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: Sliver 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.

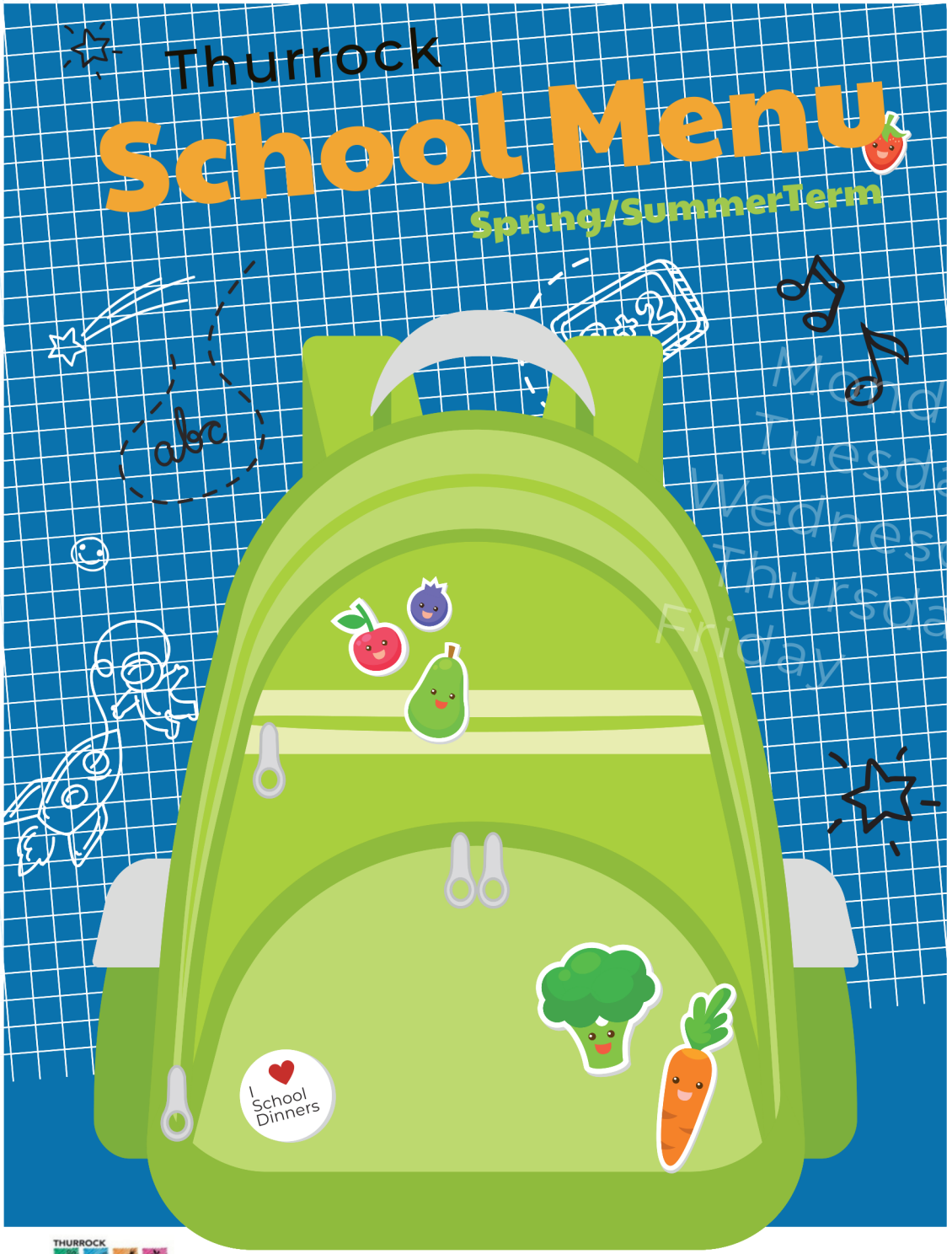
Watch out for our theme days!

Get in touch with us

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

Thurrock School Menu

Spring/Summer Term



Monday
Tuesday
Wednesday
Thursday
Friday

thurrock.gov.uk

Please note that the menu may change subject to local needs

Week 1

WEEK COMMENCING - 15th April, 6th May, 3rd June, 24th June, 15th July, 9th September, 23rd September, 30th September, 21st October

Monday	Sweet & Sour Chicken With Rice	Meat Free Sausage Roll With Mash Potatoes	Jacket Potato with a choice of filling	Broccoli	Seasonal Salad Bar	Ice pole
Tuesday	Beef Burger With Potato Smiles	Macaroni Cheese	Jacket Potato with a choice of filling	Baked Beans	Seasonal Salad Bar	Marble Sponge
Wednesday	Roast Chicken with Roast Potatoes , Yorkshire Pudding & Gravy	Roast Quorn Fillet with Roast Potatoes , Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly
Thursday	Cheese & Tomato Pizza With Garlic Bread	Tomato & Basil Pasta	Jacket Potato with a choice of filling	Sweetcorn	Seasonal Salad Bar	Fruit Yoghurt
Friday	Fish Fingers With Chips	Quorn Dippers With Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Fruit Cocktail

Week 2

WEEK COMMENCING - 22nd April, 13th May, 10th June, 1st July, 22nd July, 16th September, 7th October,

Monday	Pork Sausage With Mash Potato & Gravy	Quorn Sausage With Mash Potato & Gravy	Jacket Potato with a choice of filling	Mixed vegetables	Seasonal Salad Bar	Fruit Smoothie
Tuesday	BBQ Chicken With Rice & Peas	Meat Free Enchilada with Rice & Peas	Jacket Potato with a choice of filling	Broccoli	Seasonal Salad Bar	Jam Sponge
Wednesday	Roast Gammon with Roast Potatoes , Yorkshire Pudding & Gravy	Roast Quorn Fillet with Roast Potatoes , Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly
Thursday	Cheese & Tomato Pizza With Potato Smiles	Quorn Dippers With Potato Smiles	Jacket Potato with a choice of filling	Sweetcorn	Seasonal Salad Bar	Fruity Iced Sponge
Friday	Fish Fingers With Chips	Cheese & Red Onion Quiche with Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Fruit Yoghurt

Week 3

WEEK COMMENCING - 29th April, 20th May, 17th June, 8th July, 2nd September, 23rd September, 14th October,

Monday	Quorn Hot Dog With Potato Cubes	Meat Free Sausage Roll With Potato Cubes	Jacket Potato with a choice of filling	Sweetcorn Cobette	Seasonal Salad Bar	Frozen Fruit Yoghurt
Tuesday	Chicken Meatballs in a Tomato Sauce With Spaghetti Pasta	Vegan Meatballs in a Tomato Sauce With Spaghetti Pasta	Jacket Potato with a choice of filling	Mixed vegetables	Seasonal Salad Bar	Banana Sponge
Wednesday	Roast Chicken with Roast Potatoes , Yorkshire Pudding & Gravy	Quorn Plait with Roast Potatoes , Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly
Thursday	Cheese & Tomato Pizza With New Potatoes	Omelette With New Potatoes	Jacket Potato with a choice of filling	Sweetcorn	Seasonal Salad Bar	Lemon Drizzle Cake
Friday	Fish Fingers With Chips	Vegetable Fingers With Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Fruit Cocktail

Gluten Free
Dairy Free
Vegan
Vegetarians

Additional daily foods available: Wholemeal bread.
Alternative desserts, Fruit
Soft Cheese & Crackers.

Jacket Potato Fillings ;
Cheese , Tuna Mayo
Baked Beans

Weekly Menu: Tudor Spring Summer menu 24 Week 1

THURROCK COUNCIL
www.thurrock.gov.uk

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Sweet & Sour Chicken	Beef Burger	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
Rice	Potato Smiles	Roast Quorn Fillet	Garlic Bread	Quorn Dippers
Meat Free Sausage Roll	Macaroni Cheese	Roast Potatoes	Tomato and Basil Pasta	Chips
Mash Potatoes	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	Tuna Mayo	Gravy	Tuna Mayo	Tuna Mayo
Tuna Mayo	Cheese	Jacket Potato with a Choice of Filling	Cheese	Cheese
Cheese	Baked Beans	Tuna Mayo	Baked Beans	Baked Beans
Baked Beans		Cheese		
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Fresh Broccoli	Baked Beans	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Ice Pole	Marble Sponge	Fruit Jelly	Yoghurt	Fruit Cocktail
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Cream crackers
Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese
Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread

Allergens

Sweet & Sour Chicken:**No allergens**; Rice:**No allergens**; Meat Free Sausage Roll:**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**; Seasonal Salad Bar:**No allergens**; Ice Pole:**No allergens**; Fresh Fruit:**No allergens**; Cream crackers:**Cereals containing gluten**; Soft Cheese:**Milk**; Wholemeal Bread:**Cereals containing gluten,Soya**; Beef Burger:**Cereals containing gluten**; Potato Smiles:**No allergens**; Macaroni Cheese:**Celery,Cereals containing gluten,Milk,Mustard**; Baked Beans:**No allergens**; Marble Sponge:**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**; Carrots:**No allergens**; Fruit Jelly:**No allergens**; Cheese & Tomato Pizza:**Celery,Cereals containing gluten,Eggs,Milk,Soya**; Garlic Bread:**Cereals containing gluten,Eggs,Milk,Soya**; Tomato and Basil Pasta:**Celery,Cereals containing gluten**; Sweetcorn:**No allergens**; Yoghurt:**Milk**; Fish Fingers:**Cereals containing gluten,Fish**; Quorn Dippers:**Cereals containing gluten**; Chips:**No allergens**; Peas:**No allergens**

Tudor Spring Summer menu 24 Week 1
Analyse by: Per Portion
Food Labelling: Default

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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	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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Rice	100.00	610.4	0.9	0.2	0.0	0.2	-	30.8	3.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		30.5%	1.3%	1.2%	0.2%	0.2%	-	11.9%	5.9%	-	-	-	-	-	-	-	-	-	-	-	-

Sweet & Sour Chicken	122.80	412.8	2.4	N	0.2	6.6	-	7.5	14.3	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		20.6%	3.4%	-	2.7%	7.3%	-	2.9%	28.7%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
Ice Pole	80.00	260.8	0.0	0.0	0.0	15.4	-	15.4	0.0	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		13.0%	0.0%	0.0%	0.0%	17.1%	-	5.9%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Macaroni Cheese	221.45	1272.0	20.5	10.4	1.4	8.0	-	51.4	19.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		63.6%	29.2%	52.2%	23.0%	8.8%	-	19.8%	38.1%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
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	621.8	10.6	2.6	0.2	11.6	-	21.9	3.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		31.1%	15.2%	13.0%	3.3%	12.9%	-	8.4%	6.8%	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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	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	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	184.9	2.6	0.0	0.0	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	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	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	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%	-	-	-	-	-	-	-	-	-	-	-	-
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	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%	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese & Tomato Pizza	98.05	526.6	15.4	9.9	1.7	3.9	-	16.4	14.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.3%	21.9%	49.6%	28.2%	4.4%	-	6.3%	29.2%	-	-	-	-	-	-	-	-	-	-	-	-
Garlic Bread	17.69	338.7	4.9	1.2	0.2	2.5	-	9.7	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.9%	7.1%	6.0%	2.7%	2.8%	-	3.7%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
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 and Basil Pasta	133.47	711.1	0.9	N	0.4	4.4	-	35.8	6.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		35.6%	1.3%	-	6.0%	4.8%	-	13.8%	13.7%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	80.00	76.8	3.1	2.1	0.1	8.2	-	8.5	3.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.8%	4.5%	10.4%	2.0%	9.2%	-	3.3%	7.4%	-	-	-	-	-	-	-	-	-	-	-	-

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Cocktail	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-	-

Weekly Menu: Tudor Spring Summer menu 24 Week 2

THURROCK COUNCIL
www.thurrock.gov.uk

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Pork Sausages	BBQ Chicken	Roast Gammon	Cheese & Tomato Pizza	Fish Fingers
Quorn Sausage	Meat Free Enchilada	Roast Quorn Fillet	Quorn Dippers	Cheese and Red Onion Quiche
Mash Potatoes	Rice and peas	Roast Potatoes	Potato Smiles	Chips
Gravy	Jacket Potato with a Choice of Filling	Gravy	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
Jacket Potato with a Choice of Filling	Cheese	Yorkshire Pudding	Cheese	Cheese
Cheese	Tuna Mayo	Jacket Potato with a Choice of Filling	Tuna Mayo	Tuna Mayo
Tuna Mayo	Baked Beans	Cheese	Baked Beans	Baked Beans
Baked Beans		Tuna Mayo		
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Mixed Vegetables	Fresh Broccoli	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Fruit Smoothie	Jam Sponge	Fruit Jelly	Fruity Iced Sponge	Yoghurt
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Cream crackers
Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese
Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread

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**; Mixed Vegetables:**No allergens**; Seasonal Salad Bar:**No allergens**; Fruit Smoothie:**No allergens**; Fresh Fruit:**No allergens**; Cream crackers:**Cereals containing gluten**; Soft Cheese:**Milk**; Wholemeal Bread:**Cereals containing gluten,Soya**; BBQ Chicken:**Cereals containing gluten**; Meat Free Enchilada:**Cereals containing gluten,Milk,Soya**; Rice and peas:**Celery**; Fresh Broccoli:**No allergens**; Jam Sponge:**Cereals containing gluten,Eggs**; Roast Gammon:**No allergens**; Roast Quorn Fillet:**Cereals containing gluten**; Roast Potatoes:**No allergens**; Yorkshire Pudding:**Cereals containing gluten,Eggs,Milk**; Carrots:**No allergens**; Fruit Jelly:**No allergens**; Cheese & Tomato Pizza:**Celery,Cereals containing gluten,Eggs,Milk,Soya**; Quorn Dippers:**Cereals containing gluten**; Potato Smiles:**No allergens**; Sweetcorn:**No allergens**; Fruity Iced Sponge:**Cereals containing gluten,Eggs**; Fish Fingers:**Cereals containing gluten,Fish**; Cheese and Red Onion Quiche:**Celery,Cereals containing gluten,Eggs,Milk**; Chips:**No allergens**; Peas:**No allergens**; Yoghurt:**Milk**

Tudor Spring Summer menu 24 Week 2
Analyse by: Per Portion
Food Labelling: Default

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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	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	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%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BBQ Chicken	114.00	565.1	2.6	0.7	-	17.3	-	19.4	22.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		28.3%	3.7%	3.5%	-	19.2%	-	7.5%	44.6%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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 Enchilada	223.58	-	7.5	N	1.2	7.7	-	50.2	17.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	10.7%	-	20.7%	8.5%	-	19.3%	35.8%	-	-	-	-	-	-	-	-	-	-	-	-
Rice and peas	96.00	648.0	0.7	0.2	0.7	0.7	-	32.7	3.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.4%	1.0%	0.9%	11.7%	0.8%	-	12.6%	7.1%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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	774.1	10.3	2.4	0.2	18.5	-	32.3	3.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		38.7%	14.7%	12.2%	3.3%	20.5%	-	12.4%	6.2%	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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	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	127.50	184.9	2.6	0.0	0.0	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	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	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	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%	-	-	-	-	-	-	-	-	-	-	-	-
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	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%	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese & Tomato Pizza	98.05	526.6	15.4	9.9	1.7	3.9	-	16.4	14.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.3%	21.9%	49.6%	28.2%	4.4%	-	6.3%	29.2%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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 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	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Fruity Iced Sponge	56.72	655.1	10.3	2.4	0.2	16.4	-	28.9	3.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.8%	14.7%	12.2%	3.0%	18.2%	-	11.1%	6.2%	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese and Red Onion Quiche	161.67	1302.0	19.9	N	1.3	5.6	-	24.8	14.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		65.1%	28.4%	-	22.3%	6.2%	-	9.6%	29.4%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	80.00	76.8	3.1	2.1	0.1	8.2	-	8.5	3.7	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.8%	4.5%	10.4%	2.0%	9.2%	-	3.3%	7.4%	-	-	-	-	-	-	-	-	-	-	-	-	-

Weekly Menu: Tudor Spring Summer menu 24 Week 3

THURROCK COUNCIL
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Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Quorn Hot Dog	Chicken Meatball in Tomato sauce	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
Meat Free Sausage Roll	Vegan Meatballs In a tomato Sauce	Quorn Plait	Omelette	Vegetable Fingers
Potato Cubes	Spaghetti pasta	Roast Potatoes	New Potato	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
Baked Beans	Baked Beans	Cheese	Baked Beans	Baked Beans
		Tuna Mayo		
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Sweetcorn Cobette	Mixed Vegetables	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Frozen Yoghurt	Banana Sponge	Fruit Jelly	Lemon Drizzle Cake	Fruit Cocktail
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Cream crackers
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Soft Cheese
Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese	Wholemeal Bread
Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	

Allergens

Quorn Hot Dog:**Cereals containing gluten,Eggs,Sesame seeds**; Meat Free Sausage Roll:**Cereals containing gluten**; Potato Cubes:**No allergens**; Jacket Potato with a Choice of Filling:**No allergens**;

Cheese:**Milk**; Tuna Mayo:**Eggs,Fish**; Sweetcorn Cobette:**No allergens**; Seasonal Salad Bar:**No allergens**; Frozen Yoghurt:**Milk**; Fresh Fruit:**No allergens**; Cream crackers:**Cereals containing gluten**; Soft Cheese:**Milk**; Wholemeal Bread:**Cereals containing gluten,Soya**; Chicken Meatball in Tomato sauce:**Celery**; Vegan Meatballs In a tomato Sauce:**Celery**; Spaghetti pasta:**Cereals containing gluten,Mustard,Soya**; Mixed Vegetables:**No allergens**; Banana Sponge:**Cereals containing gluten,Eggs**; Roast chicken:**Celery**; Quorn Plait:**Celery,Cereals containing gluten,Eggs**; Roast Potatoes:**No allergens**; Yorkshire Pudding:**Cereals containing gluten,Eggs,Milk**; Gravy:**No allergens**; Carrots:**No allergens**; Fruit Jelly:**No allergens**; Cheese & Tomato Pizza:**Celery,Cereals containing gluten,Eggs,Milk,Soya**; Omelette:**Eggs,Milk**; New Potato:**No allergens**; Sweetcorn:**No allergens**; Lemon Drizzle Cake:**Cereals containing gluten,Eggs**; Fish Fingers:**Cereals containing gluten,Fish**; Vegetable Fingers:**Cereals containing gluten**; Chips:**No allergens**; Peas:**No allergens**

Tudor Spring Summer menu 24 Week 3
Analyse by: Per Portion
Food Labelling: Default

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Potato Cubes	103.18	533.5	3.1	0.3	0.1	0.5	-	22.7	2.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.7%	4.4%	1.6%	2.3%	0.6%	-	8.7%	4.5%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Hot Dog	130.00	1369.4	10.4	1.6	1.1	4.3	-	44.8	13.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		68.5%	14.8%	8.1%	17.8%	4.8%	-	17.2%	27.1%	-	-	-	-	-	-	-	-	-	-	-	-

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 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%	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Meatball in Tomato sauce	185.10	613.0	10.4	N	1.4	3.9	-	8.4	10.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		30.6%	14.9%	-	22.8%	4.3%	-	3.2%	21.2%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Spaghetti pasta	50.00	739.5	1.3	0.3	-	1.9	-	33.0	6.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.0%	1.8%	1.5%	-	2.1%	-	12.7%	12.0%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Vegan Meatballs In a tomato Sauce	116.55	262.9	5.4	-	0.6	3.7	-	4.0	1.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		13.1%	7.7%	-	9.5%	4.1%	-	1.5%	2.4%	-	-	-	-	-	-	-	-	-	-	-	-

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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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	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 Plait	164.15	1031.0	18.4	N	6.6	2.7	-	33.5	6.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		51.6%	26.3%	-	109.3%	3.0%	-	12.9%	13.2%	-	-	-	-	-	-	-	-	-	-	-	-
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	184.9	2.6	0.0	0.0	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	3.7%	0.0%	0.0%	1.1%	-	8.2%	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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese & Tomato Pizza	98.05	526.6	15.4	9.9	1.7	3.9	-	16.4	14.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.3%	21.9%	49.6%	28.2%	4.4%	-	6.3%	29.2%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
New Potato	120.00	76.8	0.1	-	-	-	-	17.9	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.8%	0.2%	-	-	-	-	6.9%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
Omelette	50.00	232.5	3.8	1.2	0.4	0.7	-	1.0	4.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.6%	5.4%	6.0%	6.7%	0.7%	-	0.4%	8.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Cocktail	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-	-