

# **Menu Listing with Traffic Lights**

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Menu: F	CAUT23 Wk1	Fresh Coo	k Autumn	Week 1 2	2023		
Item	Description	Amount					
R00043	Gravy - Gluten Free Vegetarian	Ptn	Each Gra	avy - Gluter	Free Veget	tarian (40g)	contains
			Energy	Fat	Saturates	Sugars	Salt
			8kcal	<0.5g	<0.1g	<0.5g	<0.01g
			0%	0%	0%	0%	0%
R00107P	Daily Salad Bar	Ptn		l values (as	I <b>t's Referen</b> sold) per 10 Salad Bar (6	00g: Energy	
			<b>F</b>	<b>F</b>	2	2	0.11
			Energy 87kcal	Fat 1.7g	Saturates 0.2g	Sugars 11g	Salt <0.01g
			4%	2%	1%	<b>12%</b>	0%
			470				<b>0</b> /0
				values (as	I <b>It's Referen</b> sold) per 10	0g: Energy	
R00212P Roast Potatoes - Ptn Each Roast Potatoes - PRIMARY (80g) o			RY (80g) c	ontains			
			Energy	Fat	Saturates	Sugars	Salt
			72kcal	<0.5g	<0.1g	0.9g	0.0g
			4%	0%	0%	1%	0%
			Typical		sold) per 10		90kcal
R00228P	Chips - Ovenbaked - Primary	Ptn	Each C	hips - Oven	baked - Prin	nary (80g) o	contains
	Fillinary		Energy	Fat	Saturates	Sugars	Salt
			122kcal	2.7g	0.3g	<0.5g	0.16g
			6%	4%	2%	1%	3%
				of an adu	It's Referen	ce Intake	
			Typical	`	sold) per 10	0 0,	
			R01341P Tomato Bread - Primary Ptn Each Tomato Bread - Primary (30g) contains				taine
R01341P	Tomato Bread - Primary	Ptn	Each	Tomato Br	ead - Primai	(30g) coi	Italiis
R01341P	Tomato Bread - Primary	Ptn	Energy	Tomato Br	Saturates	Sugars	Salt
R01341P	Tomato Bread - Primary	Ptn					

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 410kcal



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R01342P	White Bread - Primary	Ptn
RUISAJP	vynite Brean - Primary	PIN

Each White Bread - Primary (30g) contains

Energy	Fat	Saturates	Sugars	Salt
127kcal	1.1g	0.3g	0.6g	<0.01g
6%	2%	1%	1%	0%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 422kcal

Each White/Brown Bread - Primary (30g) contains

Energy	Fat	Saturates	Sugars	Salt
123kcal	1.1g	0.3g	0.7g	0.07g
6%	2%	1%	1%	1%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 409kcal

Each Fruit Platter 1 (50g) contains

1%	0%	0%	6%	0%
21kcal	<0.5g	<0.1g	5.1g	0.0g
Energy	Fat	Saturates	Sugars	Salt

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 43kcal

Each Fruit Platter 2 (50g) contains

Energy	Fat	Saturates	Sugars	Salt
24kcal	<0.5g	<0.1g	5.7g	0.0g
1%	0%	0%	6%	0%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 49kcal

Each Fish Finger - Primary (90g) contains

Energy	Fat	Saturates	Sugars	Salt
184kcal	8.2g		<0.5g	<0.01g
	0.2y	0.7g		
9%	12%	4%	0%	0%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 204kcal

R01345P	White/Brown Bread -	Ptn

Primary

R01349P Fruit Platter 1

Ptn

R01350P Fruit Platter 2 Ptn

R00279P Fish Finger - Primary Ptn

R01346P



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R00058P Pizza - Cheese and

Tomato - PRIMARY

Brown Bread - Primary

Ptn

Ptn

Each Pizza - Cheese and Tomato - PRIMARY (60g) contains

Energy	Fat	Saturates	Sugars	Salt
155kcal	5.0g	2.3g	1.4g	<0.01g
8%	7%	12%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 258kcal

Each Brown Bread - Primary (30g) contains

Energy	Fat	Saturates	Sugars	Salt
125kcal	1.3g	0.3g	1.0g	0.29g
6%	2%	1%	1%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 418kcal

Each Sliced Carrots - Primary (60g) contains

Energy	Fat	Saturates	Sugars	Salt
11kcal	<0.5g	<0.1g	1.9g	0.02g
1%	0%	0%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 18kcal

Each Peas Frozen - PRIMARY (60g) contains

Energy	Fat	Saturates	Sugars	Salt
24kcal	<0.5g	0.2g	0.6g	<0.01g
1%	1%	1%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 40kcal

Each Baked Beans - PRIMARY (60g) contains

Energy	Fat	Saturates	Sugars	Salt
60kcal	<0.5g	<0.1g	2.8g	0.32g
3%	1%	0%	3%	5%

of an adult's Reference Intake

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

R00124P	Sliced Carrots - Primary	Ptn

R00208P Peas Frozen - PRIMARY Ptn

R00232P Baked Beans - Ptn PRIMARY

R01352P



## **Menu Listing with Traffic Lights**

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Carrot Cake Homemade Ptn R00026J

- Priimary

Each Carrot Cake Homemade Jun (50g) contains

Energy	Fat	Saturates	Sugars	Salt
201kcal	8.6g	3.4g	16g	0.07g
10%	12%	17%	17%	1%
10%	12%	17%	17%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 401kcal

Each Vanilla/Chocolate Cookie - Priimary (25g) contains

Energy	Fat	Saturates	Sugars	Salt
96kcal	5.1g	2.2g	3.6g	<0.01g
5%	7%	11%	4%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 385kcal

R00040P **Creamed Potatoes** Ptn

(Fresh) - PRIMARY

Vanilla/Chocolate Cookie Ptn

Each Creamed Potatoes (Fresh) - PRIMARY (120g) contains

133kcal <b>7%</b>	1.8g	0.8g <b>4%</b>	1.6g <b>2%</b>	<0.01g
Energy	Fat	Saturates	Sugars	Salt

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 111kcal

Each Iced Sponge - Primary (60g) contains

Energy	Fat	Saturates	Sugars	Salt
212kcal	8.9g	3.7g	22g	0.15g
11%	13%	19%	25%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 353kcal

Each Custard Sauce - HM (80g) contains

Energy	Fat	Saturates	Sugars	Salt
36kcal	1.0g	0.7g	4.1g	<0.01g
2%	1%	4%	5%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 45kcal

Ptn R00399P Iced Sponge - Primary

Custard Sauce - HM R00134P Ptn



## **Menu Listing with Traffic Lights**

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R01377P	Apple Pie - Primary	Pti
R013//P	Apple Pie - Primary	

Each Apple Pie - Primary (100g) contains

Energy	Fat	Saturates	Sugars	Salt
245kcal	9.8g	4.2g	9.5g	0.02g
12%	14%	21%	11%	0%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 245kcal Each Base - Tomato Sauce (100g) contains

Energy	Fat	Saturates	Sugars	Salt
191kcal	3.3g	0.2g	27g	<0.01g
10%	5%	1%	30%	0%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 191kcal

Each Vegetable Curry with Rice - Primary (140g) contains

Energy	Fat	Saturates	Sugars	Salt
276kcal	2.7g	0.4g	4.9g	0.25g
14%	4%	2%	5%	4%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 197kcal Each BBQ Chicken Wrap - Primary (80g) contains

Energy	Fat	Saturates	Sugars	Salt
277kcal	8.0g	2.8g	4.2g	1.1g
14%	11%	14%	5%	18%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 346kcal Each Mini Toad in the hole - Primary (140g) contains

Energy	Fat	Saturates	Sugars	Salt
204kcal	9.4g	2.9g	4.5g	0.06g
10%	13%	15%	5%	1%

### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 146kcal

R01460	Base - Tomato Sauce	lt

R00931P	Vegetable Curry with	Ptn
	Rice - Primary	

Rice - Primary	

R01466 BBQ Chicken Wrap - Ptn Primary

R01467 Mini Toad in the hole - Ptn Primary



### **Menu Listing with Traffic Lights**

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R00638J Pasta Bolognaise

(Lamb) - Junior

Ptn

Each Pasta Bolognaise (Lamb) - Junior (140g) contains

Energy	Fat	Saturates	Sugars	Salt
235kcal	5.4g	2.1g	2.9g	<0.01g
12%	8%	11%	3%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 168kcal

Each Garlic Bread Slice - Primary (20g) contains

Energy	Fat	Saturates	Sugars	Salt
86kcal	4.8g	1.3g	0.5g	0.18g
4%	7%	6%	1%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 428kcal

Each Vegetarian Sausage - Primary (112g) contains

Energy	Fat	Saturates	Sugars	Salt
117kcal	8.0g	2.5g	<0.5g	<0.01g
6%	11%	12%	0%	0%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 104kcal

Each Raspberry Iced Fruit Smoothie (80g) contains

Energy	Fat	Saturates	Sugars	Salt
62kcal	<0.5g	0.2g	14g	<0.01g
3%	0%	1%	16%	0%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 77kcal

Each BBQ Quorn Pitta Pocket - Primary (100g) contains

Energy	Fat	Saturates	Sugars	Salt
69kcal	1.0g	0.3g	2.3g	0.63g
3%	1%	2%	3%	10%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 69kcal

R00052P Garlic Bread Slice -Ptn

Primary

R00276P

Vegetarian Sausage -Ptn

Primary

R00022P

Raspberry Iced Fruit Ptn Smoothie

R01470

BBQ Quorn Pitta Pocket Ptn - Primary



## **Menu Listing with Traffic Lights**

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R00209P

Sweetcorn Frozen **Primary** 

Ptn

Each Sweetcorn Frozen Primary (60g) contains

Energy	Fat	Saturates	Sugars	Salt
16kcal	<0.5g	<0.1g	<0.5g	<0.01g
1%	1%	0%	1%	0%

#### of an adult's Reference Intake

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

R01370 Home made Potato

Ptn Wedges - Primary

Each Home made Potato Wedges - Primary (180g) contains

Energy	Fat	Saturates	Sugars	Salt
10kcal	1.0g	<0.1g	<0.5g	<0.01g
0%	1%	0%	0%	0%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 5kcal

R01471P Roasted Vegetable Ptn

Savoury Rice - Primary

Each Roasted Vegetable Savoury Rice - Primary (140g) contains

Energy	Fat	Saturates	Sugars	Salt
240kcal	2.1g	0.3g	1.5g	0.27g
12%	3%	2%	2%	4%

#### of an adult's Reference Intake

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

Each Roast Gammon - Primary (0.6g) contains

Energy	Fat	Saturates	Sugars	Salt
4kcal	<0.5g	<0.1g	<0.5g	<0.01g
0%	0%	0%	0%	0%

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 593kcal

Each Herb Bread (30g) contains

Energy	Fat	Saturates	Sugars	Salt
123kcal	1.1g	0.3g	0.7g	0.07g
6%	2%	1%	1%	1%

### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 409kcal

R00890P Roast Gammon -Ptn

Primary

Herb Bread R01344P

Ptn



# **Menu Listing with Traffic Lights**

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R01528

Little Yeo Pot Yoghurt

Ptn

Each Little Yeo Pot Yoghurt (0.8g) contains

Energy	Fat	Saturates	Sugars	Salt
1kcal	<0.5g	<0.1g	<0.5g	<0.01g
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 120kcal

The values for each nutrient above are per serving.