

Menu Listing with Traffic Lights

iowden@catered.org.uk

Menu: SS25WK1D1

SSmenu 25 Wk1 Monday

Item	Description	Amount											
R02873	Pork Hot dog with seasoned wedges	Ptn	Each Pork Hot dog with seasoned wedges (228.625g) contains <table><tr><td>Energy 1873kJ 448kcal</td><td>Fat 15g</td><td>Saturates 5.2g</td><td>Sugars 5.3g</td><td>Salt 1.3g</td></tr><tr><td>22%</td><td>21%</td><td>26%</td><td>6%</td><td>21%</td></tr></table> of an adult's Reference Intake Typical values (as sold) per 100g: Energy 819kJ / 196kcal	Energy 1873kJ 448kcal	Fat 15g	Saturates 5.2g	Sugars 5.3g	Salt 1.3g	22%	21%	26%	6%	21%
Energy 1873kJ 448kcal	Fat 15g	Saturates 5.2g	Sugars 5.3g	Salt 1.3g									
22%	21%	26%	6%	21%									
R02879	Lentil Spaghetti Bolognese	Ptn	Each Lentil Spaghetti Bolognese (202.1978g) contains <table><tr><td>Energy 1397kJ 334kcal</td><td>Fat 2.8g</td><td>Saturates 0.4g</td><td>Sugars 6.7g</td><td>Salt 1.0g</td></tr><tr><td>17%</td><td>4%</td><td>2%</td><td>7%</td><td>17%</td></tr></table> of an adult's Reference Intake Typical values (as sold) per 100g: Energy 691kJ / 165kcal	Energy 1397kJ 334kcal	Fat 2.8g	Saturates 0.4g	Sugars 6.7g	Salt 1.0g	17%	4%	2%	7%	17%
Energy 1397kJ 334kcal	Fat 2.8g	Saturates 0.4g	Sugars 6.7g	Salt 1.0g									
17%	4%	2%	7%	17%									
R01357	Jacket potato with cheese	Ptn	Each Jacket potato with cheese (266.6667g) contains <table><tr><td>Energy 2149kJ 514kcal</td><td>Fat 19g</td><td>Saturates 12g</td><td>Sugars 2.6g</td><td>Salt 1.0g</td></tr><tr><td>26%</td><td>27%</td><td>58%</td><td>3%</td><td>17%</td></tr></table> of an adult's Reference Intake Typical values (as sold) per 100g: Energy 806kJ / 193kcal	Energy 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g	26%	27%	58%	3%	17%
Energy 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g									
26%	27%	58%	3%	17%									
R01358	Jacket potato with Baked Beans	Ptn	Each Jacket potato with Baked Beans (300g) contains <table><tr><td>Energy 1509kJ 361kcal</td><td>Fat 0.8g</td><td>Saturates <0.1g</td><td>Sugars 5.7g</td><td>Salt 0.55g</td></tr><tr><td>18%</td><td>1%</td><td>0%</td><td>6%</td><td>9%</td></tr></table> of an adult's Reference Intake Typical values (as sold) per 100g: Energy 503kJ / 120kcal	Energy 1509kJ 361kcal	Fat 0.8g	Saturates <0.1g	Sugars 5.7g	Salt 0.55g	18%	1%	0%	6%	9%
Energy 1509kJ 361kcal	Fat 0.8g	Saturates <0.1g	Sugars 5.7g	Salt 0.55g									
18%	1%	0%	6%	9%									
R01359	Jacket potato with tuna mayo	Ptn	Each Jacket potato with tuna mayo (Ptn) contains <table><tr><td>Energy kJ 1653.0</td><td>Energy 395.1</td><td>Fat 5.0</td><td>Saturates 0.7</td><td>Carbohydrate 68.5</td></tr><tr><td>20%</td><td>20%</td><td>7%</td><td>3%</td><td>0%</td></tr></table> of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0	Energy kJ 1653.0	Energy 395.1	Fat 5.0	Saturates 0.7	Carbohydrate 68.5	20%	20%	7%	3%	0%
Energy kJ 1653.0	Energy 395.1	Fat 5.0	Saturates 0.7	Carbohydrate 68.5									
20%	20%	7%	3%	0%									

R01349 Peas Ptn

Each Peas (60g) contains

Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <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

R02889 Tinned pears and Ice Cream Ptn

Each Tinned pears and Ice Cream (179.1667g) contains

Energy 846kJ 202kcal	Fat 6.9g	Saturates 3.7g	Sugars 26g	Salt 0.23g
10%	10%	18%	29%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 472kJ / 113kcal

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

R01916 Whole fruit apple Ptn

Each Whole fruit apple (200g) contains

Energy 351kJ 84kcal	Fat <0.5g	Saturates <0.1g	Sugars 21g	Salt 0.02g
4%	0%	0%	23%	0%

of an adult's Reference Intake

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

Menu Listing with Traffic Lights

lowden@catered.org.uk

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

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

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

The values for each nutrient above are per serving.

Menu Listing with Traffic Lights

iowden@catered.org.uk

Menu: SS25WK1D2

SS Menu 25 Wk1 Tuesday

Item	Description	Amount											
R02549	Cheese Wheels with Herby Diced Potato	Ptn	Each Cheese Wheels with Herby Diced Potato (176g) contains <table><tr><td>Energy 1536kJ 367kcal</td><td>Fat 14g</td><td>Saturates 7.5g</td><td>Sugars 1.1g</td><td>Salt 0.89g</td></tr><tr><td>18%</td><td>20%</td><td>38%</td><td>1%</td><td>15%</td></tr></table> of an adult's Reference Intake Typical values (as sold) per 100g: Energy 872kJ / 209kcal	Energy 1536kJ 367kcal	Fat 14g	Saturates 7.5g	Sugars 1.1g	Salt 0.89g	18%	20%	38%	1%	15%
Energy 1536kJ 367kcal	Fat 14g	Saturates 7.5g	Sugars 1.1g	Salt 0.89g									
18%	20%	38%	1%	15%									
R02093	Vegetable curry and Rice SS 25	Ptn	Each Vegetable curry and Rice SS 25 (Ptn) contains <table><tr><td>Energy kJ 1067.6</td><td>Energy 255.2</td><td>Fat 3.1</td><td>Saturates 0.4</td><td>Carbohydrate 48.5</td></tr><tr><td>13%</td><td>13%</td><td>4%</td><td>2%</td><td>0%</td></tr></table> of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0	Energy kJ 1067.6	Energy 255.2	Fat 3.1	Saturates 0.4	Carbohydrate 48.5	13%	13%	4%	2%	0%
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R01357	Jacket potato with cheese	Ptn	Each Jacket potato with cheese (266.6667g) contains <table><tr><td>Energy 2149kJ 514kcal</td><td>Fat 19g</td><td>Saturates 12g</td><td>Sugars 2.6g</td><td>Salt 1.0g</td></tr><tr><td>26%</td><td>27%</td><td>58%</td><td>3%</td><td>17%</td></tr></table> of an adult's Reference Intake Typical values (as sold) per 100g: Energy 806kJ / 193kcal	Energy 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g	26%	27%	58%	3%	17%
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R01358	Jacket potato with Baked Beans	Ptn	Each Jacket potato with Baked Beans (300g) contains <table><tr><td>Energy 1509kJ 361kcal</td><td>Fat 0.8g</td><td>Saturates <0.1g</td><td>Sugars 5.7g</td><td>Salt 0.55g</td></tr><tr><td>18%</td><td>1%</td><td>0%</td><td>6%</td><td>9%</td></tr></table> of an adult's Reference Intake Typical values (as sold) per 100g: Energy 503kJ / 120kcal	Energy 1509kJ 361kcal	Fat 0.8g	Saturates <0.1g	Sugars 5.7g	Salt 0.55g	18%	1%	0%	6%	9%
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18%	1%	0%	6%	9%									
R01359	Jacket potato with tuna mayo	Ptn	Each Jacket potato with tuna mayo (Ptn) contains <table><tr><td>Energy kJ 1653.0</td><td>Energy 395.1</td><td>Fat 5.0</td><td>Saturates 0.7</td><td>Carbohydrate 68.5</td></tr><tr><td>20%</td><td>20%</td><td>7%</td><td>3%</td><td>0%</td></tr></table> of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0	Energy kJ 1653.0	Energy 395.1	Fat 5.0	Saturates 0.7	Carbohydrate 68.5	20%	20%	7%	3%	0%
Energy kJ 1653.0	Energy 395.1	Fat 5.0	Saturates 0.7	Carbohydrate 68.5									
20%	20%	7%	3%	0%									

R01356 Green beans Ptn

Each Green beans (60g) contains

Energy 78kJ 19kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.3g	Salt <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 108kJ 26kcal	Fat <0.5g	Saturates <0.1g	Sugars 4.2g	Salt 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 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

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

R01916 Whole fruit apple Ptn

Each Whole fruit apple (200g) contains

Energy 351kJ 84kcal	Fat <0.5g	Saturates <0.1g	Sugars 21g	Salt 0.02g
4%	0%	0%	23%	0%

of an adult's Reference Intake

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

R02116 Apricot Flapjack Ptn

Each Apricot Flapjack (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
925.6	221.2	10.9	3.7	27.3
11%	11%	16%	19%	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 3kcal	Fat	Saturates	Sugars	Salt
	<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: SS25WK1D3

SS Menu 25 Wk 1 Wednesday

Item	Description	Amount											
R02880	Chicken and Veg Meatballs with mash and gravy	Ptn	<p>Each Chicken and Veg Meatballs with mash and gravy (209.875g) contains</p> <table><tr><td>Energy 769kJ 184kcal</td><td>Fat 7.2g</td><td>Saturates 2.5g</td><td>Sugars 1.7g</td><td>Salt 1.7g</td></tr><tr><td>9%</td><td>10%</td><td>12%</td><td>2%</td><td>28%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 366kJ / 88kcal</p>	Energy 769kJ 184kcal	Fat 7.2g	Saturates 2.5g	Sugars 1.7g	Salt 1.7g	9%	10%	12%	2%	28%
Energy 769kJ 184kcal	Fat 7.2g	Saturates 2.5g	Sugars 1.7g	Salt 1.7g									
9%	10%	12%	2%	28%									
R01733	Folded Bean & cheese Quesadillas	Ptn	<p>Each Folded Bean & cheese Quesadillas (158.5g) contains</p> <table><tr><td>Energy 1387kJ 331kcal</td><td>Fat 11g</td><td>Saturates 4.8g</td><td>Sugars 7.2g</td><td>Salt 2.5g</td></tr><tr><td>17%</td><td>16%</td><td>24%</td><td>8%</td><td>41%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 875kJ / 209kcal</p>	Energy 1387kJ 331kcal	Fat 11g	Saturates 4.8g	Sugars 7.2g	Salt 2.5g	17%	16%	24%	8%	41%
Energy 1387kJ 331kcal	Fat 11g	Saturates 4.8g	Sugars 7.2g	Salt 2.5g									
17%	16%	24%	8%	41%									
R01406	Custard Biscuit with fruit portion	Ptn	<p>Each Custard Biscuit with fruit portion (77.5139g) contains</p> <table><tr><td>Energy 636kJ 152kcal</td><td>Fat 7.0g</td><td>Saturates 2.6g</td><td>Sugars 9.9g</td><td>Salt 0.26g</td></tr><tr><td>8%</td><td>10%</td><td>13%</td><td>11%</td><td>4%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 820kJ / 196kcal</p>	Energy 636kJ 152kcal	Fat 7.0g	Saturates 2.6g	Sugars 9.9g	Salt 0.26g	8%	10%	13%	11%	4%
Energy 636kJ 152kcal	Fat 7.0g	Saturates 2.6g	Sugars 9.9g	Salt 0.26g									
8%	10%	13%	11%	4%									
R01357	Jacket potato with cheese	Ptn	<p>Each Jacket potato with cheese (266.6667g) contains</p> <table><tr><td>Energy 2149kJ 514kcal</td><td>Fat 19g</td><td>Saturates 12g</td><td>Sugars 2.6g</td><td>Salt 1.0g</td></tr><tr><td>26%</td><td>27%</td><td>58%</td><td>3%</td><td>17%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 806kJ / 193kcal</p>	Energy 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g	26%	27%	58%	3%	17%
Energy 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g									
26%	27%	58%	3%	17%									
R01358	Jacket potato with Baked Beans	Ptn	<p>Each Jacket potato with Baked Beans (300g) contains</p> <table><tr><td>Energy 1509kJ 361kcal</td><td>Fat 0.8g</td><td>Saturates <0.1g</td><td>Sugars 5.7g</td><td>Salt 0.55g</td></tr><tr><td>18%</td><td>1%</td><td>0%</td><td>6%</td><td>9%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 503kJ / 120kcal</p>	Energy 1509kJ 361kcal	Fat 0.8g	Saturates <0.1g	Sugars 5.7g	Salt 0.55g	18%	1%	0%	6%	9%
Energy 1509kJ 361kcal	Fat 0.8g	Saturates <0.1g	Sugars 5.7g	Salt 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

R01347 Sweetcorn Ptn

Each Sweetcorn (60g) contains

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

of an adult's Reference Intake

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

R01346 Sliced carrots Ptn

Each Sliced carrots (60g) contains

Energy 108kJ 26kcal	Fat <0.5g	Saturates <0.1g	Sugars 4.2g	Salt 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 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

R01916 Whole fruit apple Ptn

Each Whole fruit apple (200g) contains

Energy 351kJ 84kcal	Fat <0.5g	Saturates <0.1g	Sugars 21g	Salt 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

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

iowden@catered.org.uk

Menu: SS25WK1D4

SS Menu 25 Wk 1 Thursday

Item	Description	Amount											
R01322	Roast Gammon with Roast Potatoes & Gravy	Ptn	<div>Each Roast Gammon with Roast Potatoes & Gravy (211.0417g) contains</div> <table><tr><td>Energy 1099kJ 263kcal</td><td>Fat 14g</td><td>Saturates 2.7g</td><td>Sugars 7.4g</td><td>Salt 2.4g</td></tr><tr><td>13%</td><td>20%</td><td>14%</td><td>8%</td><td>40%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 521kJ / 125kcal</div>	Energy 1099kJ 263kcal	Fat 14g	Saturates 2.7g	Sugars 7.4g	Salt 2.4g	13%	20%	14%	8%	40%
Energy 1099kJ 263kcal	Fat 14g	Saturates 2.7g	Sugars 7.4g	Salt 2.4g									
13%	20%	14%	8%	40%									
R02441	Mediterranean Vegetable Tart	Ptn	<div>Each Mediterranean Vegetable Tart (Ptn) contains</div> <table><tr><td>Energy kJ 932.9</td><td>Energy 223.0</td><td>Fat 11.5</td><td>Saturates 3.8</td><td>Carbohydrate 25.1</td></tr><tr><td>11%</td><td>11%</td><td>16%</td><td>19%</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 932.9	Energy 223.0	Fat 11.5	Saturates 3.8	Carbohydrate 25.1	11%	11%	16%	19%	0%
Energy kJ 932.9	Energy 223.0	Fat 11.5	Saturates 3.8	Carbohydrate 25.1									
11%	11%	16%	19%	0%									
R01357	Jacket potato with cheese	Ptn	<div>Each Jacket potato with cheese (266.6667g) contains</div> <table><tr><td>Energy 2149kJ 514kcal</td><td>Fat 19g</td><td>Saturates 12g</td><td>Sugars 2.6g</td><td>Salt 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 2149kJ 514kcal	Fat 19g	Saturates 12g	Sugars 2.6g	Salt 1.0g	26%	27%	58%	3%	17%
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Energy 1509kJ 361kcal	Fat 0.8g	Saturates <0.1g	Sugars 5.7g	Salt 0.55g									
18%	1%	0%	6%	9%									
R01359	Jacket potato with tuna mayo	Ptn	<div>Each Jacket potato with tuna mayo (Ptn) contains</div> <table><tr><td>Energy kJ 1653.0</td><td>Energy 395.1</td><td>Fat 5.0</td><td>Saturates 0.7</td><td>Carbohydrate 68.5</td></tr><tr><td>20%</td><td>20%</td><td>7%</td><td>3%</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 1653.0	Energy 395.1	Fat 5.0	Saturates 0.7	Carbohydrate 68.5	20%	20%	7%	3%	0%
Energy kJ 1653.0	Energy 395.1	Fat 5.0	Saturates 0.7	Carbohydrate 68.5									
20%	20%	7%	3%	0%									

Menu Listing with Traffic Lights

iowden@catered.org.uk

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

R01305 Fresh Fruit Platter Ptn

Each Fresh Fruit Platter (114.34g) contains

Energy	Fat	Saturates	Sugars	Salt
148kJ 35kcal	<0.5g	<0.1g	10g	0.05g
2%	0%	0%	12%	1%

of an adult's Reference Intake

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

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

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

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

iowden@catered.org.uk

Menu: SS25WK1D5

SS Menu 25 Wk 1 Friday

Item	Description	Amount											
R01637	Fish Fingers with fresh chips	Ptn	<div>Each Fish Fingers with fresh chips (152.5g) contains</div> <table><tr><td>Energy 610kJ 146kcal</td><td>Fat 5.2g</td><td>Saturates 0.6g</td><td>Sugars 21g</td><td>Salt 0.44g</td></tr><tr><td>7%</td><td>7%</td><td>3%</td><td>23%</td><td>7%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 400kJ / 96kcal</div>	Energy 610kJ 146kcal	Fat 5.2g	Saturates 0.6g	Sugars 21g	Salt 0.44g	7%	7%	3%	23%	7%
Energy 610kJ 146kcal	Fat 5.2g	Saturates 0.6g	Sugars 21g	Salt 0.44g									
7%	7%	3%	23%	7%									
R01311	Cheese & Tomato Quiche with chips	Ptn	<div>Each Cheese & Tomato Quiche with chips (221.0561g) contains</div> <table><tr><td>Energy 1662kJ 397kcal</td><td>Fat 24g</td><td>Saturates 11g</td><td>Sugars 19g</td><td>Salt 0.99g</td></tr><tr><td>20%</td><td>35%</td><td>53%</td><td>21%</td><td>16%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 752kJ / 180kcal</div>	Energy 1662kJ 397kcal	Fat 24g	Saturates 11g	Sugars 19g	Salt 0.99g	20%	35%	53%	21%	16%
Energy 1662kJ 397kcal	Fat 24g	Saturates 11g	Sugars 19g	Salt 0.99g									
20%	35%	53%	21%	16%									
R02548	Oat and Date Cookie	Ptn	<div>Each Oat and Date Cookie (40.1458g) contains</div> <table><tr><td>Energy 654kJ 156kcal</td><td>Fat 6.2g</td><td>Saturates 2.1g</td><td>Sugars 12g</td><td>Salt 0.32g</td></tr><tr><td>8%</td><td>9%</td><td>11%</td><td>14%</td><td>5%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 1628kJ / 389kcal</div>	Energy 654kJ 156kcal	Fat 6.2g	Saturates 2.1g	Sugars 12g	Salt 0.32g	8%	9%	11%	14%	5%
Energy 654kJ 156kcal	Fat 6.2g	Saturates 2.1g	Sugars 12g	Salt 0.32g									
8%	9%	11%	14%	5%									
R01349	Peas	Ptn	<div>Each Peas (60g) contains</div> <table><tr><td>Energy 191kJ 46kcal</td><td>Fat 0.5g</td><td>Saturates 0.1g</td><td>Sugars 1.5g</td><td>Salt <0.01g</td></tr><tr><td>2%</td><td>1%</td><td>1%</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 318kJ / 76kcal</div>	Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g	2%	1%	1%	2%	0%
Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g									
2%	1%	1%	2%	0%									
R02634	Baked Beans	Ptn	<div>Each Baked Beans (100g) contains</div> <table><tr><td>Energy 306kJ 73kcal</td><td>Fat <0.5g</td><td>Saturates <0.1g</td><td>Sugars 3.2g</td><td>Salt 0.49g</td></tr><tr><td>4%</td><td>0%</td><td>0%</td><td>4%</td><td>8%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 306kJ / 73kcal</div>	Energy 306kJ 73kcal	Fat <0.5g	Saturates <0.1g	Sugars 3.2g	Salt 0.49g	4%	0%	0%	4%	8%
Energy 306kJ 73kcal	Fat <0.5g	Saturates <0.1g	Sugars 3.2g	Salt 0.49g									
4%	0%	0%	4%	8%									

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 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

11009 whole fruit-Red apples Kg

Each whole fruit-Red apples (1000g) contains

Energy	Fat	Saturates	Sugars	Salt
2134kJ 510kcal	1.0g	<0.1g	130g	0.03g
25%	1%	0%	144%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 213kJ / 51kcal

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

Menu Listing with Traffic Lights

iowden@catered.org.uk

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.