

# **Menu Listing with Traffic Lights**

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Menu: F	CAUT23 Wk 3	Fresh Co	ok Autumn	Week 3 2	2023		
Item	Description	Amount					
R00043	Gravy - Gluten Free Vegetarian	Ptn	Ptn Each Gravy - Gluten Free Vegetarian (40g) con				contains
	C		Energy	Fat	Saturates	Sugars	Salt
			8kcal	<0.5g	<0.1g	<0.5g	<0.01g
			0%	0%	0%	0%	0%
R00058P	Pizza - Cheese and	Ptn	Typical Each Pizza -	values (as	It's Referent sold) per 10 d Tomato - F	00g: Energy	
	Tomato - PRIMARY		Energy	Fat	Saturates	Sugars	Salt
			155kcal	5.0g	2.3g	1.4g	<0.01g
			8%	7%	12%	2%	0%
R00094P	Sausages GF 37g -	of an adult's Reference Intake  Typical values (as sold) per 100g: Energy 258kca  Ptn Each Sausages GF 37g - Primary (64g) contains					
K00094F	Primary	Ptn	Each	ausayes G	7 37g - Filli	(049) C	Ontains
			Energy	Fat	Saturates	Sugars	Salt
			125kcal	7.0g	2.4g	3.6g	<0.01g
			6%	10%	12%	4%	0%
R00107P	Daily Salad Bar	Ptn		values (as	It's Referent sold) per 10 Salad Bar (6	0g: Energy	
			Energy	Fat	Saturates	Sugars	Salt
			87kcal	1.7g	0.2g	11g	<0.01g
			4%	2%	1%	12%	0%
D00404D	Oliver I Connected Britane	Die		values (as	It's Referen	0g: Energy	
R00124P	Sliced Carrots - Primary	Ptn	Each	Sliced Car	rots - Primai	ry (60g) cor	ntains
			Energy	Fat	Saturates	Sugars	Salt
			11kcal	<0.5g	<0.1g	1.9g	0.02g
			1%	0%	0%	2%	0%

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

R00212P



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R00209P Sweetcorn Frozen Ptn

**Primary** 

Each Sweetcorn Frozen Primary (60g) contains

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

of an adult's Reference Intake

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

Each Roast Potatoes - PRIMARY (80g) contains

72kcal	<0.5g	<0.1g	0.9g	0.0g
72kcal	<0.5g	<0.1g	0.9g	0.0g
Energy	Fat	Saturates	Sugars	Salt

of an adult's Reference Intake

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

Each Potato Wedges - Primary (80g) contains

Energy	Fat	Saturates	Sugars	Salt
150kcal	6.1g	0.7g	1.0g	<0.01g
8%	9%	4%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 188kcal

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

Each Chicken Curry with Rice - PRIMARY (120g) contains

Energy	Fat	Saturates	Sugars	Salt
353kcal	11g	3.7g	2.4g	0.24g
18%	16%	19%	3%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 294kcal

Roast Potatoes -

**PRIMARY** 

Ptn

R00218P Potato Wedges -Ptn

Primary

R00228P Chips - Ovenbaked -Ptn

Primary

R00292P Chicken Curry with Rice Ptn - PRIMARY



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R00594P Kentucky Style Burger in Ptn a Bun - Fresh Primary 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 Ptn Breakfast - Fresh 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 Ptn Cream Sponge Roll -Primary 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

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

R01349P

Fruit Platter 1 Ptn

Ptn

R01350P Fruit Platter 2

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# **Menu Listing with Traffic Lights**

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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 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

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 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 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

R00914P	Jumbo Fish Finger -	Ptn
	Primary	

R01472 Roasted Vegetable Ptn

Panini - Primary

R01481 Manchester Tart -Ptn Primary

R00507P All Day Breakfast - Fresh Ptn



# **Menu Listing with Traffic Lights**

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R00040P Creamed Potatoes

(Fresh) - PRIMARY

Ptn

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

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

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

Each Green Beans Frozen - PRIMARY (60g) contains

7kcal <b>0%</b>	<0.5g	<0.1g	0.6g	<0.01g
Energy	Fat	Saturates	Sugars	Salt

### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 12kcal

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

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

R01483	Mini Sugared Ring	Ptn
	Donuts	

R00206P Green Beans Frozen - Ptn PRIMARY

R01341P Tomato Bread - Primary Ptn

R01346P Brown Bread - Primary Ptn

R01342P

R01528

R01344P



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R01345P	White/Brown Bread -	Ptn

White Bread - Primary

Little Yeo Pot Yoghurt

Ptn

Ptn

Ptn

Primary

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 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 Little Yeo Pot Yoghurt (0.8g) contains

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

# of an adult's Reference Intake

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

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

Each Chocolate Dipping Sauce (35g) contains

Energy	Fat	Saturates	Sugars	Salt
51kcal	0.8g	0.3g	11g	0.10g
3%	1%	2%	12%	2%

# of an adult's Reference Intake

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

Herb Bread

R01529 Chocolate Dipping Ptn Sauce

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# **Menu Listing with Traffic Lights**

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R00275P Yorkshire Pudding - Ptn

Roast Beef - Primary

Cheese & Garlic Bread

Ptn

Primary

Each Yorkshire Pudding - Primary (20g) contains

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

### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 2kcal

Each Roast Beef - Primary (60g) contains

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

### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 6kcal

R00620J Tomato Pasta Bake with 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

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

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

R00275P
R00293P
R00620J
R01334P

Chocolate Custard Ptn

R01464 Chocolate Ora

Chocolate Orange Ptn Brownie - Primary

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R00232P Baked Beans - PRIMARY

Ptn

Each Baked Beans - PRIMARY (60g) contains

Energy Fat Saturates Sugars Sala

 Energy
 Fat
 Saturates
 Sugars
 Salt

 60kcal
 <0.5g</td>
 <0.1g</td>
 2.8g
 0.32g

 3%
 1%
 0%
 3%
 5%

of an adult's Reference Intake

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

The values for each nutrient above are per serving.