

Chartwells Secondary MMB Menu Nutrient Counts Spring/Summer 2026

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 – Spring/Summer 2026

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

RECIPE CODE	RECIPE NAME	REASON FOR CHANGE	PAGE NUMBER
93363205	BEANY BAGEL MELT	PRODUCT CHANGE - CHEESE	3
93363230	CHEESY BBQ PRETZEL MELT	PRODUCT CHANGE - CHEESE	5
93363262	MEATLESS FEAST PIZZA BAGUETTE	PRODUCT CHANGE - PLANT BALLS	4
93363262	MEATLESS FEAST PIZZA BAGUETTE	PORTION SIZE CHANGE	4

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Additions	5

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
Yoghurt, Fruit & Veg									
93363265	BBQ CORN POT	108	93	390	4	4	10	3	63
		100	87	362	3	4	9	2	58
93233535	BERRY, GRANOLA AND YOGHURT	144	177	741	6	5	25	12	23
		100	123	515	4	3	17	8	16
93363264	CHIPOTLE CORN POT	128	115	482	4	5	13	4	114
		100	90	377	3	4	10	3	89
93161328	MIXED FRUIT POT	93	41	171	0	0	10	10	8
		100	44	185	0	1	11	11	9
93457339	PERSIAN BAKED BEANS DIPPING POT	132	138	577	1	7	27	2	226
		100	104	436	1	5	20	1	171
93041624	APPLES PACKED LUNCH	104	43	182	0	0	11	11	3
		100	42	176	0	0	11	11	3
93041625	BANANA PACKED LUNCH	120	97	407	0	1	24	22	0
		100	81	339	0	1	20	18	0
93065473	MANDARIN PACKED LUNCH	36	13	53	0	0	3	3	0
		100	36	151	0	1	8	8	1
93176748	MELON POT	68	18	74	0	0	4	4	22
		100	26	109	0	0	6	6	32
93176746	PINEAPPLE POT	150	62	257	0	1	15	15	3
		100	41	172	0	0	10	10	2

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Bagels, Baguettes & Pots									
93163783	BACON MAC N CHEESE POT	343	458	1,918	17	22	58	8	475
		100	134	560	5	6	17	2	139
93233562	BAGEL CHEESE & TOMATO PIZZA	103	259	1,085	10	12	30	4	342
		100	253	1,058	9	12	30	4	333
93363202	BBQ CHICKEN BAGEL	94	205	860	2	13	33	6	213
		100	219	917	2	14	35	7	227
93178073	BBQ CHICKEN BAGEL HALAL	195	488	2,043	13	30	62	9	703
		100	250	1,048	7	15	32	4	360
93363205	BEANY BAGEL MELT	118	211	881	3	10	33	3	341
		100	179	750	3	8	28	3	290
93316579	IOA BAGEL CHEESE & TOMATO PIZZA	108	280	1,172	11	13	30	4	378
		100	261	1,090	10	12	28	3	352
93316527	IOA MAC AND CHEESE POT	298	472	1,974	20	19	57	7	309
		100	158	661	7	6	19	2	103
93363262	MEATLESS FEAST PIZZA BAGUETTE	132	282	1,182	9	14	35	3	448
		100	213	893	7	11	26	3	339
93404531	IOA BBQ CHICKEN BAGEL	104	247	1,034	6	15	33	6	285
		100	238	997	6	15	32	6	275
93404532	IOA BEANY BAGEL MELT	118	219	917	4	10	33	4	353
		100	187	780	4	8	28	3	301
93404535	IOA PIZZA BAGUETTE	115	264	1,103	9	11	34	3	401
		100	230	963	7	10	30	3	350
93197575	MASH POT	180	189	790	7	3	30	1	42
		100	105	439	4	2	17	1	23

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Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
Additions									
93143700	BREAKFAST WRAP	142	321	1,345	13	16	34	6	853
		100	226	945	9	12	24	4	599
93129753	BACON ROLL	118	213	893	7	17	20	3	920
		100	181	759	6	15	17	3	782
93080548	BBQ CHICKEN WINGS	92	118	495	5	10	8	7	143
		100	129	541	6	10	9	7	157
93290667	BBQ CHICKEN WINGS HALAL	92	118	495	5	10	8	7	143
		100	129	541	6	10	9	7	157
93453160	BRUNCH TORTILLA	208	276	1,155	8	15	35	3	711
		100	133	556	4	7	17	1	342
93022039	BUTTERED TOAST	90	223	933	7	8	30	2	328
		100	248	1,037	7	9	34	2	364
93178420	CARROT WITH HOUMOUS	142	227	948	16	6	12	4	357
		100	160	668	12	4	8	3	251
93147476	CHEESE AND BEAN TOASTIE	183	416	1,740	16	18	48	4	601
		100	227	949	9	10	26	2	328
93363230	CHEESY BBQ PRETZEL MELT	125	360	1,508	8	13	57	7	926
		100	288	1,206	6	11	46	6	741
93363206	CHOC COCONUT PRETZEL	113	369	1,546	10	10	59	10	806
		100	327	1,368	9	9	53	9	713
93105980	CINNAMON PRETZEL	101	294	1,231	4	10	53	4	800
		100	293	1,225	4	9	53	3	796
93316522	IOA CHEESE AND BEAN TOASTIE	165	374	1,566	14	16	43	3	541
		100	227	949	9	10	26	2	328
93131377	LEMON, GARLIC CHICKEN WINGS	75	89	374	5	10	1	0	40
		100	120	502	7	13	1	0	54
93134632	LEMON, GARLIC CHICKEN WINGS HALAL	75	89	374	5	10	1	0	40

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		100	120	502	7	13	1	0	54
93239790	PANCAKE REDUCED SUGAR	40	77	323	1	2	15	2	112
		100	193	808	3	4	37	5	280
93291057	PORK SAUSAGE AND CHEESE MUFFIN MELT	141	370	1,548	18	14	36	4	695
		100	262	1,098	13	10	25	3	493
93143942	SPICY PIRI PIRI CHICKEN WINGS	78	122	512	9	10	2	1	116
		100	158	661	11	12	2	1	150
93233536	SPINACH & EGG ENGLISH MUFFIN	138	281	1,175	10	13	33	4	636
		100	204	855	7	10	24	3	463
93109959	TOASTED CRUMPETS	59	140	585	6	3	18	0	286
		100	237	992	10	6	31	1	486
93363263	TUNA MELT CRUMPET	94	127	531	1	9	20	1	330
		100	135	565	1	9	22	1	350
93178061	VEGAN CHEESE AND BEAN TOASTIE	165	343	1,436	11	9	50	4	576
		100	208	871	7	5	30	2	349
93065793	HASH BROWNS POT	42	62	259	3	1	8	0	80
		100	149	623	7	2	19	1	192
93042198	CAKE DOUGHNUT RING	60	225	941	11	4	28	8	80
		100	375	1,569	18	6	46	13	133
93178421	CUCUMBER WITH HOUMOUS	157	218	912	17	6	9	1	339
		100	139	580	11	4	6	1	216
93143943	SPICY PIRI PIRI CHICKEN WINGS HALAL	78	122	512	9	10	2	1	116
		100	158	661	11	12	2	1	150
93064272	CROISSANT	40	155	649	7	4	19	2	140
		100	388	1,623	18	9	48	6	350
93404533	IOA CHEESY BBQ PRETZEL MELT	125	373	1,560	10	13	57	7	944
		100	298	1,248	8	11	46	6	756
93404537	IOA TUNA MELT CRUMPET	99	148	618	3	10	20	1	366
		100	149	624	3	10	21	1	369

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93109541	CHORIZO ROLL	161	527	2,204	36	15	40	0	812
		100	327	1,369	22	10	25	0	504
93365302	CHICKEN MASALA SLICE	200	634	2,653	44	10	52	5	720
		100	317	1,326	22	5	26	3	360
93098495	STEAK SLICE	170	541	2,262	29	11	61	6	1,095
		100	318	1,331	17	7	36	3	644
93159426	SAUSAGE ROLL	127	398	1,664	23	10	43	1	696
		100	313	1,310	18	8	34	1	548
93109258	STICKY SRIRACHA WINGS	80	91	379	5	8	4	4	441
		100	114	476	6	10	5	5	554
93110853	SWEET WAFFLE	55	136	571	7	2	16	8	119
		100	248	1,038	13	4	30	14	216
93114189	BAKED DOUGHNUT	47	144	604	3	3	25	8	179
		100	307	1,284	7	7	53	18	380
93162135	TOASTED TEACAKE	57	164	684	2	5	30	9	222
		100	287	1,201	4	8	53	16	390

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93181323	TRADITIONAL BEEF LASAGNE V2	PRODUCT CHANGE - CHEESE	3
93230848	CHEESE AND RED ONION QUICHE	PRODUCT CHANGE - CHEESE	9
93125333	MEXICANA TOMATO CHEESE NACHOS	PRODUCT CHANGE - CHEESE	9
93181329	VEGETARIAN LASAGNE V2	PRODUCT CHANGE - CHEESE	11
93286157 / 93317332	JACKET POTATO WITH PULLED PORK	PRODUCT CHANGE - CHEESE	12
93156791	CHICKEN PEA PASTA BAKE.	PRODUCT CHANGE - CHEESE	13
93156792	CHICKEN, PEA & LEEK PASTA BAKE HALAL	PRODUCT CHANGE - CHEESE	13
VMC 5027422	CHEESE	PRODUCT CHANGE - CHEESE	12
93170732	BURMESE BIRYANI	PRODUCT CHANGE - RICE	9
93164908	SAVOURY RICE SALAD	PRODUCT CHANGE - RICE	16
93129906	SPICY RICE & RED BEAN SALAD	PRODUCT CHANGE - RICE	16
93347548	BEEF BOLOGNESE	PRODUCT CHANGE - LENTILS	4
93306285	FIRECRACKER BEEF	PRODUCT CHANGE - LENTILS	4
93181323	TRADITIONAL BEEF LASAGNE V2	PRODUCT CHANGE - LENTILS	4
93181381	TRADITIONAL BEEF LASAGNE HALAL V2	PRODUCT CHANGE - LENTILS	5
93261794	CHICKEN KORMA V.2	PRODUCT CHANGE - LENTILS	5
93416134	SLOPPY JOE CHICKEN BURGER	PRODUCT CHANGE - LENTILS	6
93261799	CHICKEN KORMA HALAL	PRODUCT CHANGE - LENTILS	7
93285346	CHILLI VEGGIE CHEESE NACHOS	PRODUCT CHANGE - LENTILS	10
93317331	IOA CHILLI VEGGIE CHEESE NACHOS	PRODUCT CHANGE - LENTILS	10
93316532	IOA MEXICAN VEGGIE BURRITO	PRODUCT CHANGE - LENTILS	10
93175507	MEXICAN VEGGIE BURRITO	PRODUCT CHANGE - LENTILS	11
93315647	PERSIAN SPICED VEGETABLE BOLANI	PRODUCT CHANGE - LENTILS	11
93263540	VEGAN CHILLI	PRODUCT CHANGE - LENTILS	12

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93287204	VEGAN CHILLI MAC TOPPER	PRODUCT CHANGE - LENTILS	12
93080528	VEGETARIAN COTTAGE PIE	PRODUCT CHANGE - LENTILS	12
93181329	VEGETARIAN LASAGNE V2	PRODUCT CHANGE - LENTILS	12
93289157	VEGGIE BOLOGNESE	PRODUCT CHANGE - LENTILS	13
93310625	YAKISOBA SOYA NOODLES	PRODUCT CHANGE - LENTILS	13
93337569	IOA VEGGIE MEATBALL FEAST PIZZA	PRODUCT CHANGE - PLANT BALLS	15
93312226	VEGGIE MEATBALL FEAST PIZZA	PRODUCT CHANGE - PLANT BALLS	15
93404536	IOA MEATLESS FEAST PIZZA BAGUETTE	PRODUCT CHANGE - PLANT BALLS	20
93337569	IOA VEGGIE MEATBALL FEAST PIZZA	PORTION SIZE CHANGE	15
93312226	VEGGIE MEATBALL FEAST PIZZA	PORTION SIZE CHANGE	15
93404536	IOA MEATLESS FEAST PIZZA BAGUETTE	PORTION SIZE CHANGE	20
93154010	CHICKEN SAUSAGES 8'S HALAL	PRODUCT CHANGE - CHICKEN MEATBALLS	7
93156786	PERSIAN CHICKEN BITE PITTA HALAL	PRODUCT CHANGE - CHICKEN MEATBALLS	24

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Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
BEEF									
93347548	BEEF BOLOGNESE	271	226	947	9	16	21	6	156
		100	83	349	3	6	8	2	58
93280303	CHEESY CHILLI FRIES	216	330	1,382	16	14	30	3	224
		100	153	639	8	7	14	1	104
93292575	DOUBLE BEEFBURGER	157	322	1,346	14	17	33	6	405
		100	205	856	9	11	21	4	257
93306285	FIRECRACKER BEEF	404	453	1,893	11	24	69	10	457
		100	112	469	3	6	17	2	113
93337562	IOA CHEESY CHILLI FRIES	216	314	1,313	14	15	30	3	220
		100	145	607	7	7	14	1	102
93359837	CHEESY MAC BOLOGNESE	407	558	2,335	24	24	64	10	445
		100	137	573	6	6	16	2	109
93337533	IOA TRADITIONAL BEEF LASAGNE	304	403	1,688	19	22	38	9	383
		100	133	555	6	7	12	3	126
93165389	MEXICAN BEEF ENCHILADA	282	427	1,785	14	20	56	4	383
		100	151	632	5	7	20	2	136
93203913	MINCE BEEF PIE	233	403	1,686	18	17	43	5	370
		100	173	724	8	7	18	2	159
93181323	TRADITIONAL BEEF LASAGNE V2	345	416	1,741	15	23	49	7	290
		100	121	505	4	7	14	2	84
93181208		227	204	853	9	19	13	6	186

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	BEEF BOLOGNESE SAUCE V2	100	90	375	4	8	6	3	82
93204629	CHILLI CON CARNE V2	153	130	545	5	13	8	5	151
		100	85	356	4	9	5	3	99
93167677	DOUBLE BEEF BURGER PLAIN	145	279	1,168	11	15	31	7	213
		100	193	808	8	11	21	5	147
BEEF - HALAL									
93204227	MINCE BEEF PIE HALAL	250	474	1,983	25	19	43	6	380
		100	190	793	10	8	17	2	152
93292576	DOUBLE BEEFBURGER HALAL	162	331	1,384	15	18	34	6	407
		100	204	853	9	11	21	4	251
93359141	CHEESY MAC BOLOGNESE HALAL	407	558	2,335	24	24	64	10	445
		100	137	573	6	6	16	2	109
93208669	CHILLI CON CARNE HALAL V2	153	163	683	10	12	8	5	149
		100	107	447	6	8	5	3	98
93064700	ROAST BEEF HALAL	53	113	473	5	17	0	0	30
		100	213	893	9	33	0	0	56
93181381	TRADITIONAL BEEF LASAGNE HALAL V2	345	416	1,741	15	23	49	7	290
		100	121	505	4	7	14	2	84

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
CHICKEN AND TURKEY									
93150375	BBQ CHICKEN FLATBREAD	162	373	1,559	13	30	30	5	384
		100	231	965	8	18	19	3	238
93175300	BBQ CHICKEN BURGER	138	296	1,239	11	16	34	3	549
		100	214	897	8	11	24	2	397
93241647	BUFFALO CHICKEN	104	191	798	13	14	5	4	378
		100	183	767	12	14	5	4	363
93362980	CARIBBEAN CHICKEN RICE	355	316	1,321	5	19	52	4	244
		100	89	372	1	5	15	1	69
93261794	CHICKEN KORMA V.2	147	135	566	6	14	7	2	90
		100	92	386	4	10	5	1	62
93365791	CHICKEN KOTTU ROTI BOWL	201	248	1,039	8	18	25	8	240
		100	123	516	4	9	12	4	119
93365458	CHICKEN PHO	352	384	1,605	8	25	53	3	415

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		100	109	456	2	7	15	1	118
93162898	CHICKEN SHAWARMA	188	354	1,482	12	28	33	4	315
		100	188	789	6	15	18	2	168
93203347	CHICKEN TIKKA RICE BOX	278	342	1,430	7	23	49	3	287
		100	123	515	3	8	18	1	103
93316308	CORNFLAKE JERK CHICKEN	146	181	758	4	15	20	3	345
		100	124	520	3	11	13	2	237
93457352	JERK CHICKEN AND BEANS FLATBREAD	124	284	1,189	9	17	29	2	431
		100	228	956	7	14	23	2	347
93281314	JERK CHICKEN BURGER	127	257	1,073	10	20	21	3	480
		100	202	844	8	15	17	2	378
93056718	JERK CHICKEN RICE AND PEAS	261	379	1,585	8	29	50	1	578
		100	145	608	3	11	19	0	222
93175351	KOREAN GLAZED CHICKEN GOUJONS	94	193	807	8	12	18	5	370
		100	206	863	8	13	19	5	396
93320888	PERSIAN CHICKEN FLATBREAD	129	291	1,218	10	19	27	2	324
		100	227	948	8	15	21	2	252
93358106	PERSIAN CHICKEN KEBAB	160	251	1,052	5	17	38	3	332
		100	157	658	3	11	24	2	208
93108713	ROAST TURKEY BREAST	51	79	331	1	18	0	0	46
		100	155	649	2	35	0	0	90
93416134	SLOPPY JOE CHICKEN BURGER	149	271	1,134	9	21	28	3	296
		100	182	761	6	14	19	2	199
93365792	SPICY VIETNAMESE CHICK BANH MI BUN	180	340	1,423	9	25	36	5	342
		100	189	790	5	14	20	3	190
93203511	SRIRACHA CHICKEN BURGER	121	263	1,098	11	18	22	4	405
		100	217	908	9	15	18	3	335
93237530	TENNESSEE CRISPY CHICKEN BURGER	123	247	1,034	7	12	33	6	441
		100	201	839	6	10	27	5	358
93130493	THAI RED CHICKEN CURRY	134	139	583	7	14	3	2	148
		100	104	436	5	11	2	2	111
93175300	BBQ CHICKEN BURGER	138	296	1,239	11	16	34	3	549
		100	214	897	8	11	24	2	397
93196596	LOVE JOES MEXICAN CHICKEN BURRITO	125	248	1,038	5	14	35	5	150

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		100	198	830	4	11	28	4	120
93209694	CHICKEN & MUSHROOM PASTY	151	483	2,019	35	8	36	1	557
		100	319	1,335	23	5	24	1	368
93168556	ROASTED CHICKEN THIGH	65	124	518	6	16	0	0	26
		100	191	800	10	25	0	0	39
93170733	SOUTHERN FRIED CHICKEN GOUJON	84	175	734	8	12	14	1	334
		100	210	879	9	14	17	1	400
CHICKEN AND TURKEY - HALAL									
93175342	BBQ CHICKEN BURGER HALAL	151	322	1,349	12	17	36	2	599
		100	214	895	8	12	24	2	398
93241806	BUFFALO CHICKEN HALAL	63	108	453	5	10	6	5	425
		100	171	717	8	15	9	7	672
93395838	CARIBBEAN CHICKEN RICE HALAL	355	305	1,277	4	18	52	4	236
		100	86	360	1	5	15	1	67
93261799	CHICKEN KORMA HALAL	147	130	542	5	13	7	2	83
		100	88	370	4	9	5	1	57
93162899	CHICKEN SHAWARMA HALAL	173	300	1,256	7	26	33	4	443
		100	174	727	4	15	19	2	256
93316309	JERK CHICKEN AND BEANS FLATBRE HALAL	128	271	1,134	8	18	28	2	490
		100	212	886	6	14	22	2	383
93281315	JERK CHICKEN BURGER HALAL	127	257	1,073	10	20	21	3	480
		100	202	844	8	15	17	2	378
93517979	JERK CHICKEN RICE AND PEAS HALAL	261	348	1,455	3	32	50	1	738
		100	133	558	1	12	19	0	283
93518472	KOREAN GLAZED CHICKEN GOUJONS HALAL	106	219	916	9	14	20	4	420
		100	207	864	8	13	19	3	396
93241923	TENNESSEE CRISP CHICKEN BURGER HALAL	132	266	1,114	8	14	35	6	477
		100	201	842	6	10	26	4	361
93518471	THAI RED CHICKEN CURRY HALAL	134	129	539	6	14	3	2	140
		100	96	404	5	10	2	2	105
93153189	THAI RUBBED CHICKEN HALAL	70	113	472	5	16	1	0	44
		100	162	678	8	22	1	1	63
93154010	CHICKEN SAUSAGES 8'S HALAL	62	106	445	4	7	10	1	301
		100	171	716	7	12	15	1	484
93147173	LEMON ROASTED CHICKEN THIGH HALAL	67	122	509	6	16	1	0	25

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		100	181	759	9	23	1	1	37
93196597	LOVE JOES MEXICAN CHICKEN BURRITO HAL	144	280	1,170	5	14	43	4	393
		100	194	814	3	9	30	3	273
93132734	ROAST TURKEY BREAST HALAL	48	70	293	2	12	0	0	38
		100	147	615	5	25	0	0	80
93170734	SOUTHERN FRIED CHICKEN GOUJON HALAL	96	202	843	9	14	16	0	384
		100	210	879	9	14	17	0	400
CHICKEN AND TURKEY - FFL									
93175343	BBQ CHICKEN FILLET BURGER FFL	119	224	935	5	16	29	4	513
		100	189	789	5	13	24	3	433
93163781	CHICKEN SHAWARMA FFL	155	288	1,204	8	20	33	4	279
		100	185	775	5	13	21	3	179
93134407	JERK CHICKEN RICE AND PEAS FFL	241	333	1,395	5	25	50	1	550
		100	139	580	2	10	21	0	229
93287208	KOREAN GLAZED CHICKEN GOUJONS FFL	74	120	503	2	12	13	5	333
		100	163	681	3	16	18	7	452
93241921	TENNESSEE CRISPY CHICKEN BURGER FFL	113	201	843	3	13	31	7	435
		100	178	744	3	12	27	6	384
93170735	SOUTHERN FRIED CHICKEN GOUJON FFL	68	110	459	2	12	10	1	317
		100	161	675	3	18	15	2	467
93267453	SOUTHERN FRIED CHICKEN KATSU FFL	155	303	1,268	8	17	40	4	487
		100	196	819	5	11	26	2	315

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Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
FISH									
93286031	SPECIAL FISH FINGER BAP	133	276	1,153	10	13	34	4	420
		100	208	869	8	10	26	3	316
93293230	BATTERED FISH	90	185	776	10	11	14	2	270
		100	206	862	11	12	15	2	300

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
PORK									
93041832	THAI RUBBED PORK	152	145	608	4	22	5	1	264
		100	96	400	3	14	3	0	174
93173430	ROAST PORK LOIN - SAUCE AND STUFFING	110	193	808	6	17	17	6	261
		100	175	732	6	16	15	6	236
93130787	MANDARIN BARBECUED PORK	165	137	574	5	16	7	7	241
		100	83	347	3	10	4	4	146
93170722	MAC TOPPER - CAJUN PULLED PORK	100	103	430	5	9	5	2	355
		100	102	429	5	9	5	2	354
93035166	SAUSAGE PORK 8'S	85	236	987	14	12	7	3	392
		100	277	1,159	17	14	9	3	460
93287203	CRISPY BACON MAC TOPPER	27	57	240	3	7	0	0	383
		100	214	895	12	26	0	0	1,430
93293020	HOMEMADE SAUSAGE ROLL	75	252	1,055	18	8	14	1	325
		100	334	1,398	24	11	19	2	431
93173554	ROASTED HONEY GLAZED HAM	66	145	609	7	13	7	7	671
		100	221	925	11	20	11	11	1,020

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Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
VEGETARIAN									
93426647	BBQ QUORN BITES	80	146	612	7	9	11	4	251
		100	183	765	9	11	14	5	314
93241530	BEETROOT AND FETA BURGER V2	189	308	1,289	10	10	43	7	475
		100	163	683	5	5	23	4	252
93438299	BRAZILLIAN BLACK BEAN STEW	204	103	430	4	4	12	6	30
		100	51	211	2	2	6	3	15
93170732	BURMESE BIRYANI	530	409	1,712	6	11	80	6	86
		100	77	323	1	2	15	1	16
93310786	CHEESE AND ONION SLICE	158	269	1,125	19	9	16	1	222
		100	170	710	12	5	10	1	140
93230848	CHEESE AND RED ONION QUICHE	222	591	2,472	35	20	48	8	434
		100	266	1,113	16	9	22	4	195
93143034	CHEESE AND TOMATO FLATBREAD	87	220	922	7	8	27	2	284
		100	255	1,066	8	10	32	2	329
93280261	CHEESE BEANS AND CORN QUESALDILAS	145	237	992	10	9	26	3	175
		100	163	683	7	6	18	2	120
93359142	CHEESY VEGEMINCE MAC BOLOGNESE	421	558	2,333	23	22	68	10	463
		100	133	554	5	5	16	2	110
93153735	CHICKPEA AND SQUASH CURRY	155	129	541	8	4	11	3	78
		100	83	349	5	2	7	2	50
93285346	CHILLI VEGGIE CHEESE NACHOS	265	352	1,473	12	18	43	7	356
		100	133	557	5	7	16	3	135
93537248	HAM AND CHEESE CROISSANT	100	212	888	9	13	20	3	788
		100	212	888	9	13	20	3	788
93337560	IOA CHEESE BEANS CORN QUESALDILAS	145	237	993	10	9	26	4	175
		100	164	685	7	7	18	3	121
93317331	IOA CHILLI VEGGIE CHEESE NACHOS	265	353	1,475	12	18	43	7	351
		100	133	557	5	7	16	3	133
93316532	IOA MEXICAN VEGGIE BURRITO	310	485	2,028	17	19	65	7	456
		100	156	654	5	6	21	2	147
93316538	IOA MEXICANA TOMATO CHEESE NACHOS	106	195	815	10	8	18	3	285
		100	184	771	10	8	17	3	270

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93337535	IOA VEGETABLE LASAGNE	390	358	1,496	18	12	38	16	396
		100	92	384	5	3	10	4	102
93316605	KATSU DIPPERS	95	134	559	8	8	7	1	223
		100	141	589	8	8	7	1	235
93285771	KOREAN BBQ QUORN SUB	145	298	1,248	10	14	35	6	428
		100	206	861	7	10	24	4	295
93094205	LOADED VEGAN TAGINE	226	291	1,218	5	10	55	11	279
		100	129	539	2	4	24	5	123
93170738	MAC AND CHEESE	298	472	1,974	20	19	57	7	309
		100	158	661	7	6	19	2	103
93170143	MAC AND CHEESE BURGER	190	337	1,412	12	13	47	6	304
		100	178	744	6	7	25	3	160
93175507	MEXICAN VEGGIE BURRITO	326	486	2,033	15	20	67	7	366
		100	149	623	5	6	21	2	112
93125333	MEXICANA TOMATO CHEESE NACHOS	106	177	742	8	8	18	3	260
		100	168	702	8	8	17	3	246
93506896	MIXED BEAN CHILLI CRUNCHY TORTILLA	156	148	618	4	5	21	5	306
		100	95	396	2	3	14	3	196
93365818	ONION BHABI BURGER	164	204	854	3	8	35	4	219
		100	125	521	2	5	21	2	134
93315647	PERSIAN SPICED VEGETABLE BOLANI	225	276	1,155	6	12	45	3	272
		100	123	514	3	5	20	1	121
93315648	ROASTED SQUASH SATAY BOLANI	211	258	1,081	7	9	36	4	276
		100	122	512	3	4	17	2	131
93170220	SATAY VEGETABLE NOODLES	338	321	1,343	6	12	54	3	308
		100	95	397	2	4	16	1	91
93159953	SMASHED MEXICAN BEAN BURGER	127	189	792	2	8	33	5	239
		100	150	626	2	6	26	4	188
93316307	SMOKEY BURGER SAUCE	10	20	83	2	0	1	1	66
		100	198	830	20	2	8	8	663
93159953	SMASHED MEXICAN BEAN BURGER	127	189	792	2	8	33	5	239
		100	150	626	2	6	26	4	188
93358104	SPINACH AND CHICKPEA DAHL	284	222	930	4	11	36	5	344
		100	78	328	2	4	13	2	121

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93261773	SWEET AND SOUR VEGETABLES	198	165	692	5	11	17	9	518
		100	84	350	2	6	8	5	262
93127996	SWEET CHILLI VEG FLATBREAD	115	230	962	7	8	30	4	321
		100	200	839	6	7	26	3	280
93506893	SWEET POTAND MIXED BEAN SAUSAGE ROLL	93	171	714	8	4	21	6	70
		100	183	766	9	4	23	6	75
93236774	TEX MEX BEAN BURRITO	202	318	1,333	6	10	54	4	379
		100	158	661	3	5	27	2	188
93315844	TEX MEX MIXED VEGETABLES	74	46	192	2	2	6	3	28
		100	62	260	3	3	8	4	38
93236777	THE VEGGIE DOG	128	228	954	7	11	29	4	350
		100	178	744	5	9	23	3	273
93507638	TIKKA ROSTI BURGER	198	261	1,091	5	8	46	5	193
		100	132	552	3	4	23	2	97
93153187	VEGAN CHICK PEA & TOMATO MASALA	234	144	602	6	5	17	5	281
		100	62	258	3	2	7	2	120
93263540	VEGAN CHILLI	268	220	921	4	13	34	7	85
		100	82	343	2	5	13	3	32
93287204	VEGAN CHILLI MAC TOPPER	163	124	519	2	8	19	4	69
		100	76	319	1	5	12	2	43
93500851	VEGETABLE RICE	212	230	963	2	8	48	4	12
		100	109	454	1	4	22	2	5
93080528	VEGETARIAN COTTAGE PIE	450	343	1,434	7	14	59	6	186
		100	76	319	2	3	13	1	41
93181329	VEGETARIAN LASAGNE V2	328	381	1,595	12	19	51	8	314
		100	116	487	4	6	16	3	96
93365459	VEGETARIAN PHO	375	381	1,595	7	16	65	5	411
		100	102	425	2	4	17	1	110
93286035	VEGETARIAN SAUSAGE MASH	391	372	1,558	12	20	48	6	540
		100	95	399	3	5	12	2	138
93261788	VEGETARIAN TIKKA MASALA	281	213	893	6	14	26	7	277
		100	76	318	2	5	9	2	98
93289157	VEGGIE BOLOGNESE	314	232	969	5	15	33	6	84
		100	74	308	2	5	10	2	27

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93135609	VEGGIE FAJITAS	176	300	1,257	10	11	41	3	224
		100	171	715	6	6	23	2	127
93365793	VEGGIE GOUJONS	112	211	880	9	3	27	3	-
		100	188	786	8	3	24	3	-
93310625	YAKISOBA SOYA NOODLES	356	465	1,944	7	22	81	12	559
		100	130	546	2	6	23	3	157
93541638	IOA CHEESE AND ONION SLICE	163	286	1,197	20	10	16	1	252
		100	176	737	12	6	10	1	155
93541636	IOA MAC AND CHEESE	298	472	1,974	20	19	57	7	309
		100	158	661	7	6	19	2	103
93541635	IOA MAC AND CHEESE BURGER	190	337	1,412	12	13	47	6	304
		100	178	744	6	7	25	3	160
93302652	ROASTED VEGETABLE & CRANBERRY SLICE	129	163	681	6	4	23	6	246
		100	126	526	5	3	18	5	190
93170724	QUORN ROAST	68	61	256	1	10	1	0	191
		100	90	377	1	15	2	0	280
93098494	PASTY CHEESE AND ONION SLICE	152	587	2,456	43	10	41	2	537
		100	385	1,612	28	7	27	1	352

Recipe code	Jacket Potatoes	Portion size	Calories (Kcal)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)
VMC 125755	JACKET POTATO - BAKED NO OIL	100	97	406	0.2	3	23
		100	97	406	0.2	3	23
VMC 5027422	CHEESE	50	166	693	13	13	0
		100	331	1385	25	25	0
VMC 126781	PLAIN SALMON	100	130	540	8	24	0
		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
93286157 / 93317332	JACKET POTATO WITH PULLED PORK	305	303	1,266	6	14	51
		100	99	415	2	5	17
93316514	IOA JACKET POTATO WITH CHEESE	255	407	1,702	18	18	46
		100	160	668	7	7	18

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93317332	IOA JACKET POTATO WITH PULLED PORK	325	385	1,610	13	19	51
		100	118	495	4	6	16

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
PASTA AND SOUP									
93137700	ARRABIATTA PASTA	246	390	1,631	14	16	54	5	242
		100	159	663	6	6	22	2	98
93156791	CHICKEN PEA PASTA BAKE.	355	474	1,982	16	31	55	7	328
		100	133	558	4	9	15	2	92
93240140	GREEN PEA PESTO PASTA	298	451	1,887	17	19	56	5	495
		100	151	633	6	6	19	2	166
93316204	IOA ARRABIATTA PASTA	334	360	1,506	9	14	60	8	235
		100	108	450	3	4	18	2	70
93316523	IOA HERBY TOMATO PASTA	270	415	1,735	14	16	58	6	246
		100	153	642	5	6	22	2	91
93094152	LEEK AND POTATO SOUP	238	67	281	2	1	11	2	208
		100	28	118	1	1	4	1	87
93094155	TOMATO AND BASIL SOUP	246	65	271	3	2	9	5	297
		100	26	110	1	1	3	2	121
93094099	CARROT AND CORIANDER SOUP V.2	248	68	284	2	1	11	5	359
		100	27	114	1	0	4	2	145
93147954	HERBY TOMATO PASTA	270	415	1,735	14	16	58	6	246
		100	153	642	5	6	22	2	91
93541634	IOA CHICKEN PEA PASTA BAKE	356	488	2,040	18	30	55	6	340
		100	137	573	5	8	15	2	96
93175148	PASTA KING FIRECRACKER CHICKEN TORIN	180	90	377	2	9	11	6	288
		100	50	209	1	5	6	4	160
93175159	PASTA KING SWEET CHILLI CHICKEN	180	104	437	2	11	13	12	284
		100	58	243	1	6	7	7	158
93175087	PASTA KING ZINGY PEPPERS	104	46	192	1	1	9	4	167
		100	44	184	1	1	8	4	160
93410521	PERI PERI PASTA TSAT COMP WINNER DISH	330	446	1,866	18	25	49	6	95
		100	135	566	5	8	15	2	29
PASTA AND SOUP - HALAL									
93156792	CHICKEN, PEA & LEEK PASTA BAKE HALAL	345	433	1,812	16	26	49	7	323
		100	125	525	5	7	14	2	94
93181383	PASTA BEEF BOLOGNESE HALAL V2	302	426	1,783	15	22	55	6	175
		100	141	590	5	7	18	2	58
93395835	PASTA KING SWEET CHILLI CHICKEN HALAL	180	104	437	2	11	0	12	288
		100	58	243	1	6	0	7	160

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Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
PIZZA									
93041388	14 MARGHERITA PIZZA	116	301	1,261	11	13	40	3	447
		100	260	1,089	9	11	34	3	386
93317334	IOA TRATTORIA 14 MARGHERITA PIZZA	125	280	1,172	9	11	40	4	395
		100	224	935	8	9	32	3	315
93317336	IOA TRATTORIA VEGGIE HOT PIZZA	149	284	1,189	9	11	41	5	395
		100	191	801	6	8	27	3	266
93337569	IOA VEGGIE MEATBALL FEAST PIZZA	152	332	1,390	13	16	41	3	501
		100	219	916	8	10	27	2	331
93203944	MARGHERITA PIZZA PINWHEEL	72	142	595	2	5	27	1	35
		100	197	825	3	7	38	1	49
93312226	VEGGIE MEATBALL FEAST PIZZA	143	355	1,483	14	18	41	3	553
		100	249	1,041	10	12	29	2	388
93541637	IOA MARGHERITA PIZZA PINWHEEL	72	142	595	2	5	27	1	35
		100	197	825	3	7	38	1	49
93041385	TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA	141	344	1,441	12	18	43	6	503
		100	245	1,023	8	13	31	4	357
93128494	TRATTORIA HAWAIIAN STONE BAKED PIZZA	138	318	1,331	11	15	41	4	591
		100	231	968	8	11	30	3	430
93128498	TRATTORIA VEGGIE HOT ONE SBAKE PIZZA	139	305	1,277	11	13	40	4	448
		100	220	919	8	10	29	3	322
PIZZA - HALAL									
93147304	TRATTORIA 14 BBQ CHX STBAKE PIZZA HALAL	128	310	1,297	10	15	43	6	483
		100	243	1,017	7	11	34	5	379
PIZZA - FFL									
93127252	TRATTORIA 14 BBQ CHX STONEBAKE PIZZA FFL	86	145	605	7	12	7	6	241
		100	168	703	8	14	8	7	280
93147946	TRATTORIA 14 HAWAIIAN PIZZA FFL	76	118	492	7	10	3	3	262
		100	156	652	10	13	4	3	347

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Recipe Code	Carbohydrate Sides	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93237709	CRISPY MASALA POTATOES	158	157	659	3	3	31	2	21
		100	100	417	2	2	19	1	13
93541639	IOA SMASHED POTATO	255	313	1,308	9	11	50	6	209
		100	123	513	3	4	20	2	82
93156734	PINEAPPLE RICE	164	195	818	1	5	44	3	6
		100	119	498	1	3	27	2	4
93497543	SMASHED POTATO	235	229	960	2	6	50	6	64
		100	98	408	1	2	21	2	27
93163112	SPICY BAKED WEDGES HALF PORTION	82	80	336	0	2	19	1	10
		100	98	408	0	3	23	1	12
93034973	TURMERIC BREAD	41	90	375	0	3	20	0	1
		100	222	927	1	7	49	0	2
93099761	BASIC WHITE BREAD RECIPE	79	162	679	1	5	36	0	1
		100	205	856	1	7	46	0	1
93119265	BREAD WHOLEMEAL LOAF	79	142	595	1	6	28	1	218
		100	179	750	2	8	36	1	275
93157065	CAJUN WEDGES HALF PORTION	82	80	335	0	2	19	1	55
		100	97	407	0	3	23	1	67
93124814	CHIPS	125	173	722	5	3	27	0	0
		100	138	577	4	3	22	0	0
93157067	GARLIC & HERB WEDGES HALF PORTION	83	82	344	0	2	19	1	2
		100	99	415	0	3	23	1	2
93174102	HERBY DICE POTATOES	63	86	361	3	1	13	0	166
		100	137	573	5	2	20	1	264
93156761	MEXICAN YELLOW RICE	154	206	863	1	6	46	1	213
		100	134	561	1	4	30	0	138
93207226	PASTA WHOLEMEAL	150	200	838	2	8	41	0	7
		100	134	561	1	5	27	0	5
93109633	RICE 1/2 WHOLEGRAIN	146	194	812	1	5	43	0	161
		100	133	558	1	4	29	0	110

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93162615	ROAST POTATOES	108	125	523	6	2	18	1	1
		100	116	486	5	2	17	1	1

Recipe Code	Vegetable Sides and Salads	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93129265	APPLE SLAW	72	72	299	4	1	8	6	109
		100	99	416	6	1	11	8	152
93172124	CHICKEN & BACON PASTA SALAD	213	347	1,453	8	22	50	2	333
		100	163	683	4	11	24	1	157
93172125	CHICKEN PASTA SALAD HALAL	238	356	1,490	5	30	50	2	281
		100	150	626	2	13	21	1	118
93170787	COUS COUS SALAD	231	258	1,081	2	10	54	6	172
		100	112	468	1	4	24	3	75
93292799	GREEK SALAD	131	109	455	8	6	4	2	365
		100	83	348	6	4	3	2	279
93170422	NEW POTATO SALAD	56	65	271	3	1	10	1	69
		100	117	489	5	2	17	2	125
93122369	PASTA SALAD	106	118	494	3	4	20	1	5
		100	112	468	2	4	19	1	4
93130896	RED SLAW	75	54	227	4	1	4	3	109
		100	73	305	5	1	5	4	146
93236714	ROASTED INDIAN CHICKPEA SALAD	177	151	630	7	6	15	3	9
		100	85	355	4	4	9	2	5
93315842	SATAY SWEETCORN	82	73	306	2	3	8	2	6
		100	90	375	3	4	9	3	7
93164908	SAVOURY RICE SALAD	210	194	812	1	5	41	3	8
		100	92	386	1	3	19	1	4
93129906	SPICY RICE & RED BEAN SALAD	216	270	1,131	6	6	48	2	13
		100	125	524	3	3	22	1	6
93040685	SWEET CHILLI CHICKEN NOODLE SALAD	240	360	1,505	6	25	54	7	471
		100	150	628	3	10	23	3	196
93172009	TUNA & SWEETCORN PASTA SALAD	270	357	1,493	8	20	52	4	353
		100	132	552	3	8	19	1	131
93162619	BAKED BEANS	90	57	237	0	4	8	2	216
		100	63	264	0	4	9	2	240

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93170788	BULGER WHEAT & CAULI SALAD	222	246	1,028	5	8	39	6	18
		100	111	464	2	4	18	3	8
93065561	CARROTS	68	20	83	0	0	4	4	20
		100	29	121	1	1	6	6	29
93235946	CHICKEN TIKKA RICE SHAKER SALAD V2	281	349	1,462	7	24	49	2	95
		100	124	520	2	9	18	1	34
93287202	CHIPOTLE SWEETCORN	87	93	389	4	3	8	2	92
		100	107	447	5	4	10	3	106
93076060	COLESLAW	72	58	242	4	1	5	3	109
		100	81	337	6	1	6	4	152
93143440	MIXED SALAD	67	17	71	0	1	2	2	5
		100	25	106	1	1	3	2	8
93065563	PEAS	80	54	228	1	4	9	5	3
		100	68	285	1	5	11	6	4
93130897	PLAIN HALF CORN ON THE COB	70	69	289	3	2	6	2	16
		100	98	411	4	3	9	2	23
93170414	SALAD BEETROOT	64	23	96	0	1	5	4	42
		100	36	151	0	2	8	7	66
93170413	SALAD CARROT	64	19	78	0	0	4	4	19
		100	29	121	0	0	6	5	29
93170411	SALAD CUCUMBER	78	11	45	0	1	1	1	3
		100	14	59	1	1	1	1	4
93170410	SALAD LETTUCE	66	7	30	0	1	1	1	6
		100	11	46	0	1	1	1	9
93170417	SALAD OLIVES	40	50	209	5	0	0	0	320
		100	125	523	13	1	0	0	800
93170369	SALAD PEPPERS	67	10	42	0	1	2	2	3
		100	15	63	0	1	3	2	4
93170415	SALAD RED ONION	72	25	105	0	1	6	4	2
		100	35	146	0	1	8	6	3
93170368	SALAD SWEETCORN	80	64	268	2	3	8	2	0
		100	80	335	2	4	9	3	0
93170367	SALAD TOMATO	79	11	46	0	0	2	2	2
		100	14	59	0	1	3	3	2

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Recipe Code	Additional Items	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93034775	GRAVY	45	10	44	0	0	2	0	125
		100	23	97	0	0	6	0	279
93359359	MINT RAITA	16	7	30	0	1	1	1	6
		100	46	192	0	4	7	4	42
93203346	RANCH DRESSING	15	17	71	1	0	1	1	37
		100	110	461	9	2	6	4	237

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
BAGUETTES									
93208233	HAM BAGUETTE BROWN	208	424	1,774	7	22	65	3	1,402
		100	204	855	3	11	31	1	676
93316602	HONEY ROAST GAMMON BAGUETTE	206	481	2,015	9	25	73	12	1,170
		100	234	979	4	12	36	6	568
93363261	MARINARA MELT PIZZA BAGUETTE	115	247	1,032	6	11	34	3	376
		100	215	901	6	10	30	3	329
93474294	PESTO MOZZ SALAD BAGUETTE	246	490	2,051	14	21	68	6	853
		100	200	835	6	8	28	2	347
93153400	ROAST CHICKEN AND STUFFING BAGUETTE	264	536	2,242	11	35	73	5	760
		100	203	851	4	13	28	2	288
93151108	BLT BAGUETTE WHITE	258	478	1,999	11	26	68	6	1,287
		100	185	775	4	10	26	2	499
93183307	CHEESE BAGUETTE WHITE	188	539	2,255	20	22	66	4	830
		100	287	1,203	11	12	35	2	442
93183334	CHEESE HAM BAGUETTE WHITE	218	503	2,105	14	25	67	5	1,232
		100	231	968	6	11	31	2	567
93151049	CHICKEN MAYO BAGUETTE WHITE	237	505	2,115	12	30	67	5	688
		100	213	891	5	13	28	2	290
93346178	CHICKEN AND BACON BAGUETTE	132	312	1,304	11	19	34	2	744
		100	236	989	8	14	26	2	565
93404536	IOA MEATLESS FEAST PIZZA BAGUETTE	132	299	1,253	11	14	35	3	473
		100	226	946	8	11	26	3	357
93151095	TUNA AND CUCUMBER BAGUETTE WHITE	238	446	1,866	8	25	68	5	778
		100	188	785	3	10	28	2	327

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93178064	VEGAN CHEESE AND PICKLE BAGUETTE	218	538	2,251	16	12	84	13	1,128
		100	247	1,035	7	6	39	6	519
BAGUETTES - HALAL									
93151492	BBQ CHICKEN BAGUETTE WHITE HALAL	247	496	2,076	8	32	71	9	870
		100	201	840	3	13	29	3	352
93178093	CHICKEN SALAD BAGUETTE HALAL	255	468	1,957	7	32	67	5	724
		100	184	769	3	13	26	2	285
93148530	CLT BAGUETTE HALAL	252	443	1,855	5	29	68	6	719
		100	176	737	2	11	27	2	286
BAGUETTES - FFL									
93156000	CHICKEN SALAD BAGUETTE WHITE FFL	231	445	1,860	7	26	67	5	597
		100	193	806	3	11	29	2	259
93155974	BLT BAGUETTE WHITE FFL	319	630	2,635	23	33	70	7	1,893
		100	197	826	7	10	22	2	593
93155945	HAM SALAD BAGUETTE BROWN FFL	231	428	1,792	7	24	64	3	1,042
		100	185	775	3	10	28	1	450

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
PANINIS									
93153404	BEEF MEATBALL PANINI	228	550	2,300	20	26	64	8	760
		100	241	1,009	9	12	28	4	333
93170794	CHEESE AND TOMATO SAUCE PANINI	160	429	1,793	13	17	59	5	581
		100	268	1,121	8	11	37	3	363
93316531	IOA CHEESE AND TOMATO SAUCE PANINI	160	429	1,793	13	17	59	5	581
		100	268	1,121	8	11	37	3	363
93316206	IOA CHEESE PANINI	130	415	1,736	13	16	57	3	581
		100	319	1,335	10	12	44	2	447
93046596	BACON AND CHEESE PANINI	159	457	1,911	15	21	58	4	872
		100	287	1,201	9	13	36	2	548
93170729	BBQ CHICKEN PANINI	200	537	2,248	17	33	61	6	681
		100	269	1,124	9	16	31	3	340
93209161	CHEESE PANINI V2	130	415	1,736	13	16	57	3	581
		100	319	1,335	10	12	44	2	447

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93158617	FAJITA CHICKEN MELT PANINI	192	502	2,101	14	33	58	4	778
		100	262	1,094	7	17	30	2	405
93129865	TUNA AND CHEESE MELT PANINI	180	439	1,835	10	28	57	3	723
		100	244	1,021	5	16	32	2	402

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
SANDWICHES AND BLOOMERS									
93131776	CORONATION CHICKEN BLOOMER	167	387	1,618	11	23	47	7	347
		100	232	971	7	14	28	4	208
93474297	PESTO MOZZ SALAD SANDWICH	206	387	1,617	15	17	45	5	590
		100	187	784	7	8	22	2	286
93151106	BLT SANDWICH WHITE	218	385	1,611	13	22	46	5	1,072
		100	177	740	6	10	21	2	493
93151105	CHEESE SALAD BLOOMER BROWN	232	440	1,840	18	22	46	5	748
		100	189	792	8	9	20	2	322
93151104	CHEESE SALAD BLOOMER WHITE	201	429	1,794	17	19	50	5	560
		100	213	892	8	9	25	2	278
93151103	CHEESE SANDWICH BROWN	125	365	1,528	18	18	30	2	604
		100	292	1,222	14	14	24	2	483
93151102	CHEESE SANDWICH WHITE	134	409	1,709	18	17	43	3	516
		100	304	1,271	14	13	32	2	384
93151047	CHICKEN MAYONNAISE SANDWICH WHITE	183	419	1,754	17	25	41	4	477
		100	230	961	9	13	22	2	261
93151052	CHICKEN SALAD BLOOMER BROWN	230	376	1,574	9	28	45	4	507
		100	164	684	4	12	20	2	220
93151051	CHICKEN SALAD BLOOMER WHITE	212	401	1,677	10	26	50	4	376
		100	189	791	5	12	24	2	177
93151059	CHICKEN TIKKA BLOOMER BROWN	208	390	1,631	10	28	46	3	561
		100	188	786	5	13	22	2	270
93151058	CHICKEN TIKKA BLOOMER WHITE	207	432	1,808	13	26	51	4	485
		100	208	872	6	13	24	2	234
93151140	EGG SALAD BLOOMER WHITE	212	343	1,435	10	17	44	4	366
		100	162	677	5	8	21	2	172
93150967	HAM AND TOMATO BLOOMER WHITE	185	315	1,318	4	17	50	5	902
		100	170	713	2	9	27	3	488

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93183301	HAM SALAD SANDWICH ON WHITE	228	308	1,289	6	17	45	5	877
		100	135	565	3	7	20	2	384
93150964	HAM SANDWICH ON BROWN	154	278	1,162	6	18	35	3	981
		100	180	753	4	11	23	2	635
93151128	TUNA AND SWEETCORN BLOOMER BROWN	202	343	1,436	5	26	46	4	623
		100	170	710	3	13	23	2	308
93151127	TUNA AND SWEETCORN BLOOMER WHITE	189	373	1,562	9	21	51	4	532
		100	198	828	5	11	27	2	282
93162053	TUNA MAYONNAISE SANDWICH WHITE	157	321	1,343	7	20	44	3	474
		100	204	853	4	12	28	2	301
93162054	TUNA MAYONNAISE SANDWICH WMEAL	157	300	1,254	7	21	35	3	581
		100	190	797	4	13	22	2	369
93178046	VEGAN CHEESE SANDWICH WHITE	124	336	1,406	12	7	49	3	479
		100	270	1,130	9	6	40	2	385
SANDWICHES AND BLOOMERS - HALAL									
93290669	CLT SANDWICH HALAL	203	316	1,323	5	27	40	4	428
		100	156	652	2	13	20	2	211
93151495	CHICKEN MAYO SANDWICH BROWN HALAL	178	350	1,465	11	28	33	3	675
		100	197	826	6	16	19	2	380
93151494	CHICKEN MAYO SANDWICH WHITE HALAL	178	387	1,619	13	25	41	4	593
		100	218	912	8	14	23	2	334
93151682	CHICKEN SALAD BLOOMER WHITE HALAL	212	376	1,571	6	28	50	4	506
		100	177	741	3	13	24	2	238
93151688	CHICKEN TIKKA BLOOMER BROWN HALAL	185	310	1,295	5	33	31	2	593
		100	168	701	3	18	17	1	321
SANDWICHES AND BLOOMERS - FFL									
93155972	BLT SANDWICH WHITE FFL	207	421	1,760	16	28	40	4	1,423
		100	203	849	8	13	19	2	686
93183484	CHEESE AND HAM SANDWICH BROWN FFL	185	459	1,919	22	31	31	2	1,045
		100	248	1,037	12	17	16	1	565
93183483	CHEESE AND HAM SANDWICH WHITE FFL	185	478	2,000	22	30	39	3	964
		100	258	1,081	12	16	21	1	521
93156003	CHICKEN SALAD BLOOMER BROWN FFL	182	291	1,216	7	26	30	3	366
		100	160	669	4	14	17	2	201
93156002	CHICKEN SALAD BLOOMER WHITE FFL	185	346	1,447	7	19	50	4	346
		100	187	784	4	10	27	2	187

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93156010	CHICKEN TIKKA BLOOMER BROWN FFL	147	279	1,167	8	18	31	3	445
		100	189	792	6	13	21	2	302
93183482	HAM SALAD SANDWICH ON BROWN FFL	216	302	1,263	9	21	32	3	759
		100	140	585	4	10	15	2	351
93183481	HAM SALAD SANDWICH ON WHITE FFL	216	321	1,344	9	20	40	4	663
		100	149	622	4	9	18	2	307
93155957	HAM SANDWICH ON BROWN FFL	145	292	1,223	8	21	30	2	756
		100	202	844	6	14	21	1	521

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
WRAPS AND PITTA									
93285351	CHEESE AND TOMATO PITTA	100	243	1,015	7	12	34	3	390
		100	243	1,015	7	12	34	3	390
93204627	CHICKEN KATSU WRAP	174	376	1,572	14	17	45	3	523
		100	215	901	8	10	26	2	300
93036849	CHICKEN RANCH WRAP	158	347	1,453	13	26	31	2	301
		100	219	917	8	16	20	1	190
93506894	CHICKEN TIKKA PITTA	203	320	1,338	8	29	35	4	346
		100	157	659	4	14	17	2	170
93541880	IOA POTATO PEPPER AND CHEESE PITTA	176	299	1,250	7	11	52	11	451
		100	169	709	4	6	29	6	255
93541881	IOA TEX MEX CHICKEN PITTA	152	279	1,167	6	20	37	3	384
		100	184	770	4	13	24	2	253
93506897	MORROCAN SPICED VEGETABLE PITTA	209	240	1,004	4	10	44	7	284
		100	115	480	2	5	21	3	136
93508292	PERSIAN PORK BITE PITTA	165	316	1,320	10	15	44	4	530
		100	192	802	6	9	27	3	322
93365453	PERSIAN VEGETABLE PITTA	201	270	1,129	7	11	44	4	415
		100	135	563	3	5	22	2	207
93506895	POTATO PEPPER AND CHEESE PITTA	166	257	1,076	3	8	52	11	378
		100	155	647	2	5	31	7	227
93365454	STICKY BBQ BEAN PITTA	169	228	953	1	8	47	10	347
		100	135	565	1	5	28	6	206
93169793	TERIYAKI VEGETARIAN WRAP	146	271	1,132	5	12	42	11	806
		100	185	775	3	8	29	7	551

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93508247	TEX MEX CHICKEN PITTA	142	237	993	3	18	37	3	311
		100	168	701	2	13	26	2	220
93151046	BBQ CHICKEN WRAP	153	336	1,406	11	23	35	5	323
		100	219	917	7	15	23	4	211
93188814	CHICKEN TIKKA WRAP	154	303	1,268	9	23	31	3	220
		100	197	825	6	15	20	2	143
93244447	CORONATION CHICKEN WRAP	134	334	1,400	12	13	43	4	460
		100	249	1,043	9	10	32	3	343
93152299	CRUNCHY PEPPER AND HOUMOUS WRAP	177	404	1,689	21	11	39	2	513
		100	228	955	12	6	22	1	290
93131374	STICKY BBQ QUORN PITTA	195	251	1,048	2	14	46	10	550
		100	128	537	1	7	24	5	282
WRAPS AND PITTA - HALAL									
93169353	BREAKFAST WRAP HALAL	145	327	1,367	13	16	36	5	629
		100	226	946	9	11	25	4	435
93208668	CHICKEN KATSU WRAP HALAL	187	402	1,681	15	19	47	2	573
		100	215	900	8	10	25	1	307
93517978	CHICKEN TIKKA PITTA HALAL	203	287	1,199	3	32	35	4	516
		100	141	590	1	16	17	2	254
93151491	BBQ CHICKEN WRAP HALAL	163	337	1,411	10	25	35	6	521
		100	206	864	6	15	22	3	319
93188815	CHICKEN TIKKA WRAP HALAL	180	299	1,250	6	29	32	3	386
		100	166	695	3	16	18	2	215
93174462	PIRI PIRI CHICKEN WRAP HALAL	189	329	1,378	11	21	36	6	536
		100	175	731	6	11	19	3	284
93156786	PERSIAN CHICKEN BITE PITTA HALAL	161	267	1,116	4	13	46	3	530
		100	166	695	2	8	29	2	330
93518470	TEX MEX CHICKEN PITTA HALAL	142	227	949	2	18	37	3	304
		100	160	670	1	12	26	2	215
WRAPS AND PITTA - FFL									
93155976	CHICKEN RANCH WRAP FFL	130	278	1,163	8	21	30	2	206
		100	214	897	6	16	23	2	159
93156005	CHICKEN TIKKA PITTA FFL	171	253	1,060	4	21	35	4	310
		100	148	621	2	12	21	2	181
93036737	CHICKEN TIKKA WRAP FFL	141	278	1,161	7	22	31	3	202
		100	197	824	5	15	22	2	143

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93155985	BBQ CHICKEN WRAP FFL	116	260	1,086	7	16	32	4	234
		100	224	938	6	14	28	3	202

Recipe Code	Description	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93094200	APPLE CINNAMON TWICE BAKED CRUMBLE	120	209	873	7	3	34	19	113
		100	173	725	6	2	28	16	94
93159970	BANOFFEE PIE	77	146	610	6	4	18	10	94
		100	190	795	8	5	24	13	122
93089363	BREAD AND BUTTER PUDDING	114	198	827	6	7	29	13	113
		100	174	727	5	6	25	11	99
93365456	CARAMEL APPLE CRUMBLE	110	128	534	3	3	21	15	127
		100	116	486	3	3	19	13	116
93098051	CHOCOLATE BROWNIE	45	179	751	9	3	21	11	49
		100	396	1,659	21	6	46	24	109
93307513	CHOCOLATE BUTTERSCOTCH CRISPIE	65	128	537	4	4	20	10	110
		100	198	827	6	5	31	15	169
93293256	CHOCOLATE COOKIE	44	189	792	8	3	25	11	136
		100	430	1,799	18	7	57	25	310
93139520	CHOCOLATE CRISPIE BAR	52	201	842	7	3	31	18	149
		100	389	1,629	13	5	60	34	289
93144279	CHOCOLATE CRUNCH BISCUIT	43	187	783	9	3	23	9	59
		100	435	1,821	21	6	53	22	138
93307486	CHOCOLATE TOFFEE SHORTBREAD	90	253	1,057	11	4	34	16	118
		100	280	1,170	13	5	37	18	130
93129792	FRUITY FLAPJACK TRAYBAKE	39	142	593	6	2	19	11	41
		100	359	1,502	16	4	49	27	103
93281510	GINGERBREAD SHORTBREAD	39	185	774	11	2	20	6	61
		100	474	1,984	28	4	53	16	156
93325691	LEMON DRIZZLE MUFFIN V.2	52	143	600	5	2	22	12	105
		100	273	1,143	9	5	42	22	201
93300347	LEMON OAT RAISIN COOKIE	44	176	735	7	2	27	12	132
		100	399	1,669	15	6	61	26	300
93310626	ORANGE GLAZED STICKY PUDDING	98	190	794	5	4	34	20	213
		100	194	812	5	4	35	20	218
93314388	PINEAPPLE AND SPINACH SMOOTHIE	161	125	524	2	5	22	13	39
		100	78	326	1	3	14	8	25

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93147363	PINEAPPLE UPSIDE DOWN PUDDING	75	204	852	9	3	28	18	73
		100	273	1,143	12	3	38	24	97
93325692	RASPBERRY YOG FLAPJACK MUFFIN	62	162	676	7	3	22	11	85
		100	261	1,092	11	4	36	17	137
93310680	RED VELVET BROWNIE	58	169	708	8	3	21	12	52
		100	292	1,221	14	5	36	20	89
93414796	SMASHED COOKIE	44	185	776	7	3	13	11	132
		100	422	1,764	17	7	31	26	301
93234760	SMOOTHIE BANANA & CINNAMON	157	134	560	2	5	24	14	38
		100	85	357	1	3	15	9	24
93232011	SMOOTHIE VERY BERRY	156	125	521	2	5	22	13	35
		100	80	334	1	3	14	8	22
93365455	STRAWBERRY MOUSSE SHORTCAKE	108	268	1,122	13	5	33	14	161
		100	249	1,043	12	5	30	13	149
93310773	VANILLA AND RASPBERRY BLONDIE	61	230	963	12	3	29	13	133
		100	380	1,589	20	5	48	22	220
93290451	WIBBLE JELLY RASPBERRY	96	13	53	0	0	8	3	0
		100	13	55	0	0	8	3	0
93290179	WIBBLE JELLY STRAWBERRY	96	13	53	0	0	8	3	0
		100	13	55	0	0	8	3	0
93166762	BANANA MARBLE CAKE	98	311	1,302	16	4	41	26	143
		100	317	1,327	16	4	42	26	145
93285158	CHOCOLATE FUDGE BROWNIE MIDDLETONS	60	256	1,071	10	3	32	14	200
		100	429	1,794	17	6	54	23	335
93065568	CUSTARD TRADITIONAL MILK POWDER	125	111	466	2	2	22	13	48
		100	89	374	1	2	18	10	39
93161188	FROZEN MANGO YOGHURT	100	113	473	1	4	22	18	61
		100	113	473	1	4	22	18	61
93161187	FROZEN STRAWBERRY YOGHURT	100	129	540	2	4	24	18	60
		100	129	540	2	4	24	18	60
93101047	GOLDEN SYRUP & OAT COOKIES	44	182	763	7	2	29	14	215
		100	416	1,738	15	4	66	32	490
93162982	ICE CREAM BOX CHOCOLATE	100	163	682	7	3	22	17	52
		100	163	682	7	3	22	17	52
93162983	ICE CREAM BOX STRAWBERRY	100	139	582	6	3	19	19	61
		100	139	582	6	3	19	19	61
93162984	ICE CREAM BOX VANILLA	87	117	491	5	3	16	16	61
		100	135	565	5	3	18	18	70
93129791	JOES FLAPJACK TRAYBAKE	42	182	761	9	2	23	12	60

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		100	438	1,834	22	5	54	29	145
93076318	SHORTBREAD	39	185	776	11	2	21	6	61
		100	476	1,990	28	4	53	15	156
93168833	SUMMER BERRY & PEACH OATY CRUMBLE FB	97	229	958	9	3	32	12	56
		100	236	987	10	4	33	12	58
93035307	YOGHURT	120	100	417	1	4	18	17	60
		100	83	347	1	4	15	14	50

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