

Menu: SS25WK2D1

SS Menu 25 Wk 2 Monday

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

R02088 Beef burger with Wedges Ptn

Each Beef burger with Wedges (214.7083g) contains

Energy 1652kJ 395kcal	Fat 12g	Saturates 4.7g	Sugars 3.3g	Salt 1.1g
<b>20%</b>	<b>17%</b>	<b>24%</b>	<b>4%</b>	<b>18%</b>

**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 770kJ / 184kcal

R02885 Vegetable Pasta Bake SS25 Ptn

Each Vegetable Pasta Bake SS25 (Ptn) contains

Energy kJ 1935.2	Energy 462.5	Fat 8.3	Saturates 4.2	Carbohydrate 73.6
<b>23%</b>	<b>23%</b>	<b>12%</b>	<b>21%</b>	<b>0%</b>

**of an adult's Reference Intake**

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

R02888 Peaches and Ice Cream Ptn

Each Peaches and Ice Cream (Ptn) contains

Energy kJ 776.0	Energy 185.5	Fat 6.7	Saturates 3.7	Carbohydrate 26.3
<b>9%</b>	<b>9%</b>	<b>10%</b>	<b>18%</b>	<b>0%</b>

**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 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g
<b>26%</b>	<b>27%</b>	<b>58%</b>	<b>3%</b>	<b>17%</b>

**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 1509kJ 361kcal	Fat 0.8g	Saturates <0.1g	Sugars 5.7g	Salt 0.55g
<b>18%</b>	<b>1%</b>	<b>0%</b>	<b>6%</b>	<b>9%</b>

**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
<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

R01346 Sliced carrots Ptn

Each Sliced carrots (60g) contains

Energy	Fat	Saturates	Sugars	Salt
108kJ 26kcal	<0.5g	<0.1g	4.2g	0.04g
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>5%</b>	<b>1%</b>

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 36kcal	1.1g	0.1g	1.2g	<0.01g
<b>2%</b>	<b>2%</b>	<b>1%</b>	<b>1%</b>	<b>0%</b>

of an adult's Reference Intake

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

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
<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 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

R02925 Middletons bread accompaniment Ptn

Each Middletons bread accompaniment (Ptn) contains

Energy 0.0kJ 0.0kcal	Fat 0.0g	Saturates 0.0g	Sugars 0.0g	Salt 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

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
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>1%</b>	<b>0%</b>

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 1678.6	Energy 401.2	Fat 17.6	Saturates 7.3	Carbohydrate 44.7
<b>20%</b>	<b>20%</b>	<b>25%</b>	<b>36%</b>	<b>0%</b>

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: SS25WK2D2

SS Menu 25 Wk2 Tuesday

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

R02883 Pork Sausage Pasta Bake Ptn

Each Pork Sausage Pasta Bake (288.485g) contains

Energy 1899kJ 454kcal	Fat 15g	Saturates 5.4g	Sugars 10g	Salt 1.6g
23%	21%	27%	11%	26%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 658kJ / 157kcal

R02886 Cheese And Onion Roll Ptn

Each Cheese And Onion Roll (Ptn) contains

Energy kJ 807.2	Energy 192.9	Fat 11.9	Saturates 6.6	Carbohydrate 15.0
10%	10%	17%	33%	0%

of an adult's Reference Intake

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

R02870 Oaty Biscuit Bake Ptn

Each Oaty Biscuit Bake (73.79g) contains

Energy 1258kJ 301kcal	Fat 12g	Saturates 4.2g	Sugars 22g	Salt 0.67g
15%	18%	21%	24%	11%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1705kJ / 408kcal

R01357 Jacket potato with cheese Ptn

Each Jacket potato with cheese (266.6667g) contains

Energy 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 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 1509kJ 361kcal	Fat 0.8g	Saturates <0.1g	Sugars 5.7g	Salt 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

R01356 Green beans Ptn

Each Green beans (60g) contains

Energy	Fat	Saturates	Sugars	Salt
78kJ 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

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

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%

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 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 260kJ 62kcal	Fat 1.1g	Saturates 0.7g	Sugars 8.5g	Salt 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 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 1678.6	Energy 401.2	Fat 17.6	Saturates 7.3	Carbohydrate 44.7
20%	20%	25%	36%	0%

of an adult's Reference Intake

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

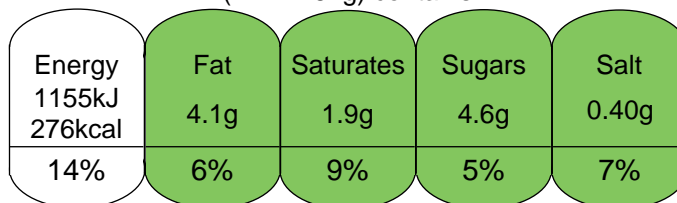
The values for each nutrient above are per serving.

Menu: SS25WK2D3

SS Menu 25 Wk 2 Wednesday

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

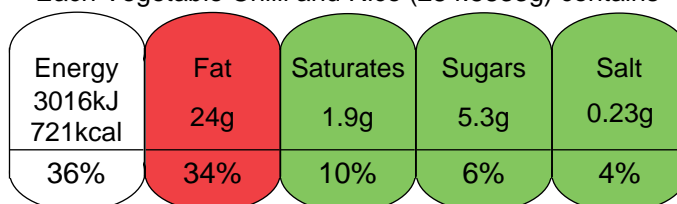
R02563 Cheese & tomato pizza with Jacket Wedges (Mix) Ptn Each Cheese & tomato pizza with Jacket Wedges (Mix) (177.4767g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 651kJ / 156kcal

R02887 Vegetable Chilli and Rice Ptn Each Vegetable Chilli and Rice (284.5833g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1060kJ / 253kcal

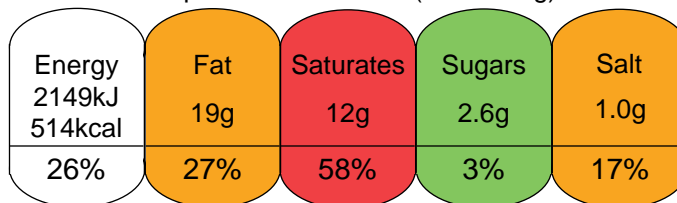
R02890 Fruit and Jelly Ptn Each Fruit and Jelly (Ptn) contains



of an adult's Reference Intake

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

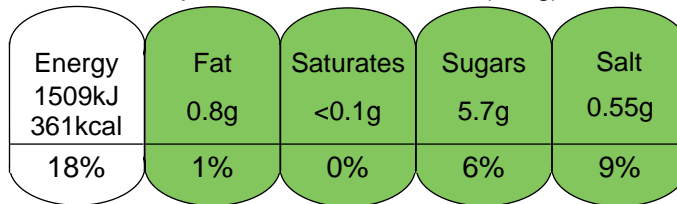
R01357 Jacket potato with cheese Ptn Each Jacket potato with cheese (266.6667g) contains



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



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

R01349 Peas Ptn

Each Peas (60g) contains

Energy	Fat	Saturates	Sugars	Salt
191kJ 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

R01347 Sweetcorn Ptn

Each Sweetcorn (60g) contains

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

of an adult's Reference Intake

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

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	<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



R02925 Middletons bread accompaniment Ptn

Each Middletons bread accompaniment (Ptn) contains

Energy 0.0kJ 0.0kcal	Fat 0.0g	Saturates 0.0g	Sugars 0.0g	Salt 0.0g
0%	0%	0%	0%	0%

of an adult's Reference Intake

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

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 1678.6	Energy 401.2	Fat 17.6	Saturates 7.3	Carbohydrate 44.7
20%	20%	25%	36%	0%

of an adult's Reference Intake

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

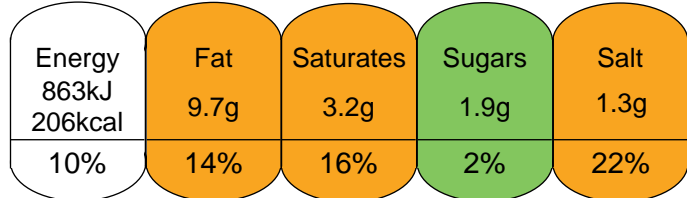
The values for each nutrient above are per serving.

Menu: SS25WK2D4

SS Menu 25 Wk 2 Thursday

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

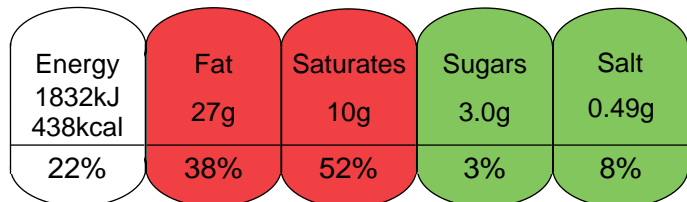
R02884 Roast Meatloaf with roast potatoes and gravy Ptn Each Roast Meatloaf with roast potatoes and gravy (177.0455g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 487kJ / 116kcal

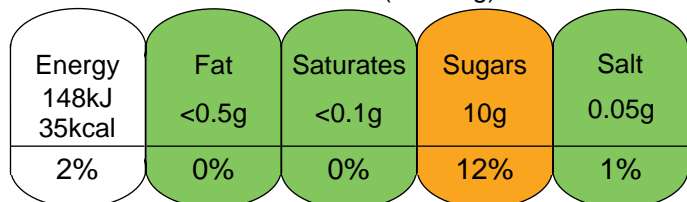
R02623 Butternut Squash Parcels with Roast Potatoes Ptn Each Butternut Squash Parcels with Roast Potatoes (302.01g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 607kJ / 145kcal

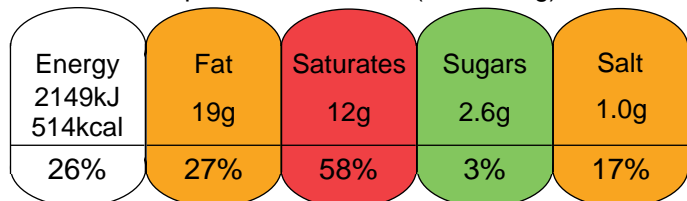
R01305 Fresh Fruit Platter Ptn Each Fresh Fruit Platter (114.34g) contains



of an adult's Reference Intake

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

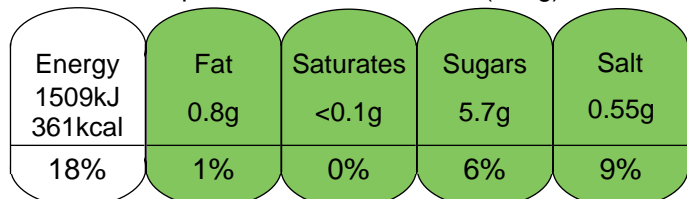
R01357 Jacket potato with cheese Ptn Each Jacket potato with cheese (266.6667g) contains



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



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

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	<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

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%

of an adult's Reference Intake

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

R02071 Farmhouse Vegetable Portion Ptn

Each Farmhouse Vegetable Portion (60g) contains

Energy	Fat	Saturates	Sugars	Salt
75kJ 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 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 1678.6	Energy 401.2	Fat 17.6	Saturates 7.3	Carbohydrate 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.

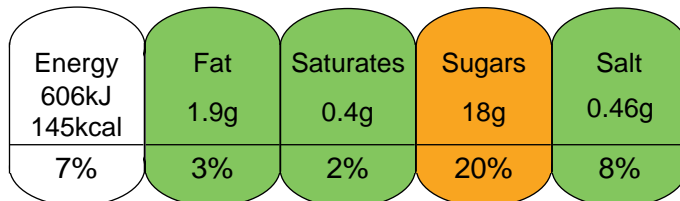
Menu Listing with Traffic Lights

lowden@catered.org.uk

Menu: SS25WK2D5 SS Menu 25 Wk 2 Friday

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

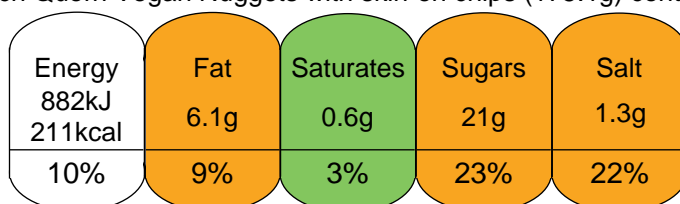
R02820 Homemade coated haddock fillet and fresh chips Ptn Each Homemade coated haddock fillet and fresh chips (169.13g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 358kJ / 86kcal

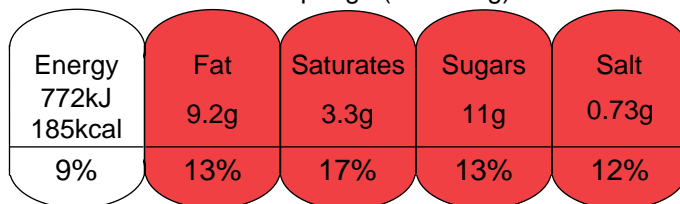
R02605 Quorn Vegan Nuggets with skin-on chips Ptn Each Quorn Vegan Nuggets with skin-on chips (175.1g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 504kJ / 120kcal

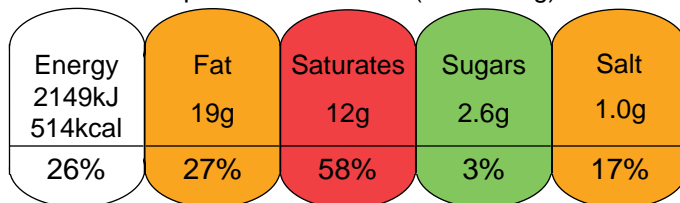
R02891 Old School Sponge Ptn Each Old School Sponge (47.9344g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1611kJ / 385kcal

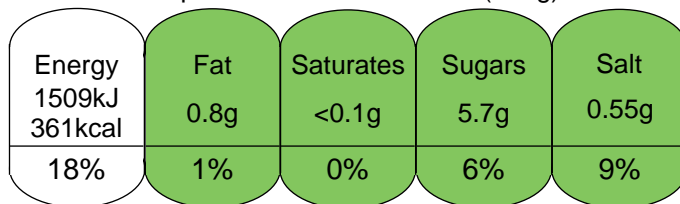
R01357 Jacket potato with cheese Ptn Each Jacket potato with cheese (266.6667g) contains



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



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 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 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 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

R01349 Peas Ptn

Each Peas (60g) contains

Energy	Fat	Saturates	Sugars	Salt
191kJ 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 306kJ 73kcal	Fat <0.5g	Saturates <0.1g	Sugars 3.2g	Salt 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 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 1678.6	Energy 401.2	Fat 17.6	Saturates 7.3	Carbohydrate 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.