Shaw Autumn Winter menu week 2 24/25 Analyse by: Per Portion Food Labelling: Default

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Monday			_			_			_	_						_					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	52.40	202.8	0.3	0.1	0.4	3.2	-	8.0	2.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		10.1%	0.4%	0.3%	7.0%	3.6%	-	3.1%	4.7%	-	-	-	-	-	-	-	-	-	-	-	-
BBQ Chicken	60.61	72.7	1.9	0.5	0.4	2.4	-	3.7	9.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.6%	2.8%	2.4%	6.3%	2.6%	-	1.4%	19.3%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Macaroni Cheese	221.45	1272.0	20.5	10.4	1.4	8.0	-	51.4	19.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		63.6%	29.2%	52.2%	23.0%	8.8%	-	19.8%	38.1%	-	-	-	-	-	-	-	-	-	-	-	-
Pasta	45.25	166.7	1.4	0.3	0.0	1.7	-	29.7	5.4	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		8.3%	2.0%	1.4%	0.0%	1.9%	-	11.4%	10.8%	-	-	-	-	-	-	-	-	-	-	-	-
Rice and peas	91.00	572.9	0.6	0.2	0.7	0.7	-	28.8	3.2	-	-	-	-	-	-	-	-	-	-	-	
Daily Reference Intake (%)		28.6%	0.8%	0.8%	11.7%	0.8%	-	11.1%	6.5%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Sweetcorn	50.00	155.8	0.7	0.2	0.0	4.1	-	5.8	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		7.8%	1.0%	1.0%	0.2%	4.5%	-	2.2%	2.5%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Ice Cream	80.00	129.6	6.6	3.4	0.1	11.8	-	14.5	2.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.5%	9.4%	17.2%	2.0%	13.1%	-	5.6%	5.4%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	_	0.3%	3.8%	_	-	_	_	-	-	_	_	_	_	_	-
Daily reciercines Intente (70)		0.070						010 /0	310 70												
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Tuesday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	52.40	202.8	0.3	0.1	0.4	3.2	-	8.0	2.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		10.1%	0.4%	0.3%	7.0%	3.6%	-	3.1%	4.7%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese & Tomato Pizza	98.05	262.5	15.5	10.0	1.7	2.5	-	17.8	13.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		13.1%	22.2%	50.0%	28.8%	2.8%	-	6.9%	27.3%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Pasta	45.25	166.7	1.4	0.3	0.0	1.7	-	29.7	5.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		8.3%	2.0%	1.4%	0.0%	1.9%	-	11.4%	10.8%	-	-	-	-	-	-	-	-	-	-	-	-

Potato Smiles	60.47	120.3	4.1	0.5	0.2	0.3	-	18.7	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.0%	5.9%	2.4%	3.2%	0.3%	-	7.2%	2.7%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Pasta Bake	200.90	534.2	12.3	5.7	4.3	6.0	-	41.7	22.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.7%	17.6%	28.3%	71.5%	6.7%	-	16.0%	43.9%	-	-	-	-	-	-	-	-	-	-	-	-
Broccoli	50.00	21.5	0.3	0.1	0.0	1.0	-	1.6	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.1%	0.4%	0.4%	0.2%	1.1%	-	0.6%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cocoa Sponge	43.91	276.1	10.4	3.1	-	6.4	-	14.4	3.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		13.8%	14.8%	15.4%	-	7.1%	-	5.5%	6.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-

Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Wednesday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	52.40	202.8	0.3	0.1	0.4	3.2	-	8.0	2.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		10.1%	0.4%	0.3%	7.0%	3.6%	-	3.1%	4.7%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Gravy	5.00	73.4	0.2	0.1	0.5	0.6	-	3.5	0.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.3%	0.5%	8.0%	0.6%	-	1.3%	0.7%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Pasta	45.25	166.7	1.4	0.3	0.0	1.7	-	29.7	5.4	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		8.3%	2.0%	1.4%	0.0%	1.9%	-	11.4%	10.8%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Gammon	73.61	445.4	4.8	1.8	2.4	3.4	-	3.5	11.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		22.3%	6.9%	9.1%	39.3%	3.8%	-	1.4%	23.8%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Potatoes	127.75	115.2	2.6	0.2	0.2	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		5.8%	3.8%	0.9%	3.2%	1.1%	-	8.2%	5.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Quorn Fillet	71.43	295.0	0.9	0.3	0.7	0.0	-	3.5	10.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.8%	1.2%	1.5%	11.8%	0.0%	-	1.3%	20.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Yorkshire Pudding	28.00	285.6	2.2	0.2	0.2	0.6	-	9.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.3%	3.1%	1.0%	2.8%	0.7%	-	3.6%	4.9%	-	-	-	-	-	-	-	-	-	-	-	-
Carrots	50.00	20.5	0.1	0.0	0.0	2.4	-	5.0	0.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.0%	0.1%	0.0%	0.0%	2.6%	-	1.9%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Jelly	95.56	9.8	0.1	0.0	0.0	2.2	-	2.4	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.5%	0.1%	0.1%	0.2%	2.5%	-	0.9%	0.2%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%) Thursday		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
	Portion Weight (g)	Energy (kcal)	Pat (g)	Saturated Fat (g)	0.7%	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g) %6.0	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Thursday	Portion Weight (g)	(kcal)		Fat						NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Thursday Menu Item		Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Thursday Menu Item Baked Beans		Energy (kcal)	Fat (g)	Saturated Fat (9)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (9)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)

Chunky Vegetable Curry	189.30	154.2	7.1	N	0.8	4.4	-	20.5	2.8	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		7.7%	10.1%	-	13.8%	4.9%	-	7.9%	5.5%	-	-	-	-	-	-	-	-	-	-	-	-
Creamy Chicken Curry	259.00	490.6	11.6	N	0.1	2.8	-	17.7	10.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		24.5%	16.6%	-	0.8%	3.1%	-	6.8%	21.8%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Pasta	45.25	166.7	1.4	0.3	0.0	1.7	-	29.7	5.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		8.3%	2.0%	1.4%	0.0%	1.9%	-	11.4%	10.8%	-	-	-	-	-	-	-	-	-	-	-	-
Rice	105.00	534.1	0.8	0.2	0.0	0.1	-	27.0	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.7%	1.1%	1.1%	0.2%	0.2%	-	10.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Green Beans	50.00	37.5	0.0	0.0	0.0	0.0	-	1.0	0.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.9%	0.0%	0.0%	0.2%	0.0%	-	0.4%	1.2%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-

Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Vanilla Shortbread	37.63	307.3	9.0	2.5	0.2	6.4	-	21.5	1.8	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	12.9%	12.5%	3.0%	7.1%	-	8.3%	3.5%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Friday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vítamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	52.40	202.8	0.3	0.1	0.4	3.2	-	8.0	2.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		10.1%	0.4%	0.3%	7.0%	3.6%	-	3.1%	4.7%	-	-	-	-	-	-	-	-	-	-	-	-

6.00 24.6 2.1 1.4 0.1 0.0 - 0.1 1.7

Cheese

Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Chips	103.18	532.4	3.1	0.4	0.4	0.5	-	21.7	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.6%	4.4%	2.1%	6.0%	0.6%	-	8.3%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fish Fingers	84.00	754.3	7.9	0.7	0.7	0.8	-	16.8	10.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.7%	11.3%	3.4%	11.8%	0.8%	-	6.5%	20.2%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Pasta	45.25	166.7	1.4	0.3	0.0	1.7	-	29.7	5.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		8.3%	2.0%	1.4%	0.0%	1.9%	-	11.4%	10.8%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Dippers	60.00	460.2	5.8	0.6	0.5	0.1	-	5.9	7.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		23.0%	8.2%	3.0%	7.7%	0.1%	-	2.3%	14.4%	-	-	-	-	-	-	-	-	-	-	-	-
Tomato Ketchup	5.00	29.2	0.0	0.0	0.1	1.0	-	1.6	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.5%	0.0%	0.0%	1.3%	1.1%	-	0.6%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Peas	50.00	144.5	0.2	0.1	0.0	1.6	-	4.5	2.6	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		7.2%	0.2%	0.3%	0.7%	1.7%	-	1.7%	5.2%	-	-	-	-	-	-		-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Banana Sponge	70.00	366.6	10.4	2.9	0.2	10.2	-	24.8	3.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		18.3%	14.9%	14.4%	3.8%	11.4%	-	9.6%	7.2%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-