

## Menu Listing with Traffic Lights

iowden@catered.org.uk

Menu: SS25WK3D1

SS Menu 25 Wk 3 Monday

| Item | Description | Amount |
|------|-------------|--------|
|------|-------------|--------|

|        |                                   |     |   |
|--------|-----------------------------------|-----|---|
| R01568 | Macaroni Cheese with Garlic Bread | Ptn | Each Macaroni Cheese with Garlic Bread (153.63g) contains |
|--------|-----------------------------------|-----|---|

|                             |            |                   |               |              |
|-----------------------------|------------|-------------------|---------------|--------------|
| Energy<br>2083kJ<br>498kcal | Fat<br>19g | Saturates<br>9.0g | Sugars<br>13g | Salt<br>1.2g |
| 25%                         | 27%        | 45%               | 14%           | 20%          |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1356kJ / 324kcal

|        |                                  |     |   |
|--------|----------------------------------|-----|---|
| R02895 | Updated 130225 Courgette Sausage | Ptn | Each Updated 130225 Courgette Sausage (90.3898g) contains |
|--------|----------------------------------|-----|---|

|                           |             |                   |                |               |
|---------------------------|-------------|-------------------|----------------|---------------|
| Energy<br>246kJ<br>59kcal | Fat<br>1.7g | Saturates<br>0.2g | Sugars<br>2.6g | Salt<br>0.69g |
| 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<br>593kJ<br>142kcal | Fat<br>8.5g | Saturates<br>4.7g | Sugars<br>6.7g | Salt<br>0.40g |
| 7%                         | 12%         | 23%               | 7%             | 7%            |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1998kJ / 477kcal

|        |                           |     |   |
|--------|---------------------------|-----|---|
| R01357 | Jacket potato with cheese | Ptn | Each Jacket potato with cheese (266.6667g) contains |
|--------|---------------------------|-----|---|

|                             |            |                  |                |              |
|-----------------------------|------------|------------------|----------------|--------------|
| Energy<br>2149kJ<br>514kcal | Fat<br>19g | Saturates<br>12g | Sugars<br>2.6g | Salt<br>1.0g |
| 26%                         | 27%        | 58%              | 3%             | 17%          |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 806kJ / 193kcal

|        |                                |     |   |
|--------|--------------------------------|-----|---|
| R01358 | Jacket potato with Baked Beans | Ptn | Each Jacket potato with Baked Beans (300g) contains |
|--------|--------------------------------|-----|---|

|                             |             |                    |                |               |
|-----------------------------|-------------|--------------------|----------------|---------------|
| Energy<br>1509kJ<br>361kcal | Fat<br>0.8g | Saturates<br><0.1g | Sugars<br>5.7g | Salt<br>0.55g |
| 18%                         | 1%          | 0%                 | 6%             | 9%            |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 503kJ / 120kcal

## Menu Listing with Traffic Lights

iowden@catered.org.uk

R01359 Jacket potato with tuna mayo Ptn

Each Jacket potato with tuna mayo (Ptn) contains

| Energy kJ  | Energy     | Fat       | Saturates | Carbohydrate |
|------------|------------|-----------|-----------|--------------|
| 1653.0     | 395.1      | 5.0       | 0.7       | 68.5         |
| <b>20%</b> | <b>20%</b> | <b>7%</b> | <b>3%</b> | <b>0%</b>    |

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) contains

| Energy           | Fat       | Saturates | Sugars    | Salt      |
|------------------|-----------|-----------|-----------|-----------|
| 0.0kJ<br>0.0kcal | 0.0g      | 0.0g      | 0.0g      | 0.0g      |
| <b>0%</b>        | <b>0%</b> | <b>0%</b> | <b>0%</b> | <b>0%</b> |

of an adult's Reference Intake

Typical 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<br>62kcal | 1.1g      | 0.7g      | 8.5g      | 0.10g     |
| <b>3%</b>       | <b>2%</b> | <b>4%</b> | <b>9%</b> | <b>2%</b> |

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<br>84kcal | <0.5g     | <0.1g     | 21g        | 0.02g     |
| <b>4%</b>       | <b>0%</b> | <b>0%</b> | <b>23%</b> | <b>0%</b> |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 176kJ / 42kcal

R01349 Peas Ptn

Each Peas (60g) contains

| Energy          | Fat       | Saturates | Sugars    | Salt      |
|-----------------|-----------|-----------|-----------|-----------|
| 191kJ<br>46kcal | 0.5g      | 0.1g      | 1.5g      | <0.01g    |
| <b>2%</b>       | <b>1%</b> | <b>1%</b> | <b>2%</b> | <b>0%</b> |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 318kJ / 76kcal

R01346 Sliced carrots Ptn

Each Sliced carrots (60g) contains

|                           |              |                    |                |               |
|---------------------------|--------------|--------------------|----------------|---------------|
| Energy<br>108kJ<br>26kcal | Fat<br><0.5g | Saturates<br><0.1g | Sugars<br>4.2g | Salt<br>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<br>12kJ<br>3kcal | Fat<br><0.5g | Saturates<br><0.1g | Sugars<br><0.5g | Salt<br><0.01g |
| 0%                      | 0%           | 0%                 | 1%              | 0%             |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 54kJ / 13kcal

R02831 Cheese &amp; tomato panini Ptn

Each Cheese &amp; tomato panini (Ptn) contains

|                     |                 |             |                  |                      |
|---------------------|-----------------|-------------|------------------|----------------------|
| Energy kJ<br>1678.6 | Energy<br>401.2 | Fat<br>17.6 | Saturates<br>7.3 | Carbohydrate<br>44.7 |
| 20%                 | 20%             | 25%         | 36%              | 0%                   |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

The values for each nutrient above are per serving.

## Menu Listing with Traffic Lights

iowden@catered.org.uk

Menu: SS25WK3D2

SS Menu 25 Wk 3 Tuesday

| Item                        | Description                    | Amount             |  |                             |                 |                    |                  |                      |     |     |     |     |     |
|-----------------------------|--------------------------------|--------------------|--|-----------------------------|-----------------|--------------------|------------------|----------------------|-----|-----|-----|-----|-----|
| R01330                      | All Day Breakfast              | Ptn                | <div>Each All Day Breakfast (283.5013g) contains</div> <table><tr><td>Energy<br/>1570kJ<br/>375kcal</td><td>Fat<br/>20g</td><td>Saturates<br/>5.9g</td><td>Sugars<br/>4.3g</td><td>Salt<br/>2.3g</td></tr><tr><td>19%</td><td>29%</td><td>29%</td><td>5%</td><td>38%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 554kJ / 132kcal</div>            | Energy<br>1570kJ<br>375kcal | Fat<br>20g      | Saturates<br>5.9g  | Sugars<br>4.3g   | Salt<br>2.3g         | 19% | 29% | 29% | 5%  | 38% |
| Energy<br>1570kJ<br>375kcal | Fat<br>20g                     | Saturates<br>5.9g  | Sugars<br>4.3g   | Salt<br>2.3g                |                 |                    |                  |                      |     |     |     |     |     |
| 19%                         | 29%                            | 29%                | 5%   | 38%                         |                 |                    |                  |                      |     |     |     |     |     |
| R02817                      | Plant based all day breakfast  | Ptn                | <div>Each Plant based all day breakfast (Ptn) contains</div> <table><tr><td>Energy kJ<br/>944.3</td><td>Energy<br/>225.7</td><td>Fat<br/>7.5</td><td>Saturates<br/>1.5</td><td>Carbohydrate<br/>24.8</td></tr><tr><td>11%</td><td>11%</td><td>11%</td><td>8%</td><td>0%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 0.0</div>                     | Energy kJ<br>944.3          | Energy<br>225.7 | Fat<br>7.5         | Saturates<br>1.5 | Carbohydrate<br>24.8 | 11% | 11% | 11% | 8%  | 0%  |
| Energy kJ<br>944.3          | Energy<br>225.7                | Fat<br>7.5         | Saturates<br>1.5   | Carbohydrate<br>24.8        |                 |                    |                  |                      |     |     |     |     |     |
| 11%                         | 11%                            | 11%                | 8%   | 0%                          |                 |                    |                  |                      |     |     |     |     |     |
| R01387                      | Orange jelly & Ice Cream       | Ptn                | <div>Each Orange jelly &amp; Ice Cream (Ptn) contains</div> <table><tr><td>Energy kJ<br/>894.5</td><td>Energy<br/>213.8</td><td>Fat<br/>7.1</td><td>Saturates<br/>4.4</td><td>Carbohydrate<br/>36.5</td></tr><tr><td>11%</td><td>11%</td><td>10%</td><td>22%</td><td>0%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 0.0</div>                     | Energy kJ<br>894.5          | Energy<br>213.8 | Fat<br>7.1         | Saturates<br>4.4 | Carbohydrate<br>36.5 | 11% | 11% | 10% | 22% | 0%  |
| Energy kJ<br>894.5          | Energy<br>213.8                | Fat<br>7.1         | Saturates<br>4.4   | Carbohydrate<br>36.5        |                 |                    |                  |                      |     |     |     |     |     |
| 11%                         | 11%                            | 10%                | 22%  | 0%                          |                 |                    |                  |                      |     |     |     |     |     |
| R01357                      | Jacket potato with cheese      | Ptn                | <div>Each Jacket potato with cheese (266.6667g) contains</div> <table><tr><td>Energy<br/>2149kJ<br/>514kcal</td><td>Fat<br/>19g</td><td>Saturates<br/>12g</td><td>Sugars<br/>2.6g</td><td>Salt<br/>1.0g</td></tr><tr><td>26%</td><td>27%</td><td>58%</td><td>3%</td><td>17%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 806kJ / 193kcal</div>     | Energy<br>2149kJ<br>514kcal | Fat<br>19g      | Saturates<br>12g   | Sugars<br>2.6g   | Salt<br>1.0g         | 26% | 27% | 58% | 3%  | 17% |
| Energy<br>2149kJ<br>514kcal | Fat<br>19g                     | Saturates<br>12g   | Sugars<br>2.6g   | Salt<br>1.0g                |                 |                    |                  |                      |     |     |     |     |     |
| 26%                         | 27%                            | 58%                | 3%   | 17%                         |                 |                    |                  |                      |     |     |     |     |     |
| R01358                      | Jacket potato with Baked Beans | Ptn                | <div>Each Jacket potato with Baked Beans (300g) contains</div> <table><tr><td>Energy<br/>1509kJ<br/>361kcal</td><td>Fat<br/>0.8g</td><td>Saturates<br/>&lt;0.1g</td><td>Sugars<br/>5.7g</td><td>Salt<br/>0.55g</td></tr><tr><td>18%</td><td>1%</td><td>0%</td><td>6%</td><td>9%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 503kJ / 120kcal</div> | Energy<br>1509kJ<br>361kcal | Fat<br>0.8g     | Saturates<br><0.1g | Sugars<br>5.7g   | Salt<br>0.55g        | 18% | 1%  | 0%  | 6%  | 9%  |
| Energy<br>1509kJ<br>361kcal | Fat<br>0.8g                    | Saturates<br><0.1g | Sugars<br>5.7g   | Salt<br>0.55g               |                 |                    |                  |                      |     |     |     |     |     |
| 18%                         | 1%                             | 0%                 | 6%   | 9%                          |                 |                    |                  |                      |     |     |     |     |     |

R01359 Jacket potato with tuna mayo Ptn

Each Jacket potato with tuna mayo (Ptn) contains

| Energy kJ | Energy | Fat | Saturates | Carbohydrate |
|-----------|--------|-----|-----------|--------------|
| 1653.0    | 395.1  | 5.0 | 0.7       | 68.5         |
| 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) contains

| Energy           | Fat  | Saturates | Sugars | Salt |
|------------------|------|-----------|--------|------|
| 0.0kJ<br>0.0kcal | 0.0g | 0.0g      | 0.0g   | 0.0g |
| 0%               | 0%   | 0%        | 0%     | 0%   |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0kJ / 0.0kcal

R01916 Whole fruit apple Ptn

Each Whole fruit apple (200g) contains

| Energy          | Fat   | Saturates | Sugars | Salt  |
|-----------------|-------|-----------|--------|-------|
| 351kJ<br>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

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

| Energy          | Fat  | Saturates | Sugars | Salt  |
|-----------------|------|-----------|--------|-------|
| 260kJ<br>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

R01610 Mixed Salad Ptn

Each Mixed Salad (22.5429g) contains

| Energy        | Fat   | Saturates | Sugars | Salt   |
|---------------|-------|-----------|--------|--------|
| 12kJ<br>3kcal | <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 | Carbohydrate |
|-----------|--------|------|-----------|--------------|
| 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

The values for each nutrient above are per serving.

## Menu Listing with Traffic Lights

iowden@catered.org.uk

Menu: SS25WK3D3

SS Menu 25 Wk 3 Wednesday

| Item | Description | Amount |
|------|-------------|--------|
|------|-------------|--------|

|        |                     |     |
|--------|---------------------|-----|
| R02896 | Spaghetti Bolognese | Ptn |
|--------|---------------------|-----|

Each Spaghetti Bolognese (Ptn) contains

| Energy kJ | Energy | Fat | Saturates | Carbohydrate |
|-----------|--------|-----|-----------|--------------|
| 1005.5    | 240.3  | 2.5 | 1.0       | 34.5         |
| 12%       | 12%    | 4%  | 5%        | 0%           |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

|        |  |     |
|--------|--|-----|
| R02897 | Quorn Dippers with tomato and vegetable rice | Ptn |
|--------|--|-----|

Each Quorn Dippers with tomato and vegetable rice (Ptn) contains

| Energy kJ | Energy | Fat | Saturates | Carbohydrate |
|-----------|--------|-----|-----------|--------------|
| 1295.0    | 309.5  | 7.4 | 0.9       | 46.6         |
| 15%       | 15%    | 11% | 4%        | 0%           |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

|        |                          |     |
|--------|--------------------------|-----|
| R02899 | lemon Shortbread Fingers | Ptn |
|--------|--------------------------|-----|

Each lemon Shortbread Fingers (Ptn) contains

| Energy kJ | Energy | Fat | Saturates | Carbohydrate |
|-----------|--------|-----|-----------|--------------|
| 490.0     | 117.1  | 6.5 | 2.4       | 13.3         |
| 6%        | 6%     | 9%  | 12%       | 0%           |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

|        |                           |     |
|--------|---------------------------|-----|
| R01357 | Jacket potato with cheese | Ptn |
|--------|---------------------------|-----|

Each Jacket potato with cheese (266.6667g) contains

| Energy            | Fat | Saturates | Sugars | Salt |
|-------------------|-----|-----------|--------|------|
| 2149kJ<br>514kcal | 19g | 12g       | 2.6g   | 1.0g |
| 26%               | 27% | 58%       | 3%     | 17%  |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 806kJ / 193kcal

|        |                                |     |
|--------|--------------------------------|-----|
| R01358 | Jacket potato with Baked Beans | Ptn |
|--------|--------------------------------|-----|

Each Jacket potato with Baked Beans (300g) contains

| Energy            | Fat  | Saturates | Sugars | Salt  |
|-------------------|------|-----------|--------|-------|
| 1509kJ<br>361kcal | 0.8g | <0.1g     | 5.7g   | 0.55g |
| 18%               | 1%   | 0%        | 6%     | 9%    |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 503kJ / 120kcal

## Menu Listing with Traffic Lights

iowden@catered.org.uk

R01359 Jacket potato with tuna mayo Ptn

Each Jacket potato with tuna mayo (Ptn) contains

| Energy kJ | Energy | Fat | Saturates | Carbohydrate |
|-----------|--------|-----|-----------|--------------|
| 1653.0    | 395.1  | 5.0 | 0.7       | 68.5         |
| 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) contains

| Energy           | Fat  | Saturates | Sugars | Salt |
|------------------|------|-----------|--------|------|
| 0.0kJ<br>0.0kcal | 0.0g | 0.0g      | 0.0g   | 0.0g |
| 0%               | 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 Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

| Energy          | Fat  | Saturates | Sugars | Salt  |
|-----------------|------|-----------|--------|-------|
| 260kJ<br>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<br>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

R01356 Green beans Ptn

Each Green beans (60g) contains

| Energy         | Fat   | Saturates | Sugars | Salt   |
|----------------|-------|-----------|--------|--------|
| 78kJ<br>19kcal | <0.5g | <0.1g     | 1.3g   | <0.01g |
| 1%             | 0%    | 0%        | 1%     | 0%     |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 130kJ / 31kcal



R01347 Sweetcorn Ptn

Each Sweetcorn (60g) contains

|                           |             |                   |                |                |
|---------------------------|-------------|-------------------|----------------|----------------|
| Energy<br>151kJ<br>36kcal | Fat<br>1.1g | Saturates<br>0.1g | Sugars<br>1.2g | Salt<br><0.01g |
| 2%                        | 2%          | 1%                | 1%             | 0%             |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 251kJ / 60kcal

R01610 Mixed Salad Ptn

Each Mixed Salad (22.5429g) contains

|                         |              |                    |                 |                |
|-------------------------|--------------|--------------------|-----------------|----------------|
| Energy<br>12kJ<br>3kcal | Fat<br><0.5g | Saturates<br><0.1g | Sugars<br><0.5g | Salt<br><0.01g |
| 0%                      | 0%           | 0%                 | 1%              | 0%             |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 54kJ / 13kcal

R02831 Cheese &amp; tomato panini Ptn

Each Cheese &amp; tomato panini (Ptn) contains

|                     |                 |             |                  |                      |
|---------------------|-----------------|-------------|------------------|----------------------|
| Energy kJ<br>1678.6 | Energy<br>401.2 | Fat<br>17.6 | Saturates<br>7.3 | Carbohydrate<br>44.7 |
| 20%                 | 20%             | 25%         | 36%              | 0%                   |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

The values for each nutrient above are per serving.

## Menu Listing with Traffic Lights

iowden@catered.org.uk

Menu: SS25WK3D4

SS Menu 25 Wk 3 Thursday

| Item                        | Description                                | Amount             |   |                             |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
|-----------------------------|--|--------------------|---|-----------------------------|--------------|--------------------|----------------|---------------|--------|-------|------|-----|------|-----|-----|-----|-----|----|
| R01390                      | Roast Turkey with Roast Potatoes and Gravy | Ptn                | <div>Each Roast Turkey with Roast Potatoes and Gravy (Ptn) contains</div> <table><tr><td>Energy kJ</td><td>Energy</td><td>Fat</td><td>Saturates</td><td>Carbohydrate</td></tr><tr><td>653.9</td><td>156.3</td><td>3.1</td><td>0.4</td><td>16.3</td></tr><tr><td>8%</td><td>8%</td><td>4%</td><td>2%</td><td>0%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 0.0</div>       | Energy kJ                   | Energy       | Fat                | Saturates      | Carbohydrate  | 653.9  | 156.3 | 3.1  | 0.4 | 16.3 | 8%  | 8%  | 4%  | 2%  | 0% |
| Energy kJ                   | Energy                                     | Fat                | Saturates   | Carbohydrate                |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| 653.9                       | 156.3                                      | 3.1                | 0.4   | 16.3                        |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| 8%                          | 8%   | 4%                 | 2%  | 0%                          |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| R01644                      | Vegetable Crumble roast potatoes and gravy | Ptn                | <div>Each Vegetable Crumble roast potatoes and gravy (Ptn) contains</div> <table><tr><td>Energy kJ</td><td>Energy</td><td>Fat</td><td>Saturates</td><td>Carbohydrate</td></tr><tr><td>1405.4</td><td>335.9</td><td>15.8</td><td>5.1</td><td>42.5</td></tr><tr><td>17%</td><td>17%</td><td>23%</td><td>26%</td><td>0%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 0.0</div> | Energy kJ                   | Energy       | Fat                | Saturates      | Carbohydrate  | 1405.4 | 335.9 | 15.8 | 5.1 | 42.5 | 17% | 17% | 23% | 26% | 0% |
| Energy kJ                   | Energy                                     | Fat                | Saturates   | Carbohydrate                |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| 1405.4                      | 335.9                                      | 15.8               | 5.1   | 42.5                        |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| 17%                         | 17%  | 23%                | 26%   | 0%                          |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| R01305                      | Fresh Fruit Platter                        | Ptn                | <div>Each Fresh Fruit Platter (114.34g) contains</div> <table><tr><td>Energy<br/>148kJ<br/>35kcal</td><td>Fat<br/>&lt;0.5g</td><td>Saturates<br/>&lt;0.1g</td><td>Sugars<br/>10g</td><td>Salt<br/>0.05g</td></tr><tr><td>2%</td><td>0%</td><td>0%</td><td>12%</td><td>1%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 130kJ / 31kcal</div>                                  | Energy<br>148kJ<br>35kcal   | Fat<br><0.5g | Saturates<br><0.1g | Sugars<br>10g  | Salt<br>0.05g | 2%     | 0%    | 0%   | 12% | 1%   |     |     |     |     |    |
| Energy<br>148kJ<br>35kcal   | Fat<br><0.5g                               | Saturates<br><0.1g | Sugars<br>10g   | Salt<br>0.05g               |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| 2%                          | 0%   | 0%                 | 12%   | 1%                          |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| R01357                      | Jacket potato with cheese                  | Ptn                | <div>Each Jacket potato with cheese (266.6667g) contains</div> <table><tr><td>Energy<br/>2149kJ<br/>514kcal</td><td>Fat<br/>19g</td><td>Saturates<br/>12g</td><td>Sugars<br/>2.6g</td><td>Salt<br/>1.0g</td></tr><tr><td>26%</td><td>27%</td><td>58%</td><td>3%</td><td>17%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 806kJ / 193kcal</div>                              | Energy<br>2149kJ<br>514kcal | Fat<br>19g   | Saturates<br>12g   | Sugars<br>2.6g | Salt<br>1.0g  | 26%    | 27%   | 58%  | 3%  | 17%  |     |     |     |     |    |
| Energy<br>2149kJ<br>514kcal | Fat<br>19g                                 | Saturates<br>12g   | Sugars<br>2.6g  | Salt<br>1.0g                |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| 26%                         | 27%  | 58%                | 3%  | 17%                         |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| R01358                      | Jacket potato with Baked Beans             | Ptn                | <div>Each Jacket potato with Baked Beans (300g) contains</div> <table><tr><td>Energy<br/>1509kJ<br/>361kcal</td><td>Fat<br/>0.8g</td><td>Saturates<br/>&lt;0.1g</td><td>Sugars<br/>5.7g</td><td>Salt<br/>0.55g</td></tr><tr><td>18%</td><td>1%</td><td>0%</td><td>6%</td><td>9%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 503kJ / 120kcal</div>                          | Energy<br>1509kJ<br>361kcal | Fat<br>0.8g  | Saturates<br><0.1g | Sugars<br>5.7g | Salt<br>0.55g | 18%    | 1%    | 0%   | 6%  | 9%   |     |     |     |     |    |
| Energy<br>1509kJ<br>361kcal | Fat<br>0.8g                                | Saturates<br><0.1g | Sugars<br>5.7g  | Salt<br>0.55g               |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |
| 18%                         | 1%   | 0%                 | 6%  | 9%                          |              |                    |                |               |        |       |      |     |      |     |     |     |     |    |

## Menu Listing with Traffic Lights

lowden@catered.org.uk

R01359 Jacket potato with tuna mayo Ptn

Each Jacket potato with tuna mayo (Ptn) contains

| Energy kJ | Energy | Fat | Saturates | Carbohydrate |
|-----------|--------|-----|-----------|--------------|
| 1653.0    | 395.1  | 5.0 | 0.7       | 68.5         |
| 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) contains

| Energy           | Fat  | Saturates | Sugars | Salt |
|------------------|------|-----------|--------|------|
| 0.0kJ<br>0.0kcal | 0.0g | 0.0g      | 0.0g   | 0.0g |
| 0%               | 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 Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

| Energy          | Fat  | Saturates | Sugars | Salt  |
|-----------------|------|-----------|--------|-------|
| 260kJ<br>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<br>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

R02071 Farmhouse Vegetable Portion Ptn

Each Farmhouse Vegetable Portion (60g) contains

| Energy         | Fat   | Saturates | Sugars | Salt  |
|----------------|-------|-----------|--------|-------|
| 75kJ<br>18kcal | <0.5g | <0.1g     | 1.4g   | 0.02g |
| 1%             | 1%    | 0%        | 2%     | 0%    |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 126kJ / 30kcal

R01610      Mixed Salad      Ptn

Each Mixed Salad (22.5429g) contains

|                         |              |                    |                 |                |
|-------------------------|--------------|--------------------|-----------------|----------------|
| Energy<br>12kJ<br>3kcal | Fat<br><0.5g | Saturates<br><0.1g | Sugars<br><0.5g | Salt<br><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<br>1678.6 | Energy<br>401.2 | Fat<br>17.6 | Saturates<br>7.3 | Carbohydrate<br>44.7 |
| 20%                 | 20%             | 25%         | 36%              | 0%                   |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

The values for each nutrient above are per serving.

## Menu Listing with Traffic Lights

iowden@catered.org.uk

Menu: SS25WK3D5

SS Menu 25 Wk 3 Friday

| Item | Description | Amount |
|------|-------------|--------|
|------|-------------|--------|

|        |              |     |
|--------|--------------|-----|
| R02898 | Salmon Bites | Ptn |
|--------|--------------|-----|

Each Salmon Bites (Ptn) contains

| Energy kJ | Energy | Fat | Saturates | Carbohydrate |
|-----------|--------|-----|-----------|--------------|
| 673.2     | 160.9  | 8.2 | 1.1       | 15.1         |
| 8%        | 8%     | 12% | 5%        | 0%           |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

|        |                                     |     |
|--------|-------------------------------------|-----|
| R01639 | French Bread Pizza with Fresh Chips | Ptn |
|--------|-------------------------------------|-----|

Each French Bread Pizza with Fresh Chips (176.17g) contains

| Energy            | Fat | Saturates | Sugars | Salt  |
|-------------------|-----|-----------|--------|-------|
| 1133kJ<br>271kcal | 10g | 3.4g      | 3.9g   | 0.32g |
| 13%               | 15% | 17%       | 4%     | 5%    |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 643kJ / 154kcal

|        |                               |     |
|--------|-------------------------------|-----|
| R02900 | Wholemeal orange drizzle cake | Ptn |
|--------|-------------------------------|-----|

Each Wholemeal orange drizzle cake (Ptn) contains

| Energy kJ | Energy | Fat | Saturates | Carbohydrate |
|-----------|--------|-----|-----------|--------------|
| 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 cheese | Ptn |
|--------|---------------------------|-----|

Each Jacket potato with cheese (266.6667g) contains

| Energy            | Fat | Saturates | Sugars | Salt |
|-------------------|-----|-----------|--------|------|
| 2149kJ<br>514kcal | 19g | 12g       | 2.6g   | 1.0g |
| 26%               | 27% | 58%       | 3%     | 17%  |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 806kJ / 193kcal

|        |                                |     |
|--------|--------------------------------|-----|
| R01358 | Jacket potato with Baked Beans | Ptn |
|--------|--------------------------------|-----|

Each Jacket potato with Baked Beans (300g) contains

| Energy            | Fat  | Saturates | Sugars | Salt  |
|-------------------|------|-----------|--------|-------|
| 1509kJ<br>361kcal | 0.8g | <0.1g     | 5.7g   | 0.55g |
| 18%               | 1%   | 0%        | 6%     | 9%    |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 503kJ / 120kcal

R01359 Jacket potato with tuna mayo Ptn

Each Jacket potato with tuna mayo (Ptn) contains

| Energy kJ | Energy | Fat | Saturates | Carbohydrate |
|-----------|--------|-----|-----------|--------------|
| 1653.0    | 395.1  | 5.0 | 0.7       | 68.5         |
| 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) contains

| Energy           | Fat  | Saturates | Sugars | Salt |
|------------------|------|-----------|--------|------|
| 0.0kJ<br>0.0kcal | 0.0g | 0.0g      | 0.0g   | 0.0g |
| 0%               | 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 Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

| Energy          | Fat  | Saturates | Sugars | Salt  |
|-----------------|------|-----------|--------|-------|
| 260kJ<br>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<br>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          | Fat  | Saturates | Sugars | Salt   |
|-----------------|------|-----------|--------|--------|
| 191kJ<br>46kcal | 0.5g | 0.1g      | 1.5g   | <0.01g |
| 2%              | 1%   | 1%        | 2%     | 0%     |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 318kJ / 76kcal

R02634 Baked Beans Ptn

Each Baked Beans (100g) contains

|                           |              |                    |                |               |
|---------------------------|--------------|--------------------|----------------|---------------|
| Energy<br>306kJ<br>73kcal | Fat<br><0.5g | Saturates<br><0.1g | Sugars<br>3.2g | Salt<br>0.49g |
| 4%                        | 0%           | 0%                 | 4%             | 8%            |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 306kJ / 73kcal

R01610 Mixed Salad Ptn

Each Mixed Salad (22.5429g) contains

|                         |              |                    |                 |                |
|-------------------------|--------------|--------------------|-----------------|----------------|
| Energy<br>12kJ<br>3kcal | Fat<br><0.5g | Saturates<br><0.1g | Sugars<br><0.5g | Salt<br><0.01g |
| 0%                      | 0%           | 0%                 | 1%              | 0%             |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 54kJ / 13kcal

R02831 Cheese &amp; tomato panini Ptn

Each Cheese &amp; tomato panini (Ptn) contains

|                     |                 |             |                  |                      |
|---------------------|-----------------|-------------|------------------|----------------------|
| Energy kJ<br>1678.6 | Energy<br>401.2 | Fat<br>17.6 | Saturates<br>7.3 | Carbohydrate<br>44.7 |
| 20%                 | 20%             | 25%         | 36%              | 0%                   |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

The values for each nutrient above are per serving.