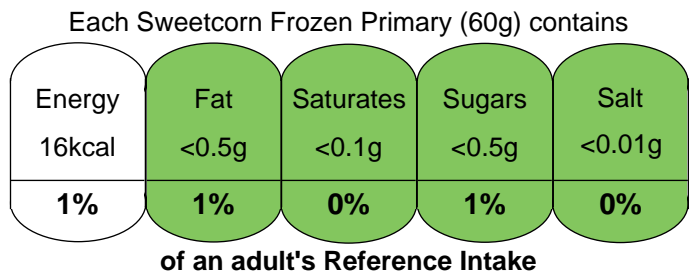


Menu: FCAUT23 Wk 3

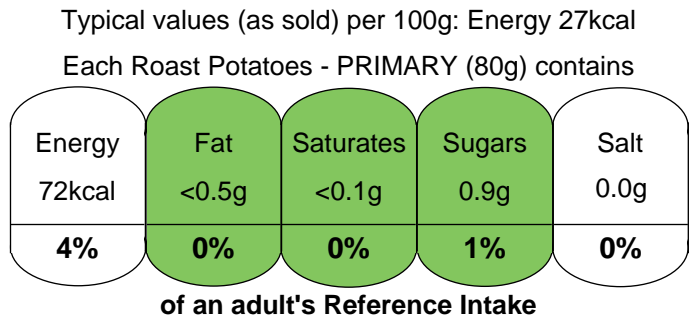
Fresh Cook Autumn Week 3 2023

Item	Description	Amount																
R00043	Gravy - Gluten Free Vegetarian	Ptn	<p>Each Gravy - Gluten Free Vegetarian (40g) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>8kcal</td> <td><0.5g</td> <td><0.1g</td> <td><0.5g</td> <td><0.01g</td> </tr> <tr> <td>0%</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 21kcal</p>	Energy	Fat	Saturates	Sugars	Salt	8kcal	<0.5g	<0.1g	<0.5g	<0.01g	0%	0%	0%	0%	0%
Energy	Fat	Saturates	Sugars	Salt														
8kcal	<0.5g	<0.1g	<0.5g	<0.01g														
0%	0%	0%	0%	0%														
R00058P	Pizza - Cheese and Tomato - PRIMARY	Ptn	<p>Each Pizza - Cheese and Tomato - PRIMARY (60g) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>155kcal</td> <td>5.0g</td> <td>2.3g</td> <td>1.4g</td> <td><0.01g</td> </tr> <tr> <td>8%</td> <td>7%</td> <td>12%</td> <td>2%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 258kcal</p>	Energy	Fat	Saturates	Sugars	Salt	155kcal	5.0g	2.3g	1.4g	<0.01g	8%	7%	12%	2%	0%
Energy	Fat	Saturates	Sugars	Salt														
155kcal	5.0g	2.3g	1.4g	<0.01g														
8%	7%	12%	2%	0%														
R00094P	Sausages GF 37g - Primary	Ptn	<p>Each Sausages GF 37g - Primary (64g) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>125kcal</td> <td>7.0g</td> <td>2.4g</td> <td>3.6g</td> <td><0.01g</td> </tr> <tr> <td>6%</td> <td>10%</td> <td>12%</td> <td>4%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 195kcal</p>	Energy	Fat	Saturates	Sugars	Salt	125kcal	7.0g	2.4g	3.6g	<0.01g	6%	10%	12%	4%	0%
Energy	Fat	Saturates	Sugars	Salt														
125kcal	7.0g	2.4g	3.6g	<0.01g														
6%	10%	12%	4%	0%														
R00107P	Daily Salad Bar	Ptn	<p>Each Daily Salad Bar (60g) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>87kcal</td> <td>1.7g</td> <td>0.2g</td> <td>11g</td> <td><0.01g</td> </tr> <tr> <td>4%</td> <td>2%</td> <td>1%</td> <td>12%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 146kcal</p>	Energy	Fat	Saturates	Sugars	Salt	87kcal	1.7g	0.2g	11g	<0.01g	4%	2%	1%	12%	0%
Energy	Fat	Saturates	Sugars	Salt														
87kcal	1.7g	0.2g	11g	<0.01g														
4%	2%	1%	12%	0%														
R00124P	Sliced Carrots - Primary	Ptn	<p>Each Sliced Carrots - Primary (60g) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>11kcal</td> <td><0.5g</td> <td><0.1g</td> <td>1.9g</td> <td>0.02g</td> </tr> <tr> <td>1%</td> <td>0%</td> <td>0%</td> <td>2%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 18kcal</p>	Energy	Fat	Saturates	Sugars	Salt	11kcal	<0.5g	<0.1g	1.9g	0.02g	1%	0%	0%	2%	0%
Energy	Fat	Saturates	Sugars	Salt														
11kcal	<0.5g	<0.1g	1.9g	0.02g														
1%	0%	0%	2%	0%														

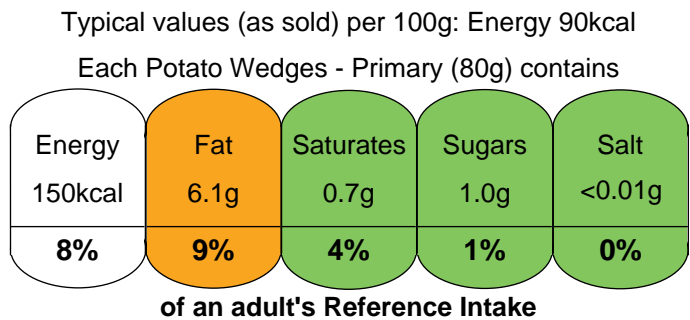
R00209P Sweetcorn Frozen Primary Ptn



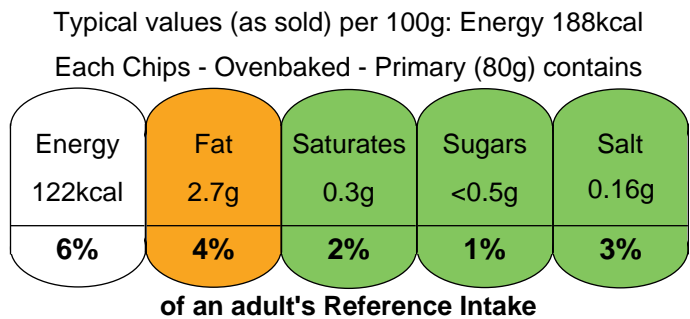
R00212P Roast Potatoes - PRIMARY Ptn



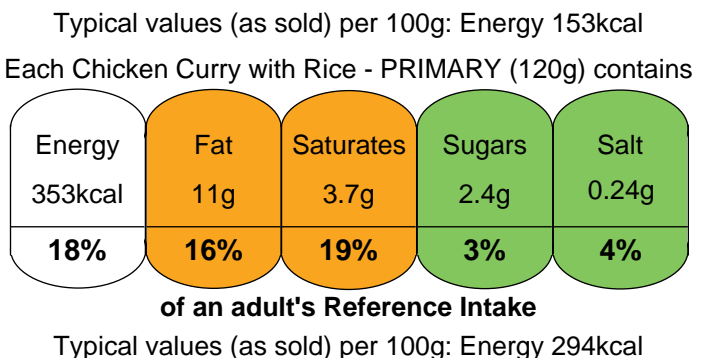
R00218P Potato Wedges - Primary Ptn



R00228P Chips - Ovenbaked - Primary Ptn



R00292P Chicken Curry with Rice - PRIMARY Ptn



R00594P Kentucky Style Burger in a Bun - Fresh Primary Ptn

Each Kentucky Style Burger in a Bun - Fresh Primary (140g) contains

Energy	Fat	Saturates	Sugars	Salt
309kcal	13g	1.4g	2.8g	<0.01g
15%	19%	7%	3%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 221kcal

R00607P Vegetarian All Day Breakfast - Fresh Ptn

Each Vegetarian All Day Breakfast - Fresh (190g) contains

Energy	Fat	Saturates	Sugars	Salt
281kcal	14g	4.4g	4.9g	0.32g
14%	20%	22%	5%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 148kcal

R00947P Raspberry Ripple - Ice Cream Sponge Roll - Primary Ptn

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

Energy	Fat	Saturates	Sugars	Salt
102kcal	3.6g	1.9g	7.7g	<0.01g
5%	5%	10%	9%	0%

of an adult's Reference Intake

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

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

R01424 Homebake - Oat Cookies Primary Ptn

Each Homebake - Oat Cookies Primary (40g) contains

Energy	Fat	Saturates	Sugars	Salt
177kcal	8.3g	3.4g	8.9g	0.22g
9%	12%	17%	10%	4%

of an adult's Reference Intake

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

R00914P Jumbo Fish Finger - Primary Ptn

Each Jumbo Fish Finger - Primary (70g) contains

Energy	Fat	Saturates	Sugars	Salt
194kcal	12g	0.9g	<0.5g	<0.01g
10%	18%	5%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 277kcal

R01472 Roasted Vegetable Panini - Primary Ptn

Each Roasted Vegetable Panini - Primary (157g) contains

Energy	Fat	Saturates	Sugars	Salt
388kcal	8.4g	1.8g	4.7g	<0.01g
19%	12%	9%	5%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 247kcal

R01481 Manchester Tart - Primary Ptn

Each Manchester Tart - Primary (80g) contains

Energy	Fat	Saturates	Sugars	Salt
344kcal	13g	6.8g	28g	<0.01g
17%	18%	34%	31%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 430kcal

R00507P All Day Breakfast - Fresh Ptn

Each All Day Breakfast - Fresh (120g) contains

Energy	Fat	Saturates	Sugars	Salt
229kcal	9.7g	3.1g	6.6g	0.32g
11%	14%	16%	7%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 190kcal

R00040P Creamed Potatoes (Fresh) - PRIMARY Ptn

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

R01483 Mini Sugared Ring Donuts Ptn

Each Mini Sugared Ring Donuts (0.54g) contains

Energy	Fat	Saturates	Sugars	Salt
5kcal	<0.5g	0.1g	<0.5g	<0.01g
0%	0%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 880kcal

R00206P Green Beans Frozen - PRIMARY Ptn

Each Green Beans Frozen - PRIMARY (60g) contains

Energy	Fat	Saturates	Sugars	Salt
7kcal	<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 12kcal

R01341P Tomato Bread - Primary Ptn

Each Tomato Bread - Primary (30g) contains

Energy	Fat	Saturates	Sugars	Salt
123kcal	1.1g	0.3g	0.8g	0.07g
6%	2%	1%	1%	1%

of an adult's Reference Intake

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

R01346P Brown Bread - Primary Ptn

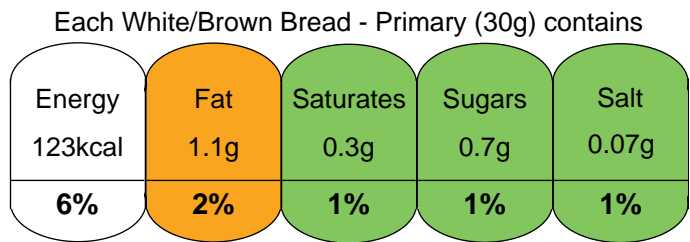
Each Brown Bread - Primary (30g) contains

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

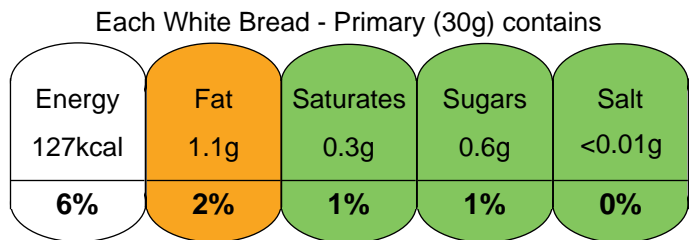
R01345P White/Brown Bread - Primary Ptn



of an adult's Reference Intake

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

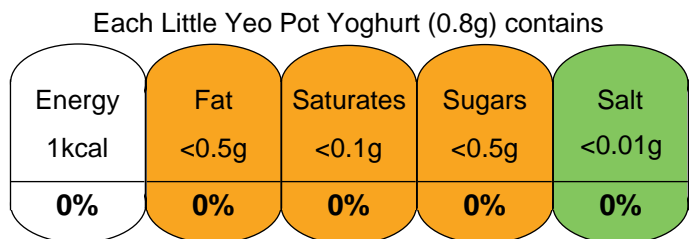
R01342P White Bread - Primary Ptn



of an adult's Reference Intake

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

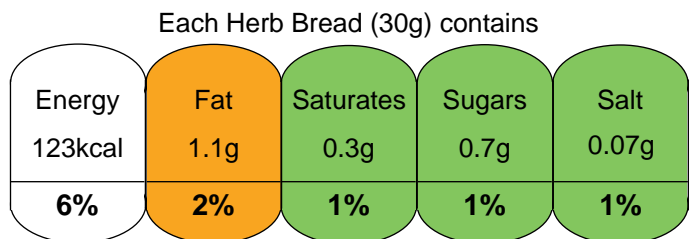
R01528 Little Yeo Pot Yoghurt Ptn



of an adult's Reference Intake

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

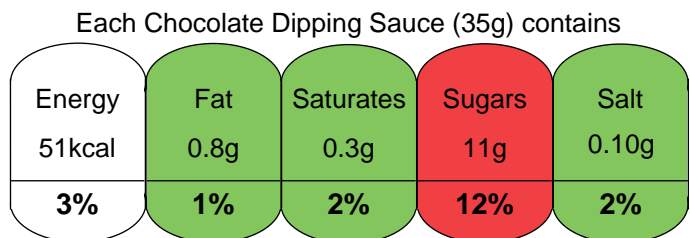
R01344P Herb Bread Ptn



of an adult's Reference Intake

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

R01529 Chocolate Dipping Sauce Ptn



of an adult's Reference Intake

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

R00275P Yorkshire Pudding - Primary Ptn

Each Yorkshire Pudding - Primary (20g) contains

Energy	Fat	Saturates	Sugars	Salt
0kcal	<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 2kcal

R00293P Roast Beef - Primary Ptn

Each Roast Beef - Primary (60g) 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 6kcal

R00620J Tomato Pasta Bake with Cheese & Garlic Bread Ptn

Each Tomato Pasta Bake with Cheese & Garlic Bread (120g) contains

Energy	Fat	Saturates	Sugars	Salt
528kcal	14g	5.0g	9.1g	0.19g
26%	20%	25%	10%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 440kcal

R01334P Chocolate Custard Ptn

Each Chocolate Custard (80g) contains

Energy	Fat	Saturates	Sugars	Salt
53kcal	1.5g	1.0g	5.1g	<0.01g
3%	2%	5%	6%	0%

of an adult's Reference Intake

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

R01464 Chocolate Orange Brownie - Primary Ptn

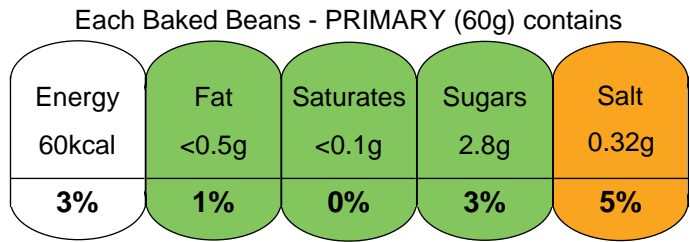
Each Chocolate Orange Brownie - Primary (40g) contains

Energy	Fat	Saturates	Sugars	Salt
147kcal	9.4g	4.1g	5.8g	0.16g
7%	13%	20%	6%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 366kcal

R00232P Baked Beans - PRIMARY Ptn



of an adult's Reference Intake

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

The values for each nutrient above are per serving.