

Menu: FCSP 23 Wk 3

Fresh Cook Week 3 Spring 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>14.4</td> <td>0.1</td> <td>0.0</td> <td>2.8</td> <td>0.4</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	14.4	0.1	0.0	2.8	0.4	1%	0%	0%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
14.4	0.1	0.0	2.8	0.4														
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>14.5</td> <td>0.1</td> <td>0.0</td> <td>2.9</td> <td>0.4</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	14.5	0.1	0.0	2.9	0.4	1%	0%	0%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
14.5	0.1	0.0	2.9	0.4														
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>14.6</td> <td>0.1</td> <td>0.0</td> <td>2.8</td> <td>0.4</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	14.6	0.1	0.0	2.8	0.4	1%	0%	0%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
14.6	0.1	0.0	2.8	0.4														
1%	0%	0%	0%	0%														

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
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
8.4	0.1	0.0	1.8	0.1
0%	0%	0%	0%	0%

of an adult's Reference Intake

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

R00292P Chicken Curry with Rice - PRIMARY Ptn

Each Chicken Curry with Rice - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
353.8	11.2	3.7	48.4	16.6
18%	16%	19%	0%	0%

of an adult's Reference Intake

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

R00032P Macaroni Cheese - PRIMARY Ptn

Each Macaroni Cheese - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
344.3	9.6	5.1	45.0	14.8
17%	14%	25%	0%	0%

of an adult's Reference Intake

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

Menu Listing with Traffic Lights

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R00037P Roast Chicken Breast - Primary Ptn

Each Roast Chicken Breast - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
0.5	0.0	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

R00281J Cheese Whirl - Junior Ptn

Each Cheese Whirl - Junior (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
147.2	6.1	4.0	4.6	10.9
7%	9%	20%	0%	0%

of an adult's Reference Intake

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

R01255A Chocolate and Vanilla Mousse Tub 100ml Ptn

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

Energy	Fat	Saturates	Carbohydrate	Protein
180.0	8.8	5.2	21.7	3.4
9%	13%	26%	0%	0%

of an adult's Reference Intake

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

R01423 Chicken Meatballs - Tomato Sc + Pasta Ptn

Each Chicken Meatballs - Tomato Sc + Pasta (1440g) contains

Energy	Fat	Saturates	Sugars	Salt
395kcal	16g	5.8g	2.9g	<0.01g
20%	23%	29%	3%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 27kcal

R01357 Vegetable Nugget Wrap - Primary Ptn

Each Vegetable Nugget Wrap - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
304.2	10.2	2.3	44.3	7.0
15%	15%	11%	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

R00930P Coleslaw- Home Made 25g PTN - Primary Ptn

Each Coleslaw- Home Made 25g PTN - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
22.5	1.7	0.1	1.6	0.4
1%	2%	1%	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

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

R00242P Cabbage - Fresh - Primary Ptn

Each Cabbage - Fresh - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
13.5	0.1	0.0	2.1	1.2
1%	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

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
150.0	6.1	0.7	20.0	2.5
8%	9%	4%	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

R01352 Vanilla/Chocolate Cookie - Primary Ptn

Each Vanilla/Chocolate Cookie - Primary (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

R01421 Fruit Jelly & Ice Cream - Ptn
Primary

Each Fruit Jelly & Ice Cream - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
127.5	3.9	2.0	22.2	1.1
6%	6%	10%	0%	0%

of an adult's Reference Intake

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

R00003J Apple Eve Sponge Jun Ptn

Each Apple Eve Sponge Jun (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
230.2	11.7	5.0	27.8	2.6
12%	17%	25%	0%	0%

of an adult's Reference Intake

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

R00209P Sweetcorn Frozen Ptn
Primary

Each Sweetcorn Frozen Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
16.3	0.5	0.1	2.0	0.9
1%	1%	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

R01428 Meat & Potato Pie - Ptn
Primary

Each Meat & Potato Pie - Primary (68g) contains

Energy	Fat	Saturates	Sugars	Salt
116kcal	4.1g	1.9g	1.6g	<0.01g
6%	6%	10%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 171kcal

R01429 Coodelight Cool Twin Ice Lolly 1x40 Ptn

Each Coodelight Cool Twin Ice Lolly 1x40 (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
1.1	0.0	0.0	0.3	0.0
0%	0%	0%	0%	0%

of an adult's Reference Intake

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

R01183P Sweet Potato Fries Ptn

Each Sweet Potato Fries (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
139.0	5.7	0.6	18.7	1.8
7%	8%	3%	0%	0%

of an adult's Reference Intake

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

R01419 Plain Cheese Panini - Primary Ptn

Each Plain Cheese Panini - Primary (0.25g) contains

Energy	Fat	Saturates	Sugars	Salt
199kcal	3.3g	1.4g	3.4g	<0.01g
10%	5%	7%	4%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 79464kcal

R00134P Custard Sauce - HM Ptn

Each Custard Sauce - HM (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
33.8	0.7	0.6	6.3	0.5
2%	1%	3%	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.