

EDINBURGH CATERING - APRIL 2025/2026 NUTRITIONAL INFORMATION

These figures are to be used as a guide only. If your child has any special dietary requirements, please arrange to speak to the kitchen supervisor

Dish	Based on a portion size of (g)	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC (g)	Sugar (g)
Southern style Quorn burger in a bun with cheese	114	315.32	13.25	4.62	33.61	4.83	3.1
Cowboy beans	209	296.56	12.09	3.98	25.27	9.24	5.48
Homemade chicken breast curry	358	285.44	8.15	1.3	32.45	0.64	13.22
Cheese and tomato pizza	100	174.37	8.64	1.2	18.4	4.16	2.56
Bubble salmon	60	183	10.2	2.58	14.52	0.3	0.12
Pasta Italiano	244	406.93	2.29	0.29	87.21	2.68	10.01
Butcher's pork sausage	60	176.4	14.16	4.98	5.7	0.06	0.06
Quorn Best of British sausage	60	125.4	5.76	2.46	6.9	2.52	0.78
Vegetable enchiladas	230	385.58	16.98	10.08	19.12	1.9	3.25
Mild veggie chilli	261	288.76	10.2	3.04	23.08	12.55	7.1
Roast chicken dinner	63	98.1	2.52	0.72	0	0	0
Mediterranean vegetable stuffed Yorkshire pudding	103	252.54	12.58	1.78	25.24	6.84	3.22
Breaded fish fingers	60	124.43	5.13	0.66	12.28	1.12	0.84
Cheesy bean and potato pasty	150	262.3	12.04	6.36	25.5	1.96	2.06
Butchers minced beef	103	157.15	10.24	4.34	3.67	0.47	2.02
Macaroni cheese	241	519.32	9.58	4.38	89.38	0.25	7.07
Alferdo pasta	227	493.1	10.85	4.29	86.72	7.03	6.28
Salmon and sweet potato fishcakes	60	172.2	12.3	1.45	9.12	NA	0.42
Sweet potato and spinach curry	253	153.53	4.62	3.17	26.28	0.28	9.41
Butcher's beef burger in a bun with cheese	111	337.23	17.79	8.36	26.9	2.97	1.53
Campbell's vegetarian haggis Wellington	86	204.26	14.16	8.91	16.17	2.03	0.59
Homemade chicken and vegetable pie	219	218.59	8.55	0.95	12.38	1.37	6.15
Rainbow pasta	243	398.62	1.99	0.31	87.25	8.01	9.09
Spring roll	60	110.4	3.54	0.36	16.62	1.8	1.68

Dish	Portion Size (g)	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC (g)	Sugar (g)
Sweet and sour Quorn	113	82.83	2.07	0.32	8.38	4.81	6.84
Breaded chicken in a bun with cheese	124	339.11	13.07	4.76	40.13	3.2	2.79
Picnic platter - Vegan sausage roll and sandwich	203	330.85	15.69	8.8	40.39	4.06	4.43
Bubble fish	60	136.2	5.4	0.42	15	0.54	0.3
Beef meatballs	60	140.4	8.34	2.22	8.1	0.24	0.12
Lentil bolognaise	177	118.95	1.08	0.15	20.58	1.5	4.3
Baked potato							
Baked potato plain	120	116.4	0.24	0.12	27.12	3.12	1.68
Baked potato with cheese	180	161.4	0.54	0.17	28.32	6.06	3.66
Baked potatoe with beans	180	280.2	9.72	6.06	35.22	3.12	1.68
Baked potato with tuna mayo	167	180.99	2.64	0.39	27.7	3.12	2.01
Soup							
Butternut squash	282	61.16	1.17	0.35	11.09	2.45	6.21
Lentil	222	120.2	1.09	0.42	22.8	1.43	4.6
Carrot	213	60.9	1.45	0.38	11.28	2.82	4.25
Vegetable	226	47.04	0.76	0.28	8.61	1.06	3.58
Broccoli and pea	276	66.07	1.38	0.63	10.43	2.27	2.96
Tomato and basil	241	71.39	4.36	0.46	7	1.69	5.52
Chinese rice	256	116.92	1.99	0.27	23.34	2.47	5.11
Potato and leek	251	87.33	6.67	4.36	4.85	0.32	2.52
Sandwiches							
Cheese sandwich	105	266.5	10.53	5.17	33.74	4	2.76
Chicken sandwich	121	214.74	2.59	0.6	34.49	4.12	2.8
Egg mayo sandwich	144	209.92	3.58	0.56	34.15	4	2.98
Tuna mayo sandwich	129	233.73	4.39	0.71	34.27	4	3.05
Vegan cheese sandwich	121	288.34	11.59	9.24	42.09	4	2.72
Side							
Potato salad	113	105.33	4.39	0.4	15.44	1.67	2.88
Crusty bread	25	51.75	0.5	0.11	10.53	1.25	0.85
Mini Yorkshire pudding	30	76.2	2.28	0.21	11.64	0.66	1.53

Dish	Portion Size (g)	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC (g)	Sugar (g)
Noodles	70	26.6	1.4	0.22	50.82	NA	1.19
Garlic bread	32	111.36	5.34	2.76	14.43	0.89	0.93
Pitta bread	4	102	0.52	0.08	22.04	0.92	1.2
Chips	80	129.6	3.36	1.44	23.84	NA	0.56
Broccoli	80	11.2	0.2	0.05	1.12	1.12	0.64
Sweetcorn rib	45	21.6	0.4	0.04	3.96	3.96	0.48
Baby bakers/baby potatoes	90	61.2	0.09	0.04	14.99	4.62	1.17
Rice	90	299.7	1.35	0.25	69.3	2.7	0.63
Green beans	40	9.6	0.16	0.03	1.24	1.36	0.88
Sweetcorn	43.5	33.93	0.74	0.12	6.05	1.35	3.26
Peas	40	27.2	0.28	0.05	4.28	2.12	2.28
Carrots	40	13.6	0.16	0.04	3.08	1.56	2.88
Mediterranean vegetables	63	150.94	9.54	1.5	9.3	5.96	1.18
Mashed potatoes	90	83.7	2.52	0.61	14.31	1.26	0.9
Baked beans	60	45	0.3	0.05	8.1	2.94	1.98
Wedges	82	116	3.04	0.38	21.2	2.4	1.36
Cherry tomatoes	40	8.8	0.2	0.04	1.44	0.52	1.44
Sliced peppers	42.12	8.68	0.09	0.02	1.71	0.7	1.63
Roast potatoes	90	141.3	5.94	0.72	21.06	2.7	2.9
Cauliflower	40	11.6	0.36	0.08	1.4	0.76	0.96
Cabbage	40	7.48	0.09	0.02	1.01	0.97	1.01
Turnip	40	9.6	0.12	0	2	0	1.96
Sweet chilli dip	10	18	0.02	0	4.3	0.06	3.8
Desserts							
Yogurt	80	44.8	2.32	1.36	4.64	2.32	4.64
Frozen yogurt	90	189	9.72	4.77	20.93	0.45	12.6
Fruit sponge	47	136.33	3.49	1.67	24.31	0.83	8.07
Custard	64	38.66	1.04	0.65	5.66	NA	2.83
Cheese and crackers	36	149.44	9.11	5.2	10.95	NA	0.02