

Menu: **CornSS21** **Cornwall Spring & Summer Menu 2021**

Seq	Product	Description	Size	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	Protein (g)
10	#V11	Macaroni Cheese (V3)	Ptn	>319.3	12.3	>6.2	>42.3	13.0
20	#V18	Soya and Lentil Vegetarian Bolc	Ptn	>162.3	3.6	>0.4	>14.4	19.0
30	#P3	Pork Sausage (V3)	Ptn	125.1	9.4	3.4	4.2	6.2
40	#D164	OBC Pineapple Loaf (V1)	Ptn	197.4	11.3	>1.0	21.4	3.2
50	#D4	Apple, Cheese and Biscuits (V1	Ptn	162.7	9.7	5.5	13.1	6.6
60	#C4	Roast Chicken Breast (V2)	Ptn	>75.9	2.8	>0.7	>0.1	12.8
70	#C5	Roast Chicken Thigh (Boneless	Ptn	120.2	8.4	2.3	0.0	11.1
80	#SD3	Roasted New Potatoes (V1)	Ptn	>72.3	0.6	>0.1	>14.9	1.8
90	#SD7	Roast Potatoes - Peeled (V1)	Ptn	>87.8	0.6	>0.1	>19.5	2.2
100	#SD82	Roasted Potato - Skin On (V1)	Ptn	>87.8	0.6	>0.1	>19.5	2.2
110	#SD107	Knorr Gravy Granules (V1)	Ptn	18.0	0.7	>0.5	2.9	0.2
120	#V150	Roasted Quorn Fillet (V1)	Ptn	33.4	0.6	0.2	0.5	6.4
130	#SD19	Sweetcorn (V1)	Ptn	33.9	0.7	0.1	6.1	1.1
140	#SD18	Peas (V1)	Ptn	35.0	0.4	0.1	5.6	2.8
150	#SD27	Cauliflower (V1)	Ptn	14.5	0.5	0.1	1.8	1.0
160	#SD35	Cabbage	Ptn	8.0	0.1	tr	1.6	0.4
170	#SD12	Fresh Mixed Seasonal Vegetab	Ptn	18.4	0.2	0.1	3.1	1.2
180	#C45	Chicken Tikka Masala (Diced) (	Ptn	>109.6	4.8	>1.3	>8.0	9.2
190	#SD84	50/50 Long Grain & Wholemeal	Ptn	146.7	0.8	>0.0	33.9	3.0
200	#V108	Lentil and Sweet Potato Curry (	Ptn	>134.3	0.9	>0.1	>26.5	7.0
210	#SD20	Broccoli (V1)	Ptn	14.0	0.3	0.1	1.4	1.7
220	#SD28	Carrots (V1)	Ptn	14.5	0.3	0.1	3.0	0.3
230	#D199	OBC Marble Sponge (V1)	Ptn	188.1	11.5	>1.2	18.9	3.2

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240 #F1	MSC Salmon Fish Fingers (V1)	Ptn	161.2	7.3	0.7	13.5	11.2
250 #F6	MSC Fish Fingers (V1)	Ptn	139.0	6.0	0.8	13.1	9.1
260 #V49	Wholemeal Cheese and Tomato	Ptn	227.9	14.6	6.6	14.6	10.5
270 #SD5	Chips (Fryer or Oven) (V1)	Ptn	157.6	4.1	0.7	29.4	2.7
280 #SD22	Baked Beans (V1)	Ptn	37.5	0.3	0.1	6.8	2.5
290 #D40	Chocolate Cocoa Cookies (V3)	Ptn	136.4	7.3	>2.7	17.2	1.5
300 #P19	Phat Naked Sausage Roll 4 incl	Ptn	316.8	21.7	9.3	24.3	7.6
310 #V160	20% PB Tomato Sauce Base (V	Ptn	>75.1	1.0	>0.1	>15.3	2.8
320 #SD11	Pasta (Shells) (V2)	Ptn	162.1	0.4	0.1	36.5	5.3
330 #B38	Cottage Pie/ Beef and Onion Pi	Ptn	>218.5	5.3	>2.2	>34.3	10.5
340 #V41	Chickpea & Vegetable Hotpot (V	Ptn	>124.1	1.3	>0.2	>24.8	5.0
350 #T1	Roast Turkey (V1)	Ptn	99.6	2.8	0.8	0.0	18.7
360 #B4	Roast Beef (V2)	Ptn	59.5	1.7	0.7	0.0	11.0
370 #P5	Roast Gammon (V2)	Ptn	86.9	5.2	1.8	0.0	9.9
380 #P10	Roast Pork Shoulder	Ptn	50.3	1.7	0.6	0.0	8.6
390 #C48	Sausage Pasta Bake (Chicken)	Ptn	>302.7	7.5	>2.7	>50.0	11.7
400 #SD50	Garlic Flavoured Bread (made)	Ptn	>38.8	0.5	>0.1	>7.5	1.4
410 #V62	Chickpea Aloo Chaat (V2)	Ptn	>56.3	1.1	>0.1	>9.6	2.8
420 #F3	Fish in Batter (V1)	Ptn	110.5	4.2	0.4	11.0	6.5
430 #V24	Red Pepper and Cheese Frittata	Ptn	200.7	14.5	>7.9	4.1	13.9
440 #D71	Apple Crumble (V3)	Ptn	>273.7	12.5	4.3	>38.4	3.9
450 #D2	Custard Sauce (V4)	Ptn	52.0	1.2	0.8	8.2	2.5
460 #D198	OBC Chocolate Drizzle Cake (V	Ptn	200.4	12.0	>1.5	19.9	3.6
470 #D9	Pear and Ginger Slice (V1)	Ptn	183.0	7.0	>0.7	28.0	3.2
480 #D194	Orange and Lemon Shortbread	Ptn	118.8	5.5	2.0	17.1	1.4
490 #V5	French Bread Cheese and Tom	Ptn	257.4	8.7	>4.8	35.8	11.3

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500	#SD88	BBQ Baked Beans (V2)	Ptn	41.7	0.3	0.1	7.8	2.5
510	#C21	Chicken & Sweetcorn Pie (Puff	Ptn	>233.8	14.9	>5.6	>14.7	11.7
520	#SD2	New Potatoes (Steamed or Boil	Ptn	81.6	0.1	0.1	17.9	2.2
530	#V161	Phat Mexican Bean Vegan Roll	Ptn	244.8	13.7	8.3	27.6	4.4
540	#SD6	Potato Wedges (Made & Oven I	Ptn	>90.9	0.2	>0.1	>21.2	2.4
550	#B15	Chilli Con Carne (APP) (V4)	Ptn	>91.3	3.7	>1.4	>8.3	7.5
560	#V51	Broccoli Pasta Bake (V2)	Ptn	>310.2	13.4	>6.8	>35.8	14.4
570	#V138	Five Bean Chilli (V2)	Ptn	>50.8	0.7	>0.1	>9.0	3.1
580	#SD47	Coleslaw (V4)	Ptn	35.4	2.6	0.2	2.7	0.4
590	#SD25	Mixed Salad (V1)	Ptn	4.5	0.0	0.0	0.6	0.5
600	#SD24	Green Beans (V1)	Ptn	13.0	0.2	0.0	2.0	1.1
610	#D173	OBC Banana Sponge (V1)	Ptn	199.4	11.4	>1.0	21.9	3.3
620	#D166	Peaches (V1)	Ptn	19.5	tr	tr	4.9	0.3
630	#D13	Ice Cream (V2)	Ptn	101.4	4.9	3.1	13.2	1.9
640	#D170	OBC Chocolate and Mandarin E	Ptn	187.5	11.9	1.4	17.6	3.2
650	#D85	Oaty Cookies (V1)	Ptn	145.3	7.8	2.7	18.0	2.0
660	#V167	Quorn Vegan Cumberland Saus	Ptn	111.0	5.0	1.9	6.5	9.0
670	#SD8	Spaghetti (V2)	Ptn	174.8	0.7	0.1	39.1	5.5
680	#C39	Herby Roast Chicken Drumstick	Ptn	239.0	15.6	>4.2	0.0	24.5

Seq	Product	Description	Size	NME Sugar (g)	NSP (g)	Vitamin A (µg)	Vitamin C (mg)	Zinc (mg)
10	#V11	Macaroni Cheese (V3)	Ptn	(0.1)	>1.8	>133.4	>1.7	>1.6
20	#V18	Soya and Lentil Vegetarian Bolc	Ptn	(3.1)	>2.3	>45.0	15.5	2.1
30	#P3	Pork Sausage (V3)	Ptn	(0.6)	0.3	tr	2.1	0.6
40	#D164	OBC Pineapple Loaf (V1)	Ptn	(6.0)	0.6	17.7	1.3	0.3
50	#D4	Apple, Cheese and Biscuits (V1	Ptn	(0.0)	0.7	85.8	1.0	0.9

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60	#C4	Roast Chicken Breast (V2)	Ptn	(0.1)	>0.0	>0.2	0.0	0.5
70	#C5	Roast Chicken Thigh (Boneless	Ptn	(0.0)	0.0	18.2	0.0	0.9
80	#SD3	Roasted New Potatoes (V1)	Ptn	(0.0)	>0.9	>0.2	7.0	0.2
90	#SD7	Roast Potatoes - Peeled (V1)	Ptn	(0.0)	>1.2	>0.1	5.2	0.4
100	#SD82	Roasted Potato - Skin On (V1)	Ptn	(0.0)	>1.2	>0.1	5.2	0.4
110	#SD107	Knorr Gravy Granules (V1)	Ptn	(0.1)	>0.0	>0.0	0.0	0.0
120	#V150	Roasted Quorn Fillet (V1)	Ptn	(0.4)	?	0.0	0.0	3.2
130	#SD19	Sweetcorn (V1)	Ptn	(0.0)	1.1	0.5	10.4	0.2
140	#SD18	Peas (V1)	Ptn	(0.0)	2.0	3.8	6.0	0.4
150	#SD27	Cauliflower (V1)	Ptn	(0.0)	0.8	0.0	15.0	0.1
160	#SD35	Cabbage	Ptn	?	0.7	0.0	9.0	0.1
170	#SD12	Fresh Mixed Seasonal Vegetab	Ptn	(0.0)	1.2	65.6	13.6	0.2
180	#C45	Chicken Tikka Masala (Diced) (	Ptn	(1.1)	>1.3	>16.4	4.3	0.8
190	#SD84	50/50 Long Grain & Wholemeal	Ptn	(0.0)	0.4	0.0	0.0	0.6
200	#V108	Lentil and Sweet Potato Curry (	Ptn	(2.3)	>4.7	>66.3	26.0	1.1
210	#SD20	Broccoli (V1)	Ptn	(0.0)	1.2	8.3	22.0	0.2
220	#SD28	Carrots (V1)	Ptn	(0.0)	1.1	154.2	1.5	0.1
230	#D199	OBC Marble Sponge (V1)	Ptn	(5.3)	0.6	16.9	0.0	0.4
240	#F1	MSC Salmon Fish Fingers (V1)	Ptn	?	1.0	5.3	tr	0.4
250	#F6	MSC Fish Fingers (V1)	Ptn	?	1.0	tr	tr	0.3
260	#V49	Wholemeal Cheese and Tomat	Ptn	(0.0)	1.8	177.3	>5.0	>1.4
270	#SD5	Chips (Fryer or Oven) (V1)	Ptn	(0.0)	2.3	0.0	0.8	0.3
280	#SD22	Baked Beans (V1)	Ptn	?	1.9	0.3	tr	0.3
290	#D40	Chocolate Cocoa Cookies (V3)	Ptn	(4.8)	0.6	73.3	>0.0	>0.2
300	#P19	Phat Naked Sausage Roll 4 incl	Ptn	?	2.4	tr	1.8	0.6
310	#V160	20% PB Tomato Sauce Base (V	Ptn	(1.5)	>2.1	>55.2	20.0	0.4

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320 #SD11	Pasta (Shells) (V2)	Ptn	?	3.0	0.0	0.0	0.7
330 #B38	Cottage Pie/ Beef and Onion Pi	Ptn	(0.6)	>3.3	>40.1	>14.0	>1.9
340 #V41	Chickpea & Vegetable Hotpot (\	Ptn	(0.6)	>3.1	>47.3	23.3	0.7
350 #T1	Roast Turkey (V1)	Ptn	(0.0)	0.0	tr	0.0	1.5
360 #B4	Roast Beef (V2)	Ptn	(0.0)	0.0	tr	0.0	1.9
370 #P5	Roast Gammon (V2)	Ptn	(0.0)	0.0	tr	tr	0.9
380 #P10	Roast Pork Shoulder	Ptn	(0.0)	0.0	tr	0.0	1.1
390 #C48	Sausage Pasta Bake (Chicken)	Ptn	(0.4)	>4.2	>33.9	>9.8	>1.0
400 #SD50	Garlic Flavoured Bread (made)	Ptn	(0.3)	>0.7	>0.1	0.2	0.2
410 #V62	Chickpea Aloo Chaat (V2)	Ptn	(0.0)	>1.7	>2.6	2.2	0.4
420 #F3	Fish in Batter (V1)	Ptn	?	1.6	?	?	?
430 #V24	Red Pepper and Cheese Frittata	Ptn	(0.0)	>0.4	193.8	22.5	1.8
440 #D71	Apple Crumble (V3)	Ptn	(5.3)	>2.6	112.2	>3.0	>0.6
450 #D2	Custard Sauce (V4)	Ptn	(1.1)	0.0	15.9	1.4	0.3
460 #D198	OBC Chocolate Drizzle Cake (\	Ptn	(6.3)	0.9	16.9	0.0	0.5
470 #D9	Pear and Ginger Slice (V1)	Ptn	(7.2)	>1.1	10.5	0.6	0.3
480 #D194	Orange and Lemon Shortbread	Ptn	(5.3)	>0.6	56.1	>4.6	>0.1
490 #V5	French Bread Cheese and Tom	Ptn	(0.1)	>1.7	>91.2	2.3	1.5
500 #SD88	BBQ Baked Beans (V2)	Ptn	(0.7)	1.9	0.8	0.1	0.3
510 #C21	Chicken & Sweetcorn Pie (Puff	Ptn	(0.1)	>0.9	>34.7	>5.2	>0.8
520 #SD2	New Potatoes (Steamed or Boil	Ptn	(0.0)	1.1	0.0	8.4	0.2
530 #V161	Phat Mexican Bean Vegan Roll	Ptn	(1.6)	3.6	196.1	4.5	0.7
540 #SD6	Potato Wedges (Made & Oven I	Ptn	(0.0)	>1.3	>0.0	5.6	0.4
550 #B15	Chilli Con Carne (APP) (V4)	Ptn	(0.2)	>1.7	>13.4	9.4	1.4
560 #V51	Broccoli Pasta Bake (V2)	Ptn	(0.0)	>5.3	>147.1	>14.7	>2.5
570 #V138	Five Bean Chilli (V2)	Ptn	(0.7)	>2.3	>13.6	21.9	0.4

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580	#SD47	Coleslaw (V4)	Ptn	(0.4)	0.6	>21.1	5.4	0.1
590	#SD25	Mixed Salad (V1)	Ptn	(0.0)	0.5	0.7	0.4	0.1
600	#SD24	Green Beans (V1)	Ptn	(0.0)	1.3	2.0	3.0	0.2
610	#D173	OBC Banana Sponge (V1)	Ptn	(5.3)	0.6	17.8	0.9	0.3
620	#D166	Peaches (V1)	Ptn	(2.4)	0.4	0.9	3.0	0.1
630	#D13	Ice Cream (V2)	Ptn	(8.1)	tr	64.5	0.6	0.2
640	#D170	OBC Chocolate and Mandarin E	Ptn	(6.7)	0.8	17.3	2.2	0.5
650	#D85	Oaty Cookies (V1)	Ptn	(4.1)	1.1	73.3	>0.0	>0.3
660	#V167	Quorn Vegan Cumberland Sauce	Ptn	?	3.0	?	?	?
670	#SD8	Spaghetti (V2)	Ptn	(0.0)	1.9	0.0	0.0	0.6
680	#C39	Herby Roast Chicken Drumstick	Ptn	(0.0)	>0.0	34.9	0.0	2.1

Seq	Product	Description	Size	Iron (mg)	Folate (µg)	Calcium (mg)	Sodium (mg)	Salt (g)
10	#V11	Macaroni Cheese (V3)	Ptn	>1.0	>22.2	>243.6	346.3	0.9
20	#V18	Soya and Lentil Vegetarian Bolc	Ptn	5.2	>39.0	120.8	128.4	0.3
30	#P3	Pork Sausage (V3)	Ptn	0.5	1.7	46.8	272.4	0.7
40	#D164	OBC Pineapple Loaf (V1)	Ptn	0.6	9.0	68.9	198.8	0.5
50	#D4	Apple, Cheese and Biscuits (V1	Ptn	0.4	9.2	163.5	206.2	0.5
60	#C4	Roast Chicken Breast (V2)	Ptn	0.3	>2.7	5.9	75.9	0.2
70	#C5	Roast Chicken Thigh (Boneless	Ptn	0.5	4.4	13.7	37.4	0.1
80	#SD3	Roasted New Potatoes (V1)	Ptn	0.7	>21.0	12.8	10.4	0.0
90	#SD7	Roast Potatoes - Peeled (V1)	Ptn	0.6	>15.5	10.3	9.0	0.0
100	#SD82	Roasted Potato - Skin On (V1)	Ptn	0.6	>15.5	10.3	9.0	0.0
110	#SD107	Knorr Gravy Granules (V1)	Ptn	0.0	0.0	3.9	179.7	0.5
120	#V150	Roasted Quorn Fillet (V1)	Ptn	0.3	9.6	?	137.3	0.3
130	#SD19	Sweetcorn (V1)	Ptn	0.2	19.6	1.3	0.4	0.0

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140	#SD18	Peas (V1)	Ptn	0.9	15.5	18.5	2.0	0.0
150	#SD27	Cauliflower (V1)	Ptn	0.2	24.0	9.5	3.5	0.0
160	#SD35	Cabbage	Ptn	0.1	17.5	19.5	2.5	0.0
170	#SD12	Fresh Mixed Seasonal Vegetab	Ptn	0.4	10.8	14.7	6.9	0.0
180	#C45	Chicken Tikka Masala (Diced) (	Ptn	1.5	>18.5	52.0	54.3	0.1
190	#SD84	50/50 Long Grain & Wholemeal	Ptn	0.2	4.4	12.0	3.5	0.0
200	#V108	Lentil and Sweet Potato Curry (	Ptn	3.3	>38.2	55.0	114.9	0.3
210	#SD20	Broccoli (V1)	Ptn	0.3	17.0	17.5	3.0	0.0
220	#SD28	Carrots (V1)	Ptn	0.2	4.0	15.5	14.5	0.0
230	#D199	OBC Marble Sponge (V1)	Ptn	0.6	8.8	64.9	>192.7	>0.5
240	#F1	MSC Salmon Fish Fingers (V1)	Ptn	0.5	9.8	9.1	187.9	0.5
250	#F6	MSC Fish Fingers (V1)	Ptn	0.4	20.9	15.0	261.7	0.7
260	#V49	Wholemeal Cheese and Tomat	Ptn	>1.0	>29.7	>166.8	252.5	0.6
270	#SD5	Chips (Fryer or Oven) (V1)	Ptn	0.6	18.4	11.7	25.9	0.1
280	#SD22	Baked Beans (V1)	Ptn	0.7	14.5	21.0	95.0	0.2
290	#D40	Chocolate Cocoa Cookies (V3)	Ptn	>0.4	>3.1	>44.9	>154.0	>0.4
300	#P19	Phat Naked Sausage Roll 4 incl	Ptn	1.0	1.8	54.9	519.3	1.3
310	#V160	20% PB Tomato Sauce Base (V	Ptn	1.3	>19.3	32.7	195.6	0.5
320	#SD11	Pasta (Shells) (V2)	Ptn	0.8	5.6	27.8	5.6	0.0
330	#B38	Cottage Pie/ Beef and Onion Pi	Ptn	>2.7	>40.1	>42.7	224.1	0.6
340	#V41	Chickpea & Vegetable Hotpot (	Ptn	1.5	>35.5	41.2	22.6	0.1
350	#T1	Roast Turkey (V1)	Ptn	0.5	10.2	6.6	54.0	0.1
360	#B4	Roast Beef (V2)	Ptn	0.9	4.8	1.7	22.4	0.1
370	#P5	Roast Gammon (V2)	Ptn	0.3	1.3	3.8	502.7	1.3
380	#P10	Roast Pork Shoulder	Ptn	0.4	1.3	2.5	30.3	0.1
390	#C48	Sausage Pasta Bake (Chicken)	Ptn	>1.3	>17.7	>84.3	370.8	0.9

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400	#SD50	Garlic Flavoured Bread (made)	Ptn	0.4	>0.3	3.5	53.4	0.1
410	#V62	Chickpea Aloo Chaat (V2)	Ptn	1.0	>9.4	26.7	23.4	0.1
420	#F3	Fish in Batter (V1)	Ptn	?	?	?	169.0	0.4
430	#V24	Red Pepper and Cheese Frittata	Ptn	0.9	>44.5	293.6	290.7	0.7
440	#D71	Apple Crumble (V3)	Ptn	>1.1	>8.7	>34.3	155.4	0.4
450	#D2	Custard Sauce (V4)	Ptn	0.0	6.5	85.7	46.1	0.1
460	#D198	OBC Chocolate Drizzle Cake (V	Ptn	0.9	9.6	66.6	>191.2	>0.5
470	#D9	Pear and Ginger Slice (V1)	Ptn	0.6	8.7	76.8	112.6	0.3
480	#D194	Orange and Lemon Shortbread	Ptn	>0.3	>4.8	>29.0	101.4	0.3
490	#V5	French Bread Cheese and Tom	Ptn	1.3	>28.9	270.3	403.1	1.0
500	#SD88	BBQ Baked Beans (V2)	Ptn	0.7	14.7	21.5	113.9	0.3
510	#C21	Chicken & Sweetcorn Pie (Puff	Ptn	>0.8	>16.3	>58.7	318.1	0.8
520	#SD2	New Potatoes (Steamed or Boil	Ptn	0.7	25.2	13.2	3.6	0.0
530	#V161	Phat Mexican Bean Vegan Roll	Ptn	1.0	12.6	25.2	117.9	0.3
540	#SD6	Potato Wedges (Made & Oven I	Ptn	0.6	>16.9	10.3	8.6	0.0
550	#B15	Chilli Con Carne (APP) (V4)	Ptn	1.9	>18.8	30.0	225.6	0.6
560	#V51	Broccoli Pasta Bake (V2)	Ptn	>1.9	>31.8	>282.3	350.0	0.9
570	#V138	Five Bean Chilli (V2)	Ptn	1.3	>18.7	23.5	83.8	0.2
580	#SD47	Coleslaw (V4)	Ptn	0.2	12.6	15.7	>3.6	>0.0
590	#SD25	Mixed Salad (V1)	Ptn	0.1	24.6	9.8	3.7	0.0
600	#SD24	Green Beans (V1)	Ptn	0.5	29.0	30.5	tr	tr
610	#D173	OBC Banana Sponge (V1)	Ptn	0.6	10.2	68.5	198.7	0.5
620	#D166	Peaches (V1)	Ptn	0.2	1.0	2.0	6.0	0.0
630	#D13	Ice Cream (V2)	Ptn	0.0	3.6	62.4	37.8	0.1
640	#D170	OBC Chocolate and Mandarin E	Ptn	0.8	9.8	34.5	>137.0	>0.3
650	#D85	Oaty Cookies (V1)	Ptn	>0.5	>4.9	>24.9	132.0	0.3



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660	#V167	Quorn Vegan Cumberland Saus	Ptn	?	?	?	305.0	0.8
670	#SD8	Spaghetti (V2)	Ptn	0.8	9.9	33.5	3.7	0.0
680	#C39	Herby Roast Chicken Drumstick	Ptn	1.3	>8.8	34.7	82.6	0.2

Seq	Product	Description	Size	Total suga (g)	Energy (kJ (kJ)
10	#V11	Macaroni Cheese (V3)	Ptn	>5.0	>1200.0
20	#V18	Soya and Lentil Vegetarian Bolc	Ptn	>8.1	>684.5
30	#P3	Pork Sausage (V3)	Ptn	0.6	519.7
40	#D164	OBC Pineapple Loaf (V1)	Ptn	>6.8	>816.8
50	#D4	Apple, Cheese and Biscuits (V1	Ptn	2.2	679.9
60	#C4	Roast Chicken Breast (V2)	Ptn	>0.0	>319.8
70	#C5	Roast Chicken Thigh (Boneless	Ptn	0.0	499.3
80	#SD3	Roasted New Potatoes (V1)	Ptn	>1.1	>308.7
90	#SD7	Roast Potatoes - Peeled (V1)	Ptn	>1.2	>373.2
100	#SD82	Roasted Potato - Skin On (V1)	Ptn	>1.2	>373.2
110	#SD107	Knorr Gravy Granules (V1)	Ptn	>0.2	>75.6
120	#V150	Roasted Quorn Fillet (V1)	Ptn	0.2	140.5
130	#SD19	Sweetcorn (V1)	Ptn	3.3	143.6
140	#SD18	Peas (V1)	Ptn	3.0	149.5
150	#SD27	Cauliflower (V1)	Ptn	1.2	61.0
160	#SD35	Cabbage	Ptn	1.6	34.5
170	#SD12	Fresh Mixed Seasonal Vegetab	Ptn	2.2	78.2
180	#C45	Chicken Tikka Masala (Diced) (	Ptn	>4.0	>460.1
190	#SD84	50/50 Long Grain & Wholemeal	Ptn	0.1	624.6
200	#V108	Lentil and Sweet Potato Curry (	Ptn	>13.1	>570.2
210	#SD20	Broccoli (V1)	Ptn	0.8	60.0

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220 #SD28	Carrots (V1)	Ptn	2.8	61.5
230 #D199	OBC Marble Sponge (V1)	Ptn	>5.4	>781.5
240 #F1	MSC Salmon Fish Fingers (V1)	Ptn	0.7	677.3
250 #F6	MSC Fish Fingers (V1)	Ptn	0.9	585.3
260 #V49	Wholemeal Cheese and Tomat	Ptn	2.3	>730.0
270 #SD5	Chips (Fryer or Oven) (V1)	Ptn	0.8	667.2
280 #SD22	Baked Beans (V1)	Ptn	1.7	160.0
290 #D40	Chocolate Cocoa Cookies (V3)	Ptn	>4.9	>316.0
300 #P19	Phat Naked Sausage Roll 4 incl	Ptn	1.2	1320.3
310 #V160	20% PB Tomato Sauce Base (V	Ptn	>9.4	>317.8
320 #SD11	Pasta (Shells) (V2)	Ptn	0.7	691.5
330 #B38	Cottage Pie/ Beef and Onion Pi	Ptn	>5.8	>867.6
340 #V41	Chickpea & Vegetable Hotpot (V	Ptn	>4.8	>527.0
350 #T1	Roast Turkey (V1)	Ptn	0.0	420.6
360 #B4	Roast Beef (V2)	Ptn	0.0	250.2
370 #P5	Roast Gammon (V2)	Ptn	0.0	362.5
380 #P10	Roast Pork Shoulder	Ptn	0.0	211.4
390 #C48	Sausage Pasta Bake (Chicken)	Ptn	>5.0	>893.8
400 #SD50	Garlic Flavoured Bread (made)	Ptn	>0.3	>3.3
410 #V62	Chickpea Aloo Chaat (V2)	Ptn	>1.9	>238.7
420 #F3	Fish in Batter (V1)	Ptn	0.3	?
430 #V24	Red Pepper and Cheese Frittata	Ptn	>3.7	836.5
440 #D71	Apple Crumble (V3)	Ptn	11.2	>752.2
450 #D2	Custard Sauce (V4)	Ptn	4.4	>217.0
460 #D198	OBC Chocolate Drizzle Cake (V	Ptn	>6.4	>822.3
470 #D9	Pear and Ginger Slice (V1)	Ptn	>8.2	>761.5

## Menu Nutrition

480	#D194	Orange and Lemon Shortbread	Ptn	5.9	>304.6
490	#V5	French Bread Cheese and Tom	Ptn	>3.0	1086.7
500	#SD88	BBQ Baked Beans (V2)	Ptn	2.6	177.9
510	#C21	Chicken & Sweetcorn Pie (Puff	Ptn	>4.0	>920.2
520	#SD2	New Potatoes (Steamed or Boil	Ptn	1.3	349.2
530	#V161	Phat Mexican Bean Vegan Roll	Ptn	1.7	1023.3
540	#SD6	Potato Wedges (Made & Oven I	Ptn	>1.3	>387.2
550	#B15	Chilli Con Carne (APP) (V4)	Ptn	>4.0	>383.2
560	#V51	Broccoli Pasta Bake (V2)	Ptn	>4.0	>1166.2
570	#V138	Five Bean Chilli (V2)	Ptn	>5.4	>214.9
580	#SD47	Coleslaw (V4)	Ptn	2.2	147.5
590	#SD25	Mixed Salad (V1)	Ptn	0.6	19.7
600	#SD24	Green Beans (V1)	Ptn	1.5	54.0
610	#D173	OBC Banana Sponge (V1)	Ptn	>7.1	>825.6
620	#D166	Peaches (V1)	Ptn	4.9	82.5
630	#D13	Ice Cream (V2)	Ptn	13.2	426.6
640	#D170	OBC Chocolate and Mandarin E	Ptn	7.2	>774.6
650	#D85	Oaty Cookies (V1)	Ptn	4.2	>354.4
660	#V167	Quorn Vegan Cumberland Saus	Ptn	1.0	153.5
670	#SD8	Spaghetti (V2)	Ptn	1.2	745.2
680	#C39	Herby Roast Chicken Drumstick	Ptn	>0.0	996.6