

Menu Nutritional Analysis for ASPENS STREATERIES SEPT 23/24 WEEK 3

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 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 NY Open Chicken Bagel with American Mustard Slaw, Hand Cut Wedges SEC	388	462	8.0	1.6	77.6	7.9	22.9	7.2	1.7	
		23.1%	11.4%	8.1%	29.8%	8.8%	45.9%	-	28.9%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Chipotle Sweet Potato & Lime Taco, American Mustard Slaw, Hand Cut Wedges SEC	461	577	24.7	7.3	77.4	12.0	12.4	10.1	1.4	
		28.8%	35.3%	36.5%	29.8%	13.3%	24.8%	-	22.6%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Spicy Thai Pork & Lettuce Cups, Lime Wholegrain Rice, Wok Fried Oriental Vegetables SEC	289	457	14.4	3.7	62.7	8.9	22.9	3.5	0.5	
		22.8%	20.6%	18.7%	24.1%	9.9%	45.8%	-	8.6%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Veggie Thai Style Noodles, Wok Fried Oriental Vegetables SEC	302	397	10.2	1.4	60.0	12.4	15.8	6.2	1.3	
		19.9%	14.6%	6.9%	23.1%	13.8%	31.6%	-	21.6%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Creamy Chicken & Leek Pie, Roasties, Fresh Vegetables SEC	402	597	24.3	5.1	72.7	6.9	23.4	12.3	0.5	
		29.9%	34.8%	25.3%	28.0%	7.7%	46.7%	-	7.6%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Lentil & Onion Pie, Roasties, Fresh Vegetables SEC	405	608	20.2	4.1	88.2	10.4	20.2	14.0	1.2	
		30.4%	28.9%	20.7%	33.9%	11.5%	40.5%	-	19.5%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Aspens Favourite Chicken Tikka Masala, Yellow Rice, Kachumber Salad SEC	364	464	14.1	5.2	61.5	8.4	20.6	2.5	0.8	
		23.2%	20.2%	26.2%	23.7%	9.4%	41.2%	-	14.0%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ SECONDARY CORE MENU AUTUMN WINTER 2023/34 Chana Masala, Yellow Rice, Kachumber Salad SEC	317	419	8.4	1.1	69.9	5.9	12.2	5.9	0.1	
		20.9%	12.0%	5.6%	26.9%	6.6%	24.3%	-	1.4%	
ASPENS STREATERIES SEPT 23/24 WEEK 3 \ 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 3 \ 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%	