

October to December 2020

Please note that the portion size will vary based on different year groups, please contact your kitchen supervisor should you need to discuss this								
Dish	Portion Size	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC	Sodium	Sugar
Roll with chicken	85g	156.3	1.37	0.34	23.89	1.78	430	1.21
Roll with cheese	85g	219.9	7.09	4.14	23.09	1.58	466	1.13
Roll with egg mayo	107g	208.48	8.57	1.95	23.55	1.58	277.86	1.38
Roll with tuna mayo	92g	171.24	3.06	0.41	23.67	1.58	327.6	1.45
Sandwich with chicken	127g	333.2	13.92	7.4	33.6	5.6	699.9	2.3
Sandwich with cheese	127g	269.6	8.2	3.47	34.4	5.6	663.67	2.2
Sandwich with egg mayo	140g	321.1	15.4	5.08	34	5.7	511.4	2.4
Sandwich with tuna mayo	135g	286.1	9.8	3.6	34.1	5.6	603.2	2.5
Cheesy pasta	245g	470.46	12.6	6.69	69	2.7	267,67	8.3
Garlic bites	12g	35.76	1.13	0.2	5.28	0.32	24	0.17
Mediterranean swirl	102g	189.98	13.39	8.23	15.82	2.43	306.44	4.36

Dish	Portion Size	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC	Sodium	Sugar
Quorn dippers	63g	127.9	6.9	1.3	7.6	2.5	201.6	0.5
Sweet and sour sauce	145g	90.98	3.35	0.25	14.27	1.33	86.15	11.52
Veggie balls with tomato sauce	173g	172.7	8.19	0.9	8.8	3	571	1.3
Garlic bread	45g	149.85	7.65	3.11	16.65	1.35	118.8	1.17
Arrabiata pasta	198g	342.2	5.79	0.53	67.09	1.14	106.6	7.39
Crusty bread	25g	54.25	0.63	0.12	10.5	1.75	121.75	0.7
Pizza slice	120g	285.55	10.65	3.73	36.11	2.81	297.55	2.4
Coleslaw	48g	56.85	4.79	0.37	2.92	0.68	6.97	2.26
Quorn burger	114g	202.3	4.5	1.7	23.1	6	341	3.4
Texax BBQ beans	224g	314.8	12.36	4	29.5	9.32	713.36	9.36
Potatoes	90g	67.5	0.3	0.1	16	1.17	8.1	1
Veggie hot dog	125g	266.3	5.4	1.9	28.1	5.9	602	2.7
Veggie haggis	68g	159.1	10	4.2	13.3	2.7	318.9	0.2
Mashed potatoes	105g	67.5	0.3	0.1	16	1.17	8.1	1
Turnip	40g	9.6	0.1	0	2	0	6	2

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Tomato and veg pasta	100g	183	0.8	0.15	37.5	1.85	25.5	3.4
Veggie sausage	60g	125.4	5.76	2.46	6.9	2.52	192	0.78
Rainbow red pesto pasta	120g	237.47	9.54	1.17	31.8	1.98	109.05	4.2
Frittata	166g	228.17	14.34	5.41	5.2	0.5	308.93	1.33
Veggie sausage roll	80g	200	10.46	4.69	14.3	3.02	254	1.04
Cheese and vegetable puff	45g	87.21	5.23	2.81	0.53	0.13	183.79	0.51
Cheese chunks	40g	128	13.68	8.52	0.68	unknown	288	0.04
Pasta Salad	77g	237.37	15.56	2.19	22.02	0.46	42.75	2.7
Salad pot	82g	35.59	0.92	0.11	4.87	1	51.37	2.35
Potato salad	112g	106	4.5	0.5	15.8	1.2	12.2	2
Cheese scone	47g	156.33	5.39	2.95	18.69	0.93	481.32	0.16
Rainbow slaw	48g	56.85	4.79	0.37	2.92	0.68	6.97	2.26
Yogurt	100g	75	5.1	3.2	2.7	0.4	0	unknown
Sponge cake	51g	184.39	10.74	3.45	18.71	0.66	144.92	9.76

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Cookie	42g	172.78	8	4.27	22.6	2.1	43.31	7.31
Fruit mousse	100ml	211	11	5	23	0.5	387.6	14
Brownie	51g	150.28	7.51	2.6	18.83	0.87	151.68	9.89
Trifle	100g	153.7	6.5	4.6	21.5	0	183.4	16.2
Raspberry muffin	100g	351.3	17.5	1.7	43.4	1.3	387	23.3
Apple cake	60g	185.44	10.74	3.44	19.23	0.58	155.51	10.02
Homemade tomato and red pepper soup	266g	80.4	2.2	0.5	12.7	1.1	295.97	10.7
Homemade lentil soup	288g	124	1.5	0.5	15.8	1.76	399.6	5.8
Homemade sweet potato soup	337g	95.8	1.2	0.2	20.3	1.2	351.1	8.8
Homemade vegetable soup	340g	73.1	1.32	0.53	12.84	1.9	413	6.1
Homemade Cajun spiced soup	354g	83.9	1.7	0.4	14.5	1.9	389.6	8.5
Homemade carrot soup	263g	73.3	1.8	0.4	12.2	2.4	256.2	5
Homemade vegetable Thai soup	278g	166	12.48	6.89	11.88	1.5	1162.14	7.54
Homemade Scotch broth soup	261g	230.5	3.26	0.78	38.25	9.18	506.5	5.26

