Bulphan Spring Summer Menu 23 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)
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Pork sausage Hot Dog	75.04	843.4	0.9	0.2	1.1	2.1	-	41.3	6.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		42.2%	1.3%	0.8%	18.8%	2.3%	-	15.9%	13.1%	-	-	-	-	-	-	-	-	-	-	-	-
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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-

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 burger	107.08	989.9	7.7	2.8	1.0	1.9	-	29.1	11.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		49.5%	11.0%	14.2%	16.5%	2.1%	-	11.2%	23.4%	-	-	-	-	-	-	-	-	-	-	-	-
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 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	110.61	15498.0	68.6	21.8	21.4	41.6	-	382.4	372.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		774.9%	98.0%	109.0%	356.7%	46.2%	-	147.1%	744.4%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Dippers	80.00	46020.0	576.0	60.0	46.2	6.0	-	594.0	720.0	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2301.0%	822.9%	300.0%	770.0%	6.7%	-	228.5%	1440.0%	-	-	-	-	-	-	-	-	-	-	-	-	-
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 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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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 Shortbread	50.00	633.8	9.1	2.1	0.1	8.8	-	27.2	1.8	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		31.7%	12.9%	10.4%	2.2%	9.8%	-	10.5%	3.7%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-	-
Peas	0.00	0.0	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Banana Muffin	62.00	598.3	4.8	1.2	0.1	7.8	-	25.8	3.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		29.9%	6.8%	6.2%	1.8%	8.6%	-	9.9%	6.9%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-