

Shaw Autumn Winter Menu week 3 24/25

Analyse by: Per Portion

Food Labelling: Default

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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	-	-	-	-

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