SEC	320	670	27.9	11.7	91.6	20.6	18.0	5.7	1.3	
		33.5%	39.8%	58.4%	35.2%	22.9%	36.0%	-	22.2%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Sticky Red Onion Sausages, Roasties, Gravy, Carrots & Peas SEC	437	519	20.3	4.7	63.7	13.9	19.9	9.3	3.8	
		26.0%	29.1%	23.6%	24.5%	15.4%	39.8%	-	63.5%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Veggie Bangers & Gravy, Cheesy Chive Mash, Carrots & Peas SEC	419	441	9.2	4.4	74.9	7.8	13.1	11.1	1.8	
		22.1%	13.2%	22.0%	28.8%	8.6%	26.3%	-	29.7%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Meatballs in Baharat Tomato Sauce, Moorish Cous Cous, Green Salad SEC	313	443	11.8	2.2	62.4	8.8	25.2	4.6	1.0	
		22.1%	16.9%	11.1%	24.0%	9.8%	50.5%	-	16.1%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Cumin Chickpea & Veg Bake in Baharat Tomato Sauce, Moorish Cous Cous, Green Salad SEC	353	427	10.8	1.0	69.3	8.9	15.4	8.5	0.1	
		21.4%	15.4%	5.0%	26.6%	9.9%	30.8%	-	1.1%	
ASPENS STREATERIES SEPT 23/24 WEEK 2 \ 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%	

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