Change 4 Life Shake Up Games



Have you tried 10 Change4Life and Disney's new Shake Up games? They're 10 minutes of active fun to try with your friends and family.

Being active for an hour every day and eating a nutritious school dinner keeps our heart healthy, our muscles and bones strong, and gives us lots of energy. Playing active games for at least an hour every day is the perfect way to spend more time having fun with our friends and making new ones.

Food For Life: Gold Award for Thurrock

Thurrock Catering Services is passionate about, and dedicated to, the service they deliver, serving more than 7000 meals every day to Thurrock children and adults. Each school contains a loyal and motivated team who not only deliver quality school meals with over 75% homemade, but also provide unique frontline customer care, we value the feedback from our customers.

We encourage healthy eating and the teams different strengths and expertise ensure we continue to improve the standards of school meals in Thurrock.

Allergen Awareness

For further information on allergens in this menu please contact your school for an allergen report or contact Thurrock Catering Services.

Helping the future of our environment

Every year, 400 million tonnes of plastic is produced and 40% of that is single use which means it's not recycled and only used once before being thrown away. Because plastic is not biodegradable and rot like food or paper it takes hundreds of years before it's gone. It can also potentially leak pollution into the soil and water.

What can we do? Thurrock Catering Services have made some changes to the produce we purchase to reduce the use of single use plastic by buying our yoghurt in bulk to eliminate the use of individual pots and replaced disposable cutlery where it's used, with wooden. We have also stopped using individually wrapped cheese portions and other plastic containers.

Watch out for our theme days!



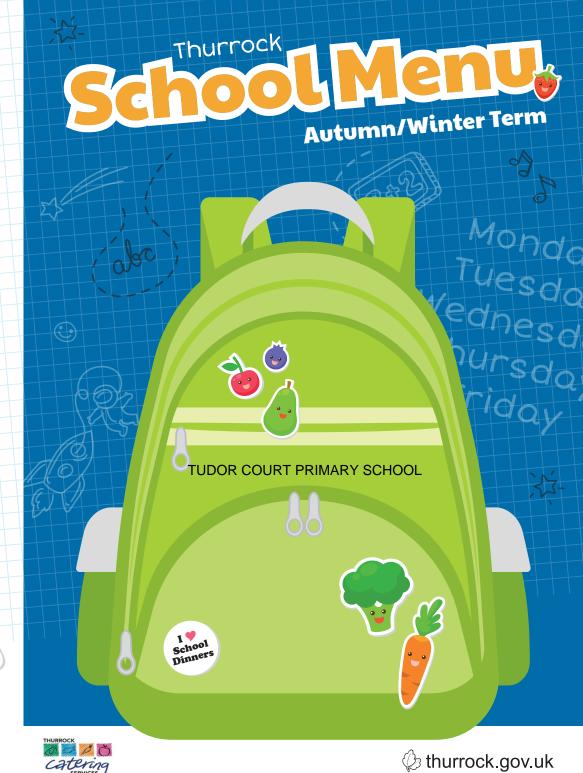
Get in touch with us

Email: cateringservices@thurrock.gov.uk Visit: thurrock.gov.uk/school-meals









Tudor winter menu 23 24 Week 1Analyse 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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Meatball in Tomato sauce	185.10	615.4	10.4	N	1.4	3.7	-	7.9	10.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		30.8%	14.9%	-	23.8%	4.2%	-	3.1%	21.0%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Macaroni Cheese	222.65	1896.8	20.0	9.4	1.9	9.6	-	55.0	18.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		94.8%	28.6%	46.9%	31.0%	10.7%	-	21.1%	37.0%	-	-	-	-	-	-	-	-	-	-	-	-
Pasta	50.25	748.7	1.5	0.3	0.0	1.9	-	33.0	6.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.4%	2.1%	1.5%	0.0%	2.1%	-	12.7%	12.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Cauliflower	0.08	0.1	0.0	Tr	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Smoothie	1.33	4.5	0.0	0.0	0.0	0.2	-	0.3	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.2%	0.0%	0.0%	0.0%	0.3%	-	0.1%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Paella	291.44	1960.7	7.1	N	-	1.1	-	37.4	63.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		98.0%	10.2%	-	-	1.2%	-	14.4%	126.7%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Rice	100.00	687.6	1.4	0.4	Tr	Tr	-	34.3	2.9	-	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr
Daily Reference Intake (%)		34.4%	2.1%	1.8%	-	-	-	13.2%	5.8%	-	-	-	-	-	-	-	-	-	-	-	-
Spanish Style Quorn Fillet	199.63	379.9	1.5	N	1.3	3.9	-	8.3	11.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		19.0%	2.2%	-	21.7%	4.3%	-	3.2%	22.4%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Broccoli	0.20	0.2	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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Pineapple upside down cake	2310.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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)

Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Gravy	5.00	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	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast chicken	70.10	483.6	2.5	0.7	-	0.0	-	0.0	21.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		24.2%	3.6%	3.5%	-	0.0%	-	0.0%	43.4%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Potatoes	127.50	-	2.6	0.0	0.0	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	3.7%	0.0%	0.0%	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	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Yorkshire Pudding	28.00	285.6	2.2	0.2	0.2	0.6	-	9.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.3%	3.1%	1.0%	2.8%	0.7%	-	3.6%	4.9%	-	-	-	-	-	-	-	-	-	-	-	-

Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh 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%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Cabbage	50.00	12.5	0.1	Tr	Tr	1.6	-	3.0	0.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.6%	0.1%	-	-	1.8%	-	1.2%	1.3%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Jelly	86.00	222.0	0.1	0.0	0.0	12.9	-	12.9	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.1%	0.1%	0.1%	0.5%	14.3%	-	5.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese & Tomato Pizza	96.40	1023.4	14.0	8.4	1.0	3.7	-	15.5	13.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		51.2%	20.0%	41.8%	16.7%	4.1%	-	6.0%	27.4%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Potato Wedges	103.18	649.0	4.2	0.4	0.5	0.5	-	25.8	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.5%	6.0%	2.1%	8.5%	0.6%	-	9.9%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
Tomato Vegetable pasta bake	161.52	777.8	1.5	N	0.7	4.1	-	34.6	8.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		38.9%	2.2%	-	11.3%	4.6%	-	13.3%	17.1%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Angel Delight	60.00	115.8	0.9	0.5	0.1	2.8	-	2.8	2.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		5.8%	1.3%	2.7%	1.2%	3.1%	-	1.1%	4.2%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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)

Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
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	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Omelette	1.39	6.5	0.1	0.0	0.0	0.0	-	0.0	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.3%	0.2%	0.2%	0.2%	0.0%	-	0.0%	0.2%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-

Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Carrot cake	65.16	873.7	13.3	0.4	0.1	9.8	-	21.2	3.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		43.7%	18.9%	2.1%	1.3%	10.9%	-	8.2%	6.3%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Tudor winter menu 23 24 Week 2Analyse by: Per Portion
Food Labelling: Default

М	O	n	da	V

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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Herby Diced Potatoes	102.60	397.0	2.5	0.0	0.1	0.6	-	16.2	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		19.9%	3.6%	0.1%	1.7%	0.7%	-	6.2%	3.5%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	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%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Hot Pot	293.58	514.5	1.7	N	1.1	6.2	-	23.2	9.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		25.7%	2.4%	-	18.2%	6.8%	-	8.9%	18.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Chilli con carne	256.00	481.1	6.3	N	-	5.8	-	13.0	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		24.1%	8.9%	-	-	6.4%	-	5.0%	-	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Rice	100.00	687.6	1.4	0.4	Tr	Tr	-	34.3	2.9	-	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr
Daily Reference Intake (%)		34.4%	2.1%	1.8%	-	-	-	13.2%	5.8%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Vegetable & Bean Fajitas	135.00	578.4	2.1	N	0.2	2.8	-	20.7	5.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		28.9%	3.0%	-	3.7%	3.1%	-	8.0%	11.8%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-

Fresh Broccoli	0.20	0.2	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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
Cocoa sauce	61.25	224.2	1.1	0.7	0.1	6.3	-	11.1	2.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.2%	1.6%	3.4%	1.8%	7.0%	-	4.3%	4.5%	-	-	-	-	-	-	-	-	-	-	-	-
Cocoa Sponge	48.91	628.5	10.8	2.7	0.2	8.5	-	19.1	3.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		31.4%	15.5%	13.5%	3.3%	9.4%	-	7.3%	7.4%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Gravy	5.00	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	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	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	127.50	-	2.6	0.0	0.0	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	3.7%	0.0%	0.0%	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	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-

Yorkshire Pudding	28.00	285.6	2.2	0.2	0.2	0.6	-	9.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.3%	3.1%	1.0%	2.8%	0.7%	-	3.6%	4.9%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh 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%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Cauliflower	0.08	0.1	0.0	Tr	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Jelly	86.00	222.0	0.1	0.0	0.0	12.9	-	12.9	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.1%	0.1%	0.1%	0.5%	14.3%	-	5.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-

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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese & Tomato Pizza	96.40	1023.4	14.0	8.4	1.0	3.7	-	15.5	13.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		51.2%	20.0%	41.8%	16.7%	4.1%	-	6.0%	27.4%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Potato Wedges	103.18	649.0	4.2	0.4	0.5	0.5	-	25.8	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.5%	6.0%	2.1%	8.5%	0.6%	-	9.9%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Pasta Bake	193.20	1296.6	8.5	3.6	1.0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		64.8%	12.2%	18.0%	16.3%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Oat Cookie	43.50	700.7	7.3	1.6	0.2	13.6	-	28.9	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		35.0%	10.5%	8.1%	2.7%	15.2%	-	11.1%	4.4%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
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	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Salmon Fingers	90.00	1055.7	9.3	0.9	0.3	0.8	-	0.0	12.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		52.8%	13.2%	4.5%	4.5%	0.9%	-	0.0%	24.3%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
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	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
Banana Sponge	70.00	690.0	10.4	2.5	0.2	12.3	-	29.4	3.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		34.5%	14.9%	12.3%	3.0%	13.6%	-	11.3%	7.1%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Tudor winter menu 23 24 Week 3Analyse by: Per Portion
Food Labelling: Default

М	O	n	da	V

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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Mash Potatoes	105.00	435.5	3.6	0.8	0.2	1.5	-	18.0	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		21.8%	5.1%	4.1%	2.5%	1.6%	-	6.9%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Vegan Sausage	91.09	755.1	9.1	3.5	0.8	1.6	-	10.0	12.8	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		37.8%	13.0%	17.3%	13.0%	1.7%	-	3.9%	25.5%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Broccoli	0.20	0.2	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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Mixed Berries and Ice Cream	100.00	579.4	6.5	3.2	0.1	14.7	-	16.4	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		29.0%	9.3%	16.0%	2.2%	16.3%	-	6.3%	5.1%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Creamy Chicken Curry	226.60	-	10.1	N	1.2	3.0	-	18.7	15.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	14.4%	-	19.8%	3.4%	-	7.2%	31.4%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Naan Bread	35.00	447.7	1.9	0.5	0.4	0.2	-	187.0	2.8	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		22.4%	2.8%	2.5%	5.8%	0.2%	-	71.9%	5.5%	-	-	-	-	-	-	-	-	-	-	-	-
Rice	100.00	687.6	1.4	0.4	Tr	Tr	-	34.3	2.9	-	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr
Daily Reference Intake (%)		34.4%	2.1%	1.8%	-	-	-	13.2%	5.8%	-	-	-	-	-	-	-	-	-	-	-	-
Sweet Potato & Spinach Dhal	146.50	450.0	2.7	N	1.1	4.0	-	25.1	6.8	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		22.5%	3.8%	-	18.3%	4.5%	-	9.7%	13.7%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Cauliflower	0.08	0.1	0.0	Tr	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Lemon Drizzle Cake	62.19	647.9	10.3	2.4	0.2	14.9	-	28.1	3.2	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		32.4%	14.8%	12.2%	3.0%	16.6%	-	10.8%	6.3%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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)
Cheese	6.00	97.8	1.9	1.2	0.1	0.0	-	0.0	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.9%	2.7%	6.0%	1.8%	0.0%	-	0.0%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Gravy	5.00	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	-	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast chicken	70.10	483.6	2.5	0.7	-	0.0	-	0.0	21.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		24.2%	3.6%	3.5%	-	0.0%	-	0.0%	43.4%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Potatoes	127.50	-	2.6	0.0	0.0	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	3.7%	0.0%	0.0%	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	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Yorkshire Pudding	28.00	285.6	2.2	0.2	0.2	0.6	-	9.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.3%	3.1%	1.0%	2.8%	0.7%	-	3.6%	4.9%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh 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%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Cabbage	50.00	12.5	0.1	Tr	Tr	1.6	-	3.0	0.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.6%	0.1%	-	-	1.8%	-	1.2%	1.3%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Jelly	86.00	222.0	0.1	0.0	0.0	12.9	-	12.9	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.1%	0.1%	0.1%	0.5%	14.3%	-	5.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thursday																					
	ight	al)		Fat		(6)	(b)	o.					(a)	(6r	mg)		<u></u>	mg)		mg)	нд)
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated F (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)
Menu Item Cheese	Portion We (g)	Energy (kc	(a)	Saturated F (9)	Salt (g)	0.0 Total Sugar	Free Sugar (Carbohydrat 0.0 (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (m.	Vitamin A (Vitamin C (r	Folate (µg)	Sodium (mg	Potassium (Magnesium (mg)	Riboflavin (1	Vitamin D (
				Saturated (g)			Free Sugar			(6) dSN	Iron (mg)	Zinc (mg)	Calcium (m.	Vitamin A (Vitamin C (r	Folate (µg)	Sodium (mg	Potassium (Magnesium (mg)	Riboflavin (I	Vitamin D (
Cheese		97.8	1.9	Saturated (9)	0.1	0.0	-	0.0	1.6	(B) dSN	Iron (mg)	Zinc (mg)	Calcium (m.	Vitamin A (Vitamin C (r	Folate (µg)	Sodium (mg	Potassium (Magnesium (mg)	Riboflavin (1	Vitamin D (
Cheese Daily Reference Intake (%)	6.00	97.8 4.9%	2.7%	(a) Saturated (b) 8.4	1.8%	0.0%	-	0.0	1.6 3.1%	(b) dSN	Iron (mg)	Zinc (mg)	Calcium (m.	Vitamin A (Vitamin C (r	Folate (µg)	Sodium (mg	Potassium (Magnesium ' (mg)	Riboflavin (1	Vitamin D (
Cheese Daily Reference Intake (%) Cheese & Tomato Pizza	6.00	97.8 4.9% 1023.4	2.7%	(a) Saturated (b) 8.4	1.8%	0.0%	-	0.0 0.0% 15.5	1.6 3.1% 13.7	(6) dSN	Iron (mg)	Zinc (mg)	Calcium (m.	Vitamin A (Vitamin C (r	Folate (µg)	Sodium (mg	Potassium (Magnesium (mg)	Riboflavin (I	Vitamin D (
Cheese Daily Reference Intake (%) Cheese & Tomato Pizza Daily Reference Intake (%) Jacket Potato with a Choice of	6.00 96.40	97.8 4.9% 1023.4 51.2%	1.9 2.7% 14.0 20.0%	(a) Saturated (b) (a) 41.8%	0.1 1.8% 1.0 16.7%	0.0 0.0% 3.7 4.1%	-	0.0 0.0% 15.5 6.0%	1.6 3.1% 13.7 27.4% 5.0	(b) dsN	Iron (mg)	Zinc (mg)	Calcium (m.	Vitamin A (Vitamin C (r	Folate (µg)	Sodium (mg	Potassium (Magnesium (mg)	Riboflavin (I	Vitamin D (

Daily Reference Intake (%)		32.5%	6.0%	2.1%	8.5%	0.6%	-	9.9%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
Tomato and Basil Pasta	133.47	741.0	0.9	N	0.4	4.4	-	35.4	6.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.0%	1.3%	-	6.7%	4.8%	-	13.6%	13.7%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	

Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Ice Cream Roll	0.03	321.5	2.7	1.3	0.1	8.0	-	11.6	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.1%	3.8%	6.4%	1.8%	8.9%	-	4.5%	2.6%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Friday																					
	ght	<u>=</u>		Fat		(b)	(<u>6</u>	a						(B)	(gr			ng)		ng)	(6r
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fa	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)
	Portion Wei (g)	Energy (kca 97.8	Fat (g)	Saturated F. (9)	Salt (g)	OO Total Sugar	Free Sugar (Carbohydrat (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg	Vitamin A (µ	Vitamin C (n	Folate (µg)	Sodium (mg	Potassium (n	Magnesium (mg)	Riboflavin (r	Vitamin D (L
Menu Item Cheese Daily Reference Intake (%)				Saturated (g)						NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg	Vitamin A (µ	Vitamin C (n	Folate (µg)	Sodium (mg	Potassium (n	Magnesium (mg)	Riboflavin (r	Vitamin D (μ
Cheese		97.8 4.9%	1.9	Saturated (9)	0.1	0.0	-	0.0	1.6	(6) USP (9)	Iron (mg)	Zinc (mg)	Calcium (mg	Vitamin A (µ	Vitamin C (n	Folate (µg)	Sodium (mg	Potassium (n	Magnesium (mg)	Riboflavin (r	Vitamin D (μ
Cheese Daily Reference Intake (%)	6.00	97.8 4.9%	2.7%	(a) Saturated (b) (c) (c) (d) (d) (d) (d) (d) (d) (d) (d) (d) (d	1.8%	0.0%	-	0.0	1.6	(6) USP (9)	Iron (mg)	Zinc (mg)	Calcium (mg	Vitamin A (µ	Vitamin C (n	Folate (µg)	Sodium (mg	Potassium (n	Magnesium (mg)	Riboflavin (r	Vitamin D (l.
Cheese Daily Reference Intake (%) Chips	6.00	97.8 4.9% 532.4	2.7%	(a) Saturated (b) (a) (c) (d) (d) (d) (e) (d) (e) (e) (e) (e) (e) (e) (e) (e) (e) (e	1.8%	0.0%	-	0.0 0.0% 21.7	1.6 3.1% 2.2	(6) MSN	Iron (mg)	Zinc (mg)	Calcium (mg	Vitamin A (µ	Vitamin C (n	Folate (µg)	Sodium (mg	Potassium (n	Magnesium (mg)	Riboflavin (r	Vitamin D (l
Cheese Daily Reference Intake (%) Chips Daily Reference Intake (%)	6.00	97.8 4.9% 532.4 26.6% 754.3	1.9 2.7% 3.1 4.4%	(a) Saturated (b) (a) (c) (c) (d) (d) (d) (e) (e) (e) (e) (e) (e) (e) (e) (e) (e	0.1 1.8% 0.4 6.0%	0.0%	-	0.0 0.0% 21.7 8.3%	1.6 3.1% 2.2 4.3%	(6) dSN	Iron (mg)	Zinc (mg)	Calcium (mg	Vitamin A (µ	Vitamin C (n	Folate (µg)	Sodium (mg	Potassium (n	Magnesium (mg)	Riboflavin (r	Vitamin D (H

Daily Reference Intake (%)		-	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	535.6	8.5	0.7	0.5	0.3	-	0.4	12.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.8%	12.1%	3.4%	8.7%	0.4%	-	0.2%	24.7%	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans	58.22	225.3	0.3	0.1	0.5	3.6	-	8.9	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	-
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	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.2%	0.9%	2.0%	1.2%	4.4%	-	2.3%	2.7%	-	-	-	-	-	-	-	-	-	-	-	-
syrup Sponge	62.81	-	9.8	2.7	0.2	13.4	-	23.4	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	14.0%	13.4%	3.3%	14.8%	-	9.0%	-	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	_	_	_	-	_	-	-	_	-	_	-	-	-	-	-	_	-	_	-





Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Chicken Meatball in Tomato	Chicken Paella	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
sauce	Spanish Style Quorn Fillet	Roast Quorn Fillet	Potato Wedges	Omelette
Pasta	Rice	Roast Potatoes	Tomato Vegetable pasta bake	Chips
Macaroni Cheese	Jacket Potato with a Choice	Yorkshire Pudding	Jacket Potato with a Choice	Jacket Potato with a Choice
Jacket Potato with a Choice	of Filling	Gravy	of Filling	of Filling
of Filling	Cheese	Jacket Potato with a Choice	Cheese	Cheese
Cheese	Tuna Mayo	of Filling	Tuna Mayo	Tuna Mayo
Tuna Mayo		Cheese		
		Tuna Mayo	1	
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Fresh Cauliflower	Fresh Broccoli	Fresh Carrots	Sweetcorn	Peas
Mixed Vegetables	Sweetcorn	Fresh Cabbage	Green Beans	Baked Beans
Baked Beans	Baked Beans	Baked Beans	Baked Beans	
Dessert	Dessert	Dessert	Dessert	Dessert
Fruit Smoothie	Pineapple upside down cake	Fruit Jelly	Angel Delight	Carrot cake
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Butter portions				
Cheese (dessert)				
Cream crackers				

Allergens

Chicken Meatball in Tomato sauce: Celery; Pasta: Cereals containing gluten; Macaroni Cheese: Celery, Cereals containing gluten, Milk, Mustard; Jacket Potato with a Choice of Filling: No allergens;



Cheese: Milk; Tuna Mayo: Eggs, Fish; Fresh Cauliflower: No allergens; Mixed Vegetables: No allergens; Baked Beans: No allergens; Fruit Smoothie: No allergens; Yoghurt: Milk; Butter portions: Milk; Cheese (dessert): Milk; Cream crackers: Cereals containing gluten; Chicken Paella: Celery; Spanish Style Quorn Fillet: Celery, Cereals containing gluten; Rice: No allergens; Fresh Broccoli: No allergens; Sweetcorn: No allergens; Pineapple upside down cake: Cereals containing gluten, Eggs; Roast Chicken: Celery; Roast Quorn Fillet: Cereals containing gluten; Roast Potatoes: No allergens; Yorkshire Pudding: Cereals containing gluten, Eggs, Milk; Gravy: No allergens; Fresh Carbots: No allergens; Fresh Cabbage: No allergens; Fresh Cabbage: No allergens; Fresh Cabbage: No allergens; Promato Vegetable pasta bake: Celery, Cereals containing gluten, Green Beans: No allergens; Angel Delight: Milk; Fish Fingers: Cereals containing gluten, Eggs, Milk; Chips: No allergens; Peas: No allergens; Carrot cake: Cereals containing gluten, Eggs







Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Quorn Hot Pot	Chilli con carne	Roast Gammon	Cheese & Tomato Pizza	Salmon Fingers
Meat Free Sausage Roll	Vegetable & Bean Fajitas	Roast Quorn Fillet	Potato Wedges	Vegetable Fingers
Herby Diced Potatoes	Rice	Roast Potatoes	Tuna Pasta Bake	Chips
Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Yorkshire Pudding	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
Cheese	Cheese	Gravy	Cheese	Cheese
Tuna Mayo	Tuna Mayo	Jacket Potato with a Choice of Filling	Tuna Mayo	Tuna Mayo
		Cheese		
		Tuna Mayo		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Sweetcorn	Fresh Broccoli	Fresh Cauliflower	Sweetcorn	Peas
Baked Beans	Mixed Vegetables	Fresh Carrots	Green Beans	Baked Beans
	Baked Beans	Baked Beans	Baked Beans	
Dessert	Dessert	Dessert	Dessert	Dessert
Frozen Yoghurt	Cocoa Sponge	Fruit Jelly	Oat Cookie	Banana Sponge
Frozen Yoghurt Yoghurt	Cocoa Sponge Cocoa sauce	Fruit Jelly Yoghurt	Oat Cookie Yoghurt	Banana Sponge Yoghurt
	 	'	+	
Yoghurt	Cocoa sauce	Yoghurt	Yoghurt	Yoghurt
Yoghurt Cheese (dessert)	Cocoa sauce Yoghurt	Yoghurt Cheese (dessert)	Yoghurt Cheese (dessert)	Yoghurt Cheese (dessert)



Allergens

Quorn Hot Pot:Celery,Eggs; Meat Free Sausage Roll:Cereals containing gluten; Herby Diced Potatoes:No allergens; Jacket Potato with a Choice of Filling:No allergens; Cheese:Milk; Tuna Mayo:Eggs,Fish; Sweetcorn:No allergens; Baked Beans:No allergens; Frozen Yoghurt:Milk; Yoghurt:Milk; Cheese (dessert):Milk; Butter portions:Milk; Cream crackers:Cereals containing gluten; Chilli con carne:Celery; Vegetable & Bean Fajitas:Cereals containing gluten; Rice:No allergens; Fresh Broccoli:No allergens; Mixed Vegetables:No allergens; Cocoa Sponge:Cereals containing gluten,Eggs; Cocoa sauce:Milk; Roast Gammon:No allergens; Roast Quorn Fillet:Cereals containing gluten; Roast Potatoes:No allergens; Yorkshire Pudding:Cereals containing gluten,Eggs,Milk; Gravy:No allergens; Fresh Cauliflower:No allergens; Fresh Carrots:No allergens; Freit Jelly:No allergens; Cheese & Tomato Pizza:Celery,Cereals containing gluten,Eggs,Milk; Green Beans:No allergens; Oat Cookie:Cereals containing gluten; Salmon Fingers:Fish; Vegetable Fingers:Cereals containing gluten; Chips:No allergens; Peas:No allergens; Banana Sponge:Cereals containing gluten,Eggs







Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Pork Sausages	Creamy Chicken Curry	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
Vegan Sausage	Sweet Potato & Spinach Dhal	Roast Quorn Fillet	Potato Wedges	Quorn Dippers
Mash Potatoes	Naan Bread	Roast Potatoes	Tomato and Basil Pasta	Chips
Jacket Potato with a Choice of Filling	Rice		Jacket Potato with a Choice of Filling	noice Jacket Potato with a Choice of Filling
	Jacket Potato with a Choice	Gravy		3
Tuna Mayo	of Filling	Jacket Potato with a Choice	Tuna Mayo	Tuna Mayo
Cheese	Tuna Mayo	of Filling	Cheese	Cheese
	Cheese	Tuna Mayo		
		Cheese		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Fresh Broccoli	Mixed Vegetables	Fresh Carrots	Sweetcorn	Peas
Baked Beans	Fresh Cauliflower	Fresh Cabbage	Green Beans	Baked Beans
Baked Beans Fresh Fruit	Fresh Cauliflower Baked Beans	Fresh Cabbage Baked Beans	Green Beans Baked Beans	Baked Beans Fresh Fruit
	Baked Beans	Baked Beans	Baked Beans	
Fresh Fruit	Baked Beans Fresh Fruit	Baked Beans Fresh Fruit	Baked Beans Fresh Fruit	Fresh Fruit
Fresh Fruit Dessert	Baked Beans Fresh Fruit Dessert	Baked Beans Fresh Fruit Dessert	Baked Beans Fresh Fruit Dessert	Fresh Fruit Dessert
Fresh Fruit Dessert Mixed Berries and Ice Cream	Baked Beans Fresh Fruit Dessert Lemon Drizzle Cake	Baked Beans Fresh Fruit Dessert Fruit Jelly	Baked Beans Fresh Fruit Dessert Ice Cream Roll	Presh Fruit Dessert syrup Sponge
Fresh Fruit Dessert Mixed Berries and Ice Cream Cheese (dessert)	Baked Beans Fresh Fruit Dessert Lemon Drizzle Cake Cheese (dessert)	Baked Beans Fresh Fruit Dessert Fruit Jelly Cheese (dessert)	Baked Beans Fresh Fruit Dessert Ice Cream Roll Cheese (dessert)	Presh Fruit Dessert syrup Sponge Custard



Monday	Tuesday	Wednesday	Thursday	Friday
				Yoghurt

Allergens

Pork Sausages: Cereals containing gluten, Soya; Vegan Sausage: Cereals containing gluten; Mash Potatoes: No allergens; Jacket Potato with a Choice of Filling: No allergens; Tuna Mayo: Eggs, Fish; Cheese: Milk; Fresh Broccoli: No allergens; Baked Beans: No allergens; Fresh Fruit: No allergens; Mixed Berries and Ice Cream: Milk; Cheese (dessert): Milk; Butter portions: Milk; Cream crackers: Cereals containing gluten; Yoghurt: Milk; Creamy Chicken Curry: Celery, Mustard; Sweet Potato & Spinach Dhal: Celery, Mustard; Naan Bread: Cereals containing gluten; Rice: No allergens; Mixed Vegetables: No allergens; Fresh Cauliflower: No allergens; Lemon Drizzle Cake: Cereals containing gluten, Eggs; Roast chicken: Celery; Roast Quorn Fillet: Cereals containing gluten; Roast Potatoes: No allergens; Yorkshire Pudding: Cereals containing gluten, Eggs, Milk; Gravy: No allergens; Fresh Carrots: No allergens; Fresh Cabbage: No allergens; Freit Jelly: No allergens; Gravy: No allergens; Tomato and Basil Pasta: Celery, Cereals containing gluten, Eggs, Milk, Soya; Fish Fingers: Cereals containing gluten; Chips: No allergens; Peas: No allergens; Syrup Sponge: Cereals containing gluten, Eggs; Custard: Milk

