

## Menu: S24W1D1

## Summer 24 Week 1 Monday

Item	Description	Amount											
R02741	Spaghetti & Meatballs Winter 24	Ptn	<div>Each Spaghetti &amp; Meatballs Winter 24 (96.1667g) contains</div> <table><tr><td>Energy 715kJ 171kcal</td><td>Fat 0.7g</td><td>Saturates 0.1g</td><td>Sugars 4.1g</td><td>Salt 0.37g</td></tr><tr><td>9%</td><td>1%</td><td>1%</td><td>5%</td><td>6%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 744kJ / 178kcal</div>	Energy 715kJ 171kcal	Fat 0.7g	Saturates 0.1g	Sugars 4.1g	Salt 0.37g	9%	1%	1%	5%	6%
Energy 715kJ 171kcal	Fat 0.7g	Saturates 0.1g	Sugars 4.1g	Salt 0.37g									
9%	1%	1%	5%	6%									
R02759	Vegan sausage with jewelled cous cous	Ptn	<div>Each Vegan sausage with jewelled cous cous (Ptn) contains</div> <table><tr><td>Energy kJ 362.5</td><td>Energy 86.6</td><td>Fat 0.6</td><td>Saturates 0.2</td><td>Carbohydrate 16.2</td></tr><tr><td>4%</td><td>4%</td><td>1%</td><td>1%</td><td>0%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 0.0</div>	Energy kJ 362.5	Energy 86.6	Fat 0.6	Saturates 0.2	Carbohydrate 16.2	4%	4%	1%	1%	0%
Energy kJ 362.5	Energy 86.6	Fat 0.6	Saturates 0.2	Carbohydrate 16.2									
4%	4%	1%	1%	0%									
R01356	Green beans	Ptn	<div>Each Green beans (60g) contains</div> <table><tr><td>Energy 78kJ 19kcal</td><td>Fat &lt;0.5g</td><td>Saturates &lt;0.1g</td><td>Sugars 1.4g</td><td>Salt &lt;0.01g</td></tr><tr><td>1%</td><td>0%</td><td>0%</td><td>2%</td><td>0%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 130kJ / 31kcal</div>	Energy 78kJ 19kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.4g	Salt <0.01g	1%	0%	0%	2%	0%
Energy 78kJ 19kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.4g	Salt <0.01g									
1%	0%	0%	2%	0%									
R01346	Sliced carrots	Ptn	<div>Each Sliced carrots (60g) contains</div> <table><tr><td>Energy 108kJ 26kcal</td><td>Fat &lt;0.5g</td><td>Saturates &lt;0.1g</td><td>Sugars 4.2g</td><td>Salt 0.04g</td></tr><tr><td>1%</td><td>0%</td><td>0%</td><td>5%</td><td>1%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 180kJ / 43kcal</div>	Energy 108kJ 26kcal	Fat <0.5g	Saturates <0.1g	Sugars 4.2g	Salt 0.04g	1%	0%	0%	5%	1%
Energy 108kJ 26kcal	Fat <0.5g	Saturates <0.1g	Sugars 4.2g	Salt 0.04g									
1%	0%	0%	5%	1%									
R01357	Jacket potato with cheese	Ptn	<div>Each Jacket potato with cheese (215g) contains</div> <table><tr><td>Energy 1515kJ 362kcal</td><td>Fat 8.9g</td><td>Saturates 5.3g</td><td>Sugars 2.3g</td><td>Salt 0.52g</td></tr><tr><td>18%</td><td>13%</td><td>27%</td><td>3%</td><td>9%</td></tr></table> <div>of an adult's Reference Intake</div> <div>Typical values (as sold) per 100g: Energy 705kJ / 168kcal</div>	Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g	18%	13%	27%	3%	9%
Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g									
18%	13%	27%	3%	9%									

R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaisse Ptn

Each Jacket potato with tuna mayonaisse (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R01897 Cool Delight Frozen Yoghurt Ptn

Each Cool Delight Frozen Yoghurt (Ptn) contains

Energy kJ 715.5	Energy 171.0	Fat 7.5	Saturates 3.8	Carbohydrate 22.1
9%	9%	11%	19%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal

R01610     Mixed Salad     Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.



## Menu: S24W1D2

## Summer 24 Week 1 Tuesday

Item	Description	Amount											
R02077	Crispy coated chicken bites with wedges	Ptn	Each Crispy coated chicken bites with wedges (Ptn) contains <table><tr><td>Energy kJ 833.1</td><td>Energy 199.1</td><td>Fat 2.4</td><td>Saturates 0.4</td><td>Carbohydrate 26.7</td></tr><tr><td>10%</td><td>10%</td><td>3%</td><td>2%</td><td>0%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy kJ 833.1	Energy 199.1	Fat 2.4	Saturates 0.4	Carbohydrate 26.7	10%	10%	3%	2%	0%
Energy kJ 833.1	Energy 199.1	Fat 2.4	Saturates 0.4	Carbohydrate 26.7									
10%	10%	3%	2%	0%									
R01693	Vegetable & chick pea curry, rice & naan	Ptn	Each Vegetable & chick pea curry, rice & naan (Ptn) contains <table><tr><td>Energy kJ 1662.3</td><td>Energy 397.3</td><td>Fat 5.8</td><td>Saturates 1.7</td><td>Carbohydrate 72.7</td></tr><tr><td>20%</td><td>20%</td><td>8%</td><td>8%</td><td>0%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy kJ 1662.3	Energy 397.3	Fat 5.8	Saturates 1.7	Carbohydrate 72.7	20%	20%	8%	8%	0%
Energy kJ 1662.3	Energy 397.3	Fat 5.8	Saturates 1.7	Carbohydrate 72.7									
20%	20%	8%	8%	0%									
R01349	Peas	Ptn	Each Peas (60g) contains <table><tr><td>Energy 191kJ 46kcal</td><td>Fat 0.5g</td><td>Saturates 0.1g</td><td>Sugars 1.5g</td><td>Salt &lt;0.01g</td></tr><tr><td>2%</td><td>1%</td><td>1%</td><td>2%</td><td>0%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 318kJ / 76kcal</p>	Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g	2%	1%	1%	2%	0%
Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g									
2%	1%	1%	2%	0%									
R01347	Sweetcorn	Ptn	Each Sweetcorn (60g) contains <table><tr><td>Energy 151kJ 36kcal</td><td>Fat 1.1g</td><td>Saturates 0.1g</td><td>Sugars 1.2g</td><td>Salt &lt;0.01g</td></tr><tr><td>2%</td><td>2%</td><td>1%</td><td>1%</td><td>0%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 251kJ / 60kcal</p>	Energy 151kJ 36kcal	Fat 1.1g	Saturates 0.1g	Sugars 1.2g	Salt <0.01g	2%	2%	1%	1%	0%
Energy 151kJ 36kcal	Fat 1.1g	Saturates 0.1g	Sugars 1.2g	Salt <0.01g									
2%	2%	1%	1%	0%									
R01357	Jacket potato with cheese	Ptn	Each Jacket potato with cheese (215g) contains <table><tr><td>Energy 1515kJ 362kcal</td><td>Fat 8.9g</td><td>Saturates 5.3g</td><td>Sugars 2.3g</td><td>Salt 0.52g</td></tr><tr><td>18%</td><td>13%</td><td>27%</td><td>3%</td><td>9%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 705kJ / 168kcal</p>	Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g	18%	13%	27%	3%	9%
Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g									
18%	13%	27%	3%	9%									



R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaise Ptn

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R02732 Tinned Fruit salad Ptn

Each Tinned Fruit salad (78.1111g) contains

Energy 169kJ 40kcal	Fat <0.5g	Saturates <0.1g	Sugars 9.5g	Salt <0.01g
2%	0%	0%	11%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 217kJ / 52kcal

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal

R01610     Mixed Salad     Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu Listing with Traffic Lights

unders@catered.org.uk

Menu: S24W1D3

Summer 24 Week 1 Wednesday

Item	Description	Amount
------	-------------	--------

R01568	Macaroni Cheese with Garlic Bread	Ptn
--------	-----------------------------------	-----

Each Macaroni Cheese with Garlic Bread (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
2109.0	504.1	18.2	10.0	65.7
25%	25%	26%	50%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02620	Courgette Burger with Diced Potatoes	Ptn
--------	--------------------------------------	-----

Each Courgette Burger with Diced Potatoes (222.75g) contains

Energy	Fat	Saturates	Sugars	Salt
1813kJ 433kcal	12g	5.0g	4.2g	1.1g
22%	17%	25%	5%	18%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 814kJ / 194kcal

R01349	Peas	Ptn
--------	------	-----

Each Peas (60g) contains

Energy	Fat	Saturates	Sugars	Salt
191kJ 46kcal	0.5g	0.1g	1.5g	<0.01g
2%	1%	1%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 318kJ / 76kcal

R01346	Sliced carrots	Ptn
--------	----------------	-----

Each Sliced carrots (60g) contains

Energy	Fat	Saturates	Sugars	Salt
108kJ 26kcal	<0.5g	<0.1g	4.2g	0.04g
1%	0%	0%	5%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 180kJ / 43kcal

R01357	Jacket potato with cheese	Ptn
--------	---------------------------	-----

Each Jacket potato with cheese (215g) contains

Energy	Fat	Saturates	Sugars	Salt
1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal



R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaise Ptn

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R01324 Victoria sponge Ptn

Each Victoria sponge (Ptn) contains

Energy kJ 1831.3	Energy 437.7	Fat 21.6	Saturates 9.5	Carbohydrate 58.8
22%	22%	31%	47%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

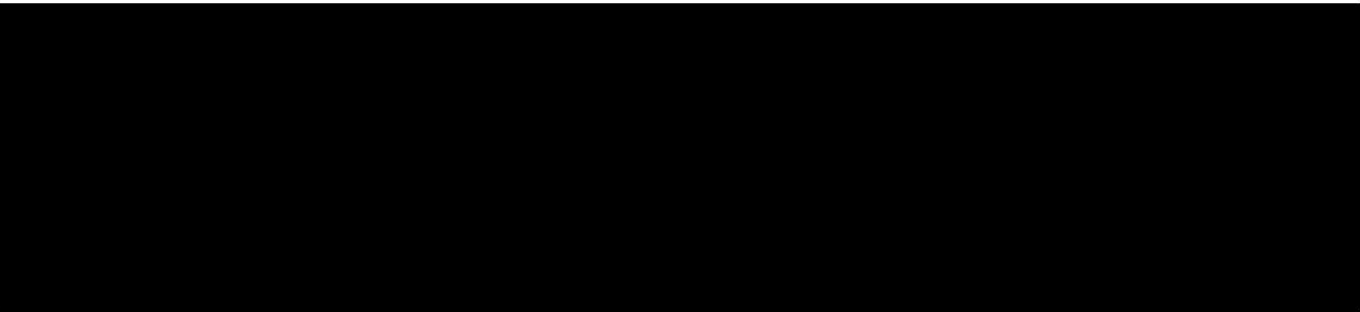
R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal



R01610     Mixed Salad     Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu: S24W1D4

## Summer 24 Week 1 Thursday

## Item Description Amount

R01304 Roast beef and yorkshire pudding Ptn

Each Roast beef and yorkshire pudding (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
1547.7	369.9	19.4	6.4	24.6
18%	18%	28%	32%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01314 Quorn Fillet with Roast Potatoes &amp; Gravy Ptn

Each Quorn Fillet with Roast Potatoes &amp; Gravy (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
611.8	146.2	1.2	0.4	21.7
7%	7%	2%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02071 Farmhouse Vegetable Portion Ptn

Each Farmhouse Vegetable Portion (60g) contains

Energy	Fat	Saturates	Sugars	Salt
75kJ 18kcal	<0.5g	<0.1g	1.4g	0.02g
1%	1%	0%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 126kJ / 30kcal

R01357 Jacket potato with cheese Ptn

Each Jacket potato with cheese (215g) contains

Energy	Fat	Saturates	Sugars	Salt
1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal

R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy	Fat	Saturates	Sugars	Salt
1240kJ 296kcal	0.6g	<0.1g	4.0g	0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal



R01362 Jacket potato with tuna mayonaise Ptn

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy	Fat	Saturates	Sugars	Salt
1329kJ 318kcal	1.8g	0.2g	2.4g	0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R01305 Fresh Fruit Platter Ptn

Each Fresh Fruit Platter (114.3438g) contains

Energy	Fat	Saturates	Sugars	Salt
148kJ 35kcal	<0.5g	<0.1g	8.6g	0.05g
2%	0%	0%	10%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 130kJ / 31kcal

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy	Fat	Saturates	Sugars	Salt
324kJ 77kcal	1.0g	0.6g	12g	0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy	Fat	Saturates	Sugars	Salt
192kJ 46kcal	<0.5g	<0.1g	0.8g	0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

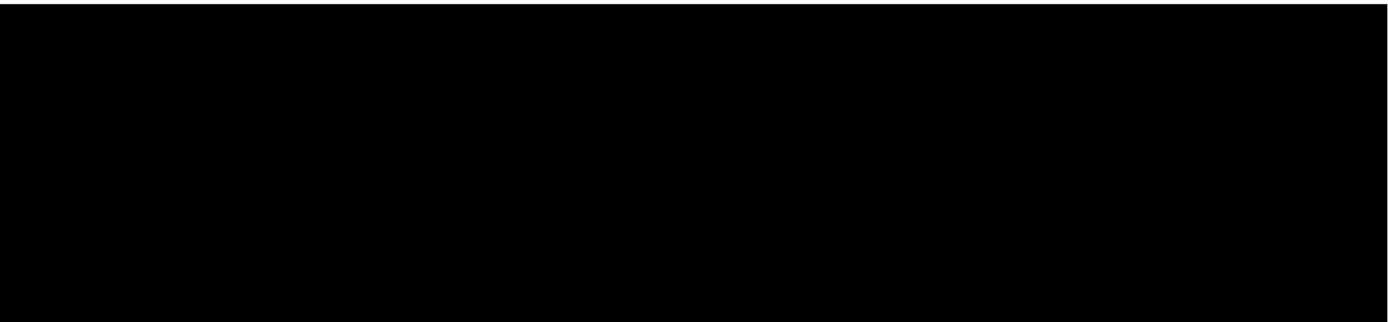
R01371 Drinking milk Ptn

Each Drinking milk (79.1667g) contains

Energy	Fat	Saturates	Sugars	Salt
152kJ 36kcal	1.4g	0.9g	3.7g	0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal



R01610	Mixed Salad	Ptn	Each Mixed Salad (30.8762g) contains				
			Energy 18kJ 4kcal 0%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 0.7g 1%	Salt <0.01g 0%
			of an adult's Reference Intake				
			Typical values (as sold) per 100g: Energy 59kJ / 14kcal				
The values for each nutrient above are per serving.							

## Menu Listing with Traffic Lights

unders@catered.org.uk

Menu: S24W1D5

Summer 24 Week 1 Friday

Item	Description	Amount
------	-------------	--------

R01637	Young's Fish Fingers portion with chips	Ptn	Each Young's Fish Fingers portion with chips (152.5g) contains
--------	---	-----	--

Energy 1065kJ 255kcal	Fat 5.4g	Saturates 0.6g	Sugars 3.8g	Salt 0.84g
13%	8%	3%	4%	14%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 698kJ / 167kcal

R01320	Spanish omelette with chips	Ptn
--------	-----------------------------	-----

Each Spanish omelette with chips (263.4179g) contains

Energy 1687kJ 403kcal	Fat 20g	Saturates 8.8g	Sugars 6.6g	Salt 0.88g
20%	28%	44%	7%	15%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 640kJ / 153kcal

R01349	Peas	Ptn
--------	------	-----

Each Peas (60g) contains

Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g
2%	1%	1%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 318kJ / 76kcal

R01347	Sweetcorn	Ptn
--------	-----------	-----

Each Sweetcorn (60g) contains

Energy 151kJ 36kcal	Fat 1.1g	Saturates 0.1g	Sugars 1.2g	Salt <0.01g
2%	2%	1%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 251kJ / 60kcal

R01357	Jacket potato with cheese	Ptn
--------	---------------------------	-----

Each Jacket potato with cheese (215g) contains

Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal



R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaise Ptn

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R02745 Chocolate brownie Winter 24 Ptn

Each Chocolate brownie Winter 24 (Ptn) contains

Energy kJ 664.8	Energy 158.9	Fat 7.3	Saturates 2.8	Carbohydrate 20.2
8%	8%	10%	14%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal

R01610     Mixed Salad     Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu: S24W2D1

## Summer 24 Week 2 Monday

Item	Description	Amount											
R01703	Beef Chilli with Rice & Nachos	Ptn	<p>Each Beef Chilli with Rice &amp; Nachos (263.4375g) contains</p> <table><tr><td>Energy 1533kJ 367kcal</td><td>Fat 8.5g</td><td>Saturates 1.7g</td><td>Sugars 6.4g</td><td>Salt 1.0g</td></tr><tr><td>18%</td><td>12%</td><td>8%</td><td>7%</td><td>17%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 582kJ / 139kcal</p>	Energy 1533kJ 367kcal	Fat 8.5g	Saturates 1.7g	Sugars 6.4g	Salt 1.0g	18%	12%	8%	7%	17%
Energy 1533kJ 367kcal	Fat 8.5g	Saturates 1.7g	Sugars 6.4g	Salt 1.0g									
18%	12%	8%	7%	17%									
R02760	Quorn Nuggets with Diced Potatoes	Ptn	<p>Each Quorn Nuggets with Diced Potatoes (Ptn) contains</p> <table><tr><td>Energy kJ 701.7</td><td>Energy 167.7</td><td>Fat 2.6</td><td>Saturates 0.3</td><td>Carbohydrate 21.0</td></tr><tr><td>8%</td><td>8%</td><td>4%</td><td>1%</td><td>0%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy kJ 701.7	Energy 167.7	Fat 2.6	Saturates 0.3	Carbohydrate 21.0	8%	8%	4%	1%	0%
Energy kJ 701.7	Energy 167.7	Fat 2.6	Saturates 0.3	Carbohydrate 21.0									
8%	8%	4%	1%	0%									
R01349	Peas	Ptn	<p>Each Peas (60g) contains</p> <table><tr><td>Energy 191kJ 46kcal</td><td>Fat 0.5g</td><td>Saturates 0.1g</td><td>Sugars 1.5g</td><td>Salt &lt;0.01g</td></tr><tr><td>2%</td><td>1%</td><td>1%</td><td>2%</td><td>0%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 318kJ / 76kcal</p>	Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g	2%	1%	1%	2%	0%
Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g									
2%	1%	1%	2%	0%									
R01347	Sweetcorn	Ptn	<p>Each Sweetcorn (60g) contains</p> <table><tr><td>Energy 151kJ 36kcal</td><td>Fat 1.1g</td><td>Saturates 0.1g</td><td>Sugars 1.2g</td><td>Salt &lt;0.01g</td></tr><tr><td>2%</td><td>2%</td><td>1%</td><td>1%</td><td>0%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 251kJ / 60kcal</p>	Energy 151kJ 36kcal	Fat 1.1g	Saturates 0.1g	Sugars 1.2g	Salt <0.01g	2%	2%	1%	1%	0%
Energy 151kJ 36kcal	Fat 1.1g	Saturates 0.1g	Sugars 1.2g	Salt <0.01g									
2%	2%	1%	1%	0%									
R01357	Jacket potato with cheese	Ptn	<p>Each Jacket potato with cheese (215g) contains</p> <table><tr><td>Energy 1515kJ 362kcal</td><td>Fat 8.9g</td><td>Saturates 5.3g</td><td>Sugars 2.3g</td><td>Salt 0.52g</td></tr><tr><td>18%</td><td>13%</td><td>27%</td><td>3%</td><td>9%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 705kJ / 168kcal</p>	Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g	18%	13%	27%	3%	9%
Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g									
18%	13%	27%	3%	9%									



R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaisse Ptn

Each Jacket potato with tuna mayonaisse (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R02762 Ice cream with tinned fruit Ptn

Each Ice cream with tinned fruit (Ptn) contains

Energy kJ 831.6	Energy 198.8	Fat 5.1	Saturates 2.5	Carbohydrate 31.9
10%	10%	7%	12%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

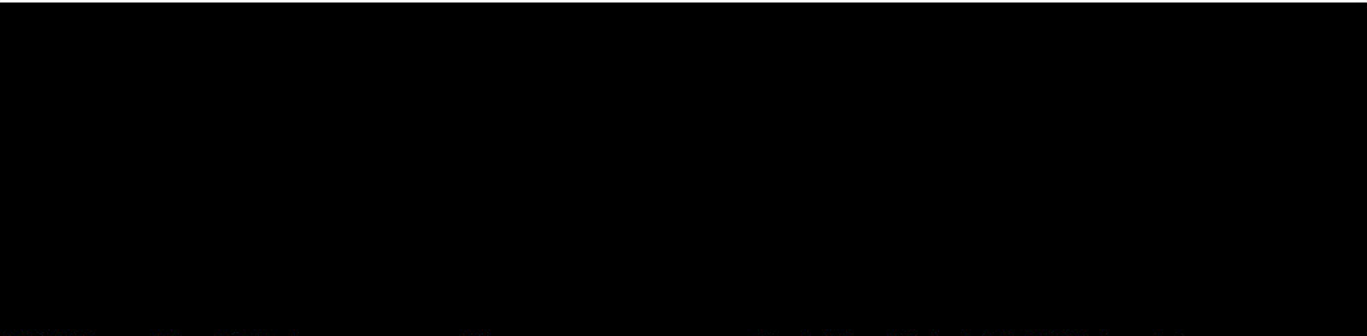
R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal



R01610     Mixed Salad     Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu Listing with Traffic Lights

unders@catered.org.uk

Menu: S24W2D2

Summer 24 Week 2 Tuesday

Item	Description	Amount
------	-------------	--------

R02563	Cheese & tomato pizza with Jacket Wedges (Mix)	Ptn	Each Cheese & tomato pizza with Jacket Wedges (Mix) (188.9767g) contains
--------	--	-----	---

Energy	Fat	Saturates	Sugars	Salt
1224kJ 293kcal	4.6g	2.5g	4.5g	0.61g
15%	7%	12%	5%	10%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 648kJ / 155kcal

R02763	Vegetable cakes with cous cous	Ptn	Each Vegetable cakes with cous cous (Ptn) contains
--------	--------------------------------	-----	--

Energy kJ	Energy	Fat	Saturates	Carbohydrate
204.9	49.0	2.7	1.4	3.3
2%	2%	4%	7%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01349	Peas	Ptn	Each Peas (60g) contains
--------	------	-----	--------------------------

Energy	Fat	Saturates	Sugars	Salt
191kJ 46kcal	0.5g	0.1g	1.5g	<0.01g
2%	1%	1%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 318kJ / 76kcal

R01346	Sliced carrots	Ptn	Each Sliced carrots (60g) contains
--------	----------------	-----	------------------------------------

Energy	Fat	Saturates	Sugars	Salt
108kJ 26kcal	<0.5g	<0.1g	4.2g	0.04g
1%	0%	0%	5%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 180kJ / 43kcal

R01357	Jacket potato with cheese	Ptn	Each Jacket potato with cheese (215g) contains
--------	---------------------------	-----	--

Energy	Fat	Saturates	Sugars	Salt
1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal



R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaise Ptn

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R01305 Fresh Fruit Platter Ptn

Each Fresh Fruit Platter (114.3438g) contains

Energy 148kJ 35kcal	Fat <0.5g	Saturates <0.1g	Sugars 8.6g	Salt 0.05g
2%	0%	0%	10%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 130kJ / 31kcal

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

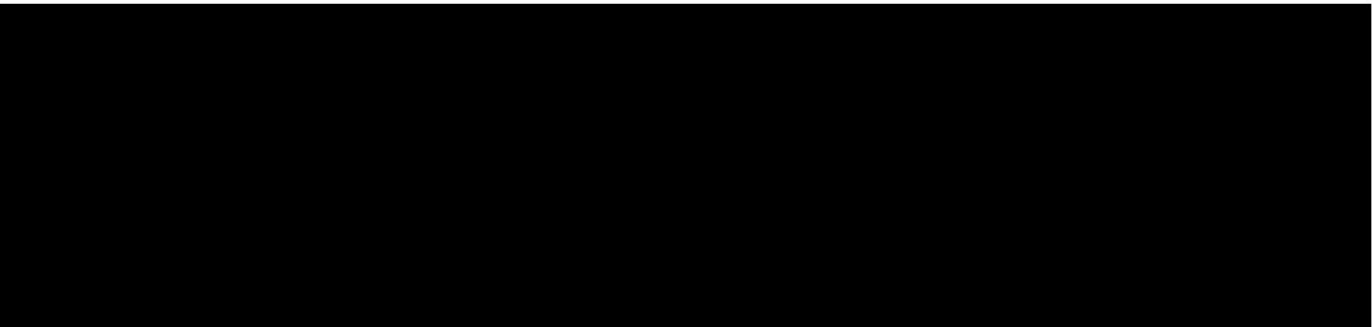
R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal



R01610     Mixed Salad     Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu Listing with Traffic Lights

unders@catered.org.uk

Menu: S24W2D3

Summer 24 Week 2 Wednesday

Item	Description	Amount
------	-------------	--------

R02622	All Day Breakfast (Summer 24)	Ptn	Each All Day Breakfast (Summer 24) (209.9313g) contains
--------	-------------------------------	-----	---

Energy 1057kJ 253kcal	Fat 16g	Saturates 5.4g	Sugars 3.5g	Salt 1.8g
13%	23%	27%	4%	31%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 503kJ / 120kcal

R02552	Vegan All Day Breakfast (Summer 24)	Ptn
--------	-------------------------------------	-----

Each Vegan All Day Breakfast (Summer 24) (198.2429g) contains

Energy 632kJ 151kcal	Fat 2.9g	Saturates 0.9g	Sugars 4.3g	Salt 1.0g
8%	4%	5%	5%	17%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 319kJ / 76kcal

R01357	Jacket potato with cheese	Ptn
--------	---------------------------	-----

Each Jacket potato with cheese (215g) contains

Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal

R01358	Jacket potato with beans	Ptn
--------	--------------------------	-----

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362	Jacket potato with tuna mayonaise	Ptn
--------	-----------------------------------	-----

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal



R02732 Tinned Fruit salad Ptn

Each Tinned Fruit salad (78.1111g) contains

Energy	Fat	Saturates	Sugars	Salt
169kJ 40kcal	<0.5g	<0.1g	9.5g	<0.01g
2%	0%	0%	11%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 217kJ / 52kcal

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy	Fat	Saturates	Sugars	Salt
324kJ 77kcal	1.0g	0.6g	12g	0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy	Fat	Saturates	Sugars	Salt
192kJ 46kcal	<0.5g	<0.1g	0.8g	0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

R01371 Drinking milk Ptn

Each Drinking milk (79.1667g) contains

Energy	Fat	Saturates	Sugars	Salt
152kJ 36kcal	1.4g	0.9g	3.7g	0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal

R01610      Mixed Salad      Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal  0%	Fat <0.5g  0%	Saturates <0.1g  0%	Sugars 0.7g  1%	Salt <0.01g  0%
-----------------------------------	------------------------	------------------------------	--------------------------	--------------------------

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu Listing with Traffic Lights

unders@catered.org.uk

Menu: S24W2D4

Summer 24 Week 2 Thursday

Item	Description	Amount
------	-------------	--------

R01336	Roast Chicken Fillet with R. Pots, YP & Gravy	Ptn	Each Roast Chicken Fillet with R. Pots, YP & Gravy (187.37g) contains
--------	---	-----	---

Energy	Fat	Saturates	Sugars	Salt
950kJ 227kcal	6.3g	1.0g	1.1g	0.82g
11%	9%	5%	1%	14%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 507kJ / 121kcal

R01649	Leek, butternut, potato plait	Ptn
--------	-------------------------------	-----

Each Leek, butternut, potato plait (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
1343.5	321.1	20.4	11.8	22.5
16%	16%	29%	59%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02071	Farmhouse Vegetable Portion	Ptn
--------	-----------------------------	-----

Each Farmhouse Vegetable Portion (60g) contains

Energy	Fat	Saturates	Sugars	Salt
75kJ 18kcal	<0.5g	<0.1g	1.4g	0.02g
1%	1%	0%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 126kJ / 30kcal

R01357	Jacket potato with cheese	Ptn
--------	---------------------------	-----

Each Jacket potato with cheese (215g) contains

Energy	Fat	Saturates	Sugars	Salt
1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal

R01358	Jacket potato with beans	Ptn
--------	--------------------------	-----

Each Jacket potato with Baked Beans (236.25g) contains

Energy	Fat	Saturates	Sugars	Salt
1240kJ 296kcal	0.6g	<0.1g	4.0g	0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal



R01362 Jacket potato with tuna Ptn  
mayonaise

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy	Fat	Saturates	Sugars	Salt
1329kJ 318kcal	1.8g	0.2g	2.4g	0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R02625 Fruity Flapjack (Apple & Ptn  
Date)

Each Fruity Flapjack (Apple & Date) (76.7969g) contains

Energy	Fat	Saturates	Sugars	Salt
990kJ 237kcal	11g	3.5g	20g	0.20g
12%	15%	18%	22%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1290kJ / 308kcal

R02556 Ubley Low Fat Ptn  
Strawberry Yoghurt

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy	Fat	Saturates	Sugars	Salt
324kJ 77kcal	1.0g	0.6g	12g	0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy	Fat	Saturates	Sugars	Salt
192kJ 46kcal	<0.5g	<0.1g	0.8g	0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

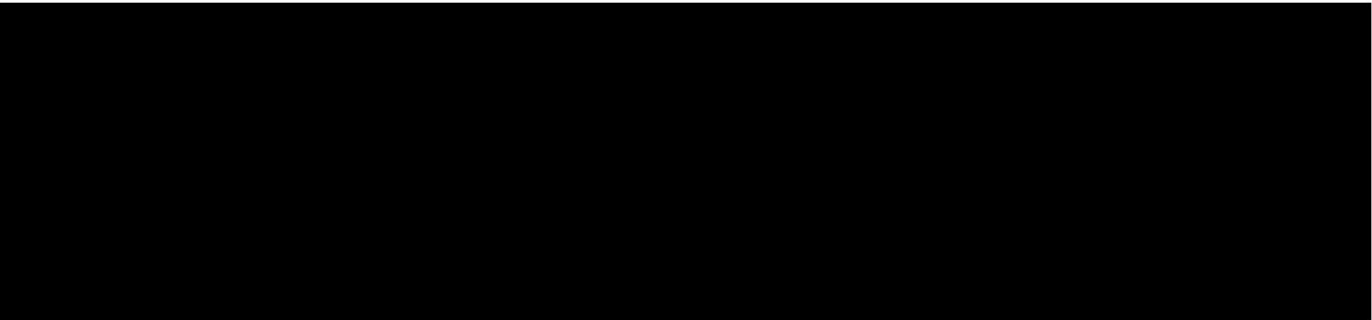
R01371 Drinking milk Ptn

Each Drinking milk (79.1667g) contains

Energy	Fat	Saturates	Sugars	Salt
152kJ 36kcal	1.4g	0.9g	3.7g	0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal



R01610      Mixed Salad      Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu: S24W2D5

## Summer 24 Week 2 Friday

## Item Description Amount

R01338 Fish Fillets in breadcrumbs with skin on chips Ptn Each Fish Fillets in breadcrumbs with skin on chips (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
973.9	232.8	0.7	0.2	41.2
12%	12%	1%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02764 Quorn fishless fillet with chips Ptn Each Quorn fishless fillet with chips (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
533.6	127.5	2.2	0.1	25.4
6%	6%	3%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01349 Peas Ptn Each Peas (60g) contains

Energy 191kJ 46kcal	Fat	Saturates	Sugars	Salt
	0.5g	0.1g	1.5g	<0.01g
2%	1%	1%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 318kJ / 76kcal

R02634 Baked Beans Ptn Each Baked Beans (100g) contains

Energy 306kJ 73kcal	Fat	Saturates	Sugars	Salt
	<0.5g	<0.1g	3.2g	0.48g
4%	0%	0%	4%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 306kJ / 73kcal

R01357 Jacket potato with cheese Ptn Each Jacket potato with cheese (215g) contains

Energy 1515kJ 362kcal	Fat	Saturates	Sugars	Salt
	8.9g	5.3g	2.3g	0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal



R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaisse Ptn

Each Jacket potato with tuna mayonaisse (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R02765 Iced blueberry &amp; lemon cake Ptn

Each Iced blueberry &amp; lemon cake (Ptn) contains

Energy kJ 695.3	Energy 166.2	Fat 7.8	Saturates 2.9	Carbohydrate 21.9
8%	8%	11%	15%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal



R01610     Mixed Salad     Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu: S24W3D1

## Summer 24 Week 3 Monday

## Item Description Amount

R02743 Beef burger, brioche bun &amp; wedges Ptn

Each Beef burger, brioche bun &amp; wedges (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
1226.5	293.2	12.9	4.9	30.9
15%	15%	18%	24%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01648 Mixed Bean Chilli &amp; Rice Ptn

Each Mixed Bean Chilli &amp; Rice (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
452.6	108.2	0.7	0.1	20.5
5%	5%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01347 Sweetcorn Ptn

Each Sweetcorn (60g) contains

Energy	Fat	Saturates	Sugars	Salt
151kJ 36kcal	1.1g	0.1g	1.2g	<0.01g
2%	2%	1%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 251kJ / 60kcal

R02634 Baked Beans Ptn

Each Baked Beans (100g) contains

Energy	Fat	Saturates	Sugars	Salt
306kJ 73kcal	<0.5g	<0.1g	3.2g	0.48g
4%	0%	0%	4%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 306kJ / 73kcal

R01357 Jacket potato with cheese Ptn

Each Jacket potato with cheese (215g) contains

Energy	Fat	Saturates	Sugars	Salt
1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal



R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaisse Ptn

Each Jacket potato with tuna mayonaisse (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R02766 Raspberry ripple ice cream roll Ptn

Each Raspberry ripple ice cream roll (Ptn) contains

Energy kJ 0.0	Energy 0.0	Fat 0.0	Saturates 0.0	Carbohydrate 0.0
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal



R01610     Mixed Salad     Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu: S24W3D2

## Summer 24 Week 3 Tuesday

## Item Description Amount

R02767 BBQ chicken with new pots & coleslaw Ptn Each BBQ chicken with new pots & coleslaw (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
948.2	226.6	6.2	0.9	28.2
11%	11%	9%	4%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02768 Cheese & Tomato Quiche with New pots Ptn Each Cheese & Tomato Quiche with New pots (169.0556g) contains

Energy	Fat	Saturates	Sugars	Salt
1728kJ 413kcal	21g	9.7g	3.7g	0.70g
21%	31%	48%	4%	12%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1022kJ / 244kcal

R01356 Green beans Ptn Each Green beans (60g) contains

Energy	Fat	Saturates	Sugars	Salt
78kJ 19kcal	<0.5g	<0.1g	1.4g	<0.01g
1%	0%	0%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 130kJ / 31kcal

R01346 Sliced carrots Ptn Each Sliced carrots (60g) contains

Energy	Fat	Saturates	Sugars	Salt
108kJ 26kcal	<0.5g	<0.1g	4.2g	0.04g
1%	0%	0%	5%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 180kJ / 43kcal

R01357 Jacket potato with cheese Ptn Each Jacket potato with cheese (215g) contains

Energy	Fat	Saturates	Sugars	Salt
1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal



R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaise Ptn

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R01406 Custard Biscuit with fruit portion Ptn

Each Custard Biscuit with fruit portion (77.5139g) contains

Energy 619kJ 148kcal	Fat 6.5g	Saturates 2.4g	Sugars 9.9g	Salt 0.14g
7%	9%	12%	11%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 798kJ / 191kcal

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

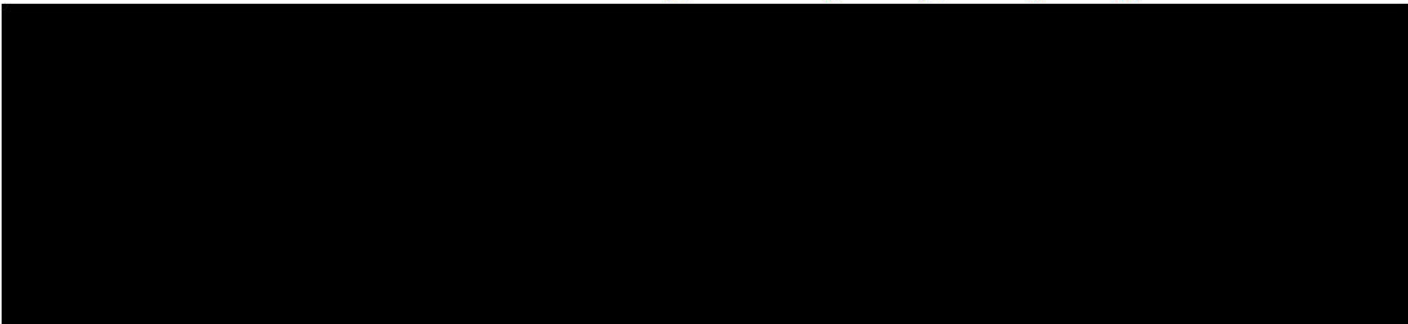
R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal



R01610     Mixed Salad     Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu: S24W3D3

## Summer 24 Week 3 Wednesday

Item	Description	Amount											
R01781	Cheese Wheels with Wedges	Ptn	<p>Each Cheese Wheels with Wedges (Ptn) contains</p> <table><tr><td>Energy kJ 1541.0</td><td>Energy 368.3</td><td>Fat 14.2</td><td>Saturates 7.4</td><td>Carbohydrate 50.7</td></tr><tr><td>18%</td><td>18%</td><td>20%</td><td>37%</td><td>0%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy kJ 1541.0	Energy 368.3	Fat 14.2	Saturates 7.4	Carbohydrate 50.7	18%	18%	20%	37%	0%
Energy kJ 1541.0	Energy 368.3	Fat 14.2	Saturates 7.4	Carbohydrate 50.7									
18%	18%	20%	37%	0%									
R02619	Vegan Balls with Pasta & Ptn G/Bread	Ptn	<p>Each Vegan Balls with Pasta &amp; G/Bread (150.4167g) contains</p> <table><tr><td>Energy 1137kJ 272kcal</td><td>Fat 6.5g</td><td>Saturates 1.7g</td><td>Sugars 5.2g</td><td>Salt 0.63g</td></tr><tr><td>14%</td><td>9%</td><td>8%</td><td>6%</td><td>10%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 756kJ / 181kcal</p>	Energy 1137kJ 272kcal	Fat 6.5g	Saturates 1.7g	Sugars 5.2g	Salt 0.63g	14%	9%	8%	6%	10%
Energy 1137kJ 272kcal	Fat 6.5g	Saturates 1.7g	Sugars 5.2g	Salt 0.63g									
14%	9%	8%	6%	10%									
R01349	Peas	Ptn	<p>Each Peas (60g) contains</p> <table><tr><td>Energy 191kJ 46kcal</td><td>Fat 0.5g</td><td>Saturates 0.1g</td><td>Sugars 1.5g</td><td>Salt &lt;0.01g</td></tr><tr><td>2%</td><td>1%</td><td>1%</td><td>2%</td><td>0%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 318kJ / 76kcal</p>	Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g	2%	1%	1%	2%	0%
Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g									
2%	1%	1%	2%	0%									
R01347	Sweetcorn	Ptn	<p>Each Sweetcorn (60g) contains</p> <table><tr><td>Energy 151kJ 36kcal</td><td>Fat 1.1g</td><td>Saturates 0.1g</td><td>Sugars 1.2g</td><td>Salt &lt;0.01g</td></tr><tr><td>2%</td><td>2%</td><td>1%</td><td>1%</td><td>0%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 251kJ / 60kcal</p>	Energy 151kJ 36kcal	Fat 1.1g	Saturates 0.1g	Sugars 1.2g	Salt <0.01g	2%	2%	1%	1%	0%
Energy 151kJ 36kcal	Fat 1.1g	Saturates 0.1g	Sugars 1.2g	Salt <0.01g									
2%	2%	1%	1%	0%									
R01357	Jacket potato with cheese	Ptn	<p>Each Jacket potato with cheese (215g) contains</p> <table><tr><td>Energy 1515kJ 362kcal</td><td>Fat 8.9g</td><td>Saturates 5.3g</td><td>Sugars 2.3g</td><td>Salt 0.52g</td></tr><tr><td>18%</td><td>13%</td><td>27%</td><td>3%</td><td>9%</td></tr></table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 705kJ / 168kcal</p>	Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g	18%	13%	27%	3%	9%
Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g									
18%	13%	27%	3%	9%									



R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaise Ptn

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R02617 Mandarin Jelly Ptn

Each Mandarin Jelly (39.5833g) contains

Energy 323kJ 77kcal	Fat <0.5g	Saturates <0.1g	Sugars 19g	Salt 0.04g
4%	0%	0%	21%	1%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 815kJ / 195kcal

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

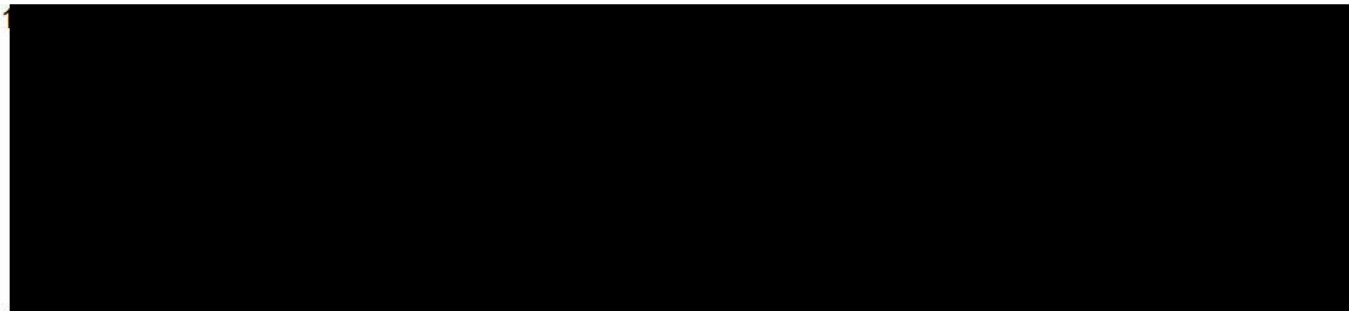
R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal



R01610     Mixed Salad     Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu Listing with Traffic Lights

unders@catered.org.uk

Menu: S24W3D4

Summer 24 Week 3 Thursday

Item	Description	Amount
------	-------------	--------

R01322	Roast Gammon with Roast Potatoes & Gravy	Ptn	Each Roast Gammon with Roast Potatoes & Gravy (207.7083g) contains
--------	--	-----	--

Energy	Fat	Saturates	Sugars	Salt
1072kJ 256kcal	14g	2.6g	3.2g	2.3g
13%	19%	13%	4%	38%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 516kJ / 123kcal

R01644	Vegetable Crunchy Crumble	Ptn
--------	---------------------------	-----

Each Vegetable Crunchy Crumble (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
1815.5	433.9	27.0	13.4	30.0
22%	22%	39%	67%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R02071	Farmhouse Vegetable Portion	Ptn
--------	-----------------------------	-----

Each Farmhouse Vegetable Portion (60g) contains

Energy	Fat	Saturates	Sugars	Salt
75kJ 18kcal	<0.5g	<0.1g	1.4g	0.02g
1%	1%	0%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 126kJ / 30kcal

R01357	Jacket potato with cheese	Ptn
--------	---------------------------	-----

Each Jacket potato with cheese (215g) contains

Energy	Fat	Saturates	Sugars	Salt
1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal

R01358	Jacket potato with beans	Ptn
--------	--------------------------	-----

Each Jacket potato with Baked Beans (236.25g) contains

Energy	Fat	Saturates	Sugars	Salt
1240kJ 296kcal	0.6g	<0.1g	4.0g	0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal



R01362 Jacket potato with tuna mayonaise Ptn

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R01295 Mini Chocolate Shortbread Ptn

Each Mini Chocolate Shortbread (123.7222g) contains

Energy 832kJ 199kcal	Fat 8.8g	Saturates 3.3g	Sugars 17g	Salt 0.20g
10%	13%	16%	18%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 673kJ / 161kcal

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

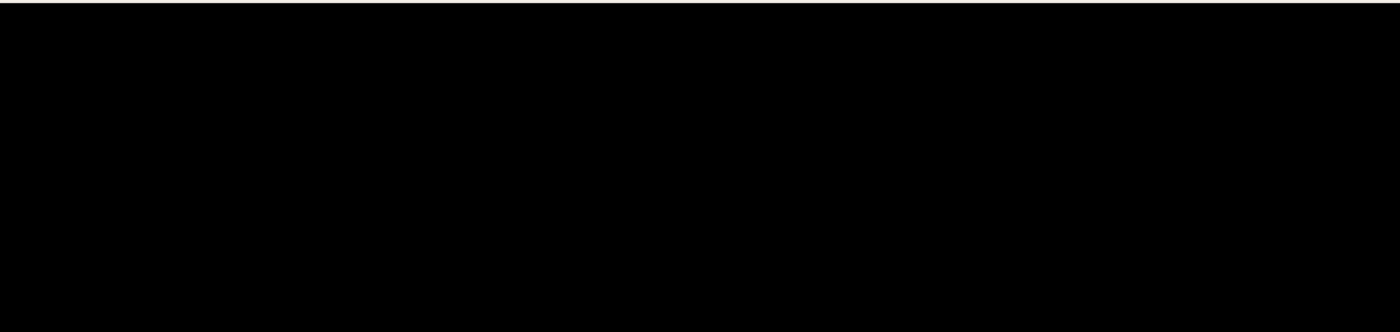
R01371 Drinking milk Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 192kJ / 46kcal



R01610      Mixed Salad      Ptn

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.

## Menu: S24W3D5

## Summer 24 Week 3 Friday

Item	Description	Amount
------	-------------	--------

R02769 Haddock fishcakes with chips Ptn

Each Haddock fishcakes with chips (148.7502g) contains

Energy 904kJ 216kcal	Fat 2.7g	Saturates 0.6g	Sugars 1.2g	Salt 0.34g
11%	4%	3%	1%	6%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 608kJ / 145kcal

R02770 Quorn vegan dippers with chips & ketchup Ptn

Each Quorn vegan dippers with chips & ketchup (Ptn) contains

Energy kJ 1236.6	Energy 295.6	Fat 0.4	Saturates 0.0	Carbohydrate 68.8
15%	15%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01349 Peas Ptn

Each Peas (60g) contains

Energy 191kJ 46kcal	Fat 0.5g	Saturates 0.1g	Sugars 1.5g	Salt <0.01g
2%	1%	1%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 318kJ / 76kcal

R02733 EvFav baked beans Ptn

Each EvFav baked beans (Ptn) contains

Energy kJ 446.0	Energy 106.6	Fat 0.5	Saturates 0.1	Carbohydrate 16.7
5%	5%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01357 Jacket potato with cheese Ptn

Each Jacket potato with cheese (215g) contains

Energy 1515kJ 362kcal	Fat 8.9g	Saturates 5.3g	Sugars 2.3g	Salt 0.52g
18%	13%	27%	3%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 705kJ / 168kcal



R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Energy 1240kJ 296kcal	Fat 0.6g	Saturates <0.1g	Sugars 4.0g	Salt 0.31g
15%	1%	0%	4%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal

R01362 Jacket potato with tuna mayonaise Ptn

Each Jacket potato with tuna mayonaise (238.75g) contains

Energy 1329kJ 318kcal	Fat 1.8g	Saturates 0.2g	Sugars 2.4g	Salt 0.51g
16%	3%	1%	3%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 556kJ / 133kcal

R02732 Tinned Fruit salad Ptn

Each Tinned Fruit salad (78.1111g) contains

Energy 169kJ 40kcal	Fat <0.5g	Saturates <0.1g	Sugars 9.5g	Salt <0.01g
2%	0%	0%	11%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 217kJ / 52kcal

R02556 Ubley Low Fat Strawberry Yoghurt Ptn

Each Ubley Low Fat Strawberry Yoghurt (90g) contains

Energy 324kJ 77kcal	Fat 1.0g	Saturates 0.6g	Sugars 12g	Salt 0.19g
4%	1%	3%	14%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

R01373 Bread accompaniment Ptn

Each Bread accompaniment (22.2222g) contains

Energy 192kJ 46kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.8g	Salt 0.25g
2%	1%	0%	1%	4%

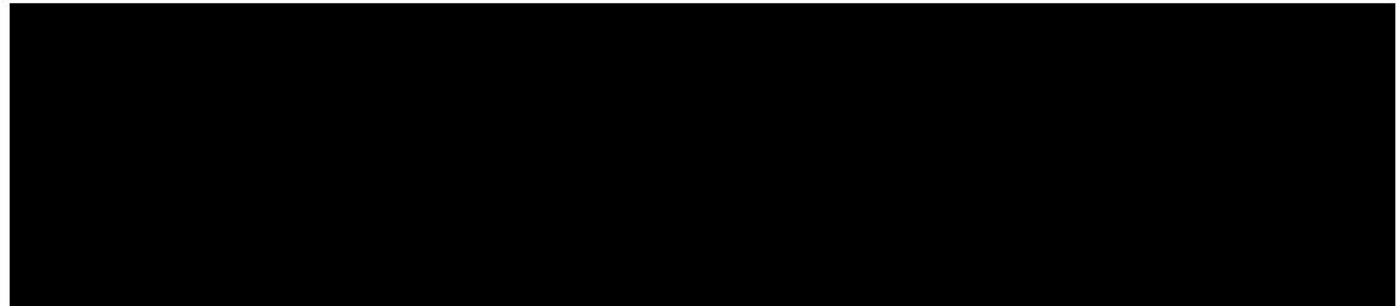
of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 866kJ / 207kcal

R01371     Drinking milk     Ptn

Each Drinking milk (79.1667g) contains

Energy 152kJ 36kcal	Fat 1.4g	Saturates 0.9g	Sugars 3.7g	Salt 0.09g
2%	2%	4%	4%	2%



R01610     Mixed Salad     Ptn

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 176kJ / 42kcal

Each Mixed Salad (30.8762g) contains

Energy 18kJ 4kcal	Fat <0.5g	Saturates <0.1g	Sugars 0.7g	Salt <0.01g
0%	0%	0%	1%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 59kJ / 14kcal

The values for each nutrient above are per serving.