

| | WEEK COMMEN | CING - 28th April - 19th May | / - 10Th June -/ July - | 8TN | September - 2 | 19th September | - ZUTH October | |
|-----------|---|---|--|-----|------------------------|-----------------------|----------------------------|-------|
| Monday | BBQ Chicken With Vegetable Rice | Roast Tomato & Vegetable Pasta Bake | Jacket Potato with a choice of filling | V | Mixed Vegetables | Seasonal Salad Bar | Fruit Smoothie | VEGAN |
| Tuesday | Pepperoni Pizza With Potato Cubes | Cheese & Tomato Pizza With Potato Cubes | Jacket Potato with a choice of filling | V | Broccoli | Seasonal Salad Bar | Jam Sponge | V |
| Wednesday | Roast Gammon with Roast Potatoes , Yorkshire Pudding & Gravy | Quorn Fillet with Roast Potatoes, Yorkshire Pudding & Gravy | Jacket Potato with a choice of filling | V | Carrots | Seasonal Salad Bar | Fruit Jelly | VEGAN |
| Thursday | Beef Bolognese With Pasta | Meat Free Sauage Roll With Potato Puffs | Jacket Potato with a choice of filling | V | Sweetcorn | Seasonal Salad Bar | Apple Strudel With Custard | V |
| Friday | Chicken Goujons With Chips | Cheese & Broccoli Pasta Bake ✓ | Jacket Potato with a choice of filling | V | Peas or Baked Beans | Seasonal Salad Bar | Fruity Glazed Bun | Y |
| | | | | | | | | |







| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Main | Main | Main | Main | Main |
| Pork Sausages | BBQ Chicken Pizza | Roast chicken | Macaroni Cheese | Fish Fingers |
| Quorn Sausage | Cheese & Tomato Pizza | Roast Quorn Fillet | Salmon Tortelloni in Tomato | Quorn Dippers |
| Mash Potatoes | Potato Wedges | Roast Potatoes | Sauce | Chips |
| Gravy | Jacket Potato with a Choice of Filling | Yorkshire Pudding | Jacket Potato with a Choice of Filling | Jacket Potato with a Choice of Filling |
| Jacket Potato with a Choice of Filling | Cheese | Gravy | Cheese | Cheese |
| Cheese | | Jacket Potato with a Choice of Filling | Tuna Mayo | Tuna Mayo |
| | Tuna Mayo Baked Beans | | Baked Beans | Baked Beans |
| Tuna Mayo | Baked Beans | Cheese | | Baked Beans |
| Baked Beans | _ | Tuna Mayo | _ | |
| | | Baked Beans | | |
| Vegetables | Vegetables | Vegetables | Vegetables | Vegetables |
| Broccoli | Sweetcorn Cobette | Carrots | Mixed Vegetables | Peas |
| Seasonal Salad Bar | Seasonal Salad Bar | Seasonal Salad Bar | Seasonal Salad Bar | Baked Beans |
| | | | | Seasonal Salad Bar |
| Dessert | Dessert | Dessert | Dessert | Dessert |
| Frozen Yoghurt | Apple Flapjack | Fruit Jelly | Marble Sponge | Oat Cookie |
| Fresh Fruit |
| Wholemeal Bread |
| Soft Cheese |
| Cream crackers |



Allergens

Pork Sausages: Cereals containing gluten, Soya; Quorn Sausage: Cereals containing gluten; Mash Potatoes: No allergens; Gravy: No allergens; Jacket Potato with a Choice of Filling: No allergens; Cheese: Milk; Tuna Mayo: Eggs, Fish; Baked Beans: No allergens; Broccoli: No allergens; Seasonal Salad Bar: No allergens; Frozen Yoghurt: Milk; Fresh Fruit: No allergens; Wholemeal Bread: Cereals containing gluten, Soya; Soft Cheese: Milk; Cream crackers: Cereals containing gluten; BBQ Chicken Pizza: Cereals containing gluten, Eggs, Milk, Mustard, Soya; Cheese & Tomato Pizza: Celery, Cereals containing gluten, Eggs, Milk, Soya; Potato Wedges: No allergens; Sweetcorn Cobette: No allergens; Apple Flapjack: Cereals containing gluten; Roast Chicken: No allergens; Potatoes: No allergens; Pruit Jelly: No allergens; Macaroni Cheese: Celery, Cereals containing gluten, Fish; Pudding: Cereals containing gluten, Eggs, Fish, Milk, Soya; Mixed Vegetables: No allergens; Marble Sponge: Cereals containing gluten, Eggs; Fish Fingers: Cereals containing gluten, Fish; Quorn Dippers: Cereals containing gluten; Chips: No allergens; Peas: No allergens; Baked Beans: No allergens; Oat Cookie: Cereals containing gluten



Tudor Court Spring Summer menu 25 Week 1Analyse by: Per Portion Food Labelling: Default

| Monday | Μ | OI | nd | a | y |
|--------|---|----|----|---|---|
|--------|---|----|----|---|---|

| Tionday | | | _ | | _ | | | | | | | _ | | | | | | | | | |
|--|--------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | (6) ASN | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Gravy | 55.00 | 73.4 | 0.2 | 0.1 | 0.5 | 0.6 | - | 3.5 | 0.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.3% | 0.5% | 8.0% | 0.6% | - | 1.3% | 0.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Mash Potatoes | 105.00 | 330.8 | 2.9 | 0.8 | 0.2 | 0.6 | - | 16.1 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 16.5% | 4.1% | 3.9% | 2.8% | 0.7% | - | 6.2% | 3.5% | - | - | - | - | - | - | - | - | - | - | - | - |
| Pork Sausages | 56.75 | 620.3 | 11.4 | 4.1 | 0.9 | 0.7 | - | 4.3 | 6.9 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 31.0% | 16.2% | 20.5% | 15.7% | 0.8% | - | 1.7% | 13.7% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|-------|-------|-------|---|------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Quorn Sausage | 75.00 | 103.5 | 3.5 | 1.2 | 0.8 | 0.1 | - | 6.1 | 10.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 5.2% | 4.9% | 6.0% | 13.8% | 0.1% | - | 2.3% | 21.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Broccoli | 50.00 | 21.5 | 0.3 | 0.1 | 0.0 | 1.0 | - | 1.6 | 2.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 1.1% | 0.4% | 0.4% | 0.2% | 1.1% | - | 0.6% | 4.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Frozen Yoghurt | 80.00 | 572.8 | 6.0 | 3.0 | 0.1 | 10.6 | - | 17.7 | 2.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 28.6% | 8.6% | 15.2% | 2.3% | 11.8% | - | 6.8% | 5.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
|--|--------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tuesday | | | | | | | | | | | | | | | | | | | | | |
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| BBQ Chicken Pizza | 99.38 | 216.2 | 1.6 | 0.5 | 0.3 | 6.3 | - | 21.5 | 6.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.8% | 2.3% | 2.7% | 5.7% | 7.0% | - | 8.3% | 12.5% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese & Tomato Pizza | 98.05 | 262.5 | 15.5 | 10.0 | 1.7 | 2.5 | - | 17.8 | 13.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 13.1% | 22.2% | 50.0% | 28.8% | 2.8% | - | 6.9% | 27.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |

| Potato Wedges | 100.00 | 548.0 | 3.0 | 0.4 | 0.1 | 0.5 | - | 22.0 | 2.5 | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|-------|------|-------|---|-------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Daily Reference Intake (%) | | 27.4% | 4.3% | 2.0% | 1.7% | 0.6% | - | 8.5% | 5.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Sweetcorn Cobette | 0.10 | 0.5 | 0.0 | 0.0 | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Apple Flapjack | 53.50 | 637.0 | 10.9 | 2.8 | 0.3 | 15.1 | - | 28.8 | 3.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 31.8% | 15.6% | 13.8% | 4.2% | 16.7% | - | 11.1% | 6.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |

| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
|--|-----------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Wednesday | | | | | | | | | | | | | | | | | | | | | |
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Gravy | 55.00 | 73.4 | 0.2 | 0.1 | 0.5 | 0.6 | - | 3.5 | 0.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.3% | 0.5% | 8.0% | 0.6% | - | 1.3% | 0.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Roast chicken | 50.00 | 295.5 | 1.2 | 0.5 | - | 0.1 | - | 0.1 | 14.8 | - | - | - | - | - | - | - | 0.2 | - | - | - | - |
| Daily Reference Intake (%) | | 14.8% | 1.7% | 2.3% | - | 0.1% | - | 0.0% | 29.5% | - | - | - | - | - | - | - | 6.3% | - | - | - | - |
| Roast Potatoes | 127.75 | 115.2 | 2.6 | 0.2 | 0.2 | 1.0 | - | 21.3 | 2.5 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 5.8% | 3.8% | 0.9% | 3.2% | 1.1% | - | 8.2% | 5.0% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|------|-------|-------|---|------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Roast Quorn Fillet | 71.43 | 295.0 | 0.9 | 0.3 | 0.7 | 0.0 | - | 3.5 | 10.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 14.8% | 1.2% | 1.5% | 11.8% | 0.0% | - | 1.3% | 20.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Yorkshire Pudding | 16.83 | 164.1 | 1.2 | 0.1 | 0.1 | 0.9 | - | 5.9 | 1.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 8.2% | 1.7% | 0.6% | 1.8% | 1.0% | - | 2.3% | 2.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Carrots | 50.00 | 20.5 | 0.1 | 0.0 | 0.0 | 2.4 | - | 5.0 | 0.5 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 1.0% | 0.1% | 0.0% | 0.0% | 2.6% | - | 1.9% | 0.9% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fruit Jelly | 92.89 | 1.2 | 0.0 | 0.0 | 0.0 | 0.3 | - | 0.7 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 0.1% | 0.1% | 0.1% | 0.0% | 0.3% | - | 0.3% | 0.1% | - | - | - | - | - | - | - | - | - | - | - | - |
|--|-------------------------|---|-----------------------------------|----------------------------|----------------------------|----------------------------|----------------|------------------------------------|-----------------------------------|-------------|-------------|-----------|--------------|-----------------|-----------------|-------------|-------------|------------------|-------------------|-----------------|----------------|
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Thursday | | | | | | | | | | | | | | | | | | | | | |
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| | Pc (9 | <u>i</u> ii | E | SS (D | Si | ⁶ | 뜐 | ් යි ව | <u> </u> | ž | Ir | Ż | Ű | > | > | μ | Š | Po | ğΞ | i≅ | |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | ن 0.4 | 3.2 | <u>.</u> | 8.0 | 2.4 | - - | _ - | IZ - | - - | - - | - - | - F | ් - | - - - | - Mg | <u>-</u> | - |
| Baked Beans Daily Reference Intake (%) | | | | | | | | | | - - | - ក្រ | - - | - - | - - | - - | - - | - - | - - - | | - - - | - |
| | | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | | 8.0 | 2.4 | - - | - - | - - | - - | - - | - - | - - | - - | - - - - | | - - | - |
| Daily Reference Intake (%) | 52.40 | 202.8 | 0.3 | 0.1 | 7.0% | 3.6% | - | 8.0 | 2.4 4.7% | - - - | - - | - - | - - | - - - | - - - | - - | - - - | - - | | - - | - - - |
| Daily Reference Intake (%) Cheese | 52.40 | 202.8 10.1% 12.3 | 0.4% | 0.1 | 7.0% | 3.6% | - | 8.0 3.1% 0.0 | 2.4 4.7% 0.8 | - - | - - | | - - - | - - | - - | - - | | - - | | | |
| Daily Reference Intake (%) Cheese Daily Reference Intake (%) Jacket Potato with a Choice of | 52.40 3.00 | 202.8 10.1% 12.3 0.6% | 0.3 0.4% 1.0 1.5% | 0.1 0.3% 0.7 3.5% | 0.4 7.0% 0.1 0.8% | 3.2 3.6% 0.0 0.0% | - | 8.0 3.1% 0.0 | 2.4 4.7% 0.8 1.7% | | - - - | | - - - | - - - | - - - | | | - - | | - - - | |
| Daily Reference Intake (%) Cheese Daily Reference Intake (%) Jacket Potato with a Choice of Filling | 52.40 3.00 250.00 | 202.8 10.1% 12.3 0.6% 185.0 | 0.3 0.4% 1.0 1.5% 0.3 | 0.1 0.3% 0.7 3.5% | 0.4 7.0% 0.1 0.8% | 3.2 3.6% 0.0 0.0% | - | 8.0 3.1% 0.0 0.0% 42.5 | 2.4 4.7% 0.8 1.7% 5.0 | | - - - | | - - - | - - - | - - - | | | | | | |

| Salmon Tortelloni in Tomato Sauce | 188.13 | 207.0 | 3.5 | 1.4 | 1.1 | 5.3 | - | 34.7 | 9.4 | - | - | - | - | - | - | - | - | - | - | - | - |
|-----------------------------------|--------|-------|-------|-------|-------|-------|---|-------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Daily Reference Intake (%) | | 10.4% | 5.0% | 7.0% | 18.0% | 5.9% | - | 13.3% | 18.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed Vegetables | 50.00 | 95.5 | 0.1 | 0.0 | 0.0 | 2.4 | - | 3.5 | 1.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 4.8% | 0.2% | 0.2% | 0.7% | 2.7% | - | 1.4% | 2.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Marble Sponge | 50.94 | 298.4 | 10.6 | 3.0 | 0.3 | 9.5 | - | 17.3 | 3.5 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 14.9% | 15.2% | 15.0% | 4.2% | 10.6% | - | 6.7% | 6.9% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |

| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
|--|-----------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Friday | | | | | | | | | | | | | | | | | | | | | |
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Chips | 103.18 | 532.4 | 3.1 | 0.4 | 0.4 | 0.5 | - | 21.7 | 2.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.6% | 4.4% | 2.1% | 6.0% | 0.6% | - | 8.3% | 4.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fish Fingers | 84.00 | 754.3 | 7.9 | 0.7 | 0.7 | 0.8 | - | 16.8 | 10.1 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 37.7% | 11.3% | 3.4% | 11.8% | 0.8% | - | 6.5% | 20.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Quorn Dippers | 60.00 | 460.2 | 5.8 | 0.6 | 0.5 | 0.1 | - | 5.9 | 7.2 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 23.0% | 8.2% | 3.0% | 7.7% | 0.1% | - | 2.3% | 14.4% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|------|------|-------|---|------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | _ | 0.2 | 12.3 | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ |
| runa mayo | 04.72 | 323.3 | 0.5 | | 0.5 | | | 0.2 | 12.5 | | | | | | | | | | | | |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Baked Beans | 58.22 | 200.9 | 0.3 | 0.1 | 0.3 | 2.2 | - | 7.5 | 2.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.0% | 0.4% | 0.3% | 4.3% | 2.4% | - | 2.9% | 5.1% | - | - | - | - | - | - | - | - | - | - | - | - |
| Peas | 50.00 | 144.5 | 0.2 | 0.1 | 0.0 | 1.6 | - | 4.5 | 2.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 7.2% | 0.2% | 0.3% | 0.7% | 1.7% | - | 1.7% | 5.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Oat Cookie | 43.50 | 462.7 | 7.3 | 1.9 | 0.2 | 12.1 | - | 25.6 | 2.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 23.1% | 10.5% | 9.7% | 3.2% | 13.5% | - | 9.8% | 4.5% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|------|------|------|------|------|------|---|------|------|---|---|---|---|---|---|---|---|---|---|---|---|
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |





| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Main | Main | Main | Main | Main |
| BBQ Chicken | Pepperoni Pizza | Roast Gammon | Beef Bolognese | Chicken Goujon |
| Vegetable Rice | Cheese & Tomato Pizza | Roast Quorn Fillet | Pasta | Chips |
| Tomato Vegetable pasta bake | Potato Cubes | Roast Potatoes | Meat Free Sausage Roll | Cheese & Broccoli Pasta Bake |
| Jacket Potato with a Choice of Filling | Jacket Potato with a Choice of Filling | Yorkshire Pudding | Potato Puff | Jacket Potato with a Choice of Filling |
| Cheese | Cheese | Gravy | Jacket Potato with a Choice of Filling | Cheese |
| Tuna Mayo | Tuna Mayo | Jacket Potato with a Choice of Filling | Cheese | Tuna Mayo |
| Baked Beans | Baked Beans | Cheese | Tuna Mayo | Baked Beans |
| | | Tuna Mayo | Baked Beans | |
| | | Baked Beans | | |
| Vegetables | Vegetables | Vegetables | Vegetables | Vegetables |
| Mixed Vegetables | Broccoli | Carrots | Sweetcorn | Peas |
| Seasonal Salad Bar | Seasonal Salad Bar | Seasonal Salad Bar | Seasonal Salad Bar | Baked Beans |
| | | | | Seasonal Salad Bar |
| Dessert | Dessert | Dessert | Dessert | Dessert |
| Fruit Smoothie | Jam Sponge | Fruit Jelly | Apple Strudel | Fruity Glazed Bun |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Custard | Fresh Fruit |
| Wholemeal Bread | Wholemeal Bread | Wholemeal Bread | Fresh Fruit | Wholemeal Bread |
| Cream crackers | Cream crackers | Cream crackers | Wholemeal Bread | Cream crackers |
| Soft Cheese | Soft Cheese | Soft Cheese | Cream crackers | Soft Cheese |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|-------------|--------|
| | | | Soft Cheese | |

Allergens

BBQ Chicken:Celery,Sulphur Dioxide; Vegetable Rice:No allergens; Tomato Vegetable pasta bake:Celery,Cereals containing gluten,Mustard,Soya; Jacket Potato with a Choice of Filling:No allergens; Cheese:Milk; Tuna Mayo:Eggs,Fish; Baked Beans:No allergens; Mixed Vegetables:No allergens; Seasonal Salad Bar:No allergens; Fruit Smoothie:No allergens; Fresh Fruit:No allergens; Wholemeal Bread:Cereals containing gluten,Soya; Cream crackers:Cereals containing gluten; Soft Cheese:Milk; Pepperoni Pizza:Celery,Cereals containing gluten,Eggs,Milk,Mustard,Soya; Cheese & Tomato Pizza:Celery,Cereals containing gluten,Eggs,Milk,Soya; Potato Cubes:Cereals containing gluten; Broccoli:No allergens; Jam Sponge:Cereals containing gluten,Eggs; Roast Gammon:No allergens; Roast Quorn Fillet:Cereals containing gluten; Roast Potatoces:No allergens; Fruit Jelly:No allergens; Beef Bolognese:Celery; Pasta:Cereals containing gluten,Mustard,Soya; Meat Free Sausage Roll:Cereals containing gluten; Potato Puff:No allergens; Sweetcorn:No allergens; Apple Strudel:Cereals containing gluten; Custard:Milk; Chicken Goujon:Cereals containing gluten; Chips:No allergens; Cheese & Broccoli Pasta Bake:Celery,Cereals containing gluten,Milk,Mustard,Soya; Peas:No allergens; Baked Beans:No allergens; Fruity Glazed Bun:Cereals containing gluten,Eggs,Milk,Soya,Sulphur Dioxide



Tudor Court Spring Summer menu 25 Week 2Analyse by: Per Portion Food Labelling: Default

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| Monday | | _ | _ | _ | | | | | _ | | | | | | | | | | | | |
|--|-----------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| BBQ Chicken | 60.61 | 72.7 | 1.9 | 0.5 | 0.4 | 2.4 | - | 3.7 | 9.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.6% | 2.8% | 2.4% | 6.3% | 2.6% | - | 1.4% | 19.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tomato Vegetable pasta bake | 186.36 | 381.1 | 6.0 | N | 7.5 | 6.0 | - | 44.2 | 10.5 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 19.1% | 8.6% | - | 124.3% | 6.6% | - | 17.0% | 20.9% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|------|------|-------|---|-------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Vegetable Rice | 75.00 | 654.2 | 1.1 | 0.3 | 0.0 | 2.4 | - | 31.1 | 4.1 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 32.7% | 1.6% | 1.6% | 0.5% | 2.6% | - | 12.0% | 8.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed Vegetables | 50.00 | 95.5 | 0.1 | 0.0 | 0.0 | 2.4 | - | 3.5 | 1.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 4.8% | 0.2% | 0.2% | 0.7% | 2.7% | - | 1.4% | 2.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fruit Smoothie | 80.00 | 272.0 | 0.3 | 0.2 | 0.0 | 14.4 | - | 15.2 | 1.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 13.6% | 0.5% | 1.2% | 0.2% | 16.0% | - | 5.8% | 2.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
|--|--------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Tuesday | | | | | | | | | | | | | | | | | | | | | |
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese & Tomato Pizza | 98.05 | 262.5 | 15.5 | 10.0 | 1.7 | 2.5 | - | 17.8 | 13.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 13.1% | 22.2% | 50.0% | 28.8% | 2.8% | - | 6.9% | 27.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Pepperoni Pizza | 94.93 | 277.6 | 16.9 | 10.6 | 1.9 | 2.5 | - | 17.9 | 14.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 13.9% | 24.2% | 52.9% | 30.8% | 2.8% | - | 6.9% | 28.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Potato Cubes | 113.64 | 164.8 | 6.8 | 0.8 | 0.9 | 0.5 | - | 21.6 | 2.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 8.2% | 9.7% | 4.0% | 15.0% | 0.5% | - | 8.3% | 5.2% | - | - | - | - | - | - | - | - | - | - | - | - |

| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|-------|------|-------|---|-------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Broccoli | 50.00 | 21.5 | 0.3 | 0.1 | 0.0 | 1.0 | - | 1.6 | 2.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 1.1% | 0.4% | 0.4% | 0.2% | 1.1% | - | 0.6% | 4.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jam Sponge | 62.19 | 450.7 | 10.3 | 2.9 | 0.3 | 16.4 | - | 27.8 | 3.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 22.5% | 14.7% | 14.3% | 4.2% | 18.2% | - | 10.7% | 6.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| | | | | | | | | | | | | | | | | | | | | | |

| Wednesday | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Gravy | 55.00 | 73.4 | 0.2 | 0.1 | 0.5 | 0.6 | - | 3.5 | 0.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.3% | 0.5% | 8.0% | 0.6% | - | 1.3% | 0.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Roast Gammon | 73.61 | 445.4 | 4.8 | 1.8 | 2.4 | 3.4 | - | 3.5 | 11.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 22.3% | 6.9% | 9.1% | 39.3% | 3.8% | - | 1.4% | 23.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Roast Potatoes | 127.75 | 115.2 | 2.6 | 0.2 | 0.2 | 1.0 | - | 21.3 | 2.5 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 5.8% | 3.8% | 0.9% | 3.2% | 1.1% | - | 8.2% | 5.0% | - | - | - | - | - | - | - | - | - | - | - | - |

10.0

Roast Quorn Fillet

| Daily Reference Intake (%) | | 14.8% | 1.2% | 1.5% | 11.8% | 0.0% | - | 1.3% | 20.0% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|------|-------|-------|---|------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Yorkshire Pudding | 16.83 | 164.1 | 1.2 | 0.1 | 0.1 | 0.9 | - | 5.9 | 1.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 8.2% | 1.7% | 0.6% | 1.8% | 1.0% | - | 2.3% | 2.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Carrots | 50.00 | 20.5 | 0.1 | 0.0 | 0.0 | 2.4 | - | 5.0 | 0.5 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 1.0% | 0.1% | 0.0% | 0.0% | 2.6% | - | 1.9% | 0.9% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fruit Jelly | 92.89 | 1.2 | 0.0 | 0.0 | 0.0 | 0.3 | - | 0.7 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.1% | 0.1% | 0.1% | 0.0% | 0.3% | - | 0.3% | 0.1% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
|--|--------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Thursday | | | | | | | | | | | | | | | | | | | | | |
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Beef Bolognese | 161.50 | 650.0 | 10.7 | N | N | 4.8 | - | 5.5 | 14.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 32.5% | 15.2% | - | - | 5.3% | - | 2.1% | 28.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Meat Free Sausage Roll | 65.00 | 558.4 | 5.3 | 2.5 | 0.5 | 0.5 | - | 16.9 | 4.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 27.9% | 7.5% | 12.4% | 7.8% | 0.5% | - | 6.5% | 8.3% | - | - | - | - | - | - | - | - | - | - | - | - |

| Pasta | 45.25 | 166.7 | 1.4 | 0.3 | 0.0 | 1.7 | - | 29.7 | 5.4 | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|------|------|-------|---|-------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Daily Reference Intake (%) | | 8.3% | 2.0% | 1.4% | 0.0% | 1.9% | - | 11.4% | 10.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Potato Puff | 100.00 | 654.0 | 7.1 | 0.8 | 0.5 | 0.5 | - | 20.0 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 32.7% | 10.1% | 4.0% | 8.3% | 0.6% | - | 7.7% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Sweetcorn | 50.00 | 155.8 | 0.7 | 0.2 | 0.0 | 4.1 | - | 5.8 | 1.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 7.8% | 1.0% | 1.0% | 0.2% | 4.5% | - | 2.2% | 2.5% | - | - | - | - | - | - | - | - | - | - | - | - |
| Apple Strudel | 93.33 | 492.9 | 2.0 | 0.5 | 0.1 | 50.6 | - | 52.2 | 0.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 24.6% | 2.9% | 2.7% | 0.8% | 56.2% | - | 20.1% | 0.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Custard | 44.40 | 124.4 | 0.7 | 0.4 | 0.1 | 4.0 | - | 6.1 | 1.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| | | | | | | | | | | | | | | | | | | | | | |

| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
|---|--------------------|---|----------------------------|-----------------------------------|----------------------------|----------------------------|----------------|---------------------|----------------------------|-------------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|-----------------|-------------------|-----------------|----------------|
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Friday | | | | | | | | | | | | | | | | | | | | | |
| | Veight | kcal) | | d Fat | | yar (g) | ar (g) | drate | (a) | | | | (mg) | (اوط) ه | C (mg) | (Gr | (mg) | m (mg) | u _r | n (mg) | (bd) (|
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | (g) MSN | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Menu Item Baked Beans | Portion V (6) | 202.8 | (a) | Saturate (9) | Salt (g) | Total Sug | Free Sug | Carbohyo 0.8 (g) | Protein (| NSP (g) | Iron (mg | Zinc (mg | Calcium | Vitamin , | Vitamin (| Folate (| Sodium | Potassiu | Magnesit (mg) | Riboflavi | Vitamin |
| | | | | | | | | | | (6) ASN (7) | Iron (mg | Zinc (mg | Calcium | Vitamin | Vitamin | Folate (| Sodium | Potassiu | Magnesic (mg) | Riboflavi | Vitamin |
| Baked Beans | | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | | 8.0 | 2.4 | (6) ASN | Iron (mg | Zinc (mg | Calcium | Vitamin , | Vitamin | Folate (| Sodium | Potassiui ' ' ' | Magnesiu (mg) | Riboflavi | Vitamin |
| Baked Beans Daily Reference Intake (%) | 52.40 | 202.8 | 0.4% | 0.1 | 7.0% | 3.6% | - | 8.0 | 2.4 4.7% | (6) dSN | Iron (mg | Zinc (mg | Calcium | Vitamin | Vitamin ' | Folate (L | Sodium | Potassiu | Magnesiu (mg) | Riboflavi | Vitamin |
| Baked Beans Daily Reference Intake (%) Cheese | 52.40 | 202.8 10.1% 12.3 | 0.4% | 0.1 | 7.0% | 3.6% | - | 8.0 3.1% 0.0 | 2.4 4.7% 0.8 | (6) dSN | Iron (mg | Zinc (mg | Calcium | Vitamin | Vitamin | Folate (| Sodium | Potassiur | Magnesiu (mg) | Riboflavi | Vitamin |
| Baked Beans Daily Reference Intake (%) Cheese Daily Reference Intake (%) | 52.40 3.00 | 202.8 10.1% 12.3 0.6% 554.8 | 0.3 0.4% 1.0 1.5% | 0.1 0.3% 0.7 3.5% 4.1 | 0.4 7.0% 0.1 0.8% | 3.2 3.6% 0.0 0.0% | - | 8.0 3.1% 0.0 | 2.4 4.7% 0.8 1.7% | (6) dSN | Iron (mg | Zinc (mg | Calcium | Vitamin | Vitamin | Folate (H | Sodium | Potassiun | Magnesiu (mg) | Riboflavi | Vitamin |

| Daily Reference Intake (%) | | 8.6% | 12.1% | 5.6% | 9.7% | 0.3% | - | 5.3% | 18.4% | - | - | - | - | - | - | - | - | - | - | - | - |
|--|--------|-------|-------|------|------|------|---|-------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Chips | 103.18 | 532.4 | 3.1 | 0.4 | 0.4 | 0.5 | - | 21.7 | 2.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.6% | 4.4% | 2.1% | 6.0% | 0.6% | - | 8.3% | 4.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Baked Beans | 58.22 | 200.9 | 0.3 | 0.1 | 0.3 | 2.2 | - | 7.5 | 2.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.0% | 0.4% | 0.3% | 4.3% | 2.4% | - | 2.9% | 5.1% | - | - | - | - | - | - | - | - | - | - | - | - |
| Peas | 50.00 | 144.5 | 0.2 | 0.1 | 0.0 | 1.6 | - | 4.5 | 2.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 7.2% | 0.2% | 0.3% | 0.7% | 1.7% | - | 1.7% | 5.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|-------|-------|------|------|------|-------|---|-------|------|---|---|---|---|---|---|---|---|---|---|---|---|
| Fruity Glazed Bun | 66.67 | 172.6 | 1.9 | 0.7 | 0.4 | 11.6 | - | 34.2 | 3.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 8.6% | 2.7% | 3.5% | 5.8% | 12.9% | - | 13.1% | 6.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |





| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-----------------------------|-----------------------------|--|
| Main | Main | Main | Main | Main |
| Sweet & Sour Chicken | Cheese & Tomato Pizza | Roast chicken | Beef Burger | Fish Fingers |
| Spanish Style Quorn Fillet | Potato Puff | Roast Quorn Fillet | Quorn Burger | Vegetable Fingers |
| Rice and peas | Tuna Pasta Bake | Roast Potatoes | Potato Smiles | Chips |
| Jacket Potato with a Choice of Filling | Jacket Potato with a Choice of Filling | Yorkshire Pudding | Tomato Ketchup | Jacket Potato with a Choice of Filling |
| | | Gravy | Jacket Potato with a Choice | |
| Cheese | Cheese | Jacket Potato with a Choice | of Filling | Cheese |
| Tuna Mayo | Tuna Mayo | of Filling | Cheese | Tuna Mayo |
| Baked Beans | Baked Beans | Cheese | Tuna Mayo | Baked Beans |
| | | Tuna Mayo | Baked Beans | |
| | | Baked Beans | | |
| Vegetables | Vegetables | Vegetables | Vegetables | Vegetables |
| Mixed Vegetables | Green Beans | Carrots | Sweetcorn | Peas |
| Seasonal Salad Bar | Seasonal Salad Bar | Seasonal Salad Bar | Seasonal Salad Bar | Baked Beans |
| | | | | Seasonal Salad Bar |
| Dessert | Dessert | Dessert | Dessert | Dessert |
| Banana Sponge | Angel Delight | Fruit Jelly | Lemon Drizzle Cake | Frozen Yoghurt |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Wholemeal Bread | Wholemeal Bread | Wholemeal Bread | Wholemeal Bread | Wholemeal Bread |
| Cream crackers | Cream crackers | Cream crackers | Cream crackers | Cream crackers |
| Soft Cheese | Soft Cheese | Soft Cheese | Soft Cheese | Soft Cheese |



Allergens

Sweet & Sour Chicken: Cereals containing gluten; Spanish Style Quorn Fillet: Celery, Cereals containing gluten; Rice and peas: Celery; Jacket Potato with a Choice of Filling: No allergens; Cheese: Milk; Tuna Mayo: Eggs, Fish; Baked Beans: No allergens; Mixed Vegetables: No allergens; Seasonal Salad Bar: No allergens; Banana Sponge: Cereals containing gluten, Eggs; Fresh Fruit: No allergens; Wholemeal Bread: Cereals containing gluten, Soya; Cream crackers: Cereals containing gluten; Soft Cheese: Milk; Cheese & Tomato Pizza: Celery, Cereals containing gluten, Eggs, Milk, Soya; Potato Puff: No allergens; Tuna Pasta Bake: Celery, Cereals containing gluten, Fish, Milk, Mustard, Soya; Green Beans: No allergens; Angel Delight: Milk; Roast chicken: No allergens; Roast Quorn Fillet: Cereals containing gluten; Roast Potatoes: No allergens; Pudding: Cereals containing gluten, Eggs, Milk; Gravy: No allergens; Careals containing gluten; Quorn Burger: Cereals containing gluten, Figus, Sweetcorn: No allergens; Baked Beans: No allergens; Cereals containing gluten, Fish; Vegetable Fingers: Cereals containing gluten; Chips: No allergens; Peas: No allergens; Baked Beans: No allergens; Frozen Yoghurt: Milk



Tudor Court Spring Summer menu 25 Week 3Analyse by: Per Portion Food Labelling: Default

| Monday | Μ | OI | nd | a | y |
|--------|---|----|----|---|---|
|--------|---|----|----|---|---|

| Tionday | | | | | _ | | _ | | | | | _ | | | _ | | | | | | |
|--|--------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Rice and peas | 91.00 | 572.9 | 0.6 | 0.2 | 0.7 | 0.7 | - | 28.8 | 3.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 28.6% | 0.8% | 0.8% | 11.7% | 0.8% | - | 11.1% | 6.5% | - | - | - | - | - | - | - | - | - | - | - | - |
| Spanish Style Quorn Fillet | 199.63 | 357.9 | 1.7 | N | 1.3 | 4.3 | - | 8.7 | 11.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 17.9% | 2.4% | - | 21.2% | 4.8% | - | 3.3% | 22.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Sweet & Sour Chicken | 112.80 | 535.7 | 4.9 | N | 0.6 | 6.9 | - | 14.3 | 10.0 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 26.8% | 7.0% | - | 10.5% | 7.7% | - | 5.5% | 20.0% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|-------|-------|-------|---|------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Mixed Vegetables | 50.00 | 95.5 | 0.1 | 0.0 | 0.0 | 2.4 | - | 3.5 | 1.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 4.8% | 0.2% | 0.2% | 0.7% | 2.7% | - | 1.4% | 2.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Banana Sponge | 70.00 | 366.6 | 10.4 | 2.9 | 0.2 | 10.2 | - | 24.8 | 3.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 18.3% | 14.9% | 14.4% | 3.8% | 11.4% | - | 9.6% | 7.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | |

| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
|--|--------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Tuesday | | | | | | | | | | | | | | | | | | | | | |
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese & Tomato Pizza | 98.05 | 262.5 | 15.5 | 10.0 | 1.7 | 2.5 | - | 17.8 | 13.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 13.1% | 22.2% | 50.0% | 28.8% | 2.8% | - | 6.9% | 27.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Potato Puff | 100.00 | 654.0 | 7.1 | 0.8 | 0.5 | 0.5 | - | 20.0 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 32.7% | 10.1% | 4.0% | 8.3% | 0.6% | - | 7.7% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |

| Tuna Pasta Bake | 200.90 | 534.2 | 12.3 | 5.7 | 4.3 | 6.0 | - | 41.7 | 22.0 | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|-------|-------|-------|---|-------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Daily Reference Intake (%) | | 26.7% | 17.6% | 28.3% | 71.5% | 6.7% | - | 16.0% | 43.9% | - | - | - | - | - | - | - | - | - | - | - | - |
| Green Beans | 50.00 | 37.5 | 0.0 | 0.0 | 0.0 | 0.0 | - | 1.0 | 0.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 1.9% | 0.0% | 0.0% | 0.2% | 0.0% | - | 0.4% | 1.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Angel Delight | 75.00 | 81.9 | 1.3 | 0.8 | 0.1 | 4.3 | - | 4.8 | 2.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 4.1% | 1.8% | 4.0% | 1.7% | 4.8% | - | 1.8% | 5.1% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |

| Wednesday | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Gravy | 55.00 | 73.4 | 0.2 | 0.1 | 0.5 | 0.6 | - | 3.5 | 0.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.3% | 0.5% | 8.0% | 0.6% | - | 1.3% | 0.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Roast chicken | 50.00 | 295.5 | 1.2 | 0.5 | - | 0.1 | - | 0.1 | 14.8 | - | - | - | - | - | - | - | 0.2 | - | - | - | - |
| Daily Reference Intake (%) | | 14.8% | 1.7% | 2.3% | | 0.1% | - | 0.0% | 29.5% | - | - | - | - | - | - | - | 6.3% | - | - | - | - |
| Roast Potatoes | 127.75 | 115.2 | 2.6 | 0.2 | 0.2 | 1.0 | - | 21.3 | 2.5 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 5.8% | 3.8% | 0.9% | 3.2% | 1.1% | - | 8.2% | 5.0% | - | - | - | - | - | - | - | - | - | - | - | - |

10.0

Roast Quorn Fillet

| Daily Reference Intake (%) | | 14.8% | 1.2% | 1.5% | 11.8% | 0.0% | - | 1.3% | 20.0% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|------|-------|-------|---|------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Yorkshire Pudding | 16.83 | 164.1 | 1.2 | 0.1 | 0.1 | 0.9 | - | 5.9 | 1.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 8.2% | 1.7% | 0.6% | 1.8% | 1.0% | - | 2.3% | 2.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Carrots | 50.00 | 20.5 | 0.1 | 0.0 | 0.0 | 2.4 | - | 5.0 | 0.5 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 1.0% | 0.1% | 0.0% | 0.0% | 2.6% | - | 1.9% | 0.9% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fruit Jelly | 92.89 | 1.2 | 0.0 | 0.0 | 0.0 | 0.3 | - | 0.7 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.1% | 0.1% | 0.1% | 0.0% | 0.3% | - | 0.3% | 0.1% | - | - | - | - | - | - | - | - | - | - | - | - |
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | _ | 0.3% | 3.8% | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ |
|--|--------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Daily Reference Incake (70) | | 0.070 | 3.5 % | 7.770 | 3.070 | 0.670 | | 0.5 70 | 3.6 70 | | | | | | | | | | | | |
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Thursday | | | | | | | | | | | | | | | | | | | | | |
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Beef Burger | 106.00 | 1087.4 | 11.0 | 4.5 | 0.9 | 2.4 | - | 27.2 | 11.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 54.4% | 15.7% | 22.4% | 15.2% | 2.6% | - | 10.5% | 23.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | - | 42.5 | 5.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Potato Smiles | 60.47 | 120.3 | 4.1 | 0.5 | 0.2 | 0.3 | - | 18.7 | 1.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.0% | 5.9% | 2.4% | 3.2% | 0.3% | - | 7.2% | 2.7% | - | - | - | - | - | - | - | - | - | - | - | - |

| Quorn Burger | 100.00 | 773.5 | 2.5 | 0.7 | 0.9 | 2.3 | - | 27.2 | 12.4 | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|-------|-------|-------|---|-------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Daily Reference Intake (%) | | 38.7% | 3.5% | 3.3% | 14.2% | 2.6% | - | 10.5% | 24.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tomato Ketchup | 5.00 | 29.2 | 0.0 | 0.0 | 0.1 | 1.0 | - | 1.6 | 0.1 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 1.5% | 0.0% | 0.0% | 1.3% | 1.1% | - | 0.6% | 0.1% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Sweetcorn | 50.00 | 155.8 | 0.7 | 0.2 | 0.0 | 4.1 | - | 5.8 | 1.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 7.8% | 1.0% | 1.0% | 0.2% | 4.5% | - | 2.2% | 2.5% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Lemon Drizzle Cake | 62.19 | 324.4 | 10.3 | 2.9 | 0.2 | 12.9 | - | 23.5 | 3.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 16.2% | 14.8% | 14.3% | 3.8% | 14.3% | - | 9.0% | 6.5% | - | - | - | - | - | - | - | - | - | - | - | - |

| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
|--|-----------------------|---------------|---------|----------------------|----------|-----------------|----------------|---------------------|-------------|---------|-----------|-----------|--------------|----------------|----------------|-------------|-------------|----------------|-------------------|-----------------|----------------|
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |
| Friday | | | | | | | | | | | | | | | | | | | | | |
| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
| Baked Beans | 52.40 | 202.8 | 0.3 | 0.1 | 0.4 | 3.2 | - | 8.0 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.1% | 0.4% | 0.3% | 7.0% | 3.6% | - | 3.1% | 4.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | 3.00 | 12.3 | 1.0 | 0.7 | 0.1 | 0.0 | - | 0.0 | 0.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.6% | 1.5% | 3.5% | 0.8% | 0.0% | - | 0.0% | 1.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Chips | 103.18 | 532.4 | 3.1 | 0.4 | 0.4 | 0.5 | - | 21.7 | 2.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.6% | 4.4% | 2.1% | 6.0% | 0.6% | - | 8.3% | 4.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fish Fingers | 84.00 | 754.3 | 7.9 | 0.7 | 0.7 | 0.8 | - | 16.8 | 10.1 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 37.7% | 11.3% | 3.4% | 11.8% | 0.8% | - | 6.5% | 20.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato with a Choice of Filling | 250.00 | 185.0 | 0.3 | 0.0 | 0.0 | 2.0 | _ | 42.5 | 5.0 | _ | _ | _ | _ | _ | _ | _ | _ | _ | | _ | _ |

| Daily Reference Intake (%) | | 9.3% | 0.4% | 0.0% | 0.0% | 2.2% | - | 16.3% | 10.0% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|--------|-------|-------|------|-------|-------|---|-------|-------|---|---|---|---|---|---|---|---|---|---|---|---|
| Tuna Mayo | 64.72 | 523.3 | 8.3 | 0.6 | 0.5 | 0.1 | - | 0.2 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.2% | 11.9% | 3.2% | 7.8% | 0.1% | - | 0.1% | 24.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Vegetable Fingers | 95.00 | 746.7 | 7.7 | 0.6 | 0.9 | 2.4 | - | 22.8 | 3.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 37.3% | 11.0% | 2.9% | 15.2% | 2.6% | - | 8.8% | 6.5% | - | - | - | - | - | - | - | - | - | - | - | - |
| Baked Beans | 58.22 | 200.9 | 0.3 | 0.1 | 0.3 | 2.2 | - | 7.5 | 2.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.0% | 0.4% | 0.3% | 4.3% | 2.4% | - | 2.9% | 5.1% | - | - | - | - | - | - | - | - | - | - | - | - |
| Peas | 50.00 | 144.5 | 0.2 | 0.1 | 0.0 | 1.6 | - | 4.5 | 2.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 7.2% | 0.2% | 0.3% | 0.7% | 1.7% | - | 1.7% | 5.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Seasonal Salad Bar | 0.00 | 0.0 | 0.0 | N | 0.0 | 0.0 | - | 0.0 | 0.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.0% | 0.0% | - | 0.0% | 0.0% | - | 0.0% | 0.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Cream crackers | 16.67 | 308.5 | 2.3 | 1.0 | 0.2 | 0.2 | - | 11.3 | 1.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.4% | 3.2% | 5.2% | 3.7% | 0.3% | - | 4.3% | 3.3% | - | - | - | - | - | - | - | - | - | - | - | - |
| Fresh Fruit | 100.00 | 73.8 | 0.4 | 0.1 | 0.0 | 11.8 | - | 18.4 | 0.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.7% | 0.5% | 0.6% | 0.0% | 13.2% | - | 7.1% | 1.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Frozen Yoghurt | 80.00 | 572.8 | 6.0 | 3.0 | 0.1 | 10.6 | - | 17.7 | 2.9 | - | - | - | - | - | - | - | - | - | - | - | - |

| Daily Reference Intake (%) | | 28.6% | 8.6% | 15.2% | 2.3% | 11.8% | - | 6.8% | 5.8% | - | - | - | - | - | - | - | - | - | - | - | - |
|----------------------------|-------|-------|------|-------|------|-------|---|------|------|---|---|---|---|---|---|---|---|---|---|---|---|
| Soft Cheese | 15.63 | 135.3 | 2.3 | 1.5 | 0.2 | 0.7 | - | 0.7 | 1.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.8% | 3.3% | 7.7% | 3.8% | 0.8% | - | 0.3% | 3.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Wholemeal Bread | 2.02 | 18.7 | 0.0 | 0.0 | 0.0 | 0.1 | - | 0.8 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 0.9% | 0.0% | 0.1% | 0.3% | 0.1% | - | 0.3% | 0.4% | - | - | - | - | - | - | - | - | - | - | - | - |