Bulphan Spring Summer Menu 23 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)
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%	-	-	-	-	-	-	-	-	-	-	-	-
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	18.92	206.8	3.8	1.4	0.3	0.3	-	1.4	2.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		10.3%	5.4%	6.8%	5.2%	0.3%	-	0.6%	4.6%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
Bread	40.00	369.2	0.6	0.2	0.3	1.0	-	15.3	3.9	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		18.5%	0.8%	0.8%	5.3%	1.1%	-	5.9%	7.8%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Sweet & Sour Chicken	112.80	422.6	-	-	-	7.4	-	8.2	12.0	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		21.1%	-	-	-	8.2%	-	3.2%	24.0%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
Bread	40.00	369.2	0.6	0.2	0.3	1.0	-	15.3	3.9	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		18.5%	0.8%	0.8%	5.3%	1.1%	-	5.9%	7.8%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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	Tr	Tr	2.4	-	5.0	0.5	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.0%	0.1%	-	-	2.6%	-	1.9%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
Bread	40.00	369.2	0.6	0.2	0.3	1.0	-	15.3	3.9	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		18.5%	0.8%	0.8%	5.3%	1.1%	-	5.9%	7.8%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Meat Free Sausage Roll	65.00	26800.8	252.7	118.6	22.5	21.8	-	811.2	199.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1340.0%	361.0%	592.8%	374.3%	24.3%	-	312.0%	399.4%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
Bread	40.00	369.2	0.6	0.2	0.3	1.0	-	15.3	3.9	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		18.5%	0.8%	0.8%	5.3%	1.1%	-	5.9%	7.8%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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

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)
Breaded Lemon Fish Bites	60.00	556.2	4.1	0.4	0.2	0.5	-	0.0	8.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		27.8%	5.9%	1.8%	4.0%	0.6%	-	0.0%	16.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Apple crumble cake	78.13	800.2	13.0	3.1	0.2	12.8	-	34.2	4.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		40.0%	18.5%	15.3%	3.8%	14.2%	-	13.1%	8.0%	-	-	-	-	-	-	-	-	-	-	-	-
Bread	40.00	369.2	0.6	0.2	0.3	1.0	-	15.3	3.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		18.5%	0.8%	0.8%	5.3%	1.1%	-	5.9%	7.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-