

Menu: FCSP23 Wk1

Fresh Cook Week 1 Spring 2023

Item	Description	Amount					
R00043	Gravy - Gluten Free Vegetarian	Ptn	Each Gravy - Gluten Free Vegetarian (Ptn) contains				
			Energy	Fat	Saturates	Carbohydrate	Protein
			8.7	0.0	0.0	2.0	0.1
			0%	0%	0%	0%	0%
			of an adult's Reference Intake				
			Typical values (as sold) per 100g: Energy 0.0				
R00107P	Daily Salad Bar	Ptn	Each Daily Salad Bar (Ptn) contains				
			Energy	Fat	Saturates	Carbohydrate	Protein
			87.4	1.7	0.2	14.5	3.8
			4%	2%	1%	0%	0%
			of an adult's Reference Intake				
			Typical values (as sold) per 100g: Energy 0.0				
R00212P	Roast Potatoes - PRIMARY	Ptn	Each Roast Potatoes - PRIMARY (Ptn) contains				
			Energy	Fat	Saturates	Carbohydrate	Protein
			80.0	0.0	0.0	17.5	2.0
			4%	0%	0%	0%	0%
			of an adult's Reference Intake				
			Typical values (as sold) per 100g: Energy 0.0				
R00228P	Chips - Ovenbaked - Primary	Ptn	Each Chips - Ovenbaked - Primary (Ptn) contains				
			Energy	Fat	Saturates	Carbohydrate	Protein
			122.0	2.7	0.3	21.0	2.3
			6%	4%	2%	0%	0%
			of an adult's Reference Intake				
			Typical values (as sold) per 100g: Energy 0.0				
R01341P	Tomato Bread - Primary	Ptn	Each Tomato Bread - Primary (Ptn) contains				
			Energy	Fat	Saturates	Carbohydrate	Protein
			15.0	0.2	0.1	2.7	0.5
			1%	0%	0%	0%	0%
			of an adult's Reference Intake				
			Typical values (as sold) per 100g: Energy 0.0				

R01342P White Bread - Primary Ptn

Each White Bread - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
15.2	0.2	0.1	2.7	0.6
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01345P White/Brown Bread - Primary Ptn

Each White/Brown Bread - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
15.0	0.2	0.1	2.7	0.5
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01349P Fruit Platter 1 Ptn

Each Fruit Platter 1 (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
4.3	0.0	0.0	1.0	0.1
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01350P Fruit Platter 2 Ptn

Each Fruit Platter 2 (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
4.9	0.0	0.0	1.2	0.1
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00279P Fish Finger - Primary Ptn

Each Fish Finger - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
183.6	8.2	0.7	15.3	11.7
9%	12%	4%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00058P Pizza - Cheese and Tomato - PRIMARY Ptn

Each Pizza - Cheese and Tomato - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
154.8	5.0	2.3	19.8	6.6
8%	7%	12%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01400 Yeo Valley Little Yeo Ptn

Each Yeo Valley Little Yeo (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
2.1	0.1	0.1	0.2	0.1
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00079P Quorn Roast - Primary Ptn

Each Quorn Roast - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
51.1	0.6	0.3	1.2	8.7
3%	1%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00094P Sausages GF 37g - Primary Ptn

Each Sausages GF 37g - Primary (64g) contains

Energy	Fat	Saturates	Sugars	Salt
133kcal	6.7g	2.3g	1.9g	0.78g
7%	10%	11%	2%	13%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 208kcal

R00383P Salmon & Sweet Potato Fish Cake 65g - Primary Ptn

Each Salmon & Sweet Potato Fish Cake 65g - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
129.4	4.9	0.7	15.2	4.4
6%	7%	4%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00037P Roast Chicken Breast - Ptn
Primary

Each Roast Chicken Breast - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
63.6	0.7	0.2	0.0	14.4
3%	1%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01346P Brown Bread - Primary Ptn

Each Brown Bread - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
14.3	0.2	0.0	2.6	0.5
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00218P Potato Wedges - Ptn
Primary

Each Potato Wedges - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
66.0	0.1	0.1	17.4	1.4
3%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00124P Sliced Carrots - Primary Ptn

Each Sliced Carrots - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
10.5	0.0	0.0	2.0	0.2
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00208P Peas Frozen - PRIMARY Ptn

Each Peas Frozen - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
24.0	0.4	0.2	2.8	1.7
1%	1%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00896P Corn on the Cob - Primary Ptn

Each Corn on the Cob -Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
16.9	0.3	0.0	2.9	0.6
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00895P Cut Green Beans Frozen - PRIMARY Ptn

Each Cut Green Beans Frozen - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
7.3	0.1	0.0	0.8	0.5
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00211P Cauliflower - Frozen- PRIMARY Ptn

Each Cauliflower - Frozen- PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
9.5	0.2	0.1	0.8	0.9
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00232P Baked Beans - PRIMARY Ptn

Each Baked Beans - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
60.2	0.4	0.1	9.8	3.0
3%	1%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00404P Vegetable Sticks - 50g portion Ptn

Each Vegetable Sticks - 50g portion (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
7.1	0.2	0.0	1.1	0.2
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00254P Purple Coleslaw- Dairy Free PRIMARY Ptn

Each Purple Coleslaw- Dairy Free PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
39.4	2.7	0.2	3.0	0.9
2%	4%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01412 Vegetable Burrito - Primary Ptn

Each Vegetable Burrito - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
360.0	6.8	2.1	59.5	12.1
18%	10%	10%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01411 Primary Tandoori Chicken Wrap Ptn

Each Primary Tandoori Chicken Wrap (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
292.5	11.0	2.9	33.5	13.8
15%	16%	14%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00490A Strawberry and Vanilla Mousse Tub 100ml Ptn

Each Strawberry and Vanilla Mousse Tub 100ml (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
161.0	8.2	4.1	19.1	2.7
8%	12%	20%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00026J Carrot Cake Homemade Jun Ptn

Each Carrot Cake Homemade Jun (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
254.0	13.9	5.8	28.6	3.9
13%	20%	29%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00025P Iced Bun Homemade - Ptn
Primary

Each Iced Bun Homemade - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
156.7	1.8	0.6	29.4	4.9
8%	3%	3%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01425 Vegetable Chow Mein - Ptn
Primary

Each Vegetable Chow Mein - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
238.7	4.8	0.5	39.7	8.1
12%	7%	3%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01420 Champ Mash - Primary Ptn

Each Champ Mash - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
92.4	0.3	0.2	19.2	2.9
5%	0%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01352 Vanilla/Chocolate Cookie Ptn
- Priimary

Each Vanilla/Chocolate Cookie - Priimary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
96.3	5.1	2.2	11.4	1.0
5%	7%	11%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00080J Apple Flapjack Junior Ptn

Each Apple Flapjack Junior (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
236.8	12.7	5.2	26.1	2.8
12%	18%	26%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01427 Handmade Sausage Roll Ptn
- Primary

Each Handmade Sausage Roll - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
129.5	8.9	3.2	6.5	5.9
6%	13%	16%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00040P Creamed Potatoes Ptn
(Fresh) - PRIMARY

Each Creamed Potatoes (Fresh) - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
133.2	1.8	0.8	25.6	3.1
7%	2%	4%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

The values for each nutrient above are per serving.