## Shaw Autumn Winter Menu week 3 24/25 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	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%	-	-	-	-	-	-	-	-	-	-	-	-
Creamy Tomato & Meatballs	185.20	613.1	10.6	N	1.4	4.4	-	8.5	10.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		30.7%	15.2%	-	23.0%	4.9%	-	3.3%	21.2%	-	-	-	-	-	-	-	-	-	-	-	-
Creamy Tomato Quorn Balls	199.88	373.7	8.3	-	1.2	3.8	-	12.3	12.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		18.7%	11.8%	-	19.3%	4.2%	-	4.7%	24.1%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Yoghurt	80.65	69.4	0.9	0.6	0.2	6.2	-	11.7	3.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.5%	1.3%	2.8%	2.8%	6.9%	-	4.5%	7.3%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%		-	-	-	-	-	-	-	-	-	-	-
Chunky Quorn Chilli Tortilla Boat	217.98	366.0	3.9	N	1.3	7.2	-	26.4	12.8	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		18.3%	5.5%	-	21.2%	8.0%	-	10.1%	25.5%	-	-	-	-	-	-	-	-	-	-	-	-
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 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%	-	-	-	-	-	-	-	-	-	-	-	-
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	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 chicken	10.00	59.1	0.2	0.1	-	0.0	-	0.0	3.0	-	-	-	-	-	-	-	0.0	-	-	-	-

Daily Reference Intake (%)		3.0%	0.3%	0.5%	-	0.0%	-	0.0%	5.9%	-	-	-	-	-	-	-	1.3%	-	-	-	-
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	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%	-	-	-	-	-	-	-	-	-	-	-	-
Thursday																					
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)
Menu Item  Baked Beans	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (9)	Salt (g)	Sugar	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)
				Saturated (g)		Total Sugar	Free		Protein	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		202.8	0.3	Saturated (g)	0.4	Total Sugar	- Free	8.0	Protein Protein	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  Daily Reference Intake (%)	52.40	202.8	0.3	0.3% 4.5	7.0%	3.2%	- Free	8.0	2.4 4.7%	(b) MSN	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  Daily Reference Intake (%)  Beef Burger	52.40	202.8 10.1% 1087.4	0.4%	0.3% 4.5	7.0%	3.6% 2.4	- Free	8.0 3.1% 27.2	2.4 4.7%	(b) ASN	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)

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 Puff	100.00	654.0	7.1	0.8	0.5	0.5	-	20.0	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.7%	10.1%	4.0%	8.3%	0.6%	-	7.7%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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)	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%	-	-	-	-	-	-	-	-	-	-	-	-
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	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%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Spiced Orange Cake	25039.38	957.5	7501.6	4825.4	350.1	131.8	-	142.0	128.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		47.9%	25002.3%	24127.2%	% 5834.3%	146.4%	-	54.6%	256.3%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-