

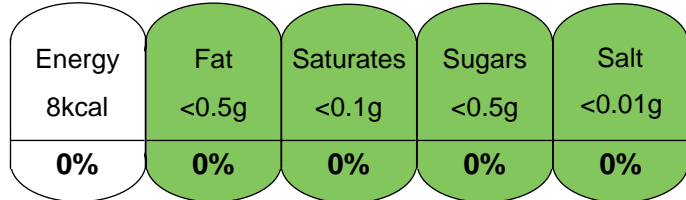
Menu: FCAUT23 Wk1

Fresh Cook Autumn Week 1 2023

Item	Description	Amount
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R00043 Gravy - Gluten Free Vegetarian Ptn

Each Gravy - Gluten Free Vegetarian (40g) contains

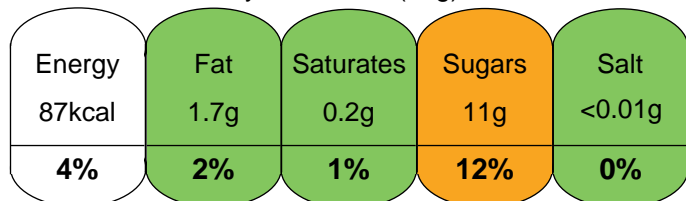


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 21kcal

R00107P Daily Salad Bar Ptn

Each Daily Salad Bar (60g) contains

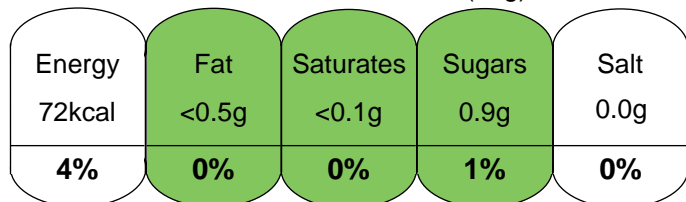


of an adult's Reference Intake

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

R00212P Roast Potatoes - PRIMARY Ptn

Each Roast Potatoes - PRIMARY (80g) contains

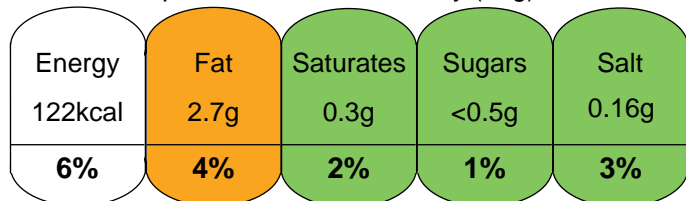


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 90kcal

R00228P Chips - Ovenbaked - Primary Ptn

Each Chips - Ovenbaked - Primary (80g) contains

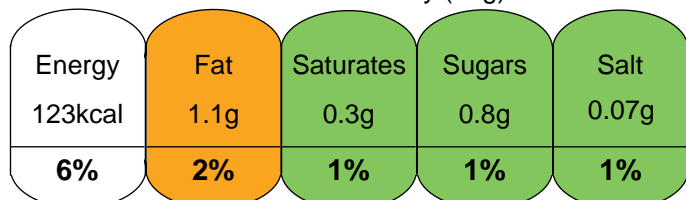


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 153kcal

R01341P Tomato Bread - Primary Ptn

Each Tomato Bread - Primary (30g) contains



of an adult's Reference Intake

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

R01342P White Bread - Primary Ptn

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

R01345P White/Brown Bread - Primary Ptn

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

R01349P Fruit Platter 1 Ptn

Each Fruit Platter 1 (50g) contains

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

of an adult's Reference Intake

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

R01350P Fruit Platter 2 Ptn

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

R00279P Fish Finger - Primary Ptn

Each Fish Finger - Primary (90g) contains

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

of an adult's Reference Intake

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

R00058P Pizza - Cheese and Tomato - PRIMARY 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

R01346P Brown Bread - Primary Ptn

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

R00124P Sliced Carrots - Primary Ptn

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

R00208P Peas Frozen - PRIMARY Ptn

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

R00232P Baked Beans - PRIMARY Ptn

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

R00026J Carrot Cake Homemade Ptn
Jun

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%

of an adult's Reference Intake

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

R01352P Vanilla/Chocolate Cookie Ptn
- Priimary

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

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

Energy	Fat	Saturates	Sugars	Salt
133kcal	1.8g	0.8g	1.6g	<0.01g
7%	2%	4%	2%	0%

of an adult's Reference Intake

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

R00399P Iced Sponge - Primary Ptn

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

R00134P Custard Sauce - HM Ptn

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

R01377P Apple Pie - Primary Ptn

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

R01460 Base - Tomato Sauce It

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

R00931P Vegetable Curry with Rice - Primary Ptn

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

R01466 BBQ Chicken Wrap - Primary Ptn

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

R01467 Mini Toad in the hole - Primary Ptn

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

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

R00052P Garlic Bread Slice - Primary Ptn

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

R00276P Vegetarian Sausage - Primary Ptn

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

R00022P Raspberry Iced Fruit Smoothie Ptn

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

R01470 BBQ Quorn Pitta Pocket - Primary Ptn

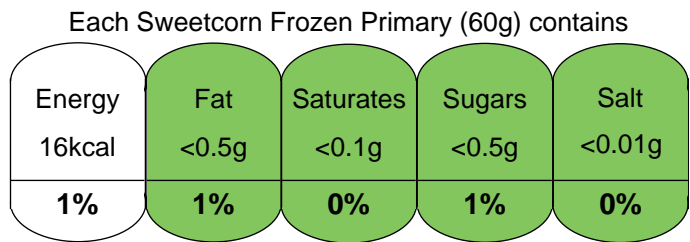
Each BBQ Quorn Pitta Pocket - Primary (100g) contains

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

R00209P Sweetcorn Frozen Primary Ptn

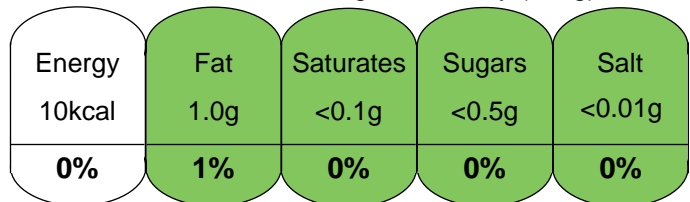


of an adult's Reference Intake

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

R01370 Home made Potato Wedges - Primary Ptn

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

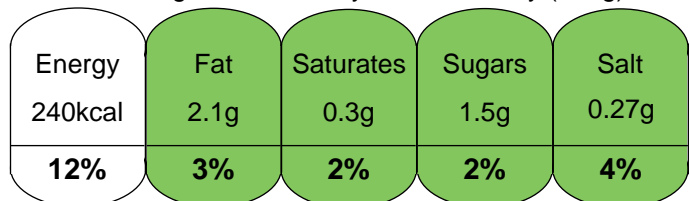


of an adult's Reference Intake

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

R01471P Roasted Vegetable Savoury Rice - Primary Ptn

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

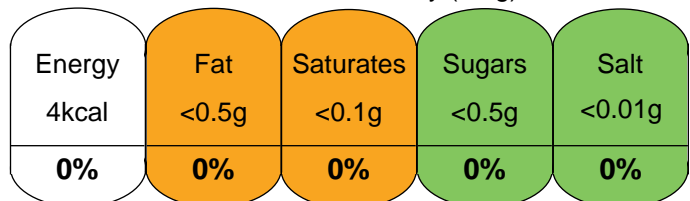


of an adult's Reference Intake

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

R00890P Roast Gammon - Primary Ptn

Each Roast Gammon - Primary (0.6g) contains

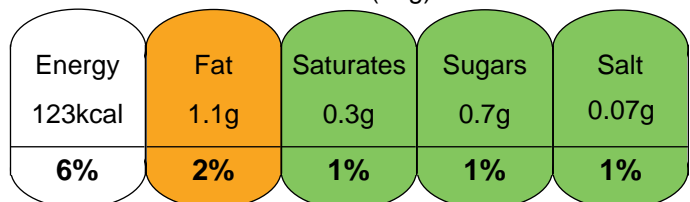


of an adult's Reference Intake

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

R01344P Herb Bread Ptn

Each Herb Bread (30g) contains



of an adult's Reference Intake

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

R01528 Little Yeo Pot Yoghurt Ptn

Each Little Yeo Pot Yoghurt (0.8g) contains

Energy 1kcal 0%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars <0.5g 0%	Salt <0.01g 0%
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of an adult's Reference Intake

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

The values for each nutrient above are per serving.