

## Secondary Menu Nutrient Counts – Autumn/Winter 2021

### Main Hot Offer

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Code	Meat Mains	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
<b>CHICKEN &amp; TURKEY</b>						
93106576, 93106690	BURRITO MEXICAN CHICKEN	269	479	17	20	58
		100	178	6	7	22
93170725	CAJUN CHICKEN PITTA	228	388	11	23	46
		100	170	5	10	20
93170685, 93170686	CHICKEN CHOW MEIN	260	363	9	21	46
		100	140	4	8	18
93127657, 93127793	CHICKEN KORMA	206	172	8	14	8
		100	83	4	7	4
93040684, 93154234	CHICKEN TIKKA AND RICE SHAKER SALAD	372	437	6	29	66
		100	118	2	8	18
93128001 93128002	CHICKEN TIKKA MASALA	215	184	8	16	10
		100	85	3	7	4
93162029	CHICKEN YAKATOR SKEWER	30	59	3	6	2
		100	195	10	19	7
93175214, 93175215	CHIPOTLE CHICKEN BURRITO	352	500	18	24	57
		100	142	5	7	16
93175218	CHIPOTLE CHICKEN SOFT TACO	314	404	13	19	47
		100	129	4	6	15
93170726	CLASSIC CHICKEN PITTA	228	388	11	23	46
		100	170	5	10	20
93131776	CORONATION CHICKEN SALAD	378	435	9	28	61
		100	115	2	7	16
93162040	DUCK HOI SIN SPRING ROLL	36	108	5	3	13
		100	301	14	9	35
93178051, 93138452	LEMON & HERB CHICKEN YORKSHIRE PUDDING WRAP	377	413	11	25	53
		100	110	3	7	14

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<b>CHICKEN &amp; TURKEY (Continued)</b>						
93035093	LEMON ROASTED CHICKEN BREAST	60	90	2	17	0
		100	149	4	28	1
93147172, 93147173	LEMON ROASTED CHICKEN THIGH	67	122	6	16	0
		100	181	9	23	1
93170740	MAC TOPPER - BBQ PULLED CHICKEN	136	117	6	9	7
		100	86	4	6	5
93170751, 93170754	MEXICAN CHICKEN QUESADILLA	151	356	15	19	36
		100	235	10	12	24
93040685	NOODLE AND JERK CHICKEN SHAKER SALAD	237	353	5	30	49
		100	149	2	13	21
93108713, 93035114	ROAST TURKEY	60	92	1	20	0
		100	153	2	34	0
93174108	ROAST TURKEY YORKSHIRE PUDDING WRAP	373	390	7	29	52
		100	105	2	8	14
93170733, 93161823, 93170734	SOUTHERN FRIED CHICKEN GOUJON	73	153	7	10	12
		100	210	9	14	17
93147285	SWEET AND SOUR CHICKEN	185	223	8	15	18
		100	120	4	8	10
93175447, 93175448	SPICY CHICKEN PITTA WITH CHILI SAUCE	191	361	11	22	41
		100	189	6	12	22
93080601, 93171027	SWEET CHILLI CHICKEN NOODLES	272	411	8	22	60
		100	151	3	8	22
93143035	THAI RED CHICKEN CURRY	160	242	14	15	8
		100	152	9	9	5
<b>HALAL CHICKEN &amp; TURKEY (Where nutrition differs from standard)</b>						
93168968	CHIPOTLE CHICKEN TACO CUPS HALAL	254	271	9	17	29
		100	107	4	7	11
93134625	CORONATION CHICKEN SALAD HALAL	378	418	6	29	61
		100	110	2	8	16
93170739	MAC TOPPER - BBQ PULED CHICKEN HALAL	131	110	6	9	6
		100	83	4	7	4
93174525	NOODLE AND JERK CHICKEN SHAKER SALAD HALAL	237	336	3	31	49
		100	142	1	13	21
93132734	ROAST TURKEY BREAST HALAL	56	98	2	19	0
		100	175	4	34	0
93168968	CHIPOTLE CHICKEN TACO CUPS HALAL	254	271	9	17	29
		100	107	4	7	11
93134625	CORONATION CHICKEN SALAD HALAL	378	418	6	29	61
		100	110	2	8	16
93170739	MAC TOPPER - BBQ PULED CHICKEN HALAL	131	110	6	9	6
		100	83	4	7	4
93174525	NOODLE AND JERK CHICKEN SHAKER SALAD HALAL	237	336	3	31	49
		100	142	1	13	21

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Code	Meat Mains	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
<b>CHICKEN &amp; TURKEY (Continued)</b>						
93132734	ROAST TURKEY BREAST HALAL	56	98	2	19	0
		100	175	4	34	0
93134632	SPECIAL MARINATED ROAST CHIX WING HAL	139	312	19	34	1
		100	224	14	24	1
93147286	SWEET AND SOUR CHICKEN HALAL	185	214	9	16	18
		100	115	5	8	10
93143036	THAI RED CHICKEN CURRY HALAL	160	233	15	16	8
		100	146	10	10	5
<b>FFL CHICKEN &amp; TURKEY (Where nutrition differs from standard)</b>						
93174576	CHICKEN TIKKA RICE SHAKER SALAD FFL	409	393	4	25	66
		100	96	1	6	16
93174578	CORONATION CHICKEN SALAD FFL	415	390	6	23	61
		100	94	1	6	15
93176536	MAC TOPPER - BBQ PULLED CHICKEN FFL	126	102	6	9	3
		100	81	5	7	3
93174577	NOODLE JERK CHICKEN SHAKER SALAD FFL	237	313	3	25	49
		100	132	1	11	21
93170735	SOUTHERN FRIED CHICKEN GOUJON FFL	73	128	3	12	14
		100	176	4	17	19
93148007	SWEET & SOUR CHICKEN FFL	183	176	5	15	13
		100	97	3	8	7

Code	Meat Mains	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
<b>BEEF</b>						
93129200	BEEF BURGER	228	560	26	24	28
		100	246	11	11	12
93178667	BEEF LANCASHIRE HOT POT	226	224	11	21	11
		100	99	5	9	5
93042875	BEEF PIE	255	537	27	25	47
		100	210	11	10	19
93141401	STEAK PASTY	109	314	16	8	36
		100	288	15	7	33
93175212	PULLED BEEF BURRITO	324	514	20	32	51
		100	159	6	10	16
93046483	TRADITIONAL BEEF LASAGNE	322	410	22	21	34
		100	127	7	7	11
93098950	TRADITIONAL COTTAGE PIE	333	285	10	19	32
		100	85	3	6	9

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Code	Meat Mains (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
<b>HALAL BEEF (Where nutrition differs from standard)</b>						
93129201	BEEF BURGER HALAL	228	460	27	23	30
		100	202	12	10	13
93064679	BEEF LANCASHIRE HOT POT HALAL	250	231	11	22	11
		100	92	4	9	4
93064690	BEEF PIE HALAL	279	544	27	27	47
		100	195	10	10	17
93175213	PULLED BEEF BURRITO HALAL	324	507	18	34	51
		100	157	6	11	16
93064701	TRADITIONAL BEEF LASAGNE HALAL	244	291	13	23	24
		100	119	5	9	10
<b>FFL BEEF (Where nutrition differs from standard)</b>						
93156920	BEEF BURGER FFL	190	392	19	24	28
		100	206	10	13	15

Code	Meat Mains	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
<b>PORK</b>						
93123052	CARAMELISED ONION SAUSAGE ROLL	73	225	14	6	18
		100	307	19	8	25
93137893	HONEY ROAST GAMMON YORKSHIRE PUDDING WRAP	383	484	18	22	59
		100	126	5	6	15
93170722	MAC TOPPER - CAJUN PULLED PORK	107	130	8	9	5
		100	122	7	9	5
93142777	NEW YORKER HOT DOG	209	510	23	21	54
		100	244	11	10	26
93177988	ROAST PORK YORKSHIRE PUDDING WRAP	375	449	15	27	52
		100	120	4	7	14
93173430	ROAST PORK LOIN - SAUCE AND STUFFING	117	204	6	19	17
		100	174	6	17	14
93123052	CARAMELISED ONION SAUSAGE ROLL	73	225	14	6	18
		100	307	19	8	25
93137893	HONEY ROAST GAMMON	383	484	18	22	59
		100	126	5	6	15
<b>FFL PORK (Where nutrition differs from standard)</b>						
93178050	ROAST PORK YORKSHIRE PUDDING WRAP FFL	369	445	15	25	52
		100	120	4	7	14
93175920	ROAST PORK LOIN SAUCE AND STUFFING FFL	112	199	7	18	17
		100	179	6	16	15
93173554	ROASTED HONEY GLAZED HAM FFL	66	142	7	13	7
		100	215	11	20	10

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Code	Meat Mains (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
<b>FISH</b>						
93163874	CRISPY JAPANESE KING PRAWN	40	108	6	2	10
		100	270	16	6	25
93036883	FISH FINGERS MINCED MSC	70	134	6	8	13
		100	192	8	11	18
93105116	HOME MADE BATTERED FISH FILLET	189	343	16	33	18
		100	181	8	17	10

Code	Vegetarian Mains	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93127708	BEAN AND VEGETABLE CHILLI	341	250	5	14	34
		100	73	1	4	10
93132515	BLACKEYED BEAN VEGGIE BURGER	391	531	9	23	91
		100	136	2	6	23
93106577	BURRITO MEXICAN SPICY QUORN	268	451	15	17	60
		100	168	6	6	22
93170816	CHEESE AND ONION PASTY	85	225	14	4	20
		100	265	17	5	23
93162914	CORN, BLACK EYE BEAN AND FETA SOFT TACOS	263	376	13	16	51
		100	143	5	6	19
93175251	CREAMY VEG PIE CHEESE SHORTCRUST TOP	307	710	43	21	65
		100	231	14	7	21
93165395	CRISPY TOPPED SWEET POTATO CRUMBLE	461	363	7	15	59
		100	79	2	3	13
93162045	FALAFEL	75	146	7	4	14
		100	194	9	6	19
93130899	FETA & BEETROOT BURGER	275	475	19	19	55
		100	173	7	7	20
93163620	FETA AND SPINACH GOUJON	450	1,125	61	27	110
		100	250	14	6	24
93040687	LAYERED CHEDDAR CHEESE SHAKER SALAD	218	375	25	14	24
		100	172	12	6	11
93170738	MAC AND CHEESE POT	100	129	6	6	18
		100	129	6	6	18
93170723	MAC TOPPER - CRISPY CAULIFLOWER	96	79	1	4	13
		100	83	1	4	13
93037069	MACARONI CHEESE PRI	245	295	11	16	50
		100	120	5	7	20
93175507	MEXICAN VEGGIE BURRITO	274	463	17	18	59
		100	169	6	7	21
93147290	NEW YORKER QUORN DOG	185	398	15	18	48
		100	215	8	9	26

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Code	Vegetarian Mains (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93170738	MAC AND CHEESE POT	100	129	6	6	18
		100	129	6	6	18
93170723	MAC TOPPER - CRISPY CAULIFLOWER	96	79	1	4	13
		100	83	1	4	13
93037069	MACARONI CHEESE PRI	245	295	11	16	50
		100	120	5	7	20
93175507	MEXICAN VEGGIE BURRITO	274	463	17	18	59
		100	169	6	7	21
93147290	NEW YORKER QUORN DOG	185	398	15	18	48
		100	215	8	9	26
93162333	QUORN SAUSAGES	100	198	11	11	11
		100	198	11	11	11
93086623	SPICY VEGETABLE AND BEAN QUESADILLA	188	270	13	11	26
		100	144	7	6	14
93154945	SWEET POTATO & CHICKPEA ROAST	188	312	7	15	46
		100	166	4	8	24
93101314	SWEET POTATO & SQUASH CASSEROLE	331	190	5	11	26
		100	57	2	3	8
93175216	THAI GREEN VEGETABLE CURRY	212	245	12	14	18
		100	115	6	7	8
93169121	VEGAN SAUSAGE ROLL	116	495	32	11	43
		100	426	27	10	37
93035268	VEGEMINCE BOLOGNESE PRI	155	81	2	7	8
		100	52	1	4	5
93170732	VEGETABLE BIRYANI	365	436	8	19	71
		100	120	2	5	19
93175508	VEGETABLE CHOW MEIN	252	211	6	12	27
		100	84	2	5	11
93147227	VEGETABLE LASAGNE	550	581	30	27	54
		100	106	6	5	10
93170731	VEGETABLE PASTRY SLICE	324	518	25	18	53
		100	160	8	6	17
93130657	YELLOW VEGETABLE CURRY	300	307	19	10	26
		100	102	6	3	9
<b>FFL PORK (Where nutrition differs from standard)</b>						
93102889	VEGETABLE BOLOGNESE SAUCE FFL	331	344	6	18	57
		100	104	2	5	17

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Code	Jacket Potatoes	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93034839	JACKET POTATO WITH BAKED BEANS	224	189	0	7	39
		100	84	0	3	18
93040442	JACKET POTATO WITH CHEESE	238	462	17	20	60
		100	195	7	8	25
93170793	JACKET POTATO WITH SALMON	216	329	8	7	61
		100	153	3	3	28
VMC 125754	PLAIN JACKET POTATO	188	256	0	7	59
		100	136	0	4	31

Code	Cheese Portions	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93162060	BRIE PORTION	20	58	5	4	0
		100	291	24	18	0
93162061	CHEDDAR PORTION	20	82	7	5	0
		100	410	34	25	0
93162062	GOAT'S CHEESE PORTION	20	64	5	4	0
		100	320	26	21	1
93162049	STILTON PORTION	20	80	7	5	0
		100	401	35	24	0

Code	Pizza	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93041401	BACON STONE BAKED PIZZA	133	333	12	21	40
		100	251	9	16	30
93128496	CAJUN CHICKEN SIZZLER PIZZA	131	282	8	19	40
		100	216	6	14	31
93128494	HAWAIIAN STONE BAKED PIZZA	133	291	8	19	41
		100	219	6	14	31
93041388	MARGHERITA STONE BAKE PIZZA	116	286	9	18	40
		100	247	8	15	34
93128499	QUORN PIZZA	121	280	8	18	40
		100	232	7	15	33
93147170	SWEETCORN PIZZA	117	288	9	18	40
		100	246	8	15	34
93178044	VEGAN MARGHERITA PIZZA	119	298	11	10	45
		100	250	9	8	38
93128498	VEGGIE HOT ONE STONE BAKED PIZZA	140	291	10	18	40
		100	207	7	13	29

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Code	Pizza (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
<b>FOOD FOR LIFE PIZZA (Where nutrition differs from standard)</b>						
93127250	BACON STONE BAKED PIZZA FFL	134	324	12	22	39
		100	242	9	16	29
93148005	CAJUN CHICKEN SIZZLER PIZZA FFL	126	281	8	18	39
		100	223	7	14	31
93147946	HAWAIIAN STONE BAKED PIZZA FFL	133	285	8	19	40
		100	214	6	15	30
93127257	MARGHERITA STONE BAKE PIZZA FFL	116	280	9	18	39
		100	241	8	15	33
93147968	VEGGIE HOT ONE STONE BAKED PIZZA FFL	148	287	9	18	40
		100	193	6	12	27
93178045	VEGAN MARGHERITA PIZZA FFL	120	292	11	10	44
		100	244	9	8	37
<b>HALAL PIZZA (Where nutrition differs from standard)</b>						
93147302	CAJUN CHICKEN SIZZLER PIZZA HALAL	131	287	8	20	40
		100	220	6	16	30

Code	Pasta	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93147953	ARRABIATA PASTA	334	415	15	20	56
		100	124	5	6	17
93147137, 93147138	BBQ CHICKEN PASTA	354	429	10	24	61
		100	121	3	7	17
93102881	CARBONARA SAUCE FFL	316	426	14	21	59
		100	135	4	7	19
93172124	CHICKEN & BACON PASTA SALAD	285	494	21	28	50
		100	173	7	10	18
93162896	CREAMY FISH PASTA BAKE	384	555	18	24	79
		100	144	5	6	21
93147954	HERBY TOMATO PASTA	326	437	16	19	57
		100	134	5	6	18
93147955, 93147355	ITALIAN CHICKEN PASTA	318	463	15	26	55
		100	146	5	8	17
93102799	PASTA BEEF BOLOGNESE	338	431	15	26	53
		100	128	4	8	16
93137662	PASTA CARBONARA	306	464	17	23	59
		100	152	6	7	19
93172009	TUNA & SWEETCORN PASTA SALAD	358	469	16	29	56
		100	131	5	8	16
93168493	VEGE CARBONARA	331	491	16	26	65
		100	148	5	8	20

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Code	Pasta (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
<b>FOOD FOR LIFE PASTA (Where nutrition differs from standard)</b>						
93173424	CHICKEN & BACON PASTA	285	464	19	25	50
	SALAD FFL	100	163	7	9	18
<b>HALAL PASTA (Where nutrition differs from standard)</b>						
93172125	CHICKEN PASTA SALAD HALAL	278	448	16	28	50
		100	161	6	10	18
93137702	PASTA BEEF BOLOGNESE HALAL	339	395	11	26	52
		100	116	3	8	15

Code	Carbohydrate Sides/Snacks	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93170736	BAKED CHEESY TORTILLA BITES	65	224	10	9	24
		100	346	15	14	37
93157065	CAJUN WEDGES HALF PORTION	75	103	0	3	24
		100	136	0	4	32
93163112	CHIPOTLE WEDGES HALF PORTION	75	103	0	3	24
		100	136	0	4	32
93040525	CHIPPED POTATOES (OVEN BAKED)	75	210	12	2	25
		100	280	16	3	34
93179063	CHIPPED POTATAOES (FRIED)	69	188	10	3	25
		100	273	14	4	36
93170737	DOUGH BALLS	56	141	4	4	24
		100	252	7	7	44
93163193	FAJITA WEDGES HALF PORTION	76	104	0	3	24
		100	138	0	4	32
93157067	GARLIC & HERB WEDGES HALF PORTION	76	105	0	3	24
		100	138	0	4	32
93178426	HALF PORTION GARLIC AND HERB BREAD WEDGE	26	56	0	2	11
		100	211	2	9	43
93162048	KHOBEZ FLATBREAD	60	172	1	6	34
		100	286	1	10	56
93130499	LIME & CORIANDER RICE	292	255	1	5	57
		100	87	0	2	20
93170434	LOADED FRIES - CHEESE & BEANS	200	247	10	10	26
		100	124	5	5	13
93170435	LOADED FRIES - PIZZA SAUCE, MOZZARELLA	215	246	12	10	24
		100	114	6	5	11
93170425	LOADED FRIES - VEGGIE CHILLI	438	361	8	15	52
		100	82	2	4	12
93156761	MEXICAN YELLOW RICE	277	210	1	5	47
		100	76	0	2	17
93034973	NAAN BREAD ACC	32	71	0	3	15
		100	223	1	9	48

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Code	Carbohydrate Sides/Snacks (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93157066	PAPRIKA WEDGES HALF PORTION	76	104	0	3	24
		100	138	0	4	32
93035026	RICE 1/2 WHOLEGRAIN	226	305	1	7	68
		100	135	1	3	30
93035127	ROAST POTATOES	56	90	3	2	14
		100	160	6	3	26
93035205	STEAMED RICE 1/2 WHOLEMEAL	177	242	1	5	54
		100	137	1	3	30
93170730	TOMATO RICE 1/2 PORTION	167	149	3	3	27
		100	90	2	2	16

Code	Bread	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93119267	BREAD CROWN LOAF	78	162	2	7	33
		100	208	3	9	43
93119263	BREAD FLOURED LOAF	75	155	1	6	33
		100	206	1	8	44
93119268	BREAD OAT CRUSTED GRANARY BLOOMER	74	160	2	7	30
		100	216	2	9	40
93119269	BREAD POPPYSEED LOAF	79	155	3	7	33
		100	196	3	8	42
93119265	BREAD WHOLEMEAL LOAF	75	142	1	6	28
		100	189	2	9	37
93154277	GARLIC AND HERB BREAD	146	292	2	12	60
		100	201	2	8	41
93034756	GARLIC AND HERB BREAD WEDGE	53	112	1	5	23
		100	211	2	9	43
93157068	GARLIC BREAD HALF PORTION	73	146	1	6	30
		100	201	2	8	41
93037002	HOMEMADE BREAD BEST OF BOTH	65	136	1	6	28
		100	211	2	9	43

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Code	Vegetable Sides	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93129265	APPLE SLAW	103	45	0	2	9
		100	44	0	2	9
93162619	BAKED BEANS	90	57	0	4	8
		100	63	0	4	9
93130977	BOSTON BEAN POT	224	174	4	9	23
		100	78	2	4	10
93143358	BROCCOLI FRESH	80	19	1	2	1
		100	24	1	3	1
93143359	CABBAGE	85	14	0	1	2
		100	16	0	1	2
93178420	CARROT WITH HOUMOUS	134	228	16	6	13
		100	170	12	4	10
93065561	CARROTS	60	21	0	0	5
		100	35	0	1	8
93129263	CAULIFLOWER CHEESE	155	113	6	6	8
		100	73	4	4	5
93171066	CAULIFLOWER CHEESE FFL	166	158	10	8	9
		100	95	6	5	5
93153242	CHOP CHOP SALAD	96	15	0	1	2
		100	15	0	1	3
93076060	COLESLAW	86	117	10	1	5
		100	136	12	1	6
93130898	CORIANDER & CHILLI HALF CORN COB	72	71	4	2	8
		100	98	6	2	11
93153240	CORN SLAW	156	167	11	3	14
		100	107	7	2	9
93162047	CRUDITE	95	22	0	1	4
		100	23	0	1	5
93177790	CRUDITE WITH HOUMOUS	192	230	16	6	12
		100	120	9	3	6
93162913	CRUNCHY RAW SLAW	100	78	6	1	4
		100	78	6	1	4
93142255	CUCUMBER RAITA	40	8	0	1	1
		100	21	0	2	3
93178421	CUCUMBER WITH HOUMOUS	160	215	16	6	9
		100	134	10	4	6
93153275	GREEN BEANS	73	18	0	1	3
		100	25	0	2	5
93143075	LIGHTLY SPICED SWEETCORN WITH LIME	94	108	5	3	14
		100	115	6	3	15
93143440	MIXED SALAD	81	20	0	1	4
		100	25	0	1	4
93042663	MUSHY PEAS	80	77	0	5	13
		100	96	0	6	16

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Code	Vegetable Sides (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93065563	PEAS	80	55	1	5	8
		100	69	1	6	10
93130897	PLAIN HALF CORN ON THE COB	70	70	4	2	8
		100	100	6	2	11
93170368	SALAD SWEETCORN	80	74	1	3	14
		100	93	2	3	17
93156770	SMOKY CAULIFLOWER CHEESE	265	354	24	15	21
		100	133	9	6	8
93130848	STIR FRIED VEGETABLES	91	41	2	1	4
		100	45	3	1	4
93130610	SWEET CHILLI BROCCOLI	87	42	2	3	3
		100	49	2	3	4
93094208	SWEETCORN	80	74	1	3	14
		100	93	2	3	17

Code	Condiments	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93170728	AMARILLO SAUCE	5	2	0	0	0
		100	33	0	1	4
93080800	BUTTER PORTION	7	52	6	0	0
		100	738	81	1	1
93034775	GRAVY	38	8	0	0	1
		100	20	0	1	4
93162046	HOUMOUS	30	88	7	2	3
		100	294	23	8	11
93017321	JAM PORTION	20	48	0	0	12
		100	240	0	0	59
93162067	JAM STRAWBERRY	20	53	0	0	13
		100	263	0	0	65
93170727	LIME AND CORIANDER SAUCE	5	3	0	0	1
		100	62	0	1	15
93162044	MANGO CHUTNEY	20	45	0	0	11
		100	225	0	1	55
93162063	PEAR CHUTNEY	20	26	0	0	5
		100	130	0	1	24
93161824	RED ONION CHUTNEY	20	36	0	0	8
		100	180	0	1	42
93162043	SWEET CHILLI SAUCE	20	39	0	0	10
		100	196	0	1	48

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Code	Desserts	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93042773	APPLE AND BLACKBERRY PIE	115	217	10	3	30
		100	189	9	3	26
93042703	APPLE AND CINNAMON STRUDEL	134	264	14	4	31
		100	197	10	3	23
93098928	APPLE CRACKNELL	110	196	7	2	32
		100	178	7	2	29
93114189	BAKED DOUGHNUT MMB	64	196	4	4	34
		100	307	6	7	53
93165185	BAKED ORANGE & VANILLA RICE PUDDING	151	141	3	5	24
		100	94	2	4	16
93165189	BANANA & BERRY COBBLER	130	206	5	4	38
		100	159	4	3	30
93166762	BANANA MARBLE CAKE	62	201	10	3	25
		100	326	17	4	41
93159970	BANOFFEE PIE	118	161	6	3	26
		100	137	5	2	22
93069578	BLUEBERRY MUFFIN	60	223	12	3	26
		100	372	20	5	44
93162131	CARAMEL SHORTCAKE	65	284	11	3	43
		100	439	17	5	67
93156769	CARROT & BANANA SLICE	82	210	10	3	27
		100	256	12	4	33
93127561	CARROT CAKE WITH ORANGE CREAM CHEESE	62	183	10	3	21
		100	298	16	5	34
93162094	CHOCOLATE BROWNIE	75	348	20	5	38
		100	464	27	7	51
93098051	CHOCOLATE BROWNIE	55	216	10	3	30
		100	391	18	5	54
93139520	CHOCOLATE CRISPY BAR	80	323	11	5	51
		100	403	13	7	64
93127229	CHOCOLATE SAUCE	113	104	2	3	18
		100	92	2	3	16
93165321	CHOCOLATE SLICE	84	170	8	4	21
		100	204	10	4	25
93162068	CLOTTED CREAM	40	234	25	1	1
		100	586	63	2	2
93161830	COOKIE SELECTION	68	309	13	3	44
		100	455	19	5	64
93065567	CUSTARD FRESH MILK	130	108	1	4	21
		100	83	1	3	16
93070174	ETON MESS	144	291	17	2	31
		100	203	12	1	22

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Code	Desserts (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93157221	FROZEN BLUEBERRY YOGHURT	100	113	1	4	22
		100	113	1	4	22
93161188	FROZEN MANGO YOGHURT	100	113	1	4	22
		100	113	1	4	22
93161187	FROZEN STRAWBERRY YOGHURT	100	113	1	4	22
		100	113	1	4	22
93178110	FRUIT & CHERRY YOGHURT POT	121	67	1	2	13
		100	55	1	2	11
93178079	FRUIT & SRAWBERRY YOGHURT POT	121	74	1	3	15
		100	61	1	2	12
93161675	FRUIT AND GRANOLA YOGHURT POT	100	131	5	4	18
		201	263	9	7	36
93118989	FRUIT FLAPJACK	38	164	7	2	22
		100	429	20	4	59
93161677	FRUIT PLATTER	122	59	0	1	14
		100	48	0	1	12
93162942	FRUIT SLICE	122	221	11	3	29
		100	181	9	2	24
93162132	GINGER LOAF CAKE	74	280	13	3	38
		100	380	18	4	52
93176747	GRAPE POT	120	72	0	0	18
		100	60	0	0	15
93162982	ICE CREAM BOX CHOCOLATE	100	158	8	3	17
		100	158	8	3	17
93170157	ICE CREAM BOX RASPBERRY RIPPLE	100	177	7	3	25
		100	177	7	3	25
93162983	ICE CREAM BOX STRAWBERRY	100	162	8	3	19
		100	162	8	3	19
93162984	ICE CREAM BOX VANILLA	100	162	8	3	18
		100	162	8	3	18
93124900	ICED SWEET FINGERS	57	184	1	3	41
		100	322	2	5	72
93129799	JOES APPLE MUFFIN	136	447	24	6	53
		100	328	17	4	39
93129808	JOES BANANA CUPCAKE WITH CHOC FROSTING	117	445	20	4	62
		100	381	17	4	54
93129809	JOES JAFFA CUPCAKE	113	450	20	4	64
		100	399	17	4	56
93129806	JOES LEMON MERINGUE CUPCAKE	113	277	8	5	45
		100	245	7	4	40
93084267	LEMON DRIZZLE CAKE	66	213	11	2	26
		100	324	17	4	40

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Code	Desserts (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93139522	LEMON DRIZZLE MUFFINS	180	693	35	9	85
		100	385	20	5	47
93139596	LEMON POSSET	113	271	19	1	20
		100	239	17	1	18
93161328	MIXED FRUIT POT	121	54	0	1	13
		100	44	0	0	11
93034982	OATIE COOKIES	42	181	8	2	25
		100	435	20	5	60
93040585	ORANGE DRIZZLE MUFFIN	168	585	30	8	73
		100	348	18	5	43
93168832	PEACH SHORTCAKE CRUMBLE	117	221	11	3	30
		100	189	9	2	26
93159935	PEACH SLICE	90	208	10	3	27
		100	230	11	3	30
93162940	PEAR UPSIDE DOWN CAKE	136	222	10	3	32
		100	163	7	2	24
93176746	PINEAPPLE POT	142	58	0	1	14
		100	41	0	0	10
93129800	RASPBERRY FLAPJACK MUFFIN	58	206	10	3	25
		100	357	18	6	43
93165187	RASPBERRY YOGHURT CAKE	60	178	9	2	24
		100	297	14	4	40
93172185	SCOTLAND PLAIN COOKIE WITH MIX	44	180	9	2	23
		100	407	20	4	52
93172184	SCOTLAND PLAIN FLAPJACK WITH MIX	44	181	8	2	24
		100	410	18	6	55
93172183	SCOTLAND PLAIN MUFFINS WITH MIX	63	254	14	4	30
		100	402	22	6	47
93040540	SEASONAL FRESH FRUIT CUPS	82	50	0	1	12
		100	60	0	1	15
93169020	SECRET BROWNIE	61	178	9	3	22
		100	294	15	5	36
93076318	SHORTBREAD	39	183	11	2	20
		100	475	30	5	51
93162066	SULTANA SCONE	40	140	4	3	22
		100	351	11	8	55
93168833	SUMMER BERRY & PEACH OATY CRUMBLE	125	237	10	4	35
		100	190	8	3	28
93110853	SWEET WAFFLE	90	368	16	6	49
		100	409	18	6	55
93087338	VANILLA AND BLUEBERRY BLONDIE	86	296	16	4	36
		100	345	19	4	42

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Code	Desserts (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)
93176748	WATERMELON POT	103	32	0	1	7
		100	31	0	0	7
93040538	WHOLE FRUIT	83	53	0	1	13
		100	63	0	1	15
93035307	YOGHURT	18	14	0	1	2
		100	78	1	4	14
93097900	ZESTY CARROT CAKE	69	224	11	3	29
		100	326	16	4	42

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