Bulphan week 2 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)
Beef Burger	600.00	551.5	1.1	0.2	0.5	1.8	-	25.2	4.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		27.6%	1.5%	0.8%	7.5%	2.0%	-	9.7%	8.7%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Burger	650.00	6840.0	14.0	2.3	5.8	22.1	-	304.4	60.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		342.0%	20.0%	11.5%	96.7%	24.6%	-	117.1%	120.4%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-

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)
BBQ Chicken	114.00	773.2	2.6	0.7	0.4	13.6	-	15.4	22.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		38.7%	3.7%	3.5%	5.8%	15.2%	-	5.9%	44.0%	-	-	-	-	-	-	-	-	-	-	-	-
BBQ Quorn Fillet	20.00	131.8	0.0	Tr	0.2	6.2	-	7.0	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.6%	0.1%	-	2.7%	6.9%	-	2.7%	0.3%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Rice	100.00	687.6	1.4	0.4	Tr	Tr	-	34.3	2.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		34.4%	2.1%	1.8%	-	-	-	13.2%	5.8%	-	-	-	-	-	-	-	-	-	-	-	-
Peas	0.00	Tr	Tr	Tr	Tr	Tr	-	Tr	Tr	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cocoa Sponge	44.22	660.9	13.0	3.4	0.3	0.2	-	7.0	3.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		33.0%	18.5%	16.8%	4.8%	0.2%	-	2.7%	7.3%	-	-	-	-	-	-	-	-	-	-	-	-

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 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	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 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%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Dippers	80.00	613.6	7.7	0.8	0.6	0.1	-	7.9	9.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		30.7%	11.0%	4.0%	10.3%	0.1%	-	3.0%	19.2%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Lemon Shortbread	50.00	633.7	9.1	2.2	0.2	6.7	-	22.6	1.9	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		31.7%	12.9%	11.0%	2.8%	7.5%	-	8.7%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
Macaroni Cheese	222.65	1896.7	20.0	9.5	1.9	8.0	-	51.3	18.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		94.8%	28.6%	47.4%	31.5%	8.8%	-	19.7%	37.1%	-	-	-	-	-	-	-	-	-	-	-	-
Peas	0.00	Tr	Tr	Tr	Tr	Tr	-	Tr	Tr	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Banana Sponge	70.00	689.9	10.4	2.6	0.2	10.2	-	24.8	3.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		34.5%	14.9%	13.0%	3.8%	11.4%	-	9.6%	7.2%	-	-	-	-	-	-	-	-	-	-	-	-