

## **Chartwells Secondary Menu Nutrient Counts – Autumn/Winter 2023**

### **What are nutrient counts used for?**

The below information can be used for pupils with metabolic conditions whereby they monitor their nutrient intake, such as Diabetes, PKU, Cystic Fibrosis or Prader Willi.

### **How to use these?**

Nutrient Counts provide nutrition data for each recipe served, including Carbohydrate, Fat, Protein and Calories. This data is for the final (cooked) product and is provided **per average portion** for a primary school pupil and per 100g. Having the per 100g means that the portion can be scaled up or down to meet the pupils needs.

For example, a child with diabetes may need the portion altering, so the supporting adult can calculate the carbohydrates consumed and can administer the correct amount of insulin.

**Communication between the kitchen and supporting staff is key to ensure the safety of the child needing to monitor their nutritional intake.**

### **How to maintain accuracy:**

- 1) Always use the most up to date version of nutrient counts.
- 2) Ensure the correct recipe is used by cross checking the recipe code (PLU Code) on the nutrient count vs your recipe. Also, ensure that the recipe is followed exactly.
- 3) Follow the **portion size exactly as stated on the nutrient counts**, for main, sides and desserts. If this needs to be changed then the school supporting staff, can use the per 100g data to scale up or down the portion.
- 4) Use electronic scales to measure individual ingredients for a recipe. For example, adding extra potatoes to a recipe will increase the carbohydrate content, which is why it is so important to follow the recipe exactly. Also, regularly check the scales are calibrated correctly.
- 5) Ensure when the dishes are complete the agreed portion size of the dish, sides, and dessert is accurately weighed out, note this down on the double-checking form. Cover and label the plate/bowl with the pupil's name ahead of service ready to be provided to the pupil when they arrive.

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## **NOTIFICATION OF CHANGES TO THE NUTRIENT COUNTS – Autumn/Winter 2023**

This can happen throughout the menu cycle due to several reasons including a change in supplier, a product switch, or a recipe change.

We will ensure that the updated nutrient counts are shared with you and displayed clearly below.

<b>RECIPE CODE</b>	<b>RECIPE NAME</b>	<b>REASON FOR CHANGE</b>	<b>PAGE NUMBER</b>
93034775	Gravy	New Gravy Supplier	12
93204511	Sloppy Joe Burger	Ingredient change	3
93239998	Chicken Shawarma bowl	Ingredient change	4
93035166	Sausages Pork 8's	Supplier update	7
93170733	Southern Fried Chicken Goujon	McCance and Widdowson Data	5
93242116	BBQ Chicken Meatballs halal	Supplier update	5
93241053	Plantball Marinara melt	Supplier update	8
93170735	Southern Fried Chicken Goujon FFL	New Supplier	6

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## Chartwells Secondary Menu Nutrient Counts – Autumn/Winter 2023

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Recipe Code	Meat Mains	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
<b>BEEF</b>							
93237708	BBQ BEEF MEATBALLS	157	226	944	14	13	12
		100	144	602	9	8	8
93181208	BEEF BOLOGNESE SAUCE V2	217	196	821	8	19	12
		100	91	379	4	9	6
93253012	CHEESEBURGER	147	421	1,762	23	26	27
		100	287	1,200	15	18	18
93204629	CHILLI CON CARNE	148	141	588	5	14	9
		100	95	397	4	10	6
93239252	MEXICAN BEEF TORTILLA PIE	192	234	980	10	17	19
		100	122	511	5	9	10
93203913	MINCE BEEF PIE	207	295	1236	8	17	40
		100	142	597	4	8	19
93064252	ROAST BEEF	51	104	435	3	19	0
		100	202	846	6	36	0
93204511	SLOPPY JOE BURGER	177	363	1,519	14	22	36
		100	206	860	8	13	20
93181323	TRADITIONAL BEEF LASAGNE	272	410	1,714	20	23	38
		100	151	631	7	8	14
93098950	TRADITIONAL COTTAGE PIE	364	303	1,267	9	19	38
		100	83	348	2	5	11
<b>HALAL BEEF (Where nutrition differs from standard)</b>							
93181385	BEEF BOLOGNESE SAUCE HALAL V2	209	223	935	13	15	12
		100	107	448	6	7	6
93253013	CHEESEBURGER HALAL	167	439	1,837	26	22	28
		100	264	1,103	16	13	17
93208669	CHILLI CON CARNE HALAL	148	177	741	10	13	9
		100	120	500	7	9	6
93239254		192	264	1,103	14	16	19

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	MEXICAN BEEF TORTILLA PIE HALAL	100	137	576	7	8	10
93204227	MINCE BEEF PIE HALAL	223	368	1,538	15	19	40
		100	165	690	7	8	18
93064700	ROAST BEEF HALAL	53	113	473	5	17	0
		100	213	893	9	33	0
93208665	SLOPPY JOE BURGER HALAL	177	386	1,614	18	21	32
		100	218	914	10	12	18
93181381	TRADITIONAL BEEF LASAGNE HALAL	289	441	1,843	24	21	38
		100	153	639	8	7	13
93099011	TRADITIONAL COTTAGE PIE HALAL	344	327	1,369	13	17	37
		100	95	398	4	5	11
93181325	PASTA BEEF BOLOGNESE FFL V2	293	349	1,461	6	23	55
		100	119	498	2	8	19
93098821	ROAST BEEF FFL	53	78	328	4	11	0
		100	148	618	7	21	0

Recipe Code	Meat Mains (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
<b>CHICKEN AND TURKEY</b>							
93241647	BUFFALO CHICKEN	105	199	831	13	15	6
		100	189	789	12	14	5
93261794	CHICKEN AND VEG KORMA	202	210	879	8	17	17
		100	104	436	4	8	9
93239998	CHICKEN SHAWARMA BOWL	315	427	1,785	6	27	70
		100	135	566	2	8	22
93261784	CHICKEN AND VEG TIKKA MASALA	245	207	866	7	17	21
		100	84	353	3	7	9
93261806	CHICKEN SAUSAGE PASTA BAKE	311	412	1,723	16	26	45
		100	132	553	5	8	15
93134407	JERK CHICKEN	100	110	459	1	19	6
		100	110	458	1	19	6
93041812	MOROCCAN CHICKEN COUSCOUS SALAD	333	424	1,773	8	26	64
		100	127	533	3	8	19
93203516	PULLED MEXICAN CHICKEN AND CRUSHED TACO	149	142	592	4	12	14
		100	95	396	3	8	10
93108713	ROAST TURKEY BREAST	55	85	355	1	19	0
		100	155	651	2	35	0
93143110	SMOKY CHICKEN PASTA SAUCE	315	389	1,628	11	22	55
		100	124	517	4	7	17
93170733	SOUTHERN FRIED CHICKEN GOUJON	84	231	968	12	16	16
		100	277	1,159	14	19	20

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93253075	SOUTHERN FRIED CHICKEN KATSU	154	283	1,183	15	14	24
		100	184	768	10	9	16
93175447	SPICY CHICKEN PITTA WITH CHILI SAUCE	100	171	717	4	14	21
		169	290	1,215	6	24	36
93253134	STICKY CHICKEN AND VEGETABLE NOODLES	250	347	1,452	9	24	47
		100	139	581	3	9	19
93202449	SWEET AND SOUR CHICKEN	177	188	785	8	16	14
		100	106	443	4	9	8
93236711	SWEET CHILLI CHICKEN NOOD SALAD	352	509	2,130	12	37	67
		100	145	606	3	10	19
93163625	TERIYAKI CHICKEN SOUL BOWL	314	356	1,489	9	23	48
		100	113	474	3	7	15
93253030	TURKEY CON CHILLI	227	179	749	6	14	18
		100	79	330	3	6	8
93203552	WEST AFRICAN CHICKEN RICE	302	345	1,445	5	21	57
		100	115	479	2	7	19
<b>HALAL CHICKEN AND TURKEY (Where nutrition differs from standard)</b>							
93242116	BBQ CHICKEN MEATBALLS HALAL	135	128	535	5	11	10
		100	95	398	4	8	8
93241806	BUFFALO CHICKEN HALAL	91	197	824	13	14	6
		100	216	905	14	16	6
93261799	CHICKEN AND VEG KORMA HALAL	202	200	835	7	17	17
		100	99	414	4	8	9
93202121	CRISPY MASALA CHICKEN SLIDER	188	282	1,182	6	24	34
		100	150	629	3	13	18
93154010	CHICKEN SAUSAGES 8'S HALAL	75	143	600	9	11	13
		100	191	800	12	15	17
93239999	CHICKEN SHAWARMA BOWL HALAL	346	472	1,976	6	25	81
		100	137	572	2	7	23
93261787	CHICKEN AND VEG TIKKA MASALA HALAL	245	196	822	6	16	21
		100	80	335	2	7	9
93261934	CHICKEN SAUSAGE PASTA BAKE HALAL	299	385	1,612	13	19	54
		100	129	539	4	6	18
93204168	CRISPY MASALA CHICKEN SLIDER HALAL	174	256	1,070	5	20	33
		100	147	616	3	11	19
93131640	JERK CHICKEN HALAL	104	90	375	1	15	6
		100	87	362	1	15	5
93253145	PLANT FORWARD STICKY CHICKEN NOODLES HAL	308	429	1,794	9	30	63
		100	139	582	3	10	20
93204220	PULLED MEXICAN CHICKEN HALAL	157	150	626	4	14	14
		100	95	399	3	9	9

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93238732	ROAST CHICKEN MASH POT HALAL	442	354	1,482	7	24	51
		100	80	335	2	5	11
93132734	ROAST TURKEY BREAST HALAL	58	91	379	1	20	0
		100	155	649	2	35	0
93143111	SMOKY CHICKEN PASTA SAUCE HALAL	315	380	1,590	10	22	55
		100	121	505	3	7	17
93170734	SOUTHERN FRIED CHICKEN GOUJON HALAL	84	175	734	8	12	14
		100	210	879	9	14	17
93253078	SOUTHERN FRIED CHICKEN KATSU HALAL	168	265	1,110	13	13	25
		100	158	661	8	8	15
93204167	SWEET AND SOUR CHICKEN HALAL	177	159	666	4	17	14
		100	90	377	2	9	8
93236775	SWEET CHILLI CHICKEN NOOD SALAD HALAL	361	514	2,150	11	39	68
		100	142	595	3	11	19
93181297	TERIYAKI CHICKEN AOUL BOWL HALAL	315	332	1,391	8	19	48
		100	106	441	3	6	15
93267107	TURKEY CON CHILLI HALAL	231	187	782	7	15	18
		100	81	338	3	6	8
93204221	WEST AFRICAN CHICKEN RICE HALAL	308	349	1,462	5	21	57
		100	114	475	2	7	19
<b>FFL CHICKEN AND TURKEY (Where nutrition differs from standard)</b>							
93170735	SOUTHERN FRIED CHICKEN GOUJON FFL	73	202	846	10	14	14
		100	277	1158	14	19	20
93267453	SOUTHERN FRIED CHICKEN KATSU FFL	145	197	826	7	11	22
		100	136	568	5	8	15

Recipe Code	Meat Mains (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
<b>FISH</b>							
93230888	BREADED BASA	100	255	1,068	10	11	29
		100	255	1,068	10	11	29
93230889	BREADED FISHWICH	142	357	1,494	15	13	41
		100	251	1,050	11	9	29

Recipe Code	Meat Mains (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
<b>PORK</b>							
93173430	ROAST PORK LOIN - SAUCE AND STUFFING	110	193	808	6	17	17
		100	175	732	6	16	15
93238734	ROASTED GLAZED HAM MASH	437	420	1,757	12	22	58
		100	96	402	3	5	13
93207204		153	153	638	6	10	14

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	SAUSAGE CASSEROLE	100	100	418	4	6	9
93035166	SAUSAGE PORK 8'S	85	236	987	14	14	11
		100	277	1,159	17	17	14
93236776	THE SAUSAGE DOG	147	312	1,306	14	13	31
		100	212	887	10	9	21
93242024	THE SAUSAGE DOG HALAL	165	318	1,331	14	16	39
		100	192	805	8	10	24

Recipe Code	Vegetarian Mains	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93132515	BLACKEYED BEAN BURGER	176	251	1,050	4	9	42
		100	143	597	2	5	24
93201775	CAULIFLOWER MAC N CHEESE	255	403	1,688	21	17	38
		100	158	663	8	7	15
93170816	CHEESE AND ONION PASTY	85	225	943	14	4	20
		100	265	1,110	17	5	23
93153187	CHICK PEA & TOMATO MASALA	240	133	557	5	6	18
		100	56	233	2	3	7
93147031	CHICKPEA & VEGETABLE JALFREZI	100	84	350	4	3	9
		164	137	574	7	5	14
93130899	FETA & BEETROOT BURGER	205	374	1,567	14	14	49
		100	182	763	7	7	24
93159955	LOUISIANA SOUL BOWL	264	121	506	3	7	14
		100	46	192	1	3	5
93170738	MAC AND CHEESE POT	454	656	2,748	32	24	72
		100	144	605	7	5	16
93170723	MAC TOPPER - CRISPY CAULIFLOWER	114	79	330	1	4	14
		100	69	290	1	3	12
93261849	MEXICAN VEGAN CHILLI LOADED WEDGES	240	279	1,168	10	17	31
		100	117	488	4	7	13
93175507	MEXICAN VEGGIE BURRITO	274	480	2,008	17	18	64
		100	175	732	6	7	23
93252639	MEXICAN VEGGIE TORTILLA PIE	195	264	1,107	13	17	19
		100	135	567	7	9	9
93241053	PLANTBALL MARINARA MELT	149	209	875	15	12	9
		100	141	588	10	8	6
93128069	ROAST CAULIFLOWER & CHICKPEA KORMA	253	228	954	12	8	22
		100	90	377	5	3	9
93239997		340	368	1,542	5	11	74

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	ROASTED BUTTERNUT BUDDHA BOWL	100	108	454	1	3	22
93236714	ROASTED INDIAN CHICKPEA SALAD	179	145	607	6	7	17
		100	81	339	3	4	9
93175448	SPICY CHICK PITTA CHILLI SAUCE HALAL	174	0	0	0	0	0
		100	0	0	0	0	0
93203787	SWEET CHILLI & GARLIC PLANT NOODLES	372	525	2,195	12	30	75
		100	141	590	3	8	20
93129220	SWEET POTATO & BLACK BEAN ENCHILADA	289	382	1,599	13	13	54
		100	132	553	5	5	19
93236777	THE VEGGIE DOG	190	313	1,309	10	20	34
		100	164	688	5	10	18
93169121	VEGGIE SAUSAGE ROLL	129	473	1,982	30	11	37
		100	367	1,537	24	8	28
93261853	TRINIDAD VEGETABLE RICE	379	502	2,101	25	7	65
		100	132	554	7	2	17
93263540	VEGAN CHILLI	164	156	654	4	11	16
		100	96	400	3	7	10
93175508	VEGETABLE CHOW MEIN	357	343	1,437	7	15	56
		100	96	403	2	4	16
93181329	VEGETABLE LASAGNE V2	364	362	1,516	19	13	39
		100	99	416	5	3	11
93097795	VEGETARIAN BOLOGNAISE	310	386	1,617	8	20	58
		100	125	522	3	7	19
93261819	VEGETARIAN CARIBB CHICKPEA COCONUT CURRY	156	163	683	10	9	11
		100	105	437	6	6	7
93080528	VEGETARIAN COTTAGE PIE	397	307	1,286	8	13	43
		100	78	324	2	3	11
93204628	VEGETARIAN SAUSAGE	100	138	578	5	15	8
		100	138	578	5	15	8
93261788	VEGETARIAN TIKKA MASALA	258	196	822	6	13	25
		100	76	319	2	5	10
93203553	WEST AFRICAN VEGETABLE RICE	320	378	1,582	6	19	62
		100	118	495	2	6	19
93130657	YELLOW VEGETABLE CURRY	303	274	1,146	11	12	33
		100	90	378	4	4	11

Recipe Code	Jacket Potatoes	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
VMC 125755	JACKET POTATO – BAKED NO OIL	100	97	406	0.2	3	23
		100	97	406	0.2	3	23

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VMC 111925	CHEESE	50	207	859	17	12.5	1
		100	414	1718	34	25	2
VMC 126781	PLAIN SALMON						
		100	130	540	8	24	0
VMC 120893	BAKED BEANS	100	63	264	0	4	9
		100	63	264	0	4	9
VMC 187199 / 89704	TUNA MAYONNAISE (70G Tuna / 23g Mayo)	93	147	616	7	19	1
		100	158	661	8	20	1

Recipe Code	Pasta & Soup	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93147954	HERBY TOMATO PASTA	261	407	1,702	14	16	58
		100	156	651	5	6	22
93094152	LEEK AND POTATO SOUP	226	73	305	2	2	12
		100	32	135	1	1	5
93136872	PEA & MINT SOUP	247	88	368	1	6	16
		100	36	149	0	2	6
93094155	TOMATO AND BASIL SOUP.	232	53	220	2	2	8
		100	23	95	1	1	3

Recipe Code	Pizza	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93128494	TRATTORIA HAWAIIAN STONE BAKED PIZZA	133	286	1,196	8	18	40
		100	215	900	6	14	30
93041388	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA	128	286	1,195	9	18	40
		100	222	932	7	14	31
93128498	TRATTORIA VEGGIE HOT ONE SBAKE PIZZA	139	288	1,205	9	18	40
		100	207	866	6	13	29
93147302	TRATTORIA CHIPOTLE CHICK SIZZ PIZZA HAL	130	284	1,190	8	20	39
		100	218	913	6	15	30
93127257	TRAT 14 MARGHERITA S'BAKE PIZZA FFL	115	280	1,173	9	18	39
		100	243	1,017	8	15	34
93147946	TRATTORIA 14 HAWAIIAN SBAK PIZZA FFL	132	290	1,214	9	19	40
		100	219	917	7	15	30

Recipe Code	Carbohydrate Sides	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
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93119265	BREAD WHOLEMEAL LOAF	75	142	595	1	6	28
		100	189	792	2	8	38
93124814	CHIPS	94	177	742	5	3	33
		100	189	792	5	3	35
93163112	CHIPOTLE WEDGES HALF PORTION	60	59	247	0	2	14
		100	98	409	0	3	23
93237709	CRISPY SPICED POTATOES	125	148	620	3	3	28
		100	118	495	3	3	22
93157067	GARLIC & HERB WEDGES	61	61	254	0	2	14
		100	100	418	0	3	23
93154277	GARLIC AND HERB BREAD	146	298	1,245	2	11	63
		100	204	854	1	8	43
93197575	MASH POT	194	177	743	5	4	32
		100	91	383	2	2	16
93156761	MEXICAN YELLOW RICE	147	215	902	1	5	51
		100	147	615	0	3	35
93207226	PASTA WHOLEMEAL	167	223	935	2	9	46
		100	134	561	1	5	28
93109633	RICE 1/2 WHOLEGRAIN	173	251	1,051	1	5	58
		100	145	606	1	3	34
93162615	ROAST POTATOES	114	182	763	7	3	30
		100	160	669	6	3	26
93203944	MARGHERITA PIZZA PINWHEEL	76	169	706	5	8	24
		100	223	933	7	10	32

Code	Vegetable Sides and Salads	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93101975	AMERICAN STYLE SLAW	69	56	236	3	1	7
		100	82	342	4	1	10
93162619	BAKED BEANS	90	57	237	0	4	8
		100	63	264	0	4	9
93143359	CABBAGE	65	18	74	0	1	3
		100	27	113	1	2	4
93065561	CARROTS	60	18	73	0	0	4
		100	29	122	1	1	6
93153275	GREEN BEANS	73	17	73	0	2	2
		100	24	100	0	2	3
93129329	GREEN SALAD	72	10	42	0	1	1
		100	14	58	0	1	2
93143440	MIXED SALAD	73	16	68	0	1	3
		100	22	93	0	1	4
93065563	PEAS	80	56	234	1	4	9
		100	70	293	1	6	11
93170368 93094208	SWEETCORN	70	54	227	1	2	10
		100	78	327	2	3	14
93261773		227	149	623	3	9	22

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	SWEET AND SOUR VEGETABLES	100	66	275	1	4	10
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Code	Other Additional Items	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93034775	GRAVY	39	11	46	0	0	2
		100	28	119	0	1	6
93203346	RANCH DFRESSING	16	18	74	1	0	1
		100	110	460	9	2	6

Recipe Code	Baguettes, Salads, Sandwiches, Wraps etc.	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
<b>BAGUETTES</b>							
93151492	BBQ CHICKEN BAGUETTE WHITE SEC HALAL	121	194	812	7	21	12
		100	160	669	5	17	10
93155974 93151108	BLT BAGUETTE WHITE FFL	321	695	2,908	31	32	70
		100	216	906	10	10	22
93235947	CHEESE AND TOMATO BAGUETTE BROWN	202	523	2,190	19	21	64
		100	259	1,083	10	10	32
93183307	CHEESE BAGUETTE WHITE	188	539	2,256	20	22	66
		100	288	1,203	11	12	35
93183334 93183486	CHEESE HAM BAGUETTE WHITE	248	596	2,494	21	31	67
		100	241	1,008	9	13	27
93177941	CHICKEN MAYO BAGUETTE WHITE HALAL	100	213	892	6	13	27
		255	543	2,274	15	32	68
93178093	CHICKEN SALAD BAGUETTE HALAL	255	468	1,959	7	32	67
		100	184	769	3	13	26
93156000	CHICKEN SALAD BAGUETTE WHITE FFL	270	542	2,266	15	30	69
		100	201	840	6	11	26
93208235 93208233 93183333	HAM BAGUETTE	213	478	2,000	11	28	63
		100	225	941	5	13	30
93151095	TUNA AND CUCUMBER BAGUETTE WHITE	276	547	2,288	17	27	69
		100	198	829	6	10	25
93218560	TUNA MAYO BAGUETTE BROWN	199	435	1,822	8	23	65
		100	219	917	4	12	33
93178064		218	528	2,209	15	12	75

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	VEGAN CHEESE AND PICKLE BAGUETTE	100	243	1,016	7	6	35
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Recipe Code	Baguettes, Salads, Sandwiches, Wraps etc. (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
<b>PANINIS</b>							
93209161	CHEESE PANINI	140	378	1,582	11	17	54
		100	270	1,130	8	12	38
93170794	CHEESE AND TOMATO SAUCE PANINI	170	392	1,638	11	18	56
		100	230	964	7	11	33
93129865	TUNA AND CHEESE MELT PANINI	183	393	1,643	8	28	55
		100	214	896	4	15	30

Recipe Code	Baguettes, Salads, Sandwiches, Wraps etc. (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
<b>SALADS</b>							
93172009	TUNA & SWEETCORN PASTA SALAD	276	363	1,521	9	19	55
		100	132	551	3	7	20

Recipe Code	Baguettes, Salads, Sandwiches, Wraps etc. (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
<b>SANDWICHES</b>							
93151106 93155972	BLT SANDWICH WHITE	185	415	1,736	19	20	40
		100	224	938	10	11	22
93183484 93183306	CHEESE AND HAM SANDWICH	185	459	1,921	22	31	31
		100	248	1,038	12	17	16
93183305 93183483	CHEESE AND HAM SANDWICH WHITE	185	441	1,848	19	26	40
		100	239	999	10	14	21
93151103	CHEESE SANDWICH BROWN	125	365	1,529	18	18	30
		100	292	1,223	14	14	24
93151102		125	384	1,610	18	17	38

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	CHEESE SANDWICH WHITE	100	308	1,288	14	13	31
93151101	CHEESE AND TOMATO SANDWICH BROWN	160	370	1,548	18	18	31
		100	232	970	11	11	20
93170792	CHEESE PLOUGHMANS SANDWICH WHITE	178	435	1,820	20	17	45
		100	244	1,022	11	10	25
93151048	CHICKEN MAYONNAISE SANDWICH BROWN	183	400	1,675	17	26	33
93151494		100	219	918	9	14	18
93151495							
93161852	CHICKEN SALAD SANDWICH WHITE	210	399	1,670	14	25	42
93161853		100	190	796	7	12	20
93183481	HAM SALAD SANDWICH ON WHITE	216	321	1,342	8	20	40
93183482		100	148	620	4	9	19
93183301							
93150964	HAM SANDWICH ON BROWN	145	256	1,070	5	17	32
		100	176	738	4	12	22
93162053	TUNA MAYONNAISE SANDWICH WHITE	154	313	1,309	8	19	40
		100	204	852	5	12	26
93162054	TUNA MAYONNAISE SANDWICH WMEAL	154	294	1,229	8	20	32
		100	191	800	5	13	21
93178046	VEGAN CHEESE SANDWICH WHITE	125	333	1,392	13	7	38
		100	266	1,114	10	5	31

Recipe Code	Baguettes, Salads, Sandwiches, Wraps etc. (Continued)	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
<b>WRAPS</b>							
93261834	CRISPY FISH FINGER WRAP	170	371	1,554	13	15	50
		100	219	917	8	9	30
93151099	TUNA CRUNCH WRAP	167	327	1,369	12	18	39
		100	196	819	7	11	23
93152299	PEPPER AND HUMOUS WRAP	195	425	1777	22	12	44
		100	218	911	11	6	23

Code	Desserts	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93203945		139	164	685	4	3	30

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	APPLE CRUMBLE LAYER POT	100	117	493	3	2	22
93114189	BAKED DOUGHNUT	47	144	604	3	3	25
		100	307	1,285	7	7	53
93159970	BANOFFEE PIE FB	97	125	522	6	3	16
		100	128	537	6	3	16
93204120	BEETROOT BROWNIE	49	196	820	8	3	25
		100	400	1,674	15	6	50
93233535	BERRY, GRANOLA AND YOGHURT	150	218	911	9	5	27
		100	145	607	6	4	18
93069578	BLUEBERRY MUFFIN	60	222	930	12	3	26
		100	371	1,552	20	5	44
93239791	COURGETTE APPLE & CINNAMON BAKE	66	138	579	5	2	22
		100	208	871	8	3	33
93161188	FROZEN MANGO YOGHURT	100	113	473	1	4	22
		100	113	473	1	4	22
93161187	FROZEN STRAWBERRY YOGHURT	100	129	540	2	4	24
		100	129	540	2	4	24
93118989	FRUIT FLAPJACK	33	141	592	7	1	17
		100	431	1,805	23	5	51
93162982	ICE CREAM BOX CHOCOLATE	85	139	580	6	3	19
		100	163	682	7	3	22
93162983	ICE CREAM BOX STRAWBERRY	85	118	494	5	3	16
		100	139	582	6	3	19
93162984	ICE CREAM BOX VANILLA	85	115	480	5	3	16
		100	135	565	5	3	18
93139522	LEMON DRIZZLE MUFFINS	60	231	967	12	3	29
		100	385	1,612	20	5	48
93204037	OATIE COOKIE	55	218	910	8	3	34
		100	394	1,648	15	6	61
93239790	PANCAKE REDUCED SUGAR	40	77	323	1	2	15
		100	193	808	3	4	37
93122002	PEACHES HOME GRANOLA AND YOGHURT	160	225	943	9	5	30
		100	141	589	6	3	18
93176746	PINEAPPLE POT	79	37	153	0	0	8
		100	46	193	0	0	10
93204039	RASPBERRY YOG FLAPJACK MUFFIN	52	178	745	9	3	21
		100	344	1,439	17	6	41
93076318	SHORTBREAD	39	186	780	12	2	20
		100	484	2,026	30	4	53
93110853	SWEET WAFFLE	55	187	783	10	4	21
		100	340	1,424	18	7	38
93176747	WHITE GRAPE POT	100	66	276	0	0	15
		100	66	276	0	0	15

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