

## Menu Nutrition

## Menu: SEC APRIL 2021 SECONDARY APRIL 2021

Seq	Product	Description	Size	Energy (kJ (kJoules))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)
10	R01436	CARBONARA PASTA SEC	Ptn	>1556.0	>371.9	>9.2	>2.7	>55.1
20	R01680	Halal Spicy Chicken Wholegrain	Ptn	1766.4	422.2	11.9	5.5	53.9
30	R01681	Vegan Bolognese Wholegrain F	Ptn	2081.9	497.6	6.5	1.5	86.8
40	R00539	Garlic Slice (Homemade Bidfoo	Ptn	578.9	138.4	4.1	1.0	23.0
50	R01682	Green Salad SEC	Ptn	>42.3	>10.1	>0.1	>0.0	>2.4
60	R01684	Homemade Cheese Burger SEC	Ptn	2160.9	516.5	24.9	11.1	41.6
70	R01685	Homemade Halal Cheese Burg	Ptn	2160.9	516.5	24.9	11.1	41.6
80	R01686	Spicy Bean Burger Bap	Ptn	2000.0	478.0	13.4	1.2	72.9
90	R00879	Dusted Paprika Wedges VP	Ptn	639.1	152.7	0.5	0.1	34.8
100	R01687	Ranch Slaw SEC	Ptn	275.1	65.7	4.3	0.3	6.4
110	R01688	Roast Chicken SEC	Ptn	456.1	109.0	2.8	0.8	0.0
120	R01689	Halal Roast Chicken SEC	Ptn	456.1	109.0	2.8	0.8	0.0
130	R01690	Chicken & Stuffing Bap SEC	Ptn	1851.8	442.6	13.5	3.2	47.0
140	R01691	Halal Chicken & Stuffing Bap Sl	Ptn	1458.5	348.6	4.3	1.1	47.0
150	R01698	Aubergine Parmigiana Sandwic	Ptn	1982.3	473.8	15.9	6.5	61.6
160	R01692	Roasties SEC	Ptn	809.2	193.4	10.1	0.8	25.5
170	R00261	Gravy SEC	Ptn	49.7	11.9	0.1	0.0	2.7
180	R01693	Ancho Pork Burrito SEC	Ptn	1964.8	469.6	15.6	5.3	62.7
190	R01694	Halal Ancho Beef Burrito SEC	Ptn	2117.9	506.2	19.5	7.4	62.7
200	R01695	Ancho Jackfruit Burrito SEC	Ptn	1628.4	389.2	10.0	3.2	64.7
210	R01696	Corn Cobettes SEC	Ptn	472.8	113.0	1.9	0.4	18.0
220	R01697	Mexican Slaw SEC	Ptn	315.9	75.5	5.3	0.5	7.0
230	R01705	Battered Fish Dog SEC	Ptn	935.1	223.5	5.5	1.0	33.2

## Menu Nutrition

240	R01254	Quorn Dog SEC FW	Ptn	>275.1	>65.8	>2.1	>0.2	>4.6
250	R01699	Chip Shop Curry Sauce SEC	Ptn	140.6	33.6	1.1	0.6	5.0
260	R01256	Chips SEC	Ptn	804.6	192.3	5.4	0.6	30.9
270	R00895	Crushed Minted Peas and Chilli	Ptn	344.8	82.4	2.8	0.6	7.8
280	R01700	Meatball Marinara Wholegrain F	Ptn	2171.5	519.0	13.1	4.8	70.7
290	R01701	Halal Meatball Marinara Wholeç	Ptn	2273.6	543.4	15.7	6.2	70.7
300	R01702	Quorn Meatball Marinara Whole	Ptn	1642.5	392.6	3.7	1.4	67.0
310	R01670	Pomegranate Chicken & Jewell	Ptn	>2072.5	>495.4	>14.8	>3.2	>57.5
320	R01704	Halal Pomegranate Chicken & J	Ptn	>2072.5	>495.4	>14.8	>3.2	>57.5
330	R01706	Lebanese Falafel Khobez Wrap	Ptn	>934.7	>223.4	>11.7	>0.9	>22.9
340	R01738	Citrus Salad SEC	Ptn	219.8	52.5	5.1	0.4	1.8
350	R01799	Roast Pork SEC	Ptn	820.9	196.2	14.6	4.8	0.0
360	R01641	Toad in the Hole Yorkshire Pud	Ptn	>888.1	>212.3	>14.4	>4.5	>11.0
370	R01800	Halal Roast Beef SEC	Ptn	719.7	172.0	11.8	4.7	0.0
380	R01422	Potato and Spinach Frittata SEC	Ptn	975.2	233.1	13.1	3.7	10.6
390	R01677	Chicken Kathi Roll SEC	Ptn	>1768.4	>422.7	>16.8	>5.5	>42.9
400	R01707	Halal Chicken Kathi Roll SEC	Ptn	>1768.4	>422.7	>16.8	>5.5	>42.9
410	R01675	Rajasthan Watermelon Curry SI	Ptn	>133.1	>31.8	>0.6	>0.1	>5.1
420	R01679	Turmeric Rice SEC	Ptn	987.9	236.1	1.5	0.4	50.4
430	R01676	Coconut & Chickpea Salad SEC	Ptn	752.4	179.8	9.9	2.8	14.6
440	R00235	Fiery Battered Fish SEC	Ptn	617.6	147.6	1.4	0.5	16.2
450	R01708	Cheesy Bean Wrap SEC	Ptn	1524.4	364.3	17.5	10.1	35.4
460	R01709	Homemade Tartare Sauce SEC	Ptn	204.1	48.8	4.4	0.3	2.1
470	R00509	Peas SEC	Ptn	251.0	60.0	0.7	0.2	6.9
480	R00521	Mushy Peas SEC	Ptn	297.9	71.2	0.3	0.1	11.3
490	R01710	Beef Chilli SEC	Ptn	1043.7	249.5	15.6	5.4	11.3

## Menu Nutrition

500	R01711	Halal Beef Chilli SEC	Ptn	1043.7	249.5	15.6	5.4	11.3
510	R01605	Vegan Mince Chilli SEC	Ptn	845.0	202.0	6.4	1.3	29.3
520	R01714	Firecracker Rice Wholegrain SE	Ptn	1027.3	245.5	2.0	0.5	55.3
530	R01712	Tomato Salsa SEC	Ptn	64.4	15.4	0.2	0.0	3.2
540	R01713	Guacamole SEC	Ptn	172.2	41.2	3.3	0.9	2.7
550	R00330	Shawarma SEC v3	Ptn	2019.3	482.6	8.0	1.9	74.5
560	R01796	Halal Shawarma SEC v3	Ptn	2019.3	482.6	8.0	1.9	74.5
570	R01718	Chicken Style Pitta Kebab SEC	Ptn	>974.4	>232.9	>13.5	>1.5	>14.3
580	R01736	Fattoush Salad SEC	Ptn	249.2	59.6	5.1	0.4	3.0
590	R01724	Roast Gammon SEC	Ptn	542.3	129.6	8.6	2.8	0.0
600	R01330	Roast Gammon Baguette SEC	Ptn	>637.4	>152.4	>8.7	>2.8	>5.4
610	R01727	Halal Roast Turkey & gravy ma	Ptn	>625.7	>149.6	>7.1	>0.7	>1.8
620	R01726	Roast Turkey SEC	Ptn	439.3	105.0	0.8	0.3	0.0
630	R01740	Smoked Cheese & Onion Slice	Ptn	>1157.2	>276.6	>12.9	>6.6	>34.9
640	R01715	Chicken Chow Mein SEC	Ptn	>1952.1	>466.6	>11.5	>2.8	>61.2
650	R01797	Halal Chicken Chow Mein SEC	Ptn	>1952.1	>466.6	>11.5	>2.8	>61.2
660	R01716	Teriyaki Tofu Noodles SEC	Ptn	>1522.9	>364.0	>6.0	>0.9	>61.8
670	R01737	Five Spice Cauliflower Bites SE	Ptn	551.5	131.8	2.0	0.6	22.8
680	R01735	Fish Finger Sandwich SEC	Ptn	1985.0	474.4	19.1	3.5	55.3
690	R01798	Vegan Sausage Roll	Ptn	?	?	?	?	?
700	R01672	Peach Melba Traybake SEC	Ptn	>1770.8	>423.2	>22.1	>5.2	>50.6
710	R01720	Sweet Potato Brownie SEC	Ptn	1603.9	383.3	18.1	4.7	48.0
720	R01674	Carrot & Pineapple Muffin SEC	Ptn	1431.8	342.2	12.1	1.4	52.6
730	R00250	Mexican Chocolate Pudding SE	Ptn	939.8	224.6	10.8	2.7	27.6
740	R01723	Yoghurt, Granola & Peaches SE	Ptn	1001.4	239.3	10.1	2.1	30.5
750	R01671	Apple Brown Betty SEC	Ptn	979.3	234.1	8.9	2.2	34.2

## Menu Nutrition

corporate-services.com

760	R01408	Orange & cinnamon Polenta	SI Ptn	1015.9	242.8	12.0	2.8	30.5
770	R01721	Mango & Coconut Slice	SEC Ptn	1853.5	443.0	22.6	8.2	53.1
780	R01729	Indian Kulfi Ice Cream	SEC Ptn	1169.0	279.4	18.3	15.0	24.3
790	R01733	Frozen Banana Mousse	Pots SI Ptn	361.5	86.4	1.5	1.2	17.0
800	R00103	Chocolate Cornflake Crispy Bar	Ptn	1401.6	335.0	15.5	4.6	44.5
810	R01722	Tutti Frutti Sponge	Ptn	1412.1	337.5	18.0	4.3	39.2
820	R00259	Custard - Mix 125ml	SEC Ptn	374.4	89.5	2.1	1.4	16.4
830	R01732	Oaty Apple Crunch	SEC Ptn	1308.6	312.8	13.4	3.0	41.8
840	R01730	Caramelised Bananas & Toffee	Ptn	714.6	170.8	10.1	8.6	19.0
850	R00144	Sultana & Lemon Oaty Cookies	Ptn	836.3	199.9	7.6	1.7	30.5
860	R00216	HOMEMADE TOMATO SAUCE	Ptn	174.4	41.7	0.8	0.1	6.6
870	R01636	Roasted Carrot Houmous	Ptn	223.4	53.4	3.3	0.3	4.5
880	R01664	Teriyaki Sauce	MQ Ptn	270.5	64.6	0.2	0.1	14.5
890	R00096	Basic Plain Muffin	HB Ptn	1360.6	325.2	12.1	1.4	48.4

Seq	Product	Description	Size	NME Sugar (g)	NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)
10	R01436	CARBONARA PASTA	SEC Ptn	>0.0	>4.9	>4.9	>15.0	>0.3
20	R01680	Halal Spicy Chicken Wholegrain	Ptn	>1.5	>6.1	6.1	23.4	>0.9
30	R01681	Vegan Bolognese Wholegrain F	Ptn	>1.0	>9.0	9.0	28.2	>3.2
40	R00539	Garlic Slice (Homemade Bidfoo	Ptn	0.0	1.1	1.1	3.7	>0.5
50	R01682	Green Salad	SEC Ptn	?	?	>0.0	>0.6	>0.0
60	R01684	Homemade Cheese Burger	SEC Ptn	>0.0	>0.0	2.4	31.1	>1.3
70	R01685	Homemade Halal Cheese Burger	Ptn	>0.0	>0.0	2.4	31.1	>1.3
80	R01686	Spicy Bean Burger	Bap Ptn	?	>3.2	5.5	14.0	?
90	R00879	Dusted Paprika Wedges	VP Ptn	>0.0	2.8	2.8	4.4	0.8
100	R01687	Ranch Slaw	SEC Ptn	>0.4	>0.1	0.1	1.2	0.1

## Menu Nutrition

110	R01688	Roast Chicken SEC	Ptn	0.0	?	0.0	20.9	0.8
120	R01689	Halal Roast Chicken SEC	Ptn	0.0	?	0.0	20.9	0.8
130	R01690	Chicken & Stuffing Bap SEC	Ptn	>0.0	>0.4	2.7	31.2	>0.1
140	R01691	Halal Chicken & Stuffing Bap SI	Ptn	>0.0	>0.4	2.7	29.1	>0.9
150	R01698	Aubergine Parmigiana Sandwic	Ptn	>0.4	>4.1	4.1	20.9	>0.3
160	R01692	Roasties SEC	Ptn	>0.0	>0.0	0.0	2.6	0.0
170	R00261	Gravy SEC	Ptn	0.0	0.1	0.1	0.1	0.0
180	R01693	Ancho Pork Burrito SEC	Ptn	>0.6	>3.5	3.5	21.1	>2.1
190	R01694	Halal Ancho Beef Burrito SEC	Ptn	>0.6	>3.5	3.5	21.4	>2.4
200	R01695	Ancho Jackfruit Burrito SEC	Ptn	>0.6	>4.4	4.4	10.8	>1.6
210	R01696	Corn Cobettes SEC	Ptn	?	4.0	4.0	4.0	?
220	R01697	Mexican Slaw SEC	Ptn	>0.0	>0.0	0.0	1.5	0.0
230	R01705	Battered Fish Dog SEC	Ptn	?	2.2	2.2	9.4	?
240	R01254	Quorn Dog SEC FW	Ptn	>0.5	>2.7	>2.7	>6.0	>2.6
250	R01699	Chip Shop Curry Sauce SEC	Ptn	2.2	0.4	0.4	0.5	?
260	R01256	Chips SEC	Ptn	0.3	3.2	3.2	3.5	0.6
270	R00895	Crushed Minted Peas and Chilli	Ptn	>0.0	>3.8	3.8	4.7	>1.3
280	R01700	Meatball Marinara Wholegrain F	Ptn	>0.7	>4.6	4.6	28.3	>3.0
290	R01701	Halal Meatball Marinara Wholeç	Ptn	>0.7	>4.6	4.6	28.5	>3.2
300	R01702	Quorn Meatball Marinara Whole	Ptn	>1.6	>6.7	6.7	20.8	2.0
310	R01670	Pomegranate Chicken & Jewell	Ptn	>4.8	>2.5	>3.7	>31.6	>3.1
320	R01704	Halal Pomegranate Chicken & J	Ptn	>4.8	>2.5	>3.7	>31.6	>3.1
330	R01706	Lebanese Falafel Khobez Wrap	Ptn	?	>2.2	>2.9	>5.7	>0.0
340	R01738	Citrus Salad SEC	Ptn	>0.0	>0.0	0.0	0.2	0.0
350	R01799	Roast Pork SEC	Ptn	0.0	?	0.0	16.3	?
360	R01641	Toad in the Hole Yorkshire Pud	Ptn	>1.7	>0.4	>0.4	>9.9	>0.3

Menu Nutrition

370	R01800	Halal Roast Beef SEC	Ptn	0.0	?	0.0	16.3	1.4
380	R01422	Potato and Spinach Frittata SEC	Ptn	>0.0	>0.0	0.0	19.3	2.5
390	R01677	Chicken Kathi Roll SEC	Ptn	>7.9	>1.5	>1.8	>26.2	>3.0
400	R01707	Halal Chicken Kathi Roll SEC	Ptn	>7.9	>1.5	>1.8	>26.2	>3.0
410	R01675	Rajasthan Watermelon Curry SI	Ptn	>0.0	>0.9	>0.9	>2.1	>0.1
420	R01679	Turmeric Rice SEC	Ptn	0.0	0.8	0.8	4.9	0.3
430	R01676	Coconut & Chickpea Salad SEC	Ptn	>0.1	>3.8	3.8	6.3	1.3
440	R00235	Fiery Battered Fish SEC	Ptn	>0.1	1.5	1.5	18.3	>0.8
450	R01708	Cheesy Bean Wrap SEC	Ptn	>1.8	3.2	3.2	15.8	>1.5
460	R01709	Homemade Tartare Sauce SEC	Ptn	>0.3	>0.1	0.1	0.2	0.1
470	R00509	Peas SEC	Ptn	0.0	3.8	3.8	4.6	1.3
480	R00521	Mushy Peas SEC	Ptn	0.8	2.2	2.2	4.7	1.0
490	R01710	Beef Chilli SEC	Ptn	>0.3	>3.0	3.0	17.4	>2.0
500	R01711	Halal Beef Chilli SEC	Ptn	>0.3	>3.0	3.0	17.4	>2.0
510	R01605	Vegan Mince Chilli SEC	Ptn	>0.7	>4.8	4.8	14.5	>1.2
520	R01714	Firecracker Rice Wholegrain SE	Ptn	0.3	1.6	1.6	4.7	1.6
530	R01712	Tomato Salsa SEC	Ptn	>0.0	>0.3	0.3	1.0	0.1
540	R01713	Guacamole SEC	Ptn	?	>1.8	1.8	0.8	>0.0
550	R00330	Shawarma SEC v3	Ptn	>0.5	>3.5	3.7	26.2	>1.0
560	R01796	Halal Shawarma SEC v3	Ptn	>0.5	>3.5	3.7	26.2	>1.0
570	R01718	Chicken Style Pitta Kebab SEC	Ptn	>0.2	>5.3	>5.4	>11.6	>0.8
580	R01736	Fattoush Salad SEC	Ptn	>0.5	>0.2	0.2	0.5	>0.1
590	R01724	Roast Gammon SEC	Ptn	0.0	?	0.0	12.5	?
600	R01330	Roast Gammon Baguette SEC	Ptn	>0.0	>0.2	>0.2	>13.1	>0.2
610	R01727	Halal Roast Turkey & gravy ma	Ptn	>0.0	>0.0	>0.0	>19.6	>0.3
620	R01726	Roast Turkey SEC	Ptn	0.0	?	0.0	24.4	0.3

## Menu Nutrition

630	R01740	Smoked Cheese & Onion Slice	Ptn	>0.0	>1.6	>1.6	>5.8	>0.1
640	R01715	Chicken Chow Mein	SEC Ptn	>3.4	>2.4	>2.5	>31.1	>2.2
650	R01797	Halal Chicken Chow Mein	SEC Ptn	>3.4	>2.4	>2.5	>31.1	>2.2
660	R01716	Teriyaki Tofu Noodles	SEC Ptn	>2.9	>4.0	>4.0	>17.2	>2.2
670	R01737	Five Spice Cauliflower Bites	SE Ptn	>0.0	>1.1	1.1	6.1	0.9
680	R01735	Fish Finger Sandwich	SEC Ptn	2.7	1.7	1.7	19.8	>1.2
690	R01798	Vegan Sausage Roll	Ptn	?	?	?	?	?
700	R01672	Peach Melba Traybake	SEC Ptn	>31.3	>1.3	>1.3	>4.5	>0.9
710	R01720	Sweet Potato Brownie	SEC Ptn	>35.4	>3.6	3.6	5.8	>4.3
720	R01674	Carrot & Pineapple Muffin	SEC Ptn	>22.1	>1.5	1.5	5.1	0.9
730	R00250	Mexican Chocolate Pudding	SE Ptn	>18.7	1.8	1.8	3.4	>1.9
740	R01723	Yoghurt, Granola & Peaches	SE Ptn	10.8	2.7	2.7	5.4	1.4
750	R01671	Apple Brown Betty	SEC Ptn	15.7	3.8	3.8	2.9	>0.8
760	R01408	Orange & cinnamon Polenta	SI Ptn	>19.8	>0.7	0.7	2.6	>0.4
770	R01721	Mango & Coconut Slice	SEC Ptn	26.2	3.2	3.2	4.9	>1.3
780	R01729	Indian Kulfi Ice Cream	SEC Ptn	17.9	0.1	0.1	4.0	0.2
790	R01733	Frozen Banana Mousse Pots	SI Ptn	>8.2	>0.0	0.0	1.9	0.0
800	R00103	Chocolate Cornflake Crispy Bar	Ptn	25.4	1.6	1.6	3.6	>4.2
810	R01722	Tutti Frutti Sponge	Ptn	20.7	1.0	1.0	4.1	>0.8
820	R00259	Custard - Mix 125ml	SEC Ptn	8.4	0.0	0.0	1.3	0.0
830	R01732	Oaty Apple Crunch	SEC Ptn	10.0	3.7	3.7	4.2	>1.2
840	R01730	Caramelised Bananas & Toffee	Ptn	>11.5	>0.0	0.0	1.8	0.1
850	R00144	Sultana & Lemon Oaty Cookies	Ptn	>16.1	>1.0	1.0	1.9	>0.4
860	R00216	HOMEMADE TOMATO SAUCE	Ptn	>0.7	>1.5	1.5	2.2	0.5
870	R01636	Roasted Carrot Houmous	Ptn	?	?	0.8	1.2	>0.0
880	R01664	Teriyaki Sauce	MQ Ptn	6.0	0.2	0.2	1.9	0.1

Menu Nutrition

Seq	Product	Description	Size	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)
890	R00096	Basic Plain Muffin HB	Ptn	20.8	1.3	1.3	4.9	0.8
10	R01436	CARBONARA PASTA SEC	Ptn	>0.7	>100.7	>0.8	>0.8	>8.5
20	R01680	Halal Spicy Chicken Wholegrair	Ptn	>0.7	>14.3	>86.9	>39.8	>28.1
30	R01681	Vegan Bolognese Wholegrain F	Ptn	>1.3	>28.8	>40.0	>15.2	>32.3
40	R00539	Garlic Slice (Homemade Bidfoo	Ptn	>0.2	>90.3	>0.0	>0.1	>4.6
50	R01682	Green Salad SEC	Ptn	?	>0.0	?	>0.0	?
60	R01684	Homemade Cheese Burger SE	Ptn	>4.3	>155.9	>72.8	>0.0	>18.8
70	R01685	Homemade Halal Cheese Burg	Ptn	>4.3	>155.9	>72.8	>0.0	>18.8
80	R01686	Spicy Bean Burger Bap	Ptn	?	?	?	?	?
90	R00879	Dusted Paprika Wedges VP	Ptn	0.6	10.0	>0.0	22.0	70.0
100	R01687	Ranch Slaw SEC	Ptn	>0.1	2.7	>1.9	0.2	>0.7
110	R01688	Roast Chicken SEC	Ptn	1.7	7.0	20.0	0.0	9.0
120	R01689	Halal Roast Chicken SEC	Ptn	1.7	7.0	20.0	0.0	9.0
130	R01690	Chicken & Stuffing Bap SEC	Ptn	>0.1	>5.8	>14.5	>0.2	>1.3
140	R01691	Halal Chicken & Stuffing Bap Sl	Ptn	>1.8	>12.8	>34.5	>0.2	>10.3
150	R01698	Aubergine Parmigiana Sandwic	Ptn	>0.1	>5.3	>18.2	>7.4	>10.0
160	R01692	Roasties SEC	Ptn	>0.0	0.0	>0.0	0.0	>0.0
170	R00261	Gravy SEC	Ptn	0.0	?	0.0	0.0	0.0
180	R01693	Ancho Pork Burrito SEC	Ptn	>2.5	>89.0	>68.4	>26.2	>34.8
190	R01694	Halal Ancho Beef Burrito SEC	Ptn	>3.4	>90.2	>68.4	>26.2	>42.0
200	R01695	Ancho Jackfruit Burrito SEC	Ptn	>1.0	>84.8	>68.4	>26.2	>33.6
210	R01696	Corn Cobettes SEC	Ptn	?	?	?	?	?
220	R01697	Mexican Slaw SEC	Ptn	>0.0	0.0	>0.0	0.0	>0.0
230	R01705	Battered Fish Dog SEC	Ptn	?	?	?	?	?



## Menu Nutrition

240	R01254	Quorn Dog SEC FW	Ptn	>1.9	>119.4	>0.0	>0.0	>14.1
250	R01699	Chip Shop Curry Sauce SEC	Ptn	?	?	?	?	?
260	R01256	Chips SEC	Ptn	0.5	10.5	0.0	12.0	37.5
270	R00895	Crushed Minted Peas and Chilli	Ptn	>0.6	>28.0	>0.0	>9.6	>26.4
280	R01700	Meatball Marinara Wholegrain F	Ptn	>4.0	>89.3	>43.8	>15.2	>38.9
290	R01701	Halal Meatball Marinara Wholeç	Ptn	>4.6	>90.1	>43.8	>15.2	>43.7
300	R01702	Quorn Meatball Marinara Whole	Ptn	>4.0	295.3	>36.5	14.8	>45.0
310	R01670	Pomegranate Chicken & Jewell	Ptn	>2.6	>55.7	>381.2	>0.1	>31.7
320	R01704	Halal Pomegranate Chicken & J	Ptn	>2.6	>55.7	>381.2	>0.1	>31.7
330	R01706	Lebanese Falafel Khobez Wrap	Ptn	?	>0.0	?	>0.0	?
340	R01738	Citrus Salad SEC	Ptn	>0.0	0.0	>0.0	0.0	>0.0
350	R01799	Roast Pork SEC	Ptn	?	?	?	?	?
360	R01641	Toad in the Hole Yorkshire Pud	Ptn	>0.8	>69.7	>0.0	>0.0	>1.7
370	R01800	Halal Roast Beef SEC	Ptn	2.6	4.0	tr	0.0	12.0
380	R01422	Potato and Spinach Frittata SEC	Ptn	>1.6	66.7	>182.7	0.0	>68.2
390	R01677	Chicken Kathi Roll SEC	Ptn	>2.2	>109.7	>149.3	>40.4	>30.0
400	R01707	Halal Chicken Kathi Roll SEC	Ptn	>2.2	>109.7	>149.3	>40.4	>30.0
410	R01675	Rajasthan Watermelon Curry SI	Ptn	>0.1	>3.7	>23.2	>9.2	>9.3
420	R01679	Turmeric Rice SEC	Ptn	1.2	33.2	0.0	0.0	32.5
430	R01676	Coconut & Chickpea Salad SEC	Ptn	>0.7	35.3	>2.8	0.0	>9.2
440	R00235	Fiery Battered Fish SEC	Ptn	>0.2	>26.6	>0.0	>0.0	>5.3
450	R01708	Cheesy Bean Wrap SEC	Ptn	>0.5	>83.0	>0.0	>0.0	>16.0
460	R01709	Homemade Tartare Sauce SEC	Ptn	>0.0	2.2	>2.0	0.0	>0.9
470	R00509	Peas SEC	Ptn	0.6	28.0	0.0	9.6	26.4
480	R00521	Mushy Peas SEC	Ptn	0.8	13.6	0.0	0.0	0.0
490	R01710	Beef Chilli SEC	Ptn	>3.1	>23.4	>125.8	>48.4	>40.3

## Menu Nutrition

500	R01711	Halal Beef Chilli SEC	Ptn	>3.1	>23.4	>125.8	>48.4	>40.3
510	R01605	Vegan Mince Chilli SEC	Ptn	>0.5	>20.0	>91.6	>35.5	>31.8
520	R01714	Firecracker Rice Wholegrain SE	Ptn	1.2	12.3	65.6	0.8	33.1
530	R01712	Tomato Salsa SEC	Ptn	>0.0	3.2	>23.2	8.8	>9.2
540	R01713	Guacamole SEC	Ptn	?	>0.0	?	>0.0	?
550	R00330	Shawarma SEC v3	Ptn	>1.3	>13.5	>107.0	>32.2	>9.6
560	R01796	Halal Shawarma SEC v3	Ptn	>1.3	>13.5	>107.0	>32.2	>9.6
570	R01718	Chicken Style Pitta Kebab SEC	Ptn	>5.2	>115.2	>1.4	>0.5	>6.9
580	R01736	Fattoush Salad SEC	Ptn	>0.0	>2.4	>0.0	>2.4	>3.6
590	R01724	Roast Gammon SEC	Ptn	?	?	?	?	?
600	R01330	Roast Gammon Baguette SEC	Ptn	>0.0	>2.8	>0.0	>3.9	>0.4
610	R01727	Halal Roast Turkey & gravy ma	Ptn	>0.8	>3.2	>0.0	>0.0	>7.2
620	R01726	Roast Turkey SEC	Ptn	1.0	4.0	tr	0.0	9.0
630	R01740	Smoked Cheese & Onion Slice	Ptn	>0.1	>2.2	>6.1	>0.0	>2.3
640	R01715	Chicken Chow Mein SEC	Ptn	>2.6	>34.8	>43.7	>1.1	>47.7
650	R01797	Halal Chicken Chow Mein SEC	Ptn	>2.6	>34.8	>43.7	>1.1	>47.7
660	R01716	Teriyaki Tofu Noodles SEC	Ptn	>1.9	>56.1	>44.9	>1.1	>20.3
670	R01737	Five Spice Cauliflower Bites SE	Ptn	>0.5	42.9	>21.9	0.0	>17.0
680	R01735	Fish Finger Sandwich SEC	Ptn	>0.6	>134.9	>0.0	>0.0	>19.1
690	R01798	Vegan Sausage Roll	Ptn	?	?	?	?	?
700	R01672	Peach Melba Traybake SEC	Ptn	>0.4	>44.1	>29.9	>3.1	>13.5
710	R01720	Sweet Potato Brownie SEC	Ptn	>1.0	>36.9	>24.4	>0.0	>11.1
720	R01674	Carrot & Pineapple Muffin SEC	Ptn	>0.4	77.5	>12.4	2.5	>13.9
730	R00250	Mexican Chocolate Pudding SE	Ptn	>0.5	>31.3	>14.7	>0.1	>8.1
740	R01723	Yoghurt, Granola & Peaches SE	Ptn	0.9	78.9	2.8	4.0	15.8
750	R01671	Apple Brown Betty SEC	Ptn	>0.5	>32.3	>0.0	>12.0	>10.0

Menu Nutrition

760	R01408	Orange & cinnamon Polenta	SI Ptn	>0.2	>19.3	>14.6	>0.0	>7.6
770	R01721	Mango & Coconut Slice	SEC Ptn	>0.5	>47.7	>14.6	>7.5	>13.0
780	R01729	Indian Kulfi Ice Cream	SEC Ptn	0.6	178.1	92.1	1.6	6.6
790	R01733	Frozen Banana Mousse	Pots SI Ptn	>0.0	0.0	>0.0	0.0	>0.0
800	R00103	Chocolate Cornflake Crispy Bar	Ptn	>0.4	>53.4	>23.1	>0.8	>81.7
810	R01722	Tutti Frutti Sponge	Ptn	>0.3	>37.6	>21.9	>2.6	>13.0
820	R00259	Custard - Mix 125ml	SEC Ptn	0.1	50.1	24.1	0.9	1.8
830	R01732	Oaty Apple Crunch	SEC Ptn	>0.6	>39.7	>0.0	>7.5	>10.2
840	R01730	Caramelised Bananas & Toffee	Ptn	>0.1	42.0	>29.1	0.0	>0.5
850	R00144	Sultana & Lemon Oaty Cookies	Ptn	>0.1	>24.3	>0.0	>0.0	>4.7
860	R00216	HOMEMADE TOMATO SAUCE	Ptn	>0.2	10.5	>36.5	14.8	>19.9
870	R01636	Roasted Carrot Houmous	Ptn	?	>0.0	?	>0.0	?
880	R01664	Teriyaki Sauce	MQ Ptn	0.1	0.6	0.0	0.3	0.1
890	R00096	Basic Plain Muffin	HB Ptn	0.4	75.8	12.4	0.2	13.7

Seq	Product	Description	Size	Sodium (mg)	Salt (g)	Total suga (g)
10	R01436	CARBONARA PASTA	SEC Ptn	>245.0	>0.6	>5.7
20	R01680	Halal Spicy Chicken Wholegrair	Ptn	>409.9	>1.0	6.1
30	R01681	Vegan Bolognese Wholegrain F	Ptn	>423.6	>1.1	7.0
40	R00539	Garlic Slice (Homemade Bidfoo	Ptn	77.5	0.2	0.8
50	R01682	Green Salad	SEC Ptn	?	?	>1.3
60	R01684	Homemade Cheese Burger	SEC Ptn	>487.3	>1.2	3.6
70	R01685	Homemade Halal Cheese Burg	Ptn	>487.3	>1.2	3.6
80	R01686	Spicy Bean Burger	Bap Ptn	640.4	1.6	7.1
90	R00879	Dusted Paprika Wedges	VP Ptn	14.3	0.0	1.5
100	R01687	Ranch Slaw	SEC Ptn	>104.0	>0.3	3.3

## Menu Nutrition

110	R01688	Roast Chicken SEC	Ptn	90.0	0.2	0.0
120	R01689	Halal Roast Chicken SEC	Ptn	90.0	0.2	0.0
130	R01690	Chicken & Stuffing Bap SEC	Ptn	527.8	1.3	3.5
140	R01691	Halal Chicken & Stuffing Bap SI	Ptn	525.8	1.3	3.5
150	R01698	Aubergine Parmigiana Sandwic	Ptn	>675.5	>1.7	5.8
160	R01692	Roasties SEC	Ptn	>0.0	>0.0	1.8
170	R00261	Gravy SEC	Ptn	210.8	0.5	0.2
180	R01693	Ancho Pork Burrito SEC	Ptn	>398.5	>1.0	5.7
190	R01694	Halal Ancho Beef Burrito SEC	Ptn	>406.9	>1.0	5.7
200	R01695	Ancho Jackfruit Burrito SEC	Ptn	>493.3	>1.2	7.5
210	R01696	Corn Cobettes SEC	Ptn	20.0	0.1	11.0
220	R01697	Mexican Slaw SEC	Ptn	>0.0	>0.0	3.1
230	R01705	Battered Fish Dog SEC	Ptn	316.0	0.8	2.1
240	R01254	Quorn Dog SEC FW	Ptn	>215.5	>0.5	>1.5
250	R01699	Chip Shop Curry Sauce SEC	Ptn	150.4	0.4	2.2
260	R01256	Chips SEC	Ptn	30.0	0.1	0.2
270	R00895	Crushed Minted Peas and Chilli	Ptn	>17.9	>0.0	2.6
280	R01700	Meatball Marinara Wholegrain F	Ptn	>398.9	>1.0	6.4
290	R01701	Halal Meatball Marinara Wholeç	Ptn	>404.5	>1.0	6.4
300	R01702	Quorn Meatball Marinara Whole	Ptn	>568.1	>1.4	7.8
310	R01670	Pomegranate Chicken & Jewell	Ptn	>1.0	>0.0	>8.8
320	R01704	Halal Pomegranate Chicken & J	Ptn	>1.0	>0.0	>8.8
330	R01706	Lebanese Falafel Khobez Wrap	Ptn	>182.4	>0.5	>4.4
340	R01738	Citrus Salad SEC	Ptn	>0.0	>0.0	1.3
350	R01799	Roast Pork SEC	Ptn	108.0	0.3	0.0
360	R01641	Toad in the Hole Yorkshire Pud	Ptn	>425.0	>1.1	>2.9

## Menu Nutrition

370	R01800	Halal Roast Beef SEC	Ptn	42.4	0.1	0.0
380	R01422	Potato and Spinach Frittata SEC	Ptn	>223.3	>0.6	0.8
390	R01677	Chicken Kathi Roll SEC	Ptn	>409.7	>1.0	>10.9
400	R01707	Halal Chicken Kathi Roll SEC	Ptn	>409.7	>1.0	>10.9
410	R01675	Rajasthan Watermelon Curry SI	Ptn	>22.8	>0.1	>1.6
420	R01679	Turmeric Rice SEC	Ptn	6.7	0.0	0.3
430	R01676	Coconut & Chickpea Salad SEC	Ptn	>1.9	>0.0	1.5
440	R00235	Fiery Battered Fish SEC	Ptn	531.3	1.3	0.4
450	R01708	Cheesy Bean Wrap SEC	Ptn	581.6	1.5	3.4
460	R01709	Homemade Tartare Sauce SEC	Ptn	>117.0	>0.3	1.3
470	R00509	Peas SEC	Ptn	0.8	0.0	2.0
480	R00521	Mushy Peas SEC	Ptn	144.0	0.4	1.0
490	R01710	Beef Chilli SEC	Ptn	>130.2	>0.3	3.0
500	R01711	Halal Beef Chilli SEC	Ptn	>130.2	>0.3	3.0
510	R01605	Vegan Mince Chilli SEC	Ptn	>257.7	>0.6	3.0
520	R01714	Firecracker Rice Wholegrain SE	Ptn	326.0	0.8	1.4
530	R01712	Tomato Salsa SEC	Ptn	>15.6	>0.0	1.3
540	R01713	Guacamole SEC	Ptn	>19.4	>0.1	0.6
550	R00330	Shawarma SEC v3	Ptn	>347.6	>0.9	7.4
560	R01796	Halal Shawarma SEC v3	Ptn	>347.6	>0.9	7.4
570	R01718	Chicken Style Pitta Kebab SEC	Ptn	>130.0	>0.3	>2.8
580	R01736	Fattoush Salad SEC	Ptn	>2.9	>0.0	2.0
590	R01724	Roast Gammon SEC	Ptn	11200.0	28.0	0.0
600	R01330	Roast Gammon Baguette SEC	Ptn	>11200.4	>28.0	>4.3
610	R01727	Halal Roast Turkey & gravy ma	Ptn	>172.3	>0.4	>0.4
620	R01726	Roast Turkey SEC	Ptn	50.0	0.1	0.0

## Menu Nutrition

630	R01740	Smoked Cheese & Onion Slice	Ptn	>110.2	>0.3	>1.4
640	R01715	Chicken Chow Mein	SEC Ptn	>654.6	>1.6	>6.1
650	R01797	Halal Chicken Chow Mein	SEC Ptn	>654.6	>1.6	>6.1
660	R01716	Teriyaki Tofu Noodles	SEC Ptn	>971.7	>2.4	>5.9
670	R01737	Five Spice Cauliflower Bites	SE Ptn	>87.2	>0.2	2.2
680	R01735	Fish Finger Sandwich	SEC Ptn	711.8	1.8	3.6
690	R01798	Vegan Sausage Roll	Ptn	?	?	?
700	R01672	Peach Melba Traybake	SEC Ptn	>276.0	>0.7	>32.8
710	R01720	Sweet Potato Brownie	SEC Ptn	>190.5	>0.5	35.8
720	R01674	Carrot & Pineapple Muffin	SEC Ptn	>138.3	>0.4	25.3
730	R00250	Mexican Chocolate Pudding	SE Ptn	132.8	0.3	19.1
740	R01723	Yoghurt, Granola & Peaches	SE Ptn	43.9	0.1	20.2
750	R01671	Apple Brown Betty	SEC Ptn	153.0	0.4	23.6
760	R01408	Orange & cinnamon Polenta	SI Ptn	>144.5	>0.4	19.9
770	R01721	Mango & Coconut Slice	SEC Ptn	249.9	0.6	30.8
780	R01729	Indian Kulfi Ice Cream	SEC Ptn	54.7	0.1	24.2
790	R01733	Frozen Banana Mousse Pots	SI Ptn	>78.0	>0.2	10.9
800	R00103	Chocolate Cornflake Crispy Bar	Ptn	350.1	0.9	28.1
810	R01722	Tutti Frutti Sponge	Ptn	233.1	0.6	23.4
820	R00259	Custard - Mix 125ml	SEC Ptn	43.3	0.1	11.7
830	R01732	Oaty Apple Crunch	SEC Ptn	97.7	0.2	15.2
840	R01730	Caramelised Bananas & Toffee	Ptn	>15.4	>0.0	15.7
850	R00144	Sultana & Lemon Oaty Cookies	Ptn	>127.7	>0.3	17.1
860	R00216	HOMEMADE TOMATO SAUCE	Ptn	>253.9	>0.6	3.6
870	R01636	Roasted Carrot Houmous	Ptn	?	?	1.5
880	R01664	Teriyaki Sauce	MQ Ptn	1337.5	3.3	9.6

890	R00096	Basic Plain Muffin HB	Ptn	138.1	0.4	22.0
-----	--------	-----------------------	-----	-------	-----	------