Bulphan week 1 S\S 22

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)
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	Tr	Tr	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	-	-	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Mash Potatoes	105.00	435.5	3.6	0.9	0.2	0.6	-	16.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		21.8%	5.1%	4.3%	2.8%	0.7%	-	6.2%	3.5%	-	-	-	-	-	-	-	-	-	-	-	-
Pork Sausages	0.06	0.6	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%	-	-	-	-	-	-	-	-	-	-	-	-
Vegan Sausage	92.73	768.7	9.3	3.5	0.8	1.6	-	10.2	13.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		38.4%	13.2%	17.6%	13.3%	1.8%	-	3.9%	26.0%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Broccoli	0.20	0.2	Tr	Tr	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	-	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-

Ice Cream	80.00	542.4	6.5	3.2	0.1	13.7	-	15.3	2.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		27.1%	9.3%	16.0%	2.2%	15.2%	-	5.9%	4.6%	-	-	-	-	-	-	-	-	-	-	-	-

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 Wrap	40.01	748.0	16.6	7.6	0.7	0.1	-	0.1	7.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.4%	23.7%	38.2%	11.3%	0.1%	-	0.0%	15.7%	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Chunks	66.67	532.7	4.3	0.8	0.7	0.5	-	9.1	12.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.6%	6.2%	4.2%	11.3%	0.5%	-	3.5%	25.3%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	-	0.3	Tr	Tr	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	-	-	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Potato Crispers	105.91	749.8	7.0	0.4	0.5	0.5	-	25.8	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.5%	9.9%	2.1%	8.5%	0.6%	-	9.9%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Lemon Drizzle Cake	62.19	647.7	10.3	2.6	0.2	12.9	-	23.5	3.2	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		32.4%	14.8%	12.8%	3.8%	14.3%	-	9.0%	6.5%	-	-	-	-	-	-	-	-	-	-	-	-

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)
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	Tr	Tr	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	-	-	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast chicken	70.10	483.6	2.5	0.7	0.1	0.0	-	0.0	21.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		24.2%	3.6%	3.5%	1.2%	0.0%	-	0.0%	43.4%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Potatoes	127.50	92.4	2.6	Tr	Tr	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.6%	3.7%	-	-	1.1%	-	8.2%	5.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Quorn Fillet	60.61	250.3	0.7	0.2	0.6	Tr	-	3.0	8.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.5%	1.0%	1.2%	10.2%	-	-	1.1%	17.0%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-

Fresh Carrots	50.00	20.5	0.1	Tr	Tr	2.4	-	5.0	0.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.0%	0.1%	-	-	2.6%	-	1.9%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Jelly	87.29	115.7	0.0	0.0	0.0	6.7	-	6.7	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		5.8%	0.1%	0.1%	0.3%	7.4%	-	2.6%	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 & 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	Tr	Tr	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	-	-	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Potato Wedges	100.00	611.0	5.0	-	2.5	21.5	-	Tr	2.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		30.6%	7.1%	-	41.7%	23.9%	-	-	4.6%	-	-	-	-	-	-	-	-	-	-	-	-
Vegan 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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-

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)
Chips	0.10	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	Tr	Tr	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	0.4%	-	-	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
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	0.00	Tr	Tr	Tr	Tr	Tr	-	Tr	Tr	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
Jam Sponge	50.00	786.5	10.3	2.6	0.2	19.5	-	30.9	3.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		39.3%	14.7%	12.8%	4.0%	21.7%	-	11.9%	6.3%	-	-	-	-	-	-	-	-	-	-	-	-