

# January - April 2021

Please note that the portion size will vary based on different year groups, please contact your kitchen supervisor should you need to discuss this

Dish	Portion Size	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC	Sodium	Sugar	Protein
Roll with chicken	85g	156.3	1.37	0.34	23.89	1.78	430	1.21	13.96
Roll with cheese	85g	219.9	7.09	4.14	23.09	1.58	466	1.13	17.76
Roll with egg mayo	107g	208.48	8.57	1.95	23.55	1.58	277.86	1.38	11.8
Roll with tuna mayo	92g	171.24	3.06	0.41	23.67	1.58	327.6	1.45	14.27
Sandwich with chicken	127g	333.2	13.92	7.4	33.6	5.6	699.9	2.3	16.8
Sandwich with cheese	127g	269.6	8.2	3.47	34.4	5.6	663.67	2.2	20.6
Sandwich with egg mayo	140g	321.1	15.4	5.08	34	5.7	511.4	2.4	14.64
Sandwich with tuna mayo	135g	286.1	9.8	3.6	34.1	5.6	603.2	2.5	17.11
Cheesy pasta	245g	470.46	12.6	6.69	69	2.7	267.67	8.3	22.74
Garlic bites	12g	35.76	1.13	0.2	5.28	0.32	24	0.17	0.84
BBQ Butchers sausage	60g	165.68	11.9	4.22	8.41	1.13	370.2	2.55	6.72

Dish	Portion Size	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC	Sodium	Sugar	Protein
Quorn dippers	63g	127.9	6.9	1.3	7.6	2.5	201.6	0.5	7.56
Sweet and sour sauce	145g	90.98	3.35	0.25	14.27	1.33	86.15	11.52	1.49
Veggie balls with tomato sauce	173g	202.8	9.62	0.64	14.2	4.43	465.73	4.18	13.35
Garlic bread	45g	149.85	7.65	3.11	16.65	1.35	118.8	1.17	2.97
Arrabiata pasta	198g	342.2	5.79	0.53	67.09	1.14	106.6	7.39	10.53
Crusty bread	25g	54.25	0.63	0.12	10.5	1.75	121.75	0.7	2.35
Pizza slice	120g	285.55	10.65	3.73	36.11	2.81	297.55	2.4	13.8
Coleslaw	48g	56.85	4.79	0.37	2.92	0.68	6.97	2.26	0.65
Simon Howie BBQ beef burger in a bun	121g	254.46	9.62	4.16	30.85	3.09	457.8	2.43	12.51
Veggie nuggets	60g	136.32	7.08	0.54	14.82	2.46	175.2	1.08	2.1
Veggie hot dog	125g	266.3	5.4	1.9	28.1	5.9	602	2.7	11.83
Chicken tikka rice pot	373g	322.7	2.36	0.42	48.41	3.24	592.28	6.42	28.76
Wedges	80g	116	3.04	0.22	21.2	2.4	1.6	1.28	2.32
Dish	Portion Size	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC	Sodium	Sugar	Protein
Tomato and rainbow veg pasta	100g	183	0.8	0.15	37.5	1.85	25.5	3.4	6

Fish finger salad sub	144g	336.94	8.09	1.62	48.27	4.34	357.68	4,58	15.59
Rainbow red pesto pasta	120g	237.47	9.54	1.17	31.8	1.98	109.05	4.2	5.47
Lamb and vegetable kofta	98g	177.29	10.51	4.86	7.72	0.36	101.16	0.25	12.81
Veggie sausage roll	80g	200	10.46	4.69	14.3	3.02	254	1.04	11.28
Cheese and vegetable puff	45g	87.21	5.23	2.81	0.53	0.13	183.79	0.51	9.67
Veggie sausage and dip	60g	125.4	5.76	2.46	6.9	2.52	192	0.78	10.14
Vegetable dippers	35g	6.82	0.08	0.02	1.28	0.25	1.04	1.21	0.29
Cherry tomatoes	40g	7.2	0.16	0.04	1.2	0	5.2	1.2	0.32
Baby corn	40g	21.6	0.4	0.04	3.96	0.36	0.4	0.48	0.8
Pepper sticks	42g	10.46	0.13	0.03	1.93	0.41	1.38	1.83	0.38
Carrot sticks	40g	8.8	0.16	0.04	1.76	0.92	9.2	1.68	0.24
Salad pot	82g	35.59	0.92	0.11	4.87	1	51.37	2.35	2.21
Potato salad	112g	106	4.5	0.5	15.8	1.2	12.2	2	1.82
Cheese scone	47g	156.33	5.39	2.95	18.69	0.93	481.32	0.16	7.93
Yogurt	100g	67g	1.5	0.9	7.8	0	0	8.24	5.5
Sponge cake	51g	184.39	10.74	3.45	18.71	0	48	9.76	3.12

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Cookie	42g	172.78	8	4.27	22.6	2.1	43.31	7.31	2.33
Fruit flavoured mousse	100ml	211	11	5	23	0.5	387.6	14	2.9
Brownie	51g	150.28	7.51	2.6	18.83	0.87	151.68	9.89	2.86
Raspberry muffin	60g	210.78	10.5	1.02	26.04	0.78	232.2	13.98	4.21
Apple cake	60g	185.44	10.74	3.44	19.23	0.58	155.51	10.02	2.99
Mousse cake slice	40g	77.72	4.12	3.96	9.46	0.16	trace	7.24	0.6
Homemade tomato and red pepper soup	266g	80.4	2.2	0.5	12.7	1.1	295.97	10.7	2.38
Homemade lentil soup	288g	124	1.5	0.5	15.8	1.76	399.6	5.8	10.57
Homemade sweet potato soup	337g	95.8	1.2	0.2	20.3	1.2	351.1	8.8	1.48
Homemade vegetable soup	340g	73.1	1.32	0.53	12.84	1.9	413	6.1	1.77
Homemade Cajun spiced soup	354g	83.9	1.7	0.4	14.5	1.9	389.6	8.5	2.39
Homemade carrot soup	263g	73.3	1.8	0.4	12.2	2.4	256.2	5	1.31
Homemade vegetable Thai soup	278g	166	12.48	6.89	11.88	1.5	1162.14	7.54	1.68
Homemade Scotch broth soup	261g	230.5	3.26	0.78	38.25	9.18	506.5	5.26	7.59





























