

## 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><b>4%</b></td> <td><b>2%</b></td> <td><b>1%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> </tr> </tbody> </table> <p><b>of an adult's Reference Intake</b></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	<b>4%</b>	<b>2%</b>	<b>1%</b>	<b>0%</b>	<b>0%</b>
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87.4	1.7	0.2	14.5	3.8														
<b>4%</b>	<b>2%</b>	<b>1%</b>	<b>0%</b>	<b>0%</b>														
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><b>4%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> </tr> </tbody> </table> <p><b>of an adult's Reference Intake</b></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	<b>4%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
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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>14.4</td> <td>0.1</td> <td>0.0</td> <td>2.8</td> <td>0.4</td> </tr> <tr> <td><b>1%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> </tr> </tbody> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	14.4	0.1	0.0	2.8	0.4	<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
Energy	Fat	Saturates	Carbohydrate	Protein														
14.4	0.1	0.0	2.8	0.4														
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>														
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>14.5</td> <td>0.1</td> <td>0.0</td> <td>2.9</td> <td>0.4</td> </tr> <tr> <td><b>1%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> </tr> </tbody> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	14.5	0.1	0.0	2.9	0.4	<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
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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>14.6</td> <td>0.1</td> <td>0.0</td> <td>2.8</td> <td>0.4</td> </tr> <tr> <td><b>1%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> <td><b>0%</b></td> </tr> </tbody> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	14.6	0.1	0.0	2.8	0.4	<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
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<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>														

R01345P White/Brown Bread - Primary Ptn

Each White/Brown Bread - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
14.4	0.1	0.0	2.8	0.4
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

**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
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

**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
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

**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
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

**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
<b>6%</b>	<b>4%</b>	<b>2%</b>	<b>0%</b>	<b>0%</b>

**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
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

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
<b>8%</b>	<b>7%</b>	<b>12%</b>	<b>0%</b>	<b>0%</b>

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
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

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
<b>9%</b>	<b>12%</b>	<b>4%</b>	<b>0%</b>	<b>0%</b>

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
<b>1%</b>	<b>1%</b>	<b>1%</b>	<b>0%</b>	<b>0%</b>

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
<b>3%</b>	<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

**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
<b>9%</b>	<b>12%</b>	<b>17%</b>	<b>0%</b>	<b>0%</b>

**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
<b>7%</b>	<b>13%</b>	<b>20%</b>	<b>0%</b>	<b>0%</b>

**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
360.7	7.7	4.1	16.9	17.6
<b>18%</b>	<b>11%</b>	<b>20%</b>	<b>0%</b>	<b>0%</b>

**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
<b>7%</b>	<b>2%</b>	<b>4%</b>	<b>0%</b>	<b>0%</b>

**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
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

**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
<b>3%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

**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
284.6	5.7	2.9	6.0	15.2
<b>14%</b>	<b>8%</b>	<b>14%</b>	<b>0%</b>	<b>0%</b>

**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
<b>20%</b>	<b>17%</b>	<b>25%</b>	<b>0%</b>	<b>0%</b>

**of an adult's Reference Intake**

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

R00051P Vegetarian Quiche - PRIMARY Ptn

Each Vegetarian Quiche - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
206.6	10.6	5.6	11.0	10.9
<b>10%</b>	<b>15%</b>	<b>28%</b>	<b>0%</b>	<b>0%</b>

**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
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

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
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

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
<b>8%</b>	<b>12%</b>	<b>11%</b>	<b>0%</b>	<b>0%</b>

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	0.1	0.1
<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

of an adult's Reference Intake

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

R01414 Chinese Chicken Rice - Primary Ptn

Each Chinese Chicken Rice - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
292.9	12.8	4.0	29.8	13.8
<b>15%</b>	<b>18%</b>	<b>20%</b>	<b>0%</b>	<b>0%</b>

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
<b>6%</b>	<b>12%</b>	<b>16%</b>	<b>0%</b>	<b>0%</b>

**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
<b>3%</b>	<b>0%</b>	<b>1%</b>	<b>0%</b>	<b>0%</b>

**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
309.2	13.2	1.4	35.6	10.4
<b>15%</b>	<b>19%</b>	<b>7%</b>	<b>0%</b>	<b>0%</b>

**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
36614.9	493.2	0.5	406.7	701.5
<b>1831</b>	<b>705%</b>	<b>2%</b>	<b>0%</b>	<b>0%</b>

**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	6.3	2.6	31.3	3.8
<b>10%</b>	<b>9%</b>	<b>13%</b>	<b>0%</b>	<b>0%</b>

**of an adult's Reference Intake**

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

R01445 Lemon Iced Sponge - Ptn  
Primary

Each Lemon Iced Sponge - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
215.4	8.9	3.7	31.6	2.3
<b>11%</b>	<b>13%</b>	<b>19%</b>	<b>0%</b>	<b>0%</b>

of an adult's Reference Intake

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

The values for each nutrient above are per serving.