



Menu Item Nutrition Matrix

Menu item	kJ	kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Sodium
Cheese and Onion Pasty	1303.	312.4	17.78	8.636	30.35	1.905	2.159	6.604	289.4
Cheese and Tomato Pizza	1230.	292.5	8.875	4.375	39.00	3.000	2.750	12.75	481.4
Cheese Salad with Coleslaw	1164.	281.0	23.22	10.53	4.125	3.200	0.800	13.42	166.0
Chicken and Orzo Pasta with Salad	726.2	172.4	5.915	0.770	14.57	1.335	1.300	14.67	294.7
Chicken Curry	1490.	353.1	6.560	1.676	48.12	4.286	1.566	24.57	290.0
Chicken Pie	1412.	336.5	12.83	5.350	36.35	1.375	1.950	18.07	250.7
Chicken Salad Sandwich	1170.	276.4	2.750	0.626	38.44	4.600	3.070	22.99	487.3
Chicken Tikka and Rice	1608.	381.4	9.300	3.120	48.59	4.920	1.400	25.13	340.7
Chilli Con Carne and Rice	2015.	480.2	19.64	9.076	50.06	6.398	3.390	24.15	256.0
Chocolate Chip Cookies	1128.	269.8	13.91	6.492	33.06	17.610	0.688	2.725	237.1
Crispy Meat Flan	2362.	561.9	22.62	10.33	69.18	11.863	0.587	18.55	3355.
Egg and Watercress Sandwich	1224.	290.8	8.530	0.751	40.22	3.830	3.069	11.86	348.2
Fish and Chips	2952.	702.5	24.55	2.600	89.90	3.200	7.950	26.55	691.9



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Flapjack	1512.0	362.3	20.28	8.648	39.64	22.26	2.843	3.781	104.0
Flapjack with Cranberries	1558.0	373.0	20.30	8.651	42.17	24.35	2.993	3.796	104.0
Ham Salad Baguette	2179.0	515.0	12.37	1.780	62.69	22.51	19.46	42.26	177.1
Houmous with Crudites and Wholemeal pitta bread	932.0	223.2	12.03	1.210	19.86	0.870	4.120	6.830	235.9
Iced Bun	770.6	183.0	1.696	0.583	36.77	13.83	0.954	4.611	174.0
Jacket Potato with Beans	2161.0	511.5	2.600	0.300	98.45	13.20	13.80	16.50	412.6
Jacket Potato with Cheese	2406.0	573.0	16.50	10.00	79.75	3.00	0.750	22.75	0.950
Jacket Potato with Tuna	1970.0	467.5	7.250	2.150	81.80	3.60	0.800	15.15	98.25
Lasagne	2774.0	668.7	31.66	18.15	69.07	16.20	1.787	25.00	1438.
Macaroni Cheese	3817.0	921.6	37.34	23.41	121.6	25.77	1.975	22.25	2894.
Meatballs and Pasta	1596.0	380.5	14.07	5.020	47.60	6.25	0.940	14.32	557.6
Millionaires Shortbread	2640.0	631.9	35.66	17.00	71.33	49.51	0.968	5.652	221.7
Mince and Onion Pie	1722.0	411.5	21.83	9.975	36.35	1.37	1.825	16.76	236.0



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Oat Cookies	1032.	247.0	13.43	5.977	28.16	11.86	1.258	2.691	126.8
Panini	669.6	157.2	1.320	0.306	32.94	1.620	1.740	5.520	240.0
Panini cheese and ham	1121.	266.2	9.996	5.687	33.55	2.236	1.940	12.47	399.5
Panini Chicken Bacon & Sweetcorn	1218.	288.4	8.920	1.586	36.99	4.366	2.700	16.77	548.1
Panini Tuna and Cheese	1712.	408.1	20.87	10.45	35.89	2.220	1.790	21.32	339.0
Pasta Bake	1409.	336.2	14.08	8.508	35.11	5.058	1.800	16.27	136.3
Sausage Roll	1191.	285.0	16.40	7.300	27.40	0.600	1.400	6.300	420.5
Sausage-toad in the Hole	698.1	165.3	3.466	1.033	25.65	2.483	1.033	7.591	188.2
Shepherds Pie	2921.	696.2	30.89	17.75	81.89	16.20	4.700	21.12	4775.
Shortbread Biscuits	645.2	154.3	8.566	3.922	17.33	5.755	0.516	1.733	48.03
Spaghetti Bolognaise	2082.	496.2	20.49	9.068	50.20	7.796	2.856	26.38	269.5
Spicy Tomato Pasta	1868.	442.8	12.28	1.428	71.14	22.573	3.142	10.57	561.4
Sweet Chilli Chicken	1635.	387.5	4.844	1.500	60.62	18.631	1.170	24.27	307.3



Menu Item Nutrition Matrix

Menu item

Tuna and Sweetcorn Sandwich

Tuna Salad Sandwich

Vegetable Ravioli

kJ	kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein	Sodium
1165.0	276.7	6.846	0.636	41.85	5.99	3.453	10.19	410.6
1211.0	287.7	8.030	2.286	40.15	4.36	0.770	12.36	365.4
862.5	205.0	3.675	1.450	36.67	14.07	3.250	4.475	638.6

Values are per portion