#### Solihull MBC

25-Apr-2023 08:56 saffron

kacoulli@solihull.gov.uk

**Menu Listing with Traffic Lights** 

Menu: FCS	SP 23 Wk 2	Fresh Co	ok Spring V	Veek 2 20	)23		
tem D	escription	Amount					
R00107P D	aily Salad Bar	Ptn	Each Daily Salad Bar (Ptn) contains				
			Energy	Fat	Saturates	Carbohydra	Protein
			87.4	1.7	0.2	14.5	3.8
			4%	2%	1%	0%	0%
					Ilt's Refere		
	la set Deteta se	Dta		•	<i>,</i> .	100g: Energ	-
	loast Potatoes - RIMARY	Ptn	Each			ARY (Ptn) co	
			Energy	Fat	Saturates	Carbohydra	Protein
			80.0	0.0	0.0	17.5	2.0
			4%	0%	0%	0%	0%
				of an adu	Ilt's Refere	nce Intake	
				•	<i>,</i> .	100g: Energ	-
R01341P T	Tomato Bread - Primary	Ptn	Each Tomato Bread - Primary (Ptn) contains				
			Energy	Fat	Saturates	Carbohydra	Protein
			14.4	0.1	0.0	2.8	0.4
			1%	0%	0%	0%	0%
				of an adu	Ilt's Referei	nce Intake	
			Туріс	al values (a	as sold) per	100g: Energ	y 0.0
)1342P V	Vhite Bread - Primary	Ptn	Eac	h White Bre	ead - Primar	ry (Ptn) conta	ains
			Energy	Fat	Saturates	Carbohydra	Protein
			14.5	0.1	0.0	2.9	0.4
			1%	0%	0%	0%	0%
					It's Refere		
			Typic			100g: Energ	y 0.0
01344P H	lerb Bread	Ptn		Each Her	b Bread (Ptr	n) contains	
			Energy	Fat	Saturates	Carbohydra	Protein
			14.6	0.1	0.0	2.8	0.4
			1%	0%	0%	0%	0%
				of an adu	It's Refere	nce Intake	

of an adult's Reference Intake

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Menu Lis	sting with Traffic Lig	nts					kacoulli@solihull.g	
R01345P	White/Brown Bread -	Ptn	Each White/Brown Bread - Primary (Ptn) contains					
	Primary						Destain	
			Energy	Fat		Carbohydra	Protein 0.4	
			14.4	0.1	0.0	2.8	0.4	
			170				0 //	
			Typic		ult's Referei as sold) per	n <b>ce Intake</b> 100g: Energ	v 0 0	
R01346P	Brown Bread - Primary	Ptn	•••		<i>,</i> .	ry (Ptn) conta	-	
			Energy	Fat		Carbohydra	Protein	
			14.3	0.2	0.0	2.6	0.5	
			1%	0%	↓ 0%	└ 0% │	0%	
				of an ad	ult's Refere	nce Intake		
						100g: Energ	y 0.0	
R01349P Fruit Platter 1		Ptn	Ptn Each Fruit Platter 1 (Ptn) contair					
			Energy	Fat	Saturates	Carbohydra	Protein	
			4.3	0.0	0.0	1.0	0.1	
			0%	0%	0%	0%	0%	
				of an ad	ult's Refere	nce Intake		
			Туріса	al values (	as sold) per	100g: Energ	y 0.0	
R01350P	Fruit Platter 2	Ptn		Each Fruit	t Platter 2 (P	tn) contains		
			Energy	Fat	Saturates	Carbohydra	Protein	
			4.9	0.0	0.0	1.2	0.1	
			0%	0%	0%	0%	0%	
				of an ad	ult's Refere	nce Intake		
			Туріса	al values (	as sold) per	100g: Energ	y 0.0	
R00228P	Chips - Ovenbaked - Primary	Ptn	Each Cl	nips - Ove	nbaked - Pri	mary (Ptn) c	ontains	
	, initially		Energy	Fat	Saturates	Carbohydra	Protein	
			122.0	2.7	0.3	21.0	2.3	
			6%	4%	2%	0%	0%	
				$\searrow$	ult's Refere			

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Menu Lis	sting with Traffic Lig	hts					kacoulli@solihull.go		
R01400	Yeo Valley Little Yeo	Ptn	Eac	h Yeo Val	lley Little Ye	o (Ptn) conta	ins		
			France	Fat	Coturataa	Carbabydr	Drotoin		
			Energy 2.1	Fat 0.1	0.1	Carbohydra 0.2	Protein 0.1		
			0%	0%	0.1	0.2	0%		
				$\searrow$	ult's Refere				
			Typica		(as sold) per		y 0.0		
R00058P	Pizza - Cheese and	Ptn	Each Pizza -	Cheese a	nd Tomato -	PRIMARY (F	Ptn) contains		
Tomato - PRIMARY			Energy	Fat	Saturates	Carbohydra	Protein		
			154.8	5.0	2.3	19.8	6.6		
			8%	7%	12%	0%	0%		
				$\searrow$	ult's Refere				
			Typica		(as sold) per		y 0.0		
R00043	Gravy - Gluten Free	Ptn	Each Gravy - Gluten Free Vegetarian (Ptn) contains						
	Vegetarian		Energy	Fat	Saturates	Carbohydra	Protein		
			8.7	0.0	0.0	2.0	0.1		
			0%	0%	0%	0%	0%		
				of an ad	ult's Refere	nce Intake			
			Туріса	al values (	(as sold) per	100g: Energ	y 0.0		
R00279P	Fish Finger - Primary	Ptn	Eac	h Fish Fin	iger - Primar	y (Ptn) conta	ins		
			Energy	Fat	Saturates	Carbohydra	Protein		
			183.6	8.2	0.7	15.3	11.7		
			9%	12%	4%	0%	0%		
				of an ad	ult's Refere	nce Intake			
			Typica	al values (	(as sold) per	100g: Energ	y 0.0		
R00208P	Peas Frozen - PRIMAR	Y Ptn	Each	Each Peas Frozen - PRIMARY (Ptn) contains					
			Energy	Fat	Saturates	Carbohydra	Protein		
			24.0	0.4	0.2	2.8	1.7		
			1%	1%	1%	0%	0%		
					ult's Refere				

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R00232P	Baked Beans -	Ptn	Each	Baked Bea	ans - PRIMA	RY (Ptn) cor	ntains
	PRIMARY		Energy	Fat	Saturates	Carbohydra	Protein
			60.2	0.4	0.1	9.8	3.0
			3%	1%	0%	0%	0%
				of an ad	ult's Referer	nce Intake	
			Туріс		(as sold) per		y 0.0
R01424	Homebake - Oat	Ptn	Each Hom	nebake - C	Dat Cookies F	Primary (Ptn)	contains
	Cookies Primary		Energy	Fat	Saturates	Carbohydra	Protein
			177.4	8.3	3.4	23.0	2.2
			9%	12%	17%	0%	0%
				of an ad	ult's Referer	nce Intake	
			Typica	al values (	(as sold) per	100g: Energ	y 0.0
00496P	Cocoa Brownie - Primary	Ptn	Ptn Each Cocoa Brownie - Primary (Ptn) contains				
			Energy	Fat	Saturates	Carbohydra	Protein
			143.6	9.4	4.0	11.9	2.4
			7%	13%	20%	0%	0%
				of an ad	ult's Referer	nce Intake	
			Typica	al values (	(as sold) per	100g: Energ	y 0.0
00907P	Broccoli, Cauliflower Pasta Bake - Primary	Ptn	Each Broccoli,	Cauliflow	er Pasta Bak	e - Primary	(Ptn) conta
	r dota Datto Trimary		Energy	Fat	Saturates	Carbohydra	Protein
			360.7	7.7	4.1	16.9	17.6
			18%	11%	20%	0%	0%
				of an ad	ult's Referer	nce Intake	
			Туріса	al values (	(as sold) per	100g: Energ	y 0.0
00040P	Creamed Potatoes ( Fresh) - PRIMARY	Ptn	Each Creame	ed Potatoe	es (Fresh) - I	PRIMARY (F	Ptn) contair
			Energy	Fat	Saturates	Carbohydra	Protein
			133.2	1.8	0.8	25.6	3.1
					1		

#### of an adult's Reference Intake

Solihull	MBC						25-Apr-2023 08:56
Menu Lis	sting with Traffic Ligh	its					kacoulli@solihull.gov.uk
R00206P	Green Beans Frozen - PRIMARY	Ptn	Each Gre	en Beans F	rozen - PRI	MARY (Ptn)	contains
			Energy	Fat	Saturates	Carbohydra	Protein
			7.3	0.1	0.0	0.8	0.5
			0%	0%	0%	0%	0%
000100	Detete Wedgee	Dto		al values (a	<i>,</i> .	100g: Energ	-
R00218P	Potato Wedges - Primary	Ptn	Each		iges - Prima	ary (Ptn) cor	
			Energy	Fat	Saturates	Carbohydra	Protein
			66.0	0.1	0.1	17.4	1.4
			3%	0%	0%	0%	0%
R00566P	Tomato Pasta Bake with Cheese - Primary	Ptn Ea	•••	al values (a	<i>,</i> .	100g: Energ	y 0.0 (Ptn) contains
			Energy	Fat	Saturates	Carbohydra	Protein
			284.6	5.7	2.9	6.0	15.2
			14%	8%	14%	0%	0%
DOODAD	Dente Delevenico - EA	Dta		al values (a		100g: Energ	
R00981P	Pasta Bolognaise - FA Beef Primary	Ptn	Each Pasta	Bolognals		Primary (Pti	
			Energy	Fat	Saturates	Carbohydra	Protein
			394.4	11.8	5.0	15.4	22.8
			20%	17%	25%	0%	0%
R00051P	Vegetarian Quiche -	Ptn		al values (a	<i>,</i> .	n <b>ce Intake</b> 100g: Energ //ARY (Ptn)	-
	PRIMARY				$\square$		
			Energy	Fat		Carbohydra	Protein
			206.6	10.6	5.6	11.0	10.9

10%

15%

28%

of an adult's Reference Intake Typical values (as sold) per 100g: Energy 0.0

0%

0%

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Menu Lis	sting with Traffic Ligh	its					kacoulli@solihull.gov
R00211P	Cauliflower - Frozen-	Ptn	Each Ca	uliflower -	Frozen- PRI	MARY (Ptn)	contains
	PRIMARY		Enorgy	Fat	Saturatos	Carbohydra	Protein
			Energy 9.5	Гас 0.2	0.1	0.8	0.9
			0%	0%	0%	0.0	0%
					ult's Referer		
			Typic		as sold) per		v 0.0
R00123P	Broccoli - Primary	Ptn			oli - Primary (		-
			$\bigcap$				
			Energy	Fat	Saturates	Carbohydra	Protein
			8.8	0.1	0.0	0.7	0.8
			0%	0%	0%	0%	0%
				of an ad	ult's Referer	nce Intake	
			Typic	al values (	as sold) per	100g: Energ	y 0.0
R01422	Sliced Potatoes -	Ptn	ntains				
Primary	Primary		$\langle \rangle$				
			Energy	Fat		Carbohydra	Protein
			160.0	8.8	2.3	19.6	1.9
			8%	12%	人 11%	0%	0%
					ult's Referer		
					as sold) per		-
R01426	Battered Chicken Bites - Primary	Ptn	Each Batt	ered Chic	ken Bites - P	rimary (Ptn)	contains
			Energy	Fat	Saturates	Carbohydra	Protein
			0.9	0.1	0.0	0.1	0.1
			0%	0%	0%	0%	0%
					ult's Referer		
			Typic		as sold) per		y 0.0
R01414	Chinese Chicken Rice -	Ptn			ken Rice - Pi		-
	Primary		$\bigcap$				
			Energy	Fat	Saturates	Carbohydra	Protein
			292.9	12.8	4.0	29.8	13.8
			15%	18%	20%	0%	0%
					ult's Referer	- Intoka	

#### of an adult's Reference Intake

#### **Solihull MBC**

25-Apr-2023 08:56 saffron

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Menu Lis	sting with Traffic Lights	k	acoulli@solih					
R00077P	Roast Pork Loin with Ptn Apple sauce - PRIMARY	Each Roast Pork Loin with Apple sauce - PRIMARY (Ptn contains						
		Energy Fat Saturates Carbohydra	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) c						
		Energy Fat Saturates Carbohydra	Protein					
		61.6 0.0 0.2 14.4	0.0					
		3% 0% 1% 0%	0%					
R00594P	Kentucky Style Burger in Ptn a Bun - Fresh Primary	of an adult's Reference Intake Typical values (as sold) per 100g: Energy Each Kentucky Style Burger in a Bun - Fresh Pr contains						
		Energy Fat Saturates Carbohydra	Protein 10.4					
		309.2 13.2 1.4 35.6   15% 19% 7% 0%	<b>0%</b>					
R01416	Primary Chicken Burger Ptn	of an adult's Reference Intake Typical values (as sold) per 100g: Energy Each Primary Chicken Burger in a bun (Ptn)	/ 0.0					
	in a bun	Energy Fat Saturates Carbohydra	Protein					
		36614.9 493.2 0.5 406.7	701.5					
		1831	0%					
R00015P	Fruit Muffin - Primary Ptn	of an adult's Reference Intake Typical values (as sold) per 100g: Energy Each Fruit Muffin - Primary (Ptn) contai						
		Energy Fat Saturates Carbohydra	Protein					
		198.3 6.3 2.6 31.3	3.8					
		10% 人 9% 人 13% 人 0% 人	0%					

### of an adult's Reference Intake

## Solihull MBC Menu Listing with Traffic Lights

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# R01445 Lemon Iced Sponge - Ptn Eac Primary

## Each Lemon Iced Sponge - Primary (Ptn) contains

11%	13%	19%	0%	0%
215.4	8.9	3.7	31.6	2.3
Energy	Fat	Saturates	Carbohydra	Protein
$\langle \rangle$				

of an adult's Reference Intake

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

The values for each nutrient above are per serving.