Shaw Spring Summer menu 25 Week 1 Analyse by: Per Portion Food Labelling: Default

Monday

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%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	3.00	12.3	1.0	0.7	0.1	0.0	-	0.0	0.8	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.6%	1.5%	3.5%	0.8%	0.0%	-	0.0%	1.7%	-	-	-	-	-	-	-	-	-	-	-	-
Gravy	55.00	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%	-	-	-	-	-	-	-	-	-	-	-	-
Mash Potatoes	105.00	330.8	2.9	0.8	0.2	0.6	-	16.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.5%	4.1%	3.9%	2.8%	0.7%	-	6.2%	3.5%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Pork Sausages	56.75	620.3	11.4	4.1	0.9	0.7	-	4.3	6.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		31.0%	16.2%	20.5%	15.7%	0.8%	-	1.7%	13.7%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Sausage	75.00	103.5	3.5	1.2	0.8	0.1	-	6.1	10.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		5.2%	4.9%	6.0%	13.8%	0.1%	-	2.3%	21.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Mixed Vegetables	50.00	95.5	0.1	0.0	0.0	2.4	-	3.5	1.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.8%	0.2%	0.2%	0.7%	2.7%	-	1.4%	2.0%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Frozen Yoghurt	80.00	572.8	6.0	3.0	0.1	10.6	-	17.7	2.9	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (94)		28.6%	8.6%	15.2%	2.3%	11.8%		6.8%	5.8%												
Daily Reference Intake (%)		28.0%	8.6%	15.2%	2.3%	11.8%	-	6.8%	5.8%	-	-	-	-	-	-	-	-	-	-	-	-
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	2.02	18.7	0.0	0.0	0.0	0.1	-	0.8	0.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.9%	0.0%	0.1%	0.3%	0.1%	-	0.3%	0.4%	-	-	-	-	-	-	-	-	-	-	-	-
Tuesday																					
	ight	al)		Fat		r (g)	(a)	ate					(bı	(bd)	(mg)		g)	(mg)		(mg)	(bd)
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated B	Salt (g)	Total Sugar	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)
	70°(g)	l ine	-at	Sat (g)	Sal	[]	i e	g) ar	[은		2	l ii	<u>a</u>	/ita	/ita		300	ot	Tig da	di≶	/ita
			_	0,0	0,		"		<u> </u>		I	17					37	"		<u> </u>	
Baked Beans	52.40	202.8	0.3	0.1	0.4	3.2	-	8.0	2.4	-	-	-	-	-	-	-	-	-	-	-	-
Baked Beans Daily Reference Intake (%)										-	- -	-	-	-	-	-	-	-	-	-	-
		202.8	0.3	0.1	0.4	3.2	-	8.0	2.4	- -	- -	-	-	-	-	-		-		-	-
Daily Reference Intake (%)	52.40	202.8	0.3	0.1	7.0%	3.6%	-	8.0	2.4 4.7%		- -			-	-	-		-		-	
Daily Reference Intake (%) Cheese	52.40	202.8 10.1% 12.3	0.4%	0.1	7.0%	3.6%	-	8.0 3.1% 0.0	2.4 4.7% 0.8				-	-	-	-		-		-	-
Daily Reference Intake (%) Cheese Daily Reference Intake (%)	52.40 3.00	202.8 10.1% 12.3 0.6%	0.3 0.4% 1.0 1.5%	0.1 0.3% 0.7 3.5%	0.4 7.0% 0.1 0.8%	3.2 3.6% 0.0 0.0%	-	8.0 3.1% 0.0	2.4 4.7% 0.8 1.7%		- -	-	-	-	-	-	-	-		-	-
Daily Reference Intake (%) Cheese Daily Reference Intake (%) Cheese & Tomato Pizza	52.40 3.00	202.8 10.1% 12.3 0.6% 262.5	0.3 0.4% 1.0 1.5%	0.1 0.3% 0.7 3.5%	0.4 7.0% 0.1 0.8%	3.2 3.6% 0.0 0.0%	-	8.0 3.1% 0.0 0.0%	2.4 4.7% 0.8 1.7%				-	-	-	-					-

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 Wedges	100.00	548.0	3.0	0.4	0.1	0.5	-	22.0	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		27.4%	4.3%	2.0%	1.7%	0.6%	-	8.5%	5.0%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-

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 Muffin	62.33	689.1	5.6	1.4	0.1	7.8	-	27.8	3.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		34.5%	7.9%	7.2%	2.2%	8.7%	-	10.7%	7.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	2.02	18.7	0.0	0.0	0.0	0.1	-	0.8	0.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.9%	0.0%	0.1%	0.3%	0.1%	-	0.3%	0.4%	-	-	-	-	-	-	-	-	-	-	-	-
Wednesday																					
	Veight	(cal)		J Fat		lar (g)	ar (g)	Irate	(6				(mg)	4 (µg)	C (mg)	(6)	(mg)	n (mg)	<u> </u>	(mg) u	(bd) C
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated I	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)
Menu Item Baked Beans	S2.40	Energy (1	Fat (g)	Saturated (9)	Salt (g)	Total Sug	Free Sug	Carbohyo (g)	Protein (NSP (g)	Iron (mg	Zinc (mg	Calcium	Vitamin ,	Vitamin	Folate (L	Sodium (Potassiur	Magnesiu (mg)	Riboflavi	Vitamin I
										NSP (g)	Iron (mg	Zinc (mg	Calcium	Vitamin ,	Vitamin (Folate (L	Sodium (Potassiur	Magnesic (mg)	Riboflavi	Vitamin I
Baked Beans		202.8	0.3	0.1	0.4	3.2	-	8.0	2.4	NSP (g)	Iron (mg	Zinc (mg	Calcium	Vitamin ,	Vitamin (Folate (L	Sodium (Potassiur	Magnesic (mg)	Riboflavi	Vitamin I
Baked Beans Daily Reference Intake (%)	52.40	202.8	0.3	0.1	7.0%	3.6%	-	8.0	2.4 4.7%	NSP (g)	Iron (mg	Zinc (mg	Calcium	Vitamin	Vitamin (Folate (L	Sodium (Potassiur	Magnesit (mg)	Riboflavi	Vitamin I
Baked Beans Daily Reference Intake (%) Cheese	52.40	202.8 10.1% 12.3	0.3	0.1	7.0%	3.6%	-	8.0 3.1% 0.0	2.4 4.7% 0.8	NSP (g)	Iron (mg	Zinc (mg	Calcium	Vitamin	Vitamin	Folate (L	Sodium (Potassiur	Magnesit (mg)	Riboflavi	Vitamin I
Baked Beans Daily Reference Intake (%) Cheese Daily Reference Intake (%)	52.40 3.00	202.8 10.1% 12.3 0.6%	0.3 0.4% 1.0 1.5%	0.1 0.3% 0.7 3.5%	0.4 7.0% 0.1 0.8%	3.2 3.6% 0.0 0.0%	-	8.0 3.1% 0.0	2.4 4.7% 0.8 1.7%	(b) ASN	Iron (mg	Zinc (mg	Calcium	Vitamin	Vitamin	Folate (L	Sodium	Potassiur ' ' ' '	Magnesit (mg)	Riboflavi	Vitamin I

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 chicken	50.00	295.5	1.2	0.5	-	0.1	-	0.1	14.8	-	-	-	-	-	-	-	0.2	-	-	-	-
Daily Reference Intake (%)		14.8%	1.7%	2.3%	-	0.1%	-	0.0%	29.5%	-	-	-	-	-	-	-	6.3%	-	-	-	-
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	16.83	164.1	1.2	0.1	0.1	0.9	-	5.9	1.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		8.2%	1.7%	0.6%	1.8%	1.0%	-	2.3%	2.4%	-	-	-	-	-	-	-	-	-	-	-	-
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 (%)		10.1%	0.4%	0.3%	7.0%	3.6%		3.1%	4.7%										_	_	
Baked Beans	52.40	202.8	0.3	0.1	0.4	3.2	-	8.0	2.4	-	-	-	-	-	-	-	-	-	-	-	-
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)
Thursday																					
Daily Reference Intake (%)		0.9%	0.0%	0.1%	0.3%	0.1%	-	0.3%	0.4%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	2.02	18.7	0.0	0.0	0.0	0.1	-	0.8	0.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.1%	0.1%	0.1%	0.0%	0.3%	-	0.3%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Jelly	92.89	1.2	0.0	0.0	0.0	0.3	-	0.7	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-

Beef Bolognese	161.50	650.0	10.7	N	N	4.8	-	5.5	14.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.5%	15.2%	-	-	5.3%	-	2.1%	28.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	3.00	12.3	1.0	0.7	0.1	0.0	-	0.0	0.8	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.6%	1.5%	3.5%	0.8%	0.0%	-	0.0%	1.7%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Tomato and Basil Pasta	133.47	193.7	1.6	N	0.4	5.1	-	33.5	6.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.7%	2.3%	-	6.0%	5.7%	-	12.9%	12.9%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-

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%	-	-	-	-	-	-	-	-	-	-	-	-
Marble Sponge	50.94	298.4	10.6	3.0	0.3	9.5	-	17.3	3.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.9%	15.2%	15.0%	4.2%	10.6%	-	6.7%	6.9%	-	-	-	-	-	-	-	-	-	-	-	-
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	2.02	18.7	0.0	0.0	0.0	0.1	-	0.8	0.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.9%	0.0%	0.1%	0.3%	0.1%	-	0.3%	0.4%	-	-	-	-	-	-	-	-	-	-	-	-
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)	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	3.00	12.3	1.0	0.7	0.1	0.0	-	0.0	0.8	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		0.6%	1.5%	3.5%	0.8%	0.0%	-	0.0%	1.7%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Tomato Ketchup KS2	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%	-	-	-	-	-	-	-	-	-	-	-	-
Vegetable Fingers	95.00	746.7	7.7	0.6	0.9	2.4	-	22.8	3.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.3%	11.0%	2.9%	15.2%	2.6%	-	8.8%	6.5%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Oat Cookie	43.50	462.7	7.3	1.9	0.2	12.1	-	25.6	2.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		23.1%	10.5%	9.7%	3.2%	13.5%	-	9.8%	4.5%	-	-	-	-	-	-	-	-	-	-	-	-
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	2.02	18.7	0.0	0.0	0.0	0.1	-	0.8	0.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.9%	0.0%	0.1%	0.3%	0.1%	-	0.3%	0.4%	-	-	-	-	-	-	-	-	-	-	-	-