Bulphan Spring Summer Menu 23 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)
Beef Bolognese bake	201.25	1276.0	11.3	N	N	5.6	-	31.3	18.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		63.8%	16.2%	-	-	6.2%	-	12.0%	37.9%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Pasta	50.25	748.7	1.5	0.3	0.0	1.9	-	33.0	6.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.4%	2.1%	1.5%	0.0%	2.1%	-	12.7%	12.0%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Vegan Balls In a tomato Sauce	116.45	233.6	5.4	N	0.6	3.4	-	3.9	1.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.7%	7.8%	-	10.7%	3.8%	-	1.5%	2.2%	-	-	-	-	-	-	-	-	-	-	-	-
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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
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)
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Vegetable Curry	227.80	-	7.8	N	N	4.4	-	12.4	8.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	11.1%	-	-	4.8%	-	4.8%	17.7%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
Green Beans	50.00	37.5	0.0	0.0	0.0	0.0	-	1.0	0.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.9%	0.0%	0.0%	0.2%	0.0%	-	0.4%	1.2%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Fruity Iced Sponge	52.03	639.6	10.3	2.4	0.2	13.1	-	25.7	3.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.0%	14.7%	12.2%	3.0%	14.6%	-	9.9%	6.1%	-	-	-	-	-	-	-	-	-	-	-	-
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 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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Carrot Cake	65.16	873.7	13.3	0.4	0.1	9.8	-	21.2	3.1	-	0.1	0.0	5.8	223.6	0.7	4.8	6.9	41.3	1.6	0.0	Tr
Daily Reference Intake (%)		43.7%	18.9%	2.1%	1.3%	10.9%	-	8.2%	6.3%	-	0.5%	0.4%	0.8%	37.3%	1.7%	2.4%	286.7%	1.2%	0.6%	0.0%	-
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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

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%	-	-	-	-	-	-	-	-	-	-	-	-
Rocket Ice Lolly	60.00	195.6	0.0	0.0	0.0	11.5	-	11.5	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.8%	0.0%	0.0%	0.0%	12.8%	-	4.4%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-