19-Mar-2025 12:01

iowden@catered.org.uk

**Menu Listing with Traffic Lights** 

Menu:	SS25WK1D1	SSmenu	1 25 Wk1 Mor	nday				
ltem	Description	Amount						
R02873	Pork Hot dog with seasoned wedges	Ptn	Each Pork Hot dog with seasoned wedges (228.625g) contain					
	-		Energy	Fat	Saturates	Sugars	Salt	
			1873kJ 448kcal	15g	5.2g	5.3g	1.3g	
			22%	21%	26%	6%	21%	
			Typical valu		It's Referer ) per 100g: I		kJ / 196kcal	
R02879	Lentil Spaghetti Bolognese	Ptn	Each Lent	il Spaghetti	Bolognese	(202.1978g	) contains	
	Dolognese		Energy	Fat	Saturates	Sugars	Salt	
			1397kJ 334kcal	2.8g	0.4g	6.7g	1.0g	
			17%	4%	2%	7%	17%	
				of an adu	It's Referer	ice Intake		
			Typical valu			•••		
R01357	Jacket potato with cheese	Ptn	Each Jac	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%	
				of an adu	It's Referer	ice Intake		
						•••	kJ / 193kcal	
R01358	Jacket potato with Baked Beans	Pth	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%	
					It's Referer			
	lookot pototo with two	Dto	Typical valu			•••		
R01359	Jacket potato with tuna mayo	Ptn	Each Ja		o with tuna n			
			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

19-Mar-2025 12:01

Menu Li	sting with Traffic Lig	hts		iowden@catere
R01349	Peas	Ptn	Each Peas (60g) co	ontains
			Energy Fat Saturates 191kJ 0.5g 0.1g	Sugars Salt 1.5g <0.01g
			2% 1% 1%	2% 0%
R02634	Baked Beans	Ptn	of an adult's Referen Typical values (as sold) per 100g: Each Baked Beans (100	Energy 318kJ / 76kcal
			Energy Fat Saturates	Sugars Salt
			306kJ 73kcal <0.5g <0.1g	3.2g 0.49g
			4% 0% 0%	4% 8%
			of an adult's Referen Typical values (as sold) per 100g:	Energy 306kJ / 73kcal
R02889	Tinned pears and Ice Cream	Ptn	Each Tinned pears and Ice Cream	(179.1667g) contains
			Energy Fat Saturates	Sugars Salt
			202kcal 6.99 3.79	26g 0.23g
			10% 10% 18%	29% 4%
			of an adult's Referen Typical values (as sold) per 100g: B	
R02925	Middletons bread	Ptn	Each Middletons bread accompa	•••
	accompaniment			
			Energy Fat Saturates 0.0kJ 0.0g 0.0g	Sugars Salt 0.0g 0.0g
			0.0kcal 0.0g 0.0g	0% 0%
			of an adult's Referen	
			Typical values (as sold) per 100g:	
R01916	Whole fruit apple	Ptn	Each Whole fruit apple (2	00g) contains
			Energy Fat Saturates	Sugars Salt
			351kJ 84kcal <0.5g <0.1g	21g 0.02g
			4% 0% 0%	23% 0%
			of an adult's Referen	ce Intake

## of an adult's Reference Intake

CATERe	ed		19-Mar-2025 12:01
Menu Li	sting with Traffic Ligh	its	iowden@catered.
R02556	Ubley Low Fat Strawberry Yoghurt	Ptn	Each Ubley Low Fat Strawberry Yoghurt (90g) containsEnergy 260kJ 62kcalFat 1.1gSaturates 0.7gSugars 8.5gSalt 0.10g200200400200200
			3% 2% 4% 9% 2% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 289kJ / 69kcal
R02831 Che	Cheese & tomato panini	Ptn	Each Cheese & tomato panini (Ptn) contains
			Energy kJEnergyFatSaturatesCarbohydra1678.6401.217.67.344.7
			20% 20% 25% 36% 0%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0
R01610	Mixed Salad	Ptn	Each Mixed Salad (22.5429g) contains
			Energy 12kJ 3kcalFat SaturatesSugarsSalt2kJ 3kcal<0.5g
			0% 0% 0% 1% 0%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 54kJ / 13kcal

19-Mar-2025 12:03

iowden@catered.org.uk

Menu Listing with Traffic Lights

Menu:	SS25WK1D2	SS Menu	i 25 Wk1 Tue	sday			
tem	Description	Amount					
R02549	Cheese Wheels with Herby Diced Potato	Ptn	Each Cheese	Wheels wit	h Herby Dic	ed Potato (*	176g) contains
			Energy 1536kJ	Fat 14g	Saturates 7.5g	Sugars 1.1g	Salt 0.89g
			367kcal 18%	20%	38%	1%	15%
			Typical value		It's Referen		kJ / 209kcal
202093	Vegetable curry and Rice SS 25	Ptn			ry and Rice	•••	
	Rice 33 23		Energy kJ	Energy	Fat	Saturates	Carbohydra
			1067.6	255.2 13%	3.1 4%	0.4	48.5
				of an adu	1lt's Referer	ice Intake	0%
R01357	Jacket potato with cheese	Ptn			vith cheese		
			Energy 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g
			26%	27%	58%	3%	17%
			Typical value		It's Referer ) per 100g: I		kJ / 193kcal
801358	Jacket potato with Baked Beans	Ptn	Each Jack	et potato w	vith Baked B	eans (300g	) contains
			Energy 1509kJ	Fat 0.8g	Saturates <0.1g	Sugars 5.7g	Salt 0.55g
			361kcal	1%	0%	6%	9%
					It's Referen		
R01359	Jacket potato with tuna	Ptn	Typical value Each Ja		) per 100g: o with tuna n		
	mayo		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

19-Mar-2025 12:03 saffron

Menu Li	sting with Traffic Lig	jhts		iowden@catered.org.				
R01356	Green beans	Ptn	Each Green beans (60g) c	contains				
			78k1	Sugars Salt 1.3g <0.01g				
			1% 0% 0%	1% 0%				
R01346	Sliced carrots	Ptn	of an adult's Reference Typical values (as sold) per 100g: Ene Each Sliced carrots (60g) of	ergy 130kJ / 31kcal				
			108ki	SugarsSalt4.2g0.04g				
			1% 0% 0%	5% 1%				
			of an adult's Reference Typical values (as sold) per 100g: Ene					
	Middletons bread accompaniment	Ptn	Each Middletons bread accompanim	ent (Ptn) contains				
	accompaniiren		0.0kJ 0.0g 0.0g	Sugars Salt 0.0g 0.0g				
				0% 0%				
			of an adult's Reference Typical values (as sold) per 100g: Ene	Intake				
R02556	Ubley Low Fat	Ptn	Each Ubley Low Fat Strawberry Yoghurt (90g) contains					
	Strawberry Yoghurt		26041	Sugars Salt 8.5g 0.10g				
			3% 2% 4%	9% 2%				
			of an adult's Reference Typical values (as sold) per 100g: Ene					
R01916	Whole fruit apple	Ptn	Each Whole fruit apple (200g	g) contains				
			351k1	Sugars Salt 21g 0.02g				
				23% 0%				
			of an adult's Reference	Intake				

CATER	ed						19-Mar-2025 12:03
Menu Li	sting with Traffic Ligh	nts					iowden@catered.org.u
R02116	Apricot Flapjack	Ptn	E	ach Aprico	t Flapjack (F	Ptn) contain	s
			Energy kJ	Energy	Fat	Saturates	Carbohydra
			925.6	221.2	10.9	3.7	27.3
			11%	11%	16%	19%	0%
			Turnia		It's Referer		mr 0.0
R01610	Mixed Salad	Ptn				100g: Enero 29g) contai	
			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	, i 0	nce Intake : Energy 54 ini (Ptn) cor	
			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

CATER	ed						19-Mar-2025 12:04
Menu L	isting with Traffic Ligh	ts					iowden@catered.org
Menu:	SS25WK1D3	SS Menu	25 Wk 1 We	dnesday	,		
ltem	Description	Amount					
R02880	Chicken and Veg Meatballs with mash and	Ptn	Each Chic		eg Meatballs 9.875g) cont	s with mash tains	and gravy
	gravy		Energy 769kJ	Fat 7.2g	Saturates 2.5g	Sugars 1.7g	Salt 1.7g
			184kcal	10%	12%		
		-		of an adu ues (as solo	It's Referer d) per 100g:	Energy 366	28%
R01733	Folded Bean & cheese Quesadillas	Ptn	Each Folded	Bean & ch	eese Quesa	adillas (158.	.5g) contains
			Energy 1387kJ 331kcal	Fat 11g	Saturates 4.8g	Sugars 7.2g	Salt 2.5g
			17%	16%	24%	8%	41%
R01406	1406 Custard Biscuit with fruit portion	Ptn	Each Custa	es (as sold		Energy 875 ion (77.513	kJ / 209kcal 9g) contains Salt
			Energy 636kJ 152kcal	7.0g	2.6g	Sugars 9.9g	0.26g
			8%	10%	13%	11%	4%
R01357	Jacket potato with	Ptn		es (as sold			kJ / 196kcal
101337	cheese	1 01	Energy 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g
			26%	27%	58%	3%	17%
			Typical valu		It's Referer		kJ / 193kcal
R01358	Jacket potato with Baked Beans	Ptn		•		Beans (300g	
			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

CATER	ed						19-Mar-2025 12:04
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	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%
R01347	Sweetcorn	Ptn	Туріс	al values (a	It's Referent as sold) per eetcorn (60g	100g: Energ	gy 0.0
			Energy	Fat	Saturates	Sugars	Salt
			151kJ 36kcal	1.1g	0.1g	1.2g	<0.01g
			2%	2%	1%	1%	0%
	R01346 Sliced carrots		Typical val		lt's Referer d) per 100g:	nce Intake Energy 251	lkJ / 60kcal
R01346	Sliced carrots	Ptn		Each Slice	d carrots (60	0g) contains	
			Energy 108kJ 26kcal	Fat <0.5g	Saturates <0.1g	Sugars 4.2g	Salt 0.04g
			1%	0%	0%	5%	1%
			Typical val		It's Referend) per 100g:	nce Intake Energy 180	0kJ / 43kcal
R02925	Middletons bread accompaniment	Ptn	Each Mide	dletons brea	ad accompa	animent (Ptn	) contains
	·		Energy	Fat	Saturates	Sugars	Salt
			0.0kJ 0.0kcal	0.0g	0.0g	0.0g	0.0g
			0%	0%	0%	0%	0%
			Typical val		It's Referer	nce Intake Energy 0.0	k.l / 0.0kcal
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 Referen	nce Intake	

CATERe	ed		19-Mar-2025 12:04 saffron
Menu Li	sting with Traffic Ligh	nts	iowden@catered.org.uk
R02556 Ubley Low Fat Ptn Strawberry Yoghurt			Each Ubley Low Fat Strawberry Yoghurt (90g) contains
			Energy 260kJ 62kcalFat 1.1gSaturates 0.7gSugars 8.5gSalt0.10g
			3% 2% 4% 9% 2%
			of an adult's Reference Intake Typical values (as sold) per 100g: Energy 289kJ / 69kcal
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

CATER	Red						19-Mar-2025 12:04	saffror
Menu L	isting with Traffic Ligh	ts					owden@cate	red.org.uk
Menu:	SS25WK1D4 Description	SS Men	u 25 Wk 1 Th	ursday				
R01322	Roast Gammon with Roast Potatoes & Gravy	Ptn	Each Roast Ga	ammon with	Roast Pota	atoes & Gra	vy (211.041	7g)
			Energy 1099kJ 263kcal 13% Typical valu		Saturates 2.7g 14% It's Referen		Salt 2.4g 40%	
R02441	Mediterranean Vegetable Tart	Ptn		,	n Vegetable	0,		
			Energy kJ 932.9 11%	Energy 223.0 11%	Fat 11.5 16%	Saturates 3.8 19%	Carbohydra 25.1 0%	
R01357	Jacket potato with cheese	Ptn		al values (a	It's Referer is sold) per vith cheese	100g: Energ		
			Energy 2149kJ 514kcal 26%	Fat 19g 27%	Saturates 12g 58%	Sugars 2.6g 3%	Salt 1.0g 17%	
			Typical valu	of an adu	It's Referen	nce Intake		l
R01358	Jacket potato with Baked Beans	Ptn	Energy	Fat	vith Baked E Saturates	Beans (300g Sugars	) contains Salt	
			1509kJ 361kcal 18%	0.8g	<0.1g	5.7g 6%	0.55g 9%	
R01359	Jacket potato with tuna mayo	Ptn	Typical valu Each Ja	es (as sold	It's Referer ) per 100g: o with tuna r	Energy 503		
			Energy kJ 1653.0 20%	Energy 395.1 20%	Fat 5.0	Saturates 0.7 3%	Carbohydra 68.5 0%	

of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0

CATER	ed						19-Mar-2025 12:04	affron	
Menu Li	sting with Traffic Lig	hts					owden@catered	d.org.uk	
R02071	Farmhouse Vegetable Portion	Ptn	Each Fa	rmhouse V	egetable Po	ortion (60g)	contains		
			Energy 75kJ 18kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.4g	Salt 0.02g		
			1%	1%	0%	2%	0%		
R01305	Fresh Fruit Platter	Ptn		ues (as solo	lt's Referer d) per 100g: it Platter (11	Energy 126			
		Energy 148kJ 35kcal	Fat <0.5g	Saturates <0.1g	Sugars 10g	Salt 0.05g			
			2%	0%	0%	12%	1%		
			Typical valu		lt's Referer d) per 100g:		)kJ / 31kcal		
R02925	Middletons bread accompaniment	Ptn	Each Mide	dletons brea	ad accompa	niment (Ptn	) contains		
			Energy 0.0kJ	Fat 0.0g	Saturates 0.0g	Sugars 0.0g	Salt 0.0g		
			0.0kcal	0%	0%	0%	0%		
			of an adult's Reference Intake						
			Typical valu	ues (as solo	d) per 100g:	Energy 0.0	kJ / 0.0kcal		
R02556	Ubley Low Fat Strawberry Yoghurt	Ptn	Each Uble	y Low Fat S	Strawberry Y	oghurt (90g	g) contains		
	, ,		Energy	Fat	Saturates	Sugars	Salt		
			260kJ 62kcal	1.1g	0.7g	8.5g	0.10g		
			3%	2%	4%	9%	2%		
			<b>-</b> · · ·		It's Referen				
R01916	Whole fruit apple	Ptn			d) per 100g: ruit apple (2				
101010			$\bigcap$						
			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 12:04
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	ed		15	9-Mar-2025 12:06		
Menu L	isting with Traffic Lig	nts	iow	den@catered.org.uk		
Menu:	SS25WK1D5 Description	SS Men	u 25 Wk 1 Friday			
R01637	Fish Fingers with fresh	Ptn	Each Fish Fingers with fresh chips (152.5g) co	ntains		
	chips			Salt 0.44g		
			7% 7% 3% 23% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 400kJ			
R01311	Cheese & Tomato Quiche with chips Oat and Date Cookie	Ptn I	Each Cheese & Tomato Quiche with chips (221.0561 Energy Fat Saturates Sugars 1662kJ	Salt		
			397kcal 24g 11g 19g   20% 35% 53% 21%	0.99g 16%		
R02548		Ptn	of an adult's Reference Intake Typical values (as sold) per 100g: Energy 752kJ / Each Oat and Date Cookie (40.1458g) conta			
102010			Energy Fat Saturates Sugars	Salt 0.32g		
			8% 9% 11% 14% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 1628kJ	5% / 389kcal		
R01349	Peas	Ptn	Each Peas (60g) contains			
			46KCal 0 0 0	Salt		
			2% 1% 1% 2%	0%		
R02634	Baked Beans	Ptn	of an adult's Reference Intake Typical values (as sold) per 100g: Energy 318kJ / 76kcal Each Baked Beans (100g) contains			
			73kcal	Salt 0.49g		
			4% 0% 0% 4%	8%		

of an adult's Reference Intake

CATERe	d						19-Mar-2025 12:06
Menu Lis	sting with Traffic Ligh	ts					iowden@catered.org.ul
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%
			Typical valu		It's Referer		kJ / 193kcal
R01358	Jacket potato with Baked	Ptn			vith Baked E	••	
	Beans						
			Energy 1509kJ	Fat 0.8g	Saturates <0.1g	Sugars	Salt 0.55g
			361kcal			5.7g	
			18%	1%		6%	9%
			Typical valu		It's Referer ) per 100g:		kJ / 120kcal
R01359	Jacket potato with tuna mayo	Ptn	Each Ja	acket potato	o with tuna r	nayo (Ptn) d	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				
11009	whole fruit-Red apples	Kg	Each	whole fruit-	Red apples	(1000g) co	ntains
			Energy	Fat	Saturates	Sugars	Salt
			2134kJ 510kcal	1.0g	<0.1g	130g	0.03g
			25%	1%	0%	144%	0%
				of an adu	It's Referer	nce Intake	
			••	•	d) per 100g:	•••	
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 adu	It's Referer	nce Intake	

CATERe	d						19-Mar-2025 12:06	fron
Menu Li	sting with Traffic Ligh	nts					iowden@catered.or	rg.uk
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% of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0kJ / 0.0kcal					
R01610	Mixed Salad	Ptn	Energy 12kJ 3kcal	Fat <0.5g	Salad (22.54 Saturates <0.1g	29g) contai Sugars <0.5g	Salt <0.01g	
			0%		0% It's Referer d) per 100g		0% kJ / 13kcal	
R02831	Cheese & tomato panini	Ptn	Typical values (as sold) per 100g: Energy 54kJ / 13kcal Each Cheese & tomato panini (Ptn) contains					
			Energy kJ 1678.6	Energy 401.2	Fat 17.6	Saturates 7.3	Carbohydra 44.7	
			20%	20% of an adu	25% It's Referer	36% nce Intake	0%	
			Туріс	al values (a	is sold) per	100g: Ener	gy 0.0	