19-Mar-2025 12:13 saffron CATERed Menu Listing with Traffic Lights iowden@catered.org.uk Menu: SS25WK3D1 SS Menu 25 Wk 3 Monday Amount Item Description R01568 Macaroni Cheese with Each Macaroni Cheese with Garlic Bread (153.63g) contains Ptn Garlic Bread Fat **Saturates Sugars** Salt Energy 2083kJ 1.2g 9.0g 19g 13g 498kcal 27% 45% 14% 20% 25% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 1356kJ / 324kcal Each Updated 130225 Courgette Sausage (90.3898g) contains R02895 Updated 130225 Ptn Courgette Sausage Saturates Energy Fat Sugars Salt 246kJ 0.69g 0.2g 1.7g 2.6g 59kcal 3% 2% 1% 3% 12% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 272kJ / 65kcal R02869 Oat Biscuit (Hob Nob) Ptn Each Oat Biscuit (Hob Nob) (29.69g) contains Energy Fat **Saturates** Sugars Salt 593kJ 0.40g 8.5g 4.7g 6.7g 142kcal 7% 12% 23% 7% 7% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 1998kJ / 477kcal R01357 Jacket potato with Ptn Each Jacket potato with cheese (266.6667g) contains cheese Energy Fat **Saturates** Sugars Salt 2149kJ 1.0g 19g 12g 2.6g 514kcal 17% 26% 27% 58% 3%

R01358 Jacket potato with Baked Ptn Beans

Each Jacket potato with Baked Beans (300g) contains

of an adult's Reference Intake Typical values (as sold) per 100g: Energy 806kJ / 193kcal

Ener	gy	Fat	Saturates	Sugars	Salt
1509 361ko		0.8g	<0.1g	5.7g	0.55g
18%	6	1%	0%	6%	9%
	\square				

of an adult's Reference Intake

CATERed		19-Mar-2025 12:13
Menu Listing with Tra	ffic Lights	iowden@catered.org
R01359 Jacket potato w mayo	vith tuna Ptn	Each Jacket potato with tuna mayo (Ptn) contains
		Energy kJ Energy Fat Saturates Carbohydra
		1653.0 395.1 5.0 0.7 68.5 20% 20% 7% 3% 0%
		of an adult's Reference Intake
R02925 Middletons brea	ad Ptn	Typical values (as sold) per 100g: Energy 0.0 Each Middletons bread accompaniment (Ptn) contains
accompanimen	it	Energy Fat Saturates Sugars Salt 0.0kJ 0.0g 0.0g 0.0g 0.0g
		0.0kcal 0% 0% 0% 0%
		of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0kJ / 0.0kcal
R02556 Ubley Low Fat Strawberry Yog	Ptn	Each Ubley Low Fat Strawberry Yoghurt (90g) contains
		Energy Fat Saturates Sugars Salt 260kJ 1.1g 0.7g 8.5g 0.10g
		3% 2% 4% 9% 2%
R01916 Whole fruit app	le Ptn	of an adult's Reference Intake Typical values (as sold) per 100g: Energy 289kJ / 69kcal Each Whole fruit apple (200g) contains
		Energy Fat Saturates Sugars Salt
		351kJ 84kcal <0.5g <0.1g 21g 0.02g
		4% 0% 0% 23% 0%
		of an adult's Reference Intake Typical values (as sold) per 100g: Energy 176kJ / 42kcal
R01349 Peas	Ptn	Each Peas (60g) contains
		Energy 191kJ 46kcalFat 0.5gSaturates 0.1gSugars 1.5gSalt <0.01g
		2% 1% 1% 2% 0%

of an adult's Reference Intake

CATER	ed		19-Mar-2025 12:13
Menu Li	sting with Traffic Ligh	nts	iowden@catered.org.u
R01346	Sliced carrots	Ptn	Each Sliced carrots (60g) contains
			Energy Fat Saturates Sugars Salt 108kJ <0.5g <0.1g 4.2g 0.04g
			1% 0% 0% 5% 1%
			of an adult's Reference Intake
			Typical values (as sold) per 100g: Energy 180kJ / 43kcal
R01610	Mixed Salad	Ptn	Each Mixed Salad (22.5429g) contains
			Energy Fat Saturates Sugars Salt 12kJ <0.5g <0.1g <0.5g <0.01g
			0% 0% 0% 1% 0%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 54kJ / 13kcal
R02831	Cheese & tomato panini	Ptn	Each Cheese & tomato panini (Ptn) contains
			Energy kJ Energy Fat Saturates Carbohydra
			1678.6 401.2 17.6 7.3 44.7
			20% 20% 25% 36% 0%
			of an adult's Reference Intake
			Typical values (as sold) per 100g: Energy 0.0

CATERed

19-Mar-2025 12:15

iowden@catered.org.uk

Menu Listing with Traffic Lights

Menu:	SS25WK3D2	SS Menu	25 Wk 3 Tu	esday			
tem	Description	Amount					
R01330	All Day Breakfast	Ptn	Each	All Day Bre	eakfast (283	.5013g) cor	ntains
			Energy 1570kJ	Fat	Saturates	Sugars	Salt
			375kcal	20g	5.9g	4.3g	2.3g
			19%	29%	29%	5%	38%
			- · · · ·		It's Referen		
R02817	Plant based all day	Ptn	Typical valu) per 100g: I all day breał	•••	
102017	breakfast	Fui	Each Fi				
			Energy kJ	Energy	Fat	Saturates	Carbohydr
			944.3	225.7	7.5	1.5	24.8
			11%	11%	11%	8%	0%
				of an adu	It's Referen	ce Intake	
			Typic	al values (a	s sold) per	100g: Energ	gy 0.0
R01387 Orange jelly & Ice Cream	Ptn	Each	Orange jell	y & Ice Crea	am (Ptn) cor	ntains	
	oroan		Energy kJ	Energy	Fat	Saturates	Carbohydr
			894.5	213.8	7.1	4.4	36.5
			11%	11%	10%	22%	0%
				of an adu	It's Referen	ce Intake	
			Typic	al values (a	s sold) per	100g: Energ	gy 0.0
R01357	Jacket potato with cheese	Ptn	Each Jack	ket potato w	vith cheese	(266.6667g)) contains
			Energy	Fat	Saturates	Sugars	Salt
			2149kJ 514kcal	19g	12g	2.6g	1.0g
			26%	27%	58%	3%	17%
				of an adu	It's Referen	ce Intake	
			Typical valu	es (as sold) per 100g: l	Energy 806	kJ / 193kca
R01358	Jacket potato with Baked Beans	d Ptn	Each Jack	ket potato w	vith Baked B	eans (300g) contains
			Energy	Fat	Saturates	Sugars	Salt
			1509kJ 361kcal	0.8g	<0.1g	5.7g	0.55g
		18%	1%	0%	6%	9%	

of an adult's Reference Intake

CATER	ed						19-Mar-2025 12:15	
Menu Li	sting with Traffic Ligh	nts					iowden@catered.org.	
R01359	Jacket potato with tuna mayo	Ptn	Each Ja	acket potato	o with tuna r	nayo (Ptn) o	contains	
			Energy kJ	Energy	Fat	Saturates	Carbohydra	
			1653.0	395.1	5.0	0.7	68.5	
			20%	20%	7%	3%	0%	
			Typic		It's Referen	nce Intake 100g: Energ	W 0 0	
R02925	Middletons bread	Ptn				niment (Ptn		
	accompaniment		Energy	Fat	Saturates	Sugaro	Salt	
			0.0kJ	0.0g	0.0g	Sugars 0.0g	0.0g	
			0.0kcal	0%	0%	0%	0%	
					It's Referer	nce Intake		
			••	•		Energy 0.0		
R01916	01916 Whole fruit apple	Whole fruit apple	Ptn	Ea	ach Whole f	ruit apple (2	200g) contai	ns
			Energy	Fat	Saturates	Sugars	Salt	
			351kJ 84kcal	<0.5g	<0.1g	21g	0.02g	
			4%	0%	0%	23%	0%	
			Tursianal unal		It's Referen			
R02556	Ubley Low Fat	Ptn	• •			Energy 176 Yoghurt (90g		
	Strawberry Yoghurt							
			Energy 260kJ	Fat 1.1g	Saturates 0.7g	Sugars 8.5g	Salt 0.10g	
			62kcal	2%	4%	9%	2%	
			5%		It's Referen		270	
			Typical val			Energy 289)kJ / 69kcal	
R01610	Mixed Salad	Ptn	Ea	ach Mixed S	Salad (22.54	29g) contai	ns	
			Energy	Fat	Saturates	Sugars	Salt	
			12kJ 3kcal	<0.5g	<0.1g	<0.5g	<0.01g	
			0%	0%	0%	1%	0%	
				of an adu	It's Referen	nce Intake		

CATERed 19-Mar-2025 12:15						19-Mar-2025 12:15	saffron	
Menu Li	sting with Traffic Light	S					iowden@catere	ed.org.uk
R02831	Cheese & tomato panini	Ptn	\frown			ini (Ptn) con		
			Energy kJ	Energy	Fat	Saturates	Carbohydra	
			1678.6	401.2	17.6	7.3	44.7	
			20%	20%	25%	36%	0%	
				of an adu	It's Referer	nce Intake		
			Туріса	al values (a	s sold) per	100g: Energ	ду 0.0	
		Tho	values for e	ach nutriont	abovo aro r	or corving		

CATERed

19-Mar-2025 12:16 saffron

owden@catered.org.uk

VIENU LI	sting with Traffic Lig	nts					iowden@catere
Menu:	SS25WK3D3	SS Menu	25 Wk 3 Wedn	esday			
tem	Description	Amount					
R02896	Spaghetti Bolognese	Ptn	Each S	paghetti	Bolognese	(Ptn) conta	ains
			Energy kJ Er	nergy	Fat	Saturates	Carbohydra
			1005.5 2	240.3	2.5	1.0	34.5
			12% 1	12%	4%	5%	0%
					's Referen	ice Intake 100g: Energ	av 0.0 vg
R02897	Quorn Dippers with tomato and vegetable	Ptn	Each Quorn Dip		<i>,</i> .		
	rice		Energy kJ Er	nergy	Fat	Saturates	Carbohydra
				809.5	7.4	0.9	46.6
			15% 1	15%	11%	4%	0%
			of	an adult	's Referen	ice Intake	
			Typical va	alues (as	sold) per	100g: Energ	gy 0.0
R02899		Ptn	Each lemo	on Shorth	oread Fing	ers (Ptn) co	ntains
	Fingers		Energy kJ Er	nergy	Fat	Saturates	Carbohydra
				17.1	6.5	2.4	13.3
			6%	6%	9%	12%	0%
			of	an adult	's Referen	ice Intake	
			Typical va	alues (as	sold) per	100g: Energ	gy 0.0
R01357	Jacket potato with cheese	Ptn	Each Jacket p	potato wi	th cheese	(266.6667g) contains
			0,	Fat	Saturates	Sugars	Salt
			2149kJ 514kcal	19g	12g	2.6g	1.0g
			26% 2	27%	58%	3%	17%
					's Referen		
04050			Typical values (· · ·		•••	
201358	Jacket potato with Baked Beans	i Ptn	Each Jacket p	ootato wit	In Baked B	eans (300g) contains
			0,	Fat	Saturates	Sugars	Salt
			1509kJ 361kcal (0.8g	<0.1g	5.7g	0.55g
			18%	1%	0%	6%	9%

of an adult's Reference Intake

CATER	ed		19-Mar-2025 12:16
Menu Li	sting with Traffic Ligh	nts	iowden@catered.org.uk
R01359	Jacket potato with tuna mayo	Ptn	Each Jacket potato with tuna mayo (Ptn) containsEnergy kJEnergyFatSaturatesCarbohydra1653.0395.15.00.768.5
			20% 20% 7% 3% 0% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0
R02925	Middletons bread accompaniment	Ptn	Each Middletons bread accompaniment (Ptn) containsEnergy 0.0kJ 0.0kJFat 0.0gSugars 0.0gSalt 0.0g0.0kcal0.0g0.0g0.0g0%0%0%0%0%0%0%0%of an adult's Reference IntakeTypical values (as sold) per 100g: Energy 0.0kJ / 0.0kcal
R02556	Ubley Low Fat Strawberry Yoghurt	Ptn	Each Ubley Low Fat Strawberry Yoghurt (90g) contains Energy Fat Saturates Sugars Salt 260kJ 62kcal 1.1g 0.7g 8.5g 0.10g 3% 2% 4% 9% 2% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 289kJ / 69kcal
R01916	Whole fruit apple	Ptn	Each Whole fruit apple (200g) contains Energy Fat Saturates Sugars Salt 351kJ 84kcal 4% 0% 0% 23% 0% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 176kJ / 42kcal
R01356	Green beans	Ptn	Each Green beans (60g) contains Energy Fat Saturates Sugars Salt 78kJ 19kcal 1% 0% 0% 1% 0% of an adult's Reference Intake

CATER	ed		19-Mar-2025 12:16
Menu Li	sting with Traffic Ligh	its	iowden@catered.org
R01347	Sweetcorn	Ptn	Each Sweetcorn (60g) contains
			Energy 151kJ 36kcalFat 1.1gSaturates
R01610	Mixed Salad	Ptn	2% 2% 1% 1% 0% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 251kJ / 60kcal Each Mixed Salad (22.5429g) contains
		r ui	Energy 12kJ 3kcalFat <0.5gSaturates <0.1gSugars <0.5gSalt <0.01g
			0% 0% 0% 1% 0% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 54kJ / 13kcal
R02831	Cheese & tomato panini	Ptn	Each Cheese & tomato panini (Ptn) containsEnergy kJEnergyFatSaturatesCarbohydra1678.6401.217.67.344.720%20%25%36%0%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0

CATER	Red						19-Mar-2025 12:17	
Menu L	isting with Traffic Ligh	ts					owden@cate	red.org.uk
Menu:	SS25WK3D4	SS Menu	25 Wk 3 Th	ursday				
Item	Description	Amount						
R01390	Roast Turkey with Roast Potatoes and Gravy	Ptn	Each Roas	t Turkey wi	th Roast Po contains	tatoes and	Gravy (Ptn)	
			Energy kJ	Energy	Fat	Saturates	Carbohydra	
			653.9	156.3	3.1	0.4	16.3	
			8%	8%	4%	2%	0%)
				of an adu	It's Referer	nce Intake		
			Typic	al values (a	as sold) per	100g: Ener	gy 0.0	
R01644	Vegetable Crumble roast potatoes and gravy	Ptn E	Each Vegetable	e Crumble r	oast potatoe	es and grav	y (Ptn) cont	ains
			Energy kJ	Energy	Fat	Saturates	Carbohydra	
			1405.4	335.9	15.8	5.1	42.5	
			17%	17%	23%	26%	0%)
				of an adu	It's Referer	nce Intake		
						100g: Energ		
R01305	Fresh Fruit Platter	Ptn	Each	n Fresh Fru	it Platter (11	14.34g) cont	tains	
			Energy	Fat	Saturates	Sugars	Salt	
			148kJ 35kcal	<0.5g	<0.1g	10g	0.05g	
			2%	0%	0%	12%	1%	
					It's Referer			
_		_	••			•••	0kJ / 31kcal	
R01357	Jacket potato with cheese	Ptn	Each Jack	ket potato v	vith cheese	(266.6667g) contains	
			Energy	Fat	Saturates	Sugars	Salt	
			2149kJ 514kcal	19g	12g	2.6g	1.0g	
			26%	27%	58%	3%	17%	
					It's Referer			
			Typical valu			•••		I
R01358	Jacket potato with Baked Beans	Ptn	Each Jack	ket potato w	vith Baked E	Beans (300g) contains	
			Energy	Fat	Saturates	Sugars	Salt	
			1509kJ 361kcal	0.8g	<0.1g	5.7g	0.55g	
			18%	1%	0%	6%	9%	J

of an adult's Reference Intake

CATERe	ed						19-Mar-2025 12:17
Menu Li	sting with Traffic Ligh	nts					owden@catered.org
R01359	Jacket potato with tuna mayo	Ptn	Each Ja	acket potato	with tuna r	nayo (Ptn) o	contains
	,		Energy kJ	Energy	Fat	Saturates	Carbohydra
			1653.0	395.1	5.0	0.7	68.5
			20%	20%	7%	3%	0%
			Туріс		It's Referer is sold) per	nce Intake 100g: Energ	gy 0.0
R02925	Middletons bread	Ptn	Each Mide	dletons brea	ad accompa	niment (Ptn) contains
	accompaniment		Energy 0.0kJ	Fat	Saturates	Sugars	Salt
			0.0kcal	0.0g	0.0g	0.0g	0.0g
			0%	0%	0%	0%	0%
			Typical val		It's Referer d) per 100g:	nce Intake Energy 0.0	kJ / 0.0kcal
R02556	02556 Ubley Low Fat Strawberry Yoghurt	Ptn	Each Uble	y Low Fat S	Strawberry N	Yoghurt (90g	g) contains
		Shawberry regnan		Energy 260kJ	Fat	Saturates	Sugars
			62kcal	1.1g	0.7g	8.5g	0.10g
			3%	2%	4%	9%	2%
			Typical val		It's Referer d) per 100g:	nce Intake Energy 289	9kJ / 69kcal
R01916	Whole fruit apple	Ptn				200g) contai	
			Energy	Fat	Saturates	Sugars	Salt
			351kJ	<0.5g	<0.1g	21g	0.02g
			84kcal	0%	0%	23%	0%
					It's Referer		
			Typical val				6kJ / 42kcal
R02071	Farmhouse Vegetable Portion	Ptn	Each Fa	Irmhouse V	egetable Po	ortion (60g)	contains
			Energy	Fat	Saturates	Sugars	Salt
			75kJ 18kcal	<0.5g	<0.1g	1.4g	0.02g
			1%	1%	0%	2%	0%
				of an adu	It's Referer	nce Intake	

CATER	ed		19-Mar-2025 12:17
Menu Li	sting with Traffic Ligh	nts	iowden@catered.org.uk
R01610	Mixed Salad	Ptn	Each Mixed Salad (22.5429g) containsEnergy 12kJ 3kcalFat <0.5gSaturates
R02831	Cheese & tomato panini	Ptn	Typical values (as sold) per 100g: Energy 54kJ / 13kcal Each Cheese & tomato panini (Ptn) contains Energy kJ Energy Fat Saturates Carbohydra 1678.6 401.2 17.6 7.3 44.7 20% 20% 25% 36% 0% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0

MenuTL: Menu Listing with Traffic Lights

CATERed

19-Mar-2025 12:18 saffron

	sting with Traffic Ligh		u 25 Wk 3 Fri	dav			iowden@catered.o
tem	Description	Amount		uay	-	-	
R02898	Salmon Bites	Ptn		Each Salm	on Bites (Pt	n) contains	
			Energy kJ 673.2	Energy 160.9	Fat 8.2	Saturates 1.1	Carbohydra 15.1
			8%	8%	12%	5%	0%
				al values (a	It's Referer s sold) per	100g: Energ	
R01639	French Bread Pizza with Fresh Chips	Ptn	Each French E	Bread Pizza	with Fresh	Chips (176	5.17g) contains
			Energy 1133kJ 271kcal	Fat 10g	Saturates 3.4g	Sugars 3.9g	Salt 0.32g
			13%	15%	17%	4%	5%
			Typical valu		It's Referer) per 100g:		skJ / 154kcal
R02900	Wholemeal orange drizzle cake	Ptn	Each Wholemeal orange drizzle cake (Ptn) contains				
			Energy kJ	Energy	Fat	Saturates	Carbohydra
			711.1	170.0	7.5	2.7	22.8
			8%	8%	11%	13%	0%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0				
R01357	Jacket potato with	Ptn		•	is sold) per vith cheese		
	cheese						
			Energy 2149kJ	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g
			514kcal 26%	27%	58%	3%	17%
				of an adu	It's Referer	nce Intake	
						•••	ikJ / 193kcal
R01358	Jacket potato with Baked Beans	Ptn	Each Jacket potato with Baked Beans (300g) contains				
			Energy	Fat	Saturates	Sugars	Salt
			1509kJ 361kcal	0.8g	<0.1g	5.7g	0.55g
			18%	1%	0%	6%	9%

of an adult's Reference Intake

CATER	ed						19-Mar-2025 12:18 saffron		
Menu Li	sting with Traffic Lig	nts					iowden@catered.org.uk		
R01359	Jacket potato with tuna mayo	Ptn	Each Jacket potato with tuna mayo (Ptn) contains						
			Energy kJ	Energy	Fat		Carbohydra		
			1653.0 20%	395.1 20%	5.0 7%	0.7	68.5 0%		
			Typic		It's Referer		m/ 0.0		
R02925	Middletons bread accompaniment	Ptn	Typical values (as sold) per 100g: Energy 0.0 Each Middletons bread accompaniment (Ptn) contains						
	dooonipaninoni		Energy 0.0kJ	Fat 0.0g	Saturates 0.0g	Sugars 0.0g	Salt 0.0g		
			0.0kcal	0.0g	0.0g	0.0g	0%		
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0kJ / 0.0kcal						
R02556	Ubley Low Fat Strawberry Yoghurt		Each Ubley Low Fat Strawberry Yoghurt (90g) contains						
			Energy 260kJ 62kcal	Fat 1.1g	Saturates 0.7g	Sugars 8.5g	Salt 0.10g		
			3%	2%	4%	9%	2%		
R01916	Whole fruit apple	Ptn	Typical valu Ea	ues (as solo					
			Energy 351kJ	Fat <0.5g	Saturates <0.1g	Sugars 21g	Salt 0.02g		
			84kcal 4%	0%	0%	23%	0%		
			Typical valu		lt's Referer d) per 100g:		SkJ / 42kcal		
R01349	Peas	Ptn		Each F	Peas (60g) c	contains			
			Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g		
			2%	1%	1%	2%	0%		
				of an adu	It's Referen	nce Intake			

CATER	ed						19-Mar-2025 12:18 Saff		
Menu Li	sting with Traffic Ligh	nts					iowden@catered.org		
R02634	Baked Beans	Ptn	Each Baked Beans (100g) contains						
			Energy 306kJ 73kcal	Fat <0.5g	Saturates <0.1g	Sugars 3.2g	Salt 0.49g		
			4%	0%	0%	4%	8%		
R01610	Mixed Salad	of an adult's Reference Intake Typical values (as sold) per 100g: Energy 306k Ptn Each Mixed Salad (22.5429g) contains							
			Energy 12kJ 3kcal	Fat <0.5g	Saturates <0.1g	Sugars <0.5g	Salt <0.01g		
			0%	0%	0%	1%	0%		
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 54kJ / 13kcal						
R02831	Cheese & tomato panini	Ptn	Each Cheese & tomato panini (Ptn) contains						
			Energy kJ	Energy	Fat	Saturates	Carbohydra		
			1678.6	401.2	17.6	7.3	44.7		
			20%	20%	25%	36%	0%		
			Туріс		It's Referer is sold) per	nce Intake 100g: Energ	gy 0.0		