CATERed

19-Mar-2025 12:08 saffron

iowden@catered.org.uk

Menu Listing with Traffic Lights

lenu:	SS25WK2D1	SS Menu	25 Wk 2 Mc	onday			
tem	Description	Amount					
R02088	Beef burger with	Ptn	Each Bee	ef burger wi	th Wedges	(214.7083g) contains
	Wedges		Energy	Fat	Saturates	Sugars	Salt
			1652kJ 395kcal	12g	4.7g	3.3g	1.1g
			20%	17%	24%	4%	18%
			-		It's Referen		
02885	Vagatabla Pasta Raka	Ptn	Typical valu		i) per 100g: asta Bake S	•••	
02000	Vegetable Pasta Bake SS25	Fui					
			Energy kJ	Energy	Fat	Saturates	Carbohyd
			1935.2	462.5	8.3	4.2	73.6
			23%	23%	12%	21%	0%
				of an adu	It's Referer	nce Intake	
			Typic	al values (a	as sold) per	100g: Ener	gy 0.0
R02888	Peaches and Ice Cream	Ptn	Each	Peaches a	and Ice Crea	im (Ptn) co	ntains
			Energy kJ	Energy	Fat	Saturates	Carbohydi
			776.0	185.5	6.7	3.7	26.3
			9%	9%	10%	18%	0%
				of an adu	Ilt's Referer	nce Intake	
			Typic	al values (a	as sold) per	100g: Ener	gy 0.0
01357	Jacket potato with cheese	Ptn	Each Jacl	ket potato v	with cheese	(266.6667g	g) contains
			Energy	Fat	Saturates	Sugars	Salt
			2149kJ 514kcal	19g	12g	2.6g	1.0g
			26%	27%	58%	3%	17%
				of an adu	It's Referer	nce Intake	
			Typical valu				
01358	Jacket potato with Baked Beans	Ptn	Each Jack	ket potato w	vith Baked B	Beans (300g	g) contains
			Energy	Fat	Saturates	Sugars	Salt
			•••				
			1509kJ 361kcal	0.8g	<0.1g	5.7g	0.55g

of an adult's Reference Intake

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Menu Listing with Traffic	Lights	iowden@catered.
R01359 Jacket potato with mayo	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 Typical values (as sold) per 100g: Energy 0.0
R01346 Sliced carrots	Ptn	Each Sliced carrots (60g) contains
		Energy Fat Saturates Sugars Salt
		108kJ 26kcal <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
R01347 Sweetcorn	Ptn	Each Sweetcorn (60g) contains
		Energy Fat Saturates Sugars Salt 151kJ 1.1g 0.1g 1.2g <0.01g
		36kcal 1.19 0.19 1.29 00019 2% 2% 1% 0%
		of an adult's Reference Intake
		Typical values (as sold) per 100g: Energy 251kJ / 60kcal
R02556 Ubley Low Fat Strawberry Yoghur	Ptn	Each Ubley Low Fat Strawberry Yoghurt (90g) contains
Oliawberry rogna	·	Energy Fat Saturates Sugars Salt
		260kJ 1.1g 0.7g 8.5g 0.10g
		3% 2% 4% 9% 2%
		of an adult's Reference Intake
	DU	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 <0.5g <0.1g 21g 0.02g 84kcal <0.5g
		4% 0% 0% 23% 0%
		of an adult's Reference Intake

CATER	ed						19-Mar-2025 12:08	affron
Menu Li	sting with Traffic Ligh	nts					iowden@catered.	org.uk
R02925	Middletons bread accompaniment	Ptn	Each Mide	dletons brea	ad accompa	niment (Ptr) contains	
		Energy 0.0kJ 0.0kcal	Fat 0.0g	Saturates 0.0g	Sugars 0.0g	Salt 0.0g		
			0%	0%	0%	0%	0%	
			Typical valu		It's Referer		kJ / 0.0kcal	
R01610	Mixed Salad	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%	
R02831	R02831 Cheese & tomato panini Ptn			ues (as sol	It's Referer d) per 100g tomato pani	: Energy 54		
			Energy kJ 1678.6	Energy 401.2	Fat 17.6	Saturates 7.3	Carbohydra 44.7	
			20%	20%	25%	36%	0%	
			Туріс		It's Referer as sold) per		gy 0.0	

CATER	ed						19-Mar-2025 12:09
Menu L	isting with Traffic Ligh	ts					iowden@catered.org.uk
Menu:	SS25WK2D2 Description	SS Menu 2 Amount	5 Wk2 Tue	esday			
R02883	Pork Sausage Pasta	Ptn	Each Por	k Sausage	Pasta Bake	e (288.485g)	contains
	Bake		Energy 1899kJ 454kcal	Fat 15g	Saturates 5.4g	Sugars 10g	Salt 1.6g
R02886	Cheese And Onion Roll	Ptn		es (as sold			26% kJ / 157kcal tains
			Energy kJ 807.2 10%		Fat 11.9 17% It's Referen	6.6 33%	Carbohydr: 15.0 0%
R02870	Oaty Biscuit Bake	Ptn	•••		<i>,</i> .	3.79g) conta Sugars 22g	
			15% Typical value	es (as sold)		Energy 1705	11% 5kJ / 408kcal
R01357	Jacket potato with cheese	Ptn	Energy 2149kJ 514kcal 26%	Fat 19g 27% of an adu	Saturates 12g 58% It's Referen) contains Salt 1.0g 17% kJ / 193kcal
R01358	Jacket potato with Baked Beans	Ptn	•••			Sugars 5.7g 6%	

of an adult's Reference Intake

CATERe	d						19-Mar-2025 12:09		
Menu Lis	sting with Traffic Ligh	nts					iowden@catered.org		
R01359	Jacket potato with tuna mayo	Ptn	Each Ja	acket potato	o with tuna r	mayo (Ptn) c	contains		
	inayo		Energy kJ	Energy	Fat	Saturates	Carbohydra		
			1653.0	395.1	5.0	0.7	68.5		
			20%	20%	7%	3%	0%		
			Туріс	al values (a		100g: Energ	gy 0.0		
R01356	Green beans	Ptn		Each Gree	n beans (60)g) contains			
			Energy	Fat	Saturates	Sugars	Salt		
			78kJ 19kcal	<0.5g	<0.1g	1.3g	<0.01g		
			1%	0%	0%	1%	0%		
			Typical val		It's Referer d) per 100g:	nce Intake Energy 130)kJ / 31kcal		
R01346	Sliced carrots	Ptn	••			Dg) contains			
			Energy 108kJ	Fat	Saturates	Sugars	Salt		
			26kcal	<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						
R02925	Middletons bread	Ptn	• •	•		niment (Ptn			
	accompaniment		Energy	Fat	Saturates	Sugars	Salt		
			0.0kJ 0.0kcal	0.0g	0.0g	0.0g	0.0g		
			0%	0%	0%	0%	0%		
					It's Referer				
R01916	Whole fruit apple	Ptn		,	, i 0	Energy 0.0 200g) contai			
101910	Whole fruit apple	רוו							
			Energy 351kJ 84kcal	Fat <0.5g	Saturates <0.1g	Sugars 21g	Salt 0.02g		
			4%	0%	0%	23%	0%		
				of an adu	It's Referer	nce Intake			

CATER	ed						19-Mar-2025 12:09 saff
Menu Li	sting with Traffic Ligh	nts					iowden@catered.org
R02556	Ubley Low Fat Strawberry Yoghurt	Ptn	Energy 260kJ 62kcal 3%	Fat 1.1g 2% of an adu	Saturates 0.7g 4% It's Referen	Yoghurt (90g Sugars 8.5g 9% nce Intake Energy 288	Salt 0.10g 2%
R01610	Mixed Salad	Ptn	Energy 12kJ 3kcal 0%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars <0.5g	Salt <0.01g 0%
R02831	R02831 Cheese & tomato panini	Ptn	••	ues (as sol		: Energy 54 ini (Ptn) cor	
			20%	20% of an adu	25% It's Referer	36%	0%

CATER	Red						19-Mar-2025 12:10	
Menu L	isting with Traffic Ligh	ts					owden@cater	red.org.uk
Menu:	SS25WK2D3	SS Menu 2	25 Wk 2 We	dnesday	/			
Item	Description	Amount						
R02563	Cheese & tomato pizza with Jacket Wedges	Ptn	Each Chee		to pizza with .4767g) con		edges (Mix)	
	(Mix)		Energy 1155kJ 276kcal	Fat 4.1g	Saturates 1.9g	Sugars 4.6g	Salt 0.40g	
			14%	6%	9%	5%	7%	ļ
R02887	Vegetable Chilli and Rice	Ptn		es (as sold	It's Referer) per 100g: Ili and Rice	Energy 651	kJ / 156kcal) contains	I
			Energy 3016kJ 721kcal	Fat 24g	Saturates 1.9g	Sugars 5.3g	Salt 0.23g	
			36%	34%	10%	6%	4%	ļ
			Typical value		It's Referer)kJ / 253kca	վ
R02890	Fruit and Jelly	Ptn		Each Fruit	and Jelly (P	tn) contains		
			Energy kJ	Energy	Fat		Carbohydra	
			322.0	77.0	0.1	0.0	18.9	
			4%	4%	0%	0%	0%	I
			Tursia		It's Referen		~ 0 0	
R01357	Jacket potato with	Ptn			as sold) per vith cheese			
	cheese		Energy 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g	
			26%	27%	58%	3%	17%	ļ
				of an adu	It's Referer	nce Intake		
R01358	Jacket potato with Baked	Ptn) per 100g: vith Baked B	•••	kJ / 193kcal ı) contains	I
	Beans		Energy	Fat	Saturates	Sugars	Salt	
			1509kJ 361kcal	0.8g	<0.1g	5.7g	0.55g	
			18%	1%	0%	6%	9%	I
				of an adu	It's Referer	nce Intake		

of an adult's Reference Intake

CATER	ed						19-Mar-2025 12:10
Menu Li	sting with Traffic Lig	nts					iowden@catered.org.
R01359	Jacket potato with tuna mayo	Ptn	Each Ja	acket potato	o with tuna r	nayo (Ptn) c	contains
			Energy kJ	Energy	Fat	Saturates	Carbohydra
			1653.0	395.1	5.0	0.7	68.5
			20%	20%	7%	3%	0%
R01349	Peas	Ptn	Туріс	al values (a	It's Referen as sold) per Peas (60g) c	100g: Energ	gy 0.0
			Energy	Fat	Saturates	Sugars	Salt
			191kJ 46kcal	0.5g	0.1g	1.5g	<0.01g
			2%	1%	1%	2%	0%
			Typical value		It's Referer d) per 100g:	nce Intake Energy 318	BkJ / 76kcal
R01347	Sweetcorn	Ptn		Each Swe	etcorn (60g	g) contains	
			Energy 151kJ 36kcal	Fat 1.1g	Saturates 0.1g	Sugars 1.2g	Salt <0.01g
			2%	2%	1%	1%	0%
R02556	Ubley Low Fat	Dto	•••	ues (as solo		Energy 251	
R02000	Strawberry Yoghurt	Ptn		y Low Fails		Yoghurt (90g	
			Energy 260kJ	Fat	Saturates	Sugars	Salt
			62kcal	1.1g	0.7g	8.5g	0.10g
			3%	2%	4%	9%	2%
			Typical val		It's Referer d) per 100g:	Energy 289)kJ / 69kcal
R01916	Whole fruit apple	Ptn				200g) contai	
			Energy 351kJ	Fat	Saturates	Sugars	Salt
			84kcal	<0.5g	<0.1g	21g	0.02g
			4%	0%	0%	23%	0%
				of an adu	It's Referer	nce Intake	

CATER	ed						19-Mar-2025 12:10
Menu Li	sting with Traffic Ligh	nts					iowden@catered.org.u
R02925	Middletons bread accompaniment	Ptn	Energy	dletons brea Fat	ad accompa Saturates	niment (Ptn) contains Salt
			0.0kJ 0.0kcal	0.0g	0.0g	0.0g	0.0g
			0%	0%	0% It's Referer	0%	0%
			Typical valu		d) per 100g:		kJ / 0.0kcal
R01610	Mixed Salad	Ptn	Ea	ach Mixed S	Salad (22.54	29g) contai	ns
			Energy 12kJ 3kcal	Fat <0.5g	Saturates <0.1g	Sugars <0.5g	Salt <0.01g
			0%	0%	0%	1%	0%
R02831	Cheese & tomato panini	Ptn	••	ues (as sol	It's Referer d) per 100g tomato pani	Energy 54	
			Energy kJ 1678.6	Energy 401.2	Fat 17.6	Saturates 7.3	Carbohydra 44.7
			20%	20%	25%	36%	0%
			Туріс		It's Referer is sold) per		gy 0.0

CATER	Red		19-Mar-2025 12:11
Menu L	isting with Traffic Ligh	ts	iowden@catered.org.uk
Menu:	SS25WK2D4	SS Menu	u 25 Wk 2 Thursday
Item	Description	Amount	
R02884	Roast Meatloaf with roast potatoes and gravy	Ptn	Each Roast Meatloaf with roast potatoes and gravy (177.0455g) contains
			Energy 863kJ 206kcalFat 9.7gSaturates
			10% 14% 16% 2% 22%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 487kJ / 116kcal
R02623	Butternut Squash Parcels with Roast Potatoes	Ptn	Each Butternut Squash Parcels with Roast Potatoes (302.01g) contains
			Energy 1832kJFatSaturatesSugarsSalt1832kJ27g10g3.0g0.49g
			438kcal 279 109 3.09 61109 22% 38% 52% 3% 8%
			of an adult's Reference Intake
			Typical values (as sold) per 100g: Energy 607kJ / 145kcal
R01305	Fresh Fruit Platter	Ptn	Each Fresh Fruit Platter (114.34g) contains
			Energy Fat Saturates Sugars Salt
			35kcal <0.5g <0.1g 10g 0.03g
			2% 0% 0% 12% 1%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 130kJ / 31kcal
R01357	Jacket potato with	Ptn	Each Jacket potato with cheese (266.6667g) contains
	cheese		Energy Fat Saturates Sugars Salt 2149kJ
			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	Ptn	Each Jacket potato with Baked Beans (300g) contains
	Beans		Energy Fat Saturates Sugars Salt 1509kJ 0.8g <0.1g 5.7g 0.55g
			361KCal 3 3 3 3 5
			18% 1% 0% 6% 9%
			of an adult's Reference Intake

CATERe	ed						19-Mar-2025 12:11
Menu Li	sting with Traffic Ligh	nts					owden@catered.org.uk
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%
R02556	Ubley Low Fat	Ptn		al values (a		nce Intake 100g: Energ Yoghurt (90g	
	Strawberry Yoghurt						
			Energy 260kJ	Fat 1.1g	Saturates 0.7g	Sugars 8.5g	Salt 0.10g
			62kcal	2%	4%	9%	2%
				of an adu	It's Referen		
R01916	Whole fruit apple	Ptn	Ea	ach Whole f	ruit apple (2	200g) contai	ns
			Energy 351kJ 84kcal	Fat <0.5g	Saturates <0.1g	Sugars 21g	Salt 0.02g
			4%	0%	0%	23%	0%
				ues (as solo	<i>,</i>	Energy 176	
R02925	Middletons bread accompaniment	Ptn	Each Mide	dletons brea	ad accompa	iniment (Ptn	n) contains
			Energy	Fat	Saturates	Sugars	Salt
			0.0kJ 0.0kcal	0.0g	0.0g	0.0g	0.0g
			0%	0%	0%	0%	0%
			_		It's Referen		
R02071	Farmhouse Vegetable	Ptn				Energy 0.0 ortion (60g)	kJ / 0.0kcal contains
102011	Portion						
			Energy 75kJ	Fat <0.5g	Saturates <0.1g	Sugars 1.4g	Salt 0.02g
			18kcal	1%	0%	2%	0%
					It's Referer		

CATER	ed		19-Mar-2025 12:11
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

CATER	Red		19-Mar-2025 12:12
Menu L	isting with Traffic Ligh	its	iowden@catered.org.u
Menu:	SS25WK2D5	SS Men	nu 25 Wk 2 Friday
ltem	Description	Amount	
R02820	Homemade coated haddock fillet and fresh	Ptn	Each Homemade coated haddock fillet and fresh chips (169.13g) contains
	chips		Energy Fat Saturates Sugars Salt 606kJ 1.9g 0.4g 18g 0.46g
			145kcal 1.39 0.49 109 0.109 7% 3% 2% 20% 8%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 358kJ / 86kcal
R02605	Quorn Vegan Nuggets	Ptn	Each Quorn Vegan Nuggets with skin-on chips (175.1g) contains
	with skin-on chips		Energy Fat Saturates Sugars Salt 882kJ 6.1g 0.6g 21g 1.3g
			10% 9% 3% 23% 22%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 504kJ / 120kcal
R02891	Old School Sponge	Ptn	Each Old School Sponge (47.9344g) contains
			Energy Fat Saturates Sugars Salt 772kJ 9.2g 3.3g 11g 0.73g
			9% 13% 17% 13% 12%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 1611kJ / 385kcal
R01357	Jacket potato with cheese	Ptn	Each Jacket potato with cheese (266.6667g) contains
			Energy Fat Saturates Sugars Salt 2149kJ 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 0.055g
			1509kJ 0.8g <0.1g 5.7g 0.55g 361kcal 0.8g <0.1g
			18% 1% 0% 6% 9%

of an adult's Reference Intake

CATER	ed						19-Mar-2025 12:12
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	mayo (Ptn) o	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				
Doooor		Dta	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 0.0kcal	0.0g	0.0g	0.0g	0.0g
			0%	0%	0%	0%	0%
					It's Referen		
504040						Energy 0.0	
R01916	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%
			of an adult's Reference Intake				
R02556	Ubley Low Fat Strawberry Yoghurt	Ptn				Energy 176 Yoghurt (90g	
R02000		ΓUI			Strawberry		
			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				
P01240	Peas	Ptn	Typical val	,	, i 0)kJ / 69kcal
R01349					Peas (60g) o		
			Energy	Fat	Saturates	Sugars	Salt
			191kJ 46kcal	0.5g	0.1g	1.5g	<0.01g
			2%	1%	1%	2%	0%
				of an adu	It's Referen	nce Intake	

CATER	ed						19-Mar-2025 12:12	fro
Menu Li	sting with Traffic Ligh	nts					iowden@catered.or	rg.ul
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%	
			••	ues (as solo		Energy 306		
R01610	Mixed Salad	Ptn	\bigcap			29g) contai		
			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 s sold) per	nce Intake 100g: Energ	gy 0.0	