

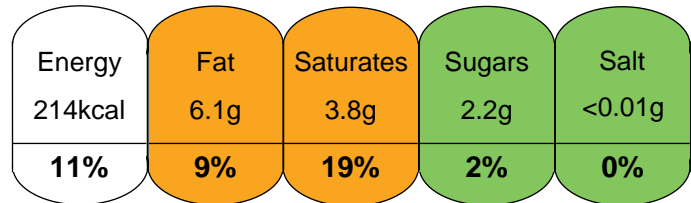
Menu: FCAUT 23 Wk2

Fresh Cook Autumn Week 2 2023

Item	Description	Amount
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R01089P	Cheese & Potato Pie	Ptn
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Each Cheese & Potato Pie (170g) contains

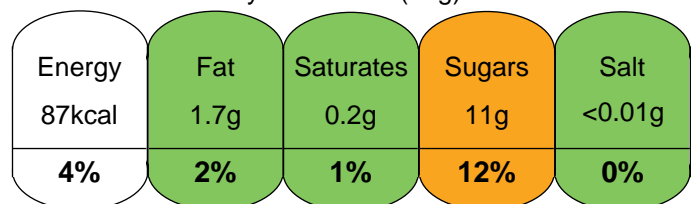


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 126kcal

R00107P	Daily Salad Bar	Ptn
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Each Daily Salad Bar (60g) contains

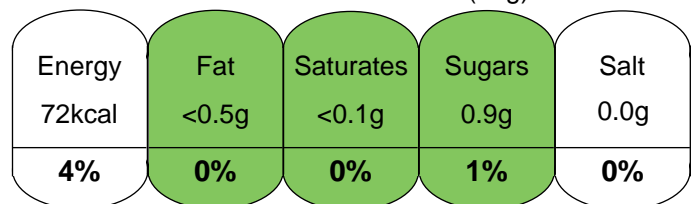


of an adult's Reference Intake

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

R00212P	Roast Potatoes - PRIMARY	Ptn
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Each Roast Potatoes - PRIMARY (80g) contains

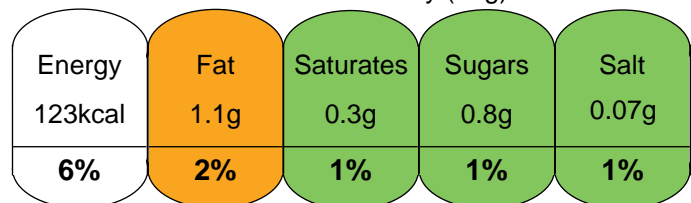


of an adult's Reference Intake

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

R01341P	Tomato Bread - Primary	Ptn
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Each Tomato Bread - Primary (30g) contains

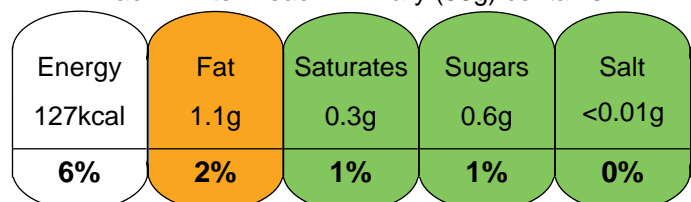


of an adult's Reference Intake

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

R01342P	White Bread - Primary	Ptn
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Each White Bread - Primary (30g) contains



of an adult's Reference Intake

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

R01344P Herb Bread Ptn

Each Herb Bread (30g) contains

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

of an adult's Reference Intake

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

R01345P White/Brown Bread - Primary Ptn

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

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

of an adult's Reference Intake

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

R01346P Brown Bread - Primary Ptn

Each Brown Bread - Primary (30g) contains

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

of an adult's Reference Intake

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

R01349P Fruit Platter 1 Ptn

Each Fruit Platter 1 (50g) contains

Energy 21kcal	Fat <0.5g	Saturates <0.1g	Sugars 5.1g	Salt 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 24kcal	Fat <0.5g	Saturates <0.1g	Sugars 5.7g	Salt 0.0g
1%	0%	0%	6%	0%

of an adult's Reference Intake

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

R00228P Chips - Ovenbaked - Primary Ptn

Each Chips - Ovenbaked - Primary (80g) contains

Energy	Fat	Saturates	Sugars	Salt
122kcal	2.7g	0.3g	<0.5g	0.16g
6%	4%	2%	1%	3%

of an adult's Reference Intake

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

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

R00043 Gravy - Gluten Free Vegetarian Ptn

Each Gravy - Gluten Free Vegetarian (40g) contains

Energy	Fat	Saturates	Sugars	Salt
8kcal	<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 21kcal

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

R00211P Cauliflower - Frozen- PRIMARY Ptn

Each Cauliflower - Frozen- PRIMARY (60g) contains

Energy	Fat	Saturates	Sugars	Salt
10kcal	<0.5g	<0.1g	0.6g	<0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 16kcal

R00123P Broccoli - Primary Ptn

Each Broccoli - Primary (60g) contains

Energy	Fat	Saturates	Sugars	Salt
9kcal	<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 15kcal

R01426 Battered Chicken Bites - Primary Ptn

Each Battered Chicken Bites - Primary (0.6g) contains

Energy	Fat	Saturates	Sugars	Salt
14kcal	0.7g	0.3g	<0.5g	0.05g
1%	1%	2%	0%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 2330kcal

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

R01352P Vanilla/Chocolate Cookie - Primary Ptn

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

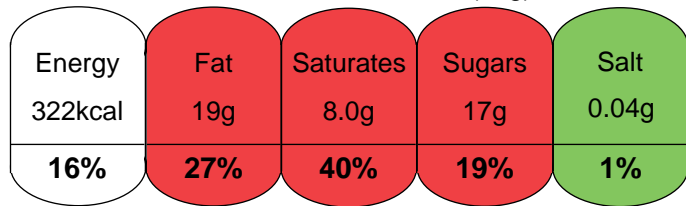
Energy	Fat	Saturates	Sugars	Salt
96kcal	5.1g	2.2g	3.6g	<0.01g
5%	7%	11%	4%	0%

of an adult's Reference Intake

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

R00697J Lemon Drizzle Cake - Junior Ptn

Each Lemon Drizzle Cake - Junior (70g) contains

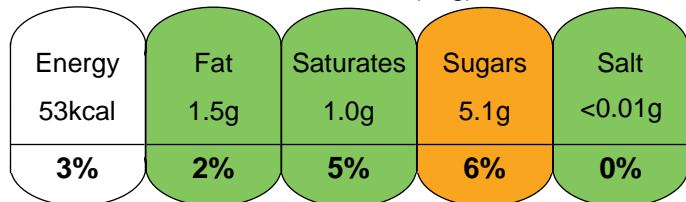


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 460kcal

R01334P Chocolate Custard Ptn

Each Chocolate Custard (80g) contains

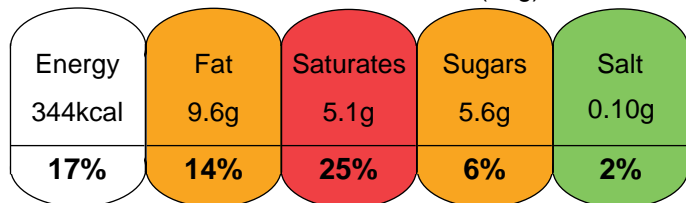


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 67kcal

R00032P Macaroni Cheese - PRIMARY Ptn

Each Macaroni Cheese - PRIMARY (65g) contains

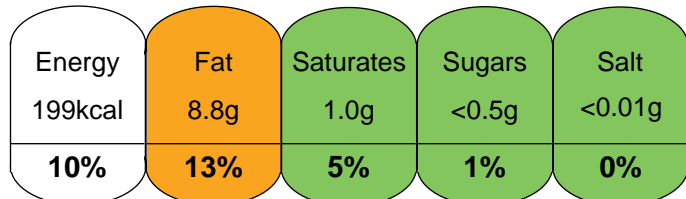


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 530kcal

R00223P Herby Diced Potato - PRIMARY Ptn

Each Herby Diced Potato - PRIMARY (80g) contains

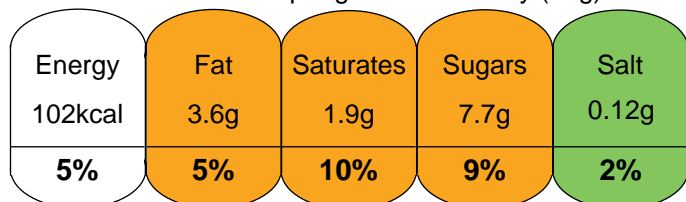


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 249kcal

R00023P Choc - Ice Cream Sponge Roll - Primary Ptn

Each Choc - Ice Cream Sponge Roll - Primary (50g) contains



of an adult's Reference Intake

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

Menu Listing with Traffic Lights

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R00387J Chocolate Beet Cake (B) Ptn
- Junior

Each Chocolate Beet Cake (B) - Junior (50g) contains

Energy	Fat	Saturates	Sugars	Salt
237kcal	12g	5.2g	17g	0.05g
12%	18%	26%	18%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 475kcal

R00037P Roast Chicken Breast - Ptn
Primary

Each Roast Chicken Breast - Primary (0.6g) 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 88kcal

R01422 Sliced Potatoes - Ptn
Primary

Each Sliced Potatoes - Primary (60g) contains

Energy	Fat	Saturates	Sugars	Salt
144kcal	8.8g	2.3g	<0.5g	0.06g
7%	13%	11%	1%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 239kcal

R01463 Main Mixed Salad Ptn

Each Main Mixed Salad (60g) contains

Energy	Fat	Saturates	Sugars	Salt
9kcal	<0.5g	<0.1g	1.3g	0.0g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 14kcal

R00394P Vegetable Nuggets - Ptn
Primary

Each Vegetable Nuggets - Primary (0.2g) contains

Energy	Fat	Saturates	Sugars	Salt
204kcal	11g	0.8g	2.1g	<0.01g
10%	15%	4%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 102240kcal

R01465 Fairy Cakes - Primary Ptn

Each Fairy Cakes - Primary (50g) contains

Energy	Fat	Saturates	Sugars	Salt
222kcal	13g	5.7g	14g	0.03g
11%	19%	29%	16%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 444kcal

R01468 MSC Cod Star - Primary Ptn

Each MSC Cod Star - Primary (60g) contains

Energy	Fat	Saturates	Sugars	Salt
27kcal	<0.5g	<0.1g	<0.5g	<0.01g
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 44kcal

R00287P Chilli Con Carne & Rice - Ptn
Beef - Primary AUT

Each Chilli Con Carne & Rice - Beef - Primary AUT (120g) contains

Energy	Fat	Saturates	Sugars	Salt
272kcal	8.6g	3.8g	1.5g	0.12g
14%	12%	19%	2%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 226kcal

R00344P Vegetarian Sausage Roll - Primary Ptn

Each Vegetarian Sausage Roll - Primary (64g) contains

Energy	Fat	Saturates	Sugars	Salt
192kcal	11g	5.1g	<0.5g	0.44g
10%	16%	26%	0%	7%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 300kcal

R01473P BBQ Pulled Pork Pitta - Primary Ptn

Each BBQ Pulled Pork Pitta Primary (110g) contains

Energy	Fat	Saturates	Sugars	Salt
255kcal	5.4g	1.9g	1.9g	<0.01g
13%	8%	9%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 232kcal

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.