

Dish	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)
Main Course				
Cheese and Tomato Pizza	318	7.6	4.1	51.4
Plain Omelette	90.3	1.7	1.9	0
Sweet Chilli Chicken with Noodles	228.12	6.49	2.04	28
Tomato and Basil Pasta	195.81	5.74	3.33	28.9
Macaroni Cheese	341.4	13.4	8.4	38.4
Pasta Bolognese	265.5	5.15	1.4	45.7
Quorn Mince Chilli and rice	274.6	5.2	2.4	43.4
Turkey Burger in a Wholemeal Bun	281.7	7.7	1.2	35.1
Fish Bites	289	8.2	2.1	47.8
Pork Sausages	134.46	8.07	2.86	6.31
Cheesy Pasta	341	13.5	8.4	38
Creamy Chicken Pasta	357.8	16.1	8.26	32.6
Piri Piri Chicken Wrap	249.3	8.8	2	22.6
BBQ Chicken Wrap with Rice	324.83	7.25	1.63	47.29
Chicken Supreme and Rice	360	11	4	46.9
Meatballs in Tomato Sauce	206.6	12.7	5.3	7.5
Vegetarian Meatballs	184	9.22	0.7	7.7
Dish	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)
Side's and Vegetables				
New Potatoes	81	0.4	0.1	18.6
Wedges	117	5.1	0.6	17
Garlic Bread	65.8	3.36	1.68	7.34
Broccoli	48.1	1.2	0.1	3

Green Beans	27.6	0.5	0.1	5.1
Carrots	46.2	0.3	0.1	11.8
Salad	9.7	0.2	0	1.8
Potato Salad	43.7	1.4	0.2	7.4
Savoury Rice	178.5	1.4	0.3	40.6
Dish	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)
Misc				
Lentil Soup	148.1	1.2	0.4	27
Vegetable Soup	41.3	0.6	0.2	8.6
Minestrone Soup	105.4	1.2	0.3	19.1
Potato Soup	95.7	1.3	0.2	18.6
Potato and Leek Soup	51.4	0.9	0.3	10
Tomato Soup	46.4	0.7	0.2	7.7
Tuna Sandwich	186.8	5.3	0.8	25.8
Chicken Sandwich	257.65	5.81	1.07	25.9
Cheese Sandwich	334	17.6	9.3	25.3
Tuna in a Roll	165.47	6.27	1.47	25.4
Chicken Roll	236.27	6.7	1.6	25.5

Cheese Roll	323.4	19.7	10.3	24.8
Fruit Salad	55.3	0.1	0	13.6
Shortbread	154.7	7.8	2.6	18.7
Chocolate Brownie	109.4	2	0.8	21
Muffin	136	3.4	1.3	23.9
Carrot Cake	116.5	0.3	0.03	27.3
Krispie Cake	149.7	5.1	1.8	25
Frozen yoghurt	67.1	0.9	0.7	11.8
Fruit Yoghurt	115	1.4	0.9	19.5
Sugar Free Yoghurt	0.66	0.02	0.01	0.1

NME Sugar (g)	NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.9	4.2	13.7	1.5	1.1	112
0	0	6.3	0.8	0.5	23
20.43	1.26	14.97	0.85	0.9	12.72
0.81	1.5	7.21	0.64	0.75	128.68
0	1	17.1	0.6	2.4	433
6.1	2.4	8.55	0.78	0.8	14.21
0.6	2.9	13.8	1.2	124.1	43.6
2.1	2.6	16.5	1.9	2	179.5
2.1	1.7	5.9	0.8	0.8	39.7
0.53	0.88	9.47	0.76	0.99	76
0.8	1.5	7.2	0.6	0.75	128.7
0	1.1	22.3	0.8	2.5	364.3
1.25	1.8	19.8	1.6	2.7	33.2
1.7	1.8	17.3	1.5	2.7	48.5
0.05	0.5	19	0.9	1.6	174.1
1.9	1.2	16.2	1.4	4	21.7
0	3.34	15.84	0	0	0
NME Sugar (g)	NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0	1.2	2	0.4	0.2	6.9
0	1.2	1.8	0.4	0.3	5
0.38	0.46	1.32	0.62	0.12	22.4
0	3.9	4.3	2.2	0.8	72.8

0.2	0.7	13.3	0.8	1.8	336.9
0	1.4	0.7	0.2	0.1	21.7
5	1	2.3	0.5	0.2	22.9
10.8	0.4	0	0.46	0.1	5.9
7.7	1.2	2	0.2	0.03	1.7
13.1	0.9	2	0.4	0.1	58.6
16.3	0.5	1.6	1.8	0.2	22.9
5.7	0.2	3.6	0.09	0.4	120.4
3	0.4	5.9	0.1	0.7	232.5
0	0	0.03	0	0.01	1.3

Vit A (ug)	Vit C(ug)	Folate	Sodium
95	20.4	62.2	240
103	0	23.5	107
28.44	8.87	20.79	624.42
116.24	10.47	21.9	173.07
150.5	2.7	23.6	295.7
113.3	14.66	21.66	335
0.6	7.64	21.09	240.66
14.4	8.5	29.1	537.2
127.8	6.2	20.7	368.4
0	2.63	18.71	689.85
116.2	10.5	22	174
143.3	3	29.5	283.1
76	24.7	38.7	549.9
72.2	27	28	539.92
91.5	2.4	21.7	221.8
6.3	2.8	22.8	75.1
0	0	0	309.6
Vit A (ug)	Vit C(ug)	Folate	Sodium
0	18.5	28.9	12.7
0	6	19	66.1
52.64	0.2	3.8	65
124.8	113.1	117	15.6

214.9	0.05	44.8	408.6
1.7	33.2	12.9	4.2
80	0	6.1	55.8
1.4	0	26.9	114.7
0.35	1.7	1.6	6.7
97.3	0.3	3.4	138
57.2	0.2	20.8	141.6
8.6	0.9	13.8	53.3
62.5	10.8	12.5	106.2
0.13	0.01	0	0.01