

Menu: FCSP 23 Wk 2

Fresh Cook Spring Week 2 2023

Item	Description	Amount																
R00107P	Daily Salad Bar	Ptn	<p>Each Daily Salad Bar (Ptn) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Carbohydrate</th> <th>Protein</th> </tr> </thead> <tbody> <tr> <td>87.4</td> <td>1.7</td> <td>0.2</td> <td>14.5</td> <td>3.8</td> </tr> <tr> <td>4%</td> <td>2%</td> <td>1%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	87.4	1.7	0.2	14.5	3.8	4%	2%	1%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
87.4	1.7	0.2	14.5	3.8														
4%	2%	1%	0%	0%														
R00212P	Roast Potatoes - PRIMARY	Ptn	<p>Each Roast Potatoes - PRIMARY (Ptn) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Carbohydrate</th> <th>Protein</th> </tr> </thead> <tbody> <tr> <td>80.0</td> <td>0.0</td> <td>0.0</td> <td>17.5</td> <td>2.0</td> </tr> <tr> <td>4%</td> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	80.0	0.0	0.0	17.5	2.0	4%	0%	0%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
80.0	0.0	0.0	17.5	2.0														
4%	0%	0%	0%	0%														
R01341P	Tomato Bread - Primary	Ptn	<p>Each Tomato Bread - Primary (Ptn) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Carbohydrate</th> <th>Protein</th> </tr> </thead> <tbody> <tr> <td>15.0</td> <td>0.2</td> <td>0.1</td> <td>2.7</td> <td>0.5</td> </tr> <tr> <td>1%</td> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	15.0	0.2	0.1	2.7	0.5	1%	0%	0%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
15.0	0.2	0.1	2.7	0.5														
1%	0%	0%	0%	0%														
R01342P	White Bread - Primary	Ptn	<p>Each White Bread - Primary (Ptn) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Carbohydrate</th> <th>Protein</th> </tr> </thead> <tbody> <tr> <td>15.2</td> <td>0.2</td> <td>0.1</td> <td>2.7</td> <td>0.6</td> </tr> <tr> <td>1%</td> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	15.2	0.2	0.1	2.7	0.6	1%	0%	0%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
15.2	0.2	0.1	2.7	0.6														
1%	0%	0%	0%	0%														
R01344P	Herb Bread	Ptn	<p>Each Herb Bread (Ptn) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Carbohydrate</th> <th>Protein</th> </tr> </thead> <tbody> <tr> <td>15.1</td> <td>0.2</td> <td>0.1</td> <td>2.7</td> <td>0.5</td> </tr> <tr> <td>1%</td> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	15.1	0.2	0.1	2.7	0.5	1%	0%	0%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
15.1	0.2	0.1	2.7	0.5														
1%	0%	0%	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

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

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

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

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

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

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

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

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

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

R00697J Lemon Drizzle Cake - Junior Ptn

Each Lemon Drizzle Cake - Junior (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
354.0	20.3	8.7	38.6	4.2
18%	29%	43%	0%	0%

of an adult's Reference Intake

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

R01424 Homebake - Oat Cookies Primary Ptn

Each Homebake - Oat Cookies Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
177.4	8.3	3.4	23.0	2.2
9%	12%	17%	0%	0%

of an adult's Reference Intake

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

R00496P Cocoa Brownie - Primary Ptn

Each Cocoa Brownie - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
143.6	9.4	4.0	11.9	2.4
7%	13%	20%	0%	0%

of an adult's Reference Intake

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

R00907P Broccoli, Cauliflower Pasta Bake - Primary Ptn

Each Broccoli, Cauliflower Pasta Bake - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
378.2	9.4	5.0	18.5	18.0
19%	13%	25%	0%	0%

of an adult's Reference Intake

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

R00040P Creamed Potatoes (Fresh) - PRIMARY Ptn

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

R00206P Green Beans Frozen - PRIMARY Ptn

Each 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

R00218P Potato Wedges - Primary Ptn

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

R00566P Tomato Pasta Bake with Cheese - Primary Ptn

Each Tomato Pasta Bake with Cheese - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
310.6	10.7	5.6	6.5	15.0
16%	15%	28%	0%	0%

of an adult's Reference Intake

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

R00981P Pasta Bolognese - FA Beef Primary Ptn

Each Pasta Bolognese - FA Beef Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
394.4	11.8	5.0	15.4	22.8
20%	17%	25%	0%	0%

of an adult's Reference Intake

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

Menu Listing with Traffic Lights

kacoulli@solihull.gov.uk

R00051P Vegetarian Quiche - PRIMARY Ptn

Each Vegetarian Quiche - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
235.8	16.2	8.7	11.5	10.6
12%	23%	43%	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

R00123P Broccoli - Primary Ptn

Each Broccoli - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
8.8	0.1	0.0	0.7	0.8
0%	0%	0%	0%	0%

of an adult's Reference Intake

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

R01422 Sliced Potatoes - Primary Ptn

Each Sliced Potatoes - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
160.0	8.8	2.3	19.6	1.9
8%	12%	11%	0%	0%

of an adult's Reference Intake

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

R01426 Battered Chicken Bites - Primary Ptn

Each Battered Chicken Bites - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
0.9	0.1	0.0	0.0	0.1
0%	0%	0%	0%	0%

of an adult's Reference Intake

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

R01414 Chinese Chicken Rice - Ptn
Primary

Each Chinese Chicken Rice - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
292.9	12.8	4.0	29.8	13.8
15%	18%	20%	0%	0%

of an adult's Reference Intake

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

R00077P Roast Pork Loin with Ptn
Apple sauce - PRIMARY

Each Roast Pork Loin with Apple sauce - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
124.8	8.1	3.2	1.1	12.1
6%	12%	16%	0%	0%

of an adult's Reference Intake

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

R00022P Raspberry Iced Fruit Ptn
Smoothie

Each Raspberry Iced Fruit Smoothie (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
61.6	0.0	0.2	14.4	0.0
3%	0%	1%	0%	0%

of an adult's Reference Intake

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

R00594P Kentucky Style Burger in Ptn
a Bun - Fresh Primary

Each Kentucky Style Burger in a Bun - Fresh Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
315.3	13.9	1.8	33.7	11.8
16%	20%	9%	0%	0%

of an adult's Reference Intake

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

R01416 Primary Chicken Burger Ptn
in a bun

Each Primary Chicken Burger in a bun (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
184.5	3.8	0.9	29.8	6.6
9%	5%	4%	0%	0%

of an adult's Reference Intake

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

R00015P Fruit Muffin - Primary Ptn

Each Fruit Muffin - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
198.3	6.4	2.6	31.3	3.8
10%	9%	13%	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.