

# **Menu Listing with Traffic Lights**

unders@catered.org.uk

Menu:	S24W1D1	Summer	24 Week 1 N	Monday			
Item	Description	Amount		536			
R02741	Spaghetti & Meatballs Winter 24	Ptn	Each Spagh	etti & Meat	balls Winter	24 (96.166	7g) contain
			Energy	Fat	Saturates	Sugars	Salt
			715kJ 171kcal	0.7g	0.1g	4.1g	0.37g
			9%	1%	1%	5%	6%
			- 2001 - 0004 - 0000 - 000		It's Referen		
R02759	Vegen sources with	Ptn	Typical valu	Maria Maria Salabad	AND OF STREET	eresonand <del>a e</del> t av ente	
RU2/59	Vegan sausage with jewelled cous cous	Pm	Each Vegan	sausage w	ith jewelled (	cous cous (	Pin) contair
			Energy kJ	Energy	Fat	Saturates	Carbohydr
			362.5	86.6	0.6	0.2	16.2
			4%	4%	1%	1%	0%
					It's Referer		
			Typic	et 100 mg 1,000	as sold) per	1.00324	
R01356	Green beans	Ptn		Each Gree	n beans (60	g) contains	
			Energy 78kJ	Fat	Saturates	Sugars	Salt
			19kcal	<0.5g	<0.1g	1.4g	<0.01g
			1%	0%	0%	2%	0%
					It's Referen		
D04040	0	De	8.75.74 N	6.50	d) per 100g:		
R01346	Sliced carrots	Ptn		Each Slice	d carrots (60	)g) contains	
			Energy	Fat	Saturates	Sugars	Salt
			108kJ 26kcal	<0.5g	<0.1g	4.2g	0.04g
			1%	0%	0%	5%	1%
					It's Referer		
			Typical valu	ues (as solo	d) per 100g:	Energy 180	0kJ / 43kcal
R01357	Jacket potato with cheese	Ptn	Each J	acket potat	o with chees	se (215g) co	ontains
	dilecte		Energy	Fat	Saturates	Sugars	Salt
			1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
			18%	13%	27%	3%	9%
				of an adu	It's Referen	noo Intoko	



#### Menu Listing with Traffic Lights

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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

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 Each Cool Delight Frozen Yoghurt (Ptn) contains

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

#### of an adult's Reference Intake

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

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

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

out of postall	 

R01362 Jacket potato with tuna Ptn mayonaise

R01897 Cool Delight Frozen Ptn

Yoghurt

R02556 Ubley Low Fat Ptn Strawberry Yoghurt

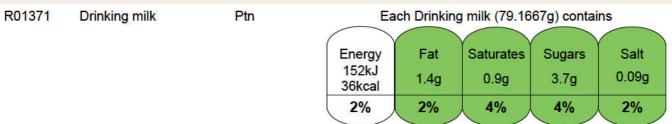
R01373 Bread accompaniment Ptn





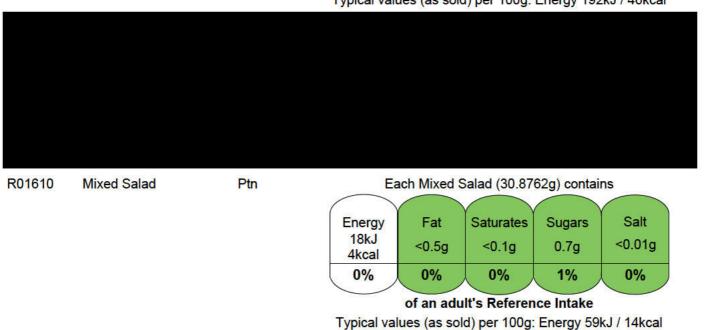
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of an adult's Reference Intake

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





# **Menu Listing with Traffic Lights**

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Menu:	S24W1D2	Summer	24 Week 1 Tuesday			
Item	Description	Amount				
R02077	Crispy coated chicken bites with wedges	Ptn	Ptn Each Crispy coated chicken bites with wedges (Ptr			
	-		Energy kJ Energy Fat Saturates	Carbohydra		
			833.1 199.1 2.4 0.4	26.7		
			10% 10% 3% 2%	0%		
R01693	Vagatable <sup>9</sup> abjek neg	Ptn	of an adult's Reference Intake Typical values (as sold) per 100g: Energy			
KU 1093	Vegetable & chick pea curry, rice & naan	rui	Each Vegetable & chick pea curry, rice & naan (F	rin) contair		
			Energy kJ Energy Fat Saturates C	Carbohydra		
			1662.3 397.3 5.8 1.7	72.7		
			20% 20% 8% 8%	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 318k	J / 76kcal		
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 251k	J / 60kcal		
R01357	Jacket potato with	Ptn	Each Jacket potato with cheese (215g) cor	ntains		
	cheese		Energy Fat Saturates Sugars	Salt		
			Energy Fat Saturates Sugars 1515kJ 8.9g 5.3g 2.3g	0.52g		
			18% 13% 27% 3%	9%		
			of an adult's Reference Intake			
			of all addit 5 reference intake			

R01362

R02732



#### Menu Listing with Traffic Lights

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R01358 Jacket potato with beans Ptn

Jacket potato with tuna

mayonaise

Ptn

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 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 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 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 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

Tinned Fruit salad

R02556 Ubley Low Fat Ptn

Strawberry Yoghurt

R01373 Bread accompaniment Ptn





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R01371 Drinking milk Each Drinking milk (79.1667g) contains Ptn Saturates Energy Fat Sugars Salt 152kJ 1.4g 0.9g 3.7g 0.09g 36kcal 2% 2% 4% 4% 2%

of an adult's Reference Intake

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



The values for each nutrient above are per serving.



# **Menu Listing with Traffic Lights**

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mena L	Listing with Trainic Lig	1113					undersæcatere
Menu:	S24W1D3	Summer	24 Week 1 V	Vednesd	ay		
Item	Description	Amount					
R01568	Macaroni Cheese with Garlic Bread	Ptn	Each Maca	aroni Chees	se with Garli	c Bread (Pt	n) contains
	Carrio Bread		Energy kJ	Energy	Fat	Saturates	Carbohydra
			2109.0	504.1	18.2	10.0	65.7
			25%	25%	26%	50%	0%
			Timit		It's Referen		0. 0
R02620	Courgette Burger with	Ptn	Each Courgett	and special and a second second second	is sold) per ith Diced Po	A STATE OF THE STA	AND SCHOOL SECTION AND SECTION AND
1102020	Diced Potatoes	, ui	Zuon courgett	Durger W	ILIT BIOCUT C	Autocs (EZZ	rog) contain
			Energy	Fat	Saturates	Sugars	Salt
			1813kJ 433kcal	12g	5.0g	4.2g	1.1g
			22%	17%	25%	5%	18%
				of an adu	It's Referen	nce Intake	
			Typical valu	es (as sold	) per 100g:	Energy 814	kJ / 194kcal
R01349	Peas	Ptn		Each F	Peas (60g) c	ontains	
			Enormy	Fat	Saturates	Sugare	Salt
			Energy 191kJ	100.00000	4.00	Sugars	<0.01g
			46kcal	0.5g	0.1g	1.5g	
			2%	1%	1%	2%	0%
			2 <u>-2</u> 2 0 0 0		It's Referen		
			1,71.71	6.50	\$150 E	1000	3kJ / 76kcal
R01346	Sliced carrots	Ptn		Each Slice	d carrots (60	0g) contains	
			Energy	Fat	Saturates	Sugars	Salt
			108kJ 26kcal	<0.5g	<0.1g	4.2g	0.04g
			1%	0%	0%	5%	1%
				of an adu	It's Referen	nce Intake	
			Typical valu	ues (as solo	d) per 100g:	Energy 180	0kJ / 43kcal
R01357	Jacket potato with cheese	Ptn	Each J	acket potat	o with chee	se (215g) co	ontains
	GICCSC		Energy	Fat	Saturates	Sugars	Salt
			1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
			18%	13%	27%	3%	9%
				of an adu	It's Referen	nce Intake	

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 705kJ / 168kcal



#### Menu Listing with Traffic Lights

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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

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

Each Victoria sponge (Ptn) contains

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

#### of an adult's Reference Intake

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

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

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

R01362

Jacket potato with tuna Ptn mayonaise

R01324 Victoria sponge Ptn

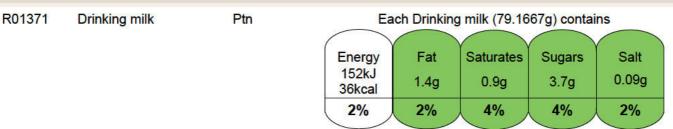
R02556 Ubley Low Fat Ptn Strawberry Yoghurt

R01373 Bread accompaniment Ptn



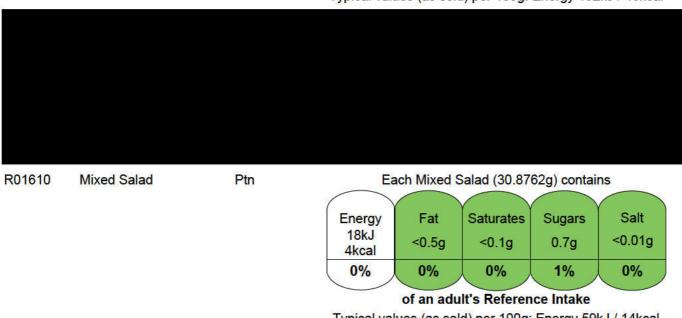
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of an adult's Reference Intake

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



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



# **Menu Listing with Traffic Lights**

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Menu:	S24W1D4	Summer	24 Week 1 T	hursday	7		
Item	Description	Amount					
R01304	Roast beef and yorkshire	e Ptn	Each Roas	st beef and	yorkshire p	oudding (Ptr	n) contains
	pudding		Energy kJ	Energy	Fat	Saturates	Carbohydra
			1547.7	369.9	19.4	6.4	24.6
			18%	18%	28%	32%	0%
			Typic	A CONTRACTOR OF THE SECOND CONTRACTOR OF THE S	ilt's Referen	nce Intake 100g: Energ	av 0.0
R01314	Quorn Fillet with Roast	Ptn	Each Quorn F		AND DESCRIPTION OF THE PROPERTY OF THE PROPERT		According to the control of the cont
	Potatoes & Gravy				Fat		
			Energy kJ 611.8	Energy 146.2	1.2	0.4	Carbohydra 21.7
			7%	7%	2%	2%	0%
			170				0%
			Typic		ilt's Refere	nce Intake 100g: Ener	av 0.0
R02071	Farmhouse Vegetable	Ptn	99900 NO 655 TO	ES DOME	a make eco	ortion (60g)	77 183
	Portion						
			Energy	Fat	Saturates	Sugars	Salt
			75kJ 18kcal	<0.5g	<0.1g	1.4g	0.02g
			1%	1%	0%	2%	0%
				of an adu	It's Refere	nce Intake	
			Typical valu	ues (as solo	d) per 100g:	Energy 126	6kJ / 30kcal
R01357	Jacket potato with cheese	Ptn	Each J	acket potat	o with chee	se (215g) c	ontains
	cneese		Energy	Fat	Saturates	Sugars	Salt
			1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
			18%	13%	27%	3%	9%
				of an adu	It's Refere	nce Intake	
			Typical valu				kJ / 168kca
R01358	Jacket potato with beans	Ptn	Each Jacke	t potato wit	h Baked Be	eans (236.2	5g) contains

Energy

1240kJ

296kcal

15%

of an adult's Reference Intake

Saturates

<0.1g

0%

Sugars

4.0g

4%

Fat

0.6g

1%

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

Salt

0.31g

5%



#### Menu Listing with Traffic Lights

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R01362 Jacket potato with tuna mayonaise

Fresh Fruit Platter

Ubley Low Fat

Strawberry Yoghurt

Ptn

Ptn

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

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

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

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

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

R02556	
R01373	

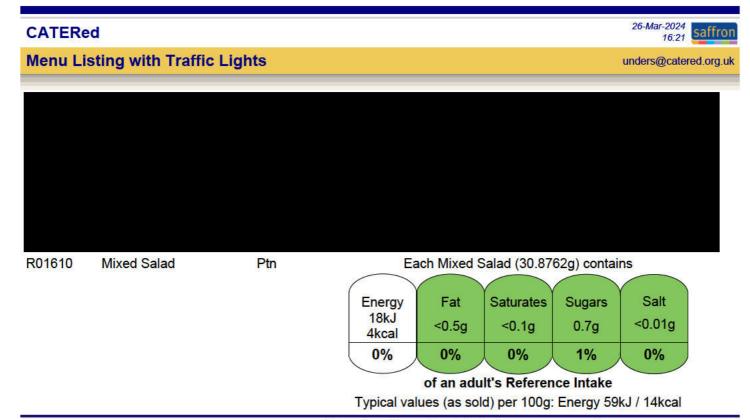
R01305

Bread accompaniment

Ptn

Ptn

R01371 Drinking milk





# **Menu Listing with Traffic Lights**

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Menu:	S24W1D5	Summer	r 24 Week 1 Friday
Item	Description	Amount	124 Wook 11 Haay
R01637	Young's Fish Fingers portion with chips	Ptn	Each Young's Fish Fingers portion with chips (152.5g) co
	portion with chips		Energy Fat Saturates Sugars Salt
			1065kJ 255kcal 5.4g 0.6g 3.8g 0.84g
			13% 8% 3% 4% 14%
			of an adult's Reference Intake
R01320	Spanish omelette with	Ptn	Typical values (as sold) per 100g: Energy 698kJ / 167k Each Spanish omelette with chips (263.4179g) contain
	chips	2 313	Spanning of the state of the st
			Energy Fat Saturates Sugars Salt
			1687kJ 403kcal 20g 8.8g 6.6g 0.88g
			20% 28% 44% 7% 15%
			of an adult's Reference Intake
			Typical values (as sold) per 100g: Energy 640kJ / 153k
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 / 76kg
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 / 60k
R01357	Jacket potato with cheese	Ptn	Each Jacket potato with cheese (215g) contains
	Silvest		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



#### Menu Listing with Traffic Lights

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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

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 Each Chocolate brownie Winter 24 (Ptn) contains

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

#### of an adult's Reference Intake

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

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

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

R01362 Jacket potato with tuna Ptn mayonaise

R02745 Chocolate brownie Ptn Winter 24

R02556 Ubley Low Fat Ptn Strawberry Yoghurt

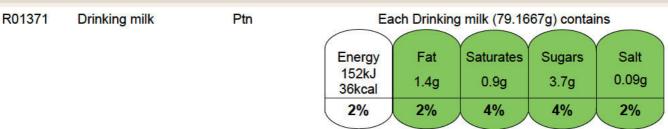
R01373 Bread accompaniment Ptn



# 26-Mar-2024 16:21 saffron

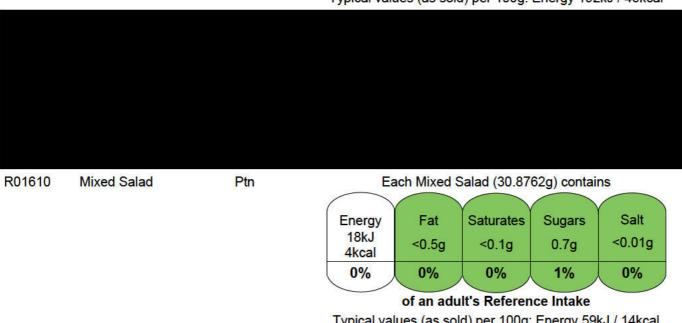
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of an adult's Reference Intake

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



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



# **Menu Listing with Traffic Lights**

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Menu:	S24W2D1	Summer	4 Week 2 Monday	
Item	Description	Amount		
R01703	Beef Chilli with Rice & Nachos	Ptn	Each Beef Chilli with Rice & Nachos (263.4	375g) contain
	Nacios		Energy Fat Saturates Sugar	s Salt
			1533kJ 367kcal 8.5g 1.7g 6.4g	1.0g
			18% 12% 8% 7%	17%
			of an adult's Reference Intal	
			Typical values (as sold) per 100g: Energy 5	
R02760	Quorn Nuggets with Diced Potatoes	Ptn	Each Quorn Nuggets with Diced Potatoes	(Ptn) contains
			Energy kJ Energy Fat Saturat	es Carbohydi
			701.7 167.7 2.6 0.3	21.0
			8% 8% 4% 1%	0%
			of an adult's Reference Intal	re
			Typical values (as sold) per 100g: Er	nergy 0.0
R01349	Peas	Ptn	Each Peas (60g) contains	
			Energy Fat Saturates Sugar	s Salt
			191kJ 46kcal 0.5g 0.1g 1.5g	<0.01g
			2% 1% 1% 2%	0%
			of an adult's Reference Intal	
	_		Typical values (as sold) per 100g: Energy	
R01347	Sweetcorn	Ptn	Each Sweetcorn (60g) contain	ns
			Energy Fat Saturates Sugar	s Salt
			151kJ 36kcal 1.1g 0.1g 1.2g	<0.01g
			2% 2% 1% 1%	0%
			of an adult's Reference Intal	ce
			Typical values (as sold) per 100g: Energy	251kJ / 60kca
R01357	Jacket potato with cheese	Ptn	Each Jacket potato with cheese (215g	) contains
	UICCSC		Energy Fat Saturates Sugar	s Salt
			1515kJ 362kcal 8.9g 5.3g 2.3g	0.52g
			18% 13% 27% 3%	9%
			of an adult's Reference Intal	<b>10</b>



#### Menu Listing with Traffic Lights

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R01358 Jacket potato with beans Ptn

Jacket potato with tuna

Ice cream with tinned

mayonaise

fruit

Ptn

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

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

Each Ice cream with tinned fruit (Ptn) contains

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

#### of an adult's Reference Intake

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

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

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

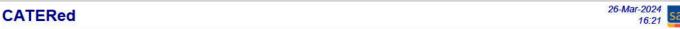
Typical values (as sold) per 100g: Energy 866kJ / 207kcal

R02762 R02556

R01362

Ptn Ubley Low Fat Strawberry Yoghurt

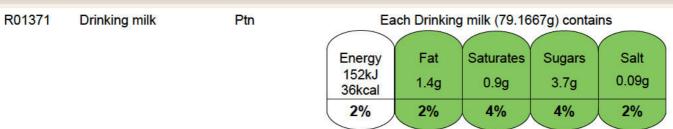
R01373 Bread accompaniment Ptn



# 26-Mar-2024 16:21 saffron

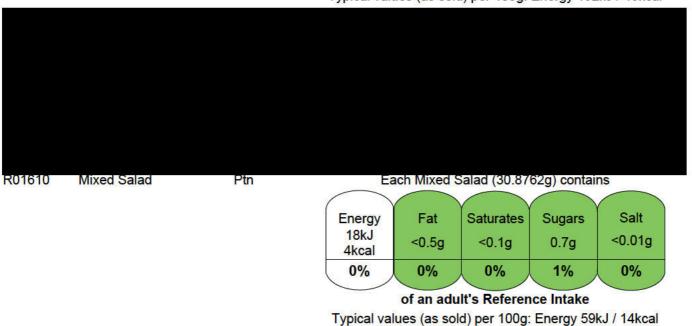
#### **Menu Listing with Traffic Lights**

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of an adult's Reference Intake

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





# **Menu Listing with Traffic Lights**

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Menu:	S24W2D2	Summer 2	24 Week 2 Tuesday	
Item	Description	Amount		
R02563	Cheese & tomato pizza with Jacket Wedges (Mix)	Ptn	Each Cheese & tomato pizza with Jacket Wedges (N (188.9767g) contains	∕lix)
	(IVIIA)		Energy Fat Saturates Sugars Sal	t
			1224kJ 293kcal 4.6g 2.5g 4.5g 0.61	g
			15% 7% 12% 5% 10%	6
			of an adult's Reference Intake	
			Typical values (as sold) per 100g: Energy 648kJ / 155	kca
R02763	Vegetable cakes with	Ptn	Each Vegetable cakes with cous cous (Ptn) contain	าร
	cous cous		Energy kJ Energy Fat Saturates Carboh	nvdra
			204.9 49.0 2.7 1.4 3.3	
			2% 2% 4% 7% 0%	<b>)</b>
			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 Sal	
			46kcal 0.5g 0.1g 1.5g <0.0	1g
			2% 1% 1% 2% 0%	,
			of an adult's Reference Intake	
			Typical values (as sold) per 100g: Energy 318kJ / 76	kcal
R01346	Sliced carrots	Ptn	Each Sliced carrots (60g) contains	
			Energy Fat Saturates Sugars Sal	t
			108kJ <0.5g <0.1g 4.2g 0.04	g
			26kcal 10.39 10.19 4.29 11.19 11.29 11.19 11.29 11.19 11.29 11.19 11.29 11.19 11.29 11.19 11.29 11.19 11.29 11.19 11.29 11.19	<b>.</b>
			of an adult's Reference Intake	
			Typical values (as sold) per 100g: Energy 180kJ / 43	kcal
R01357	Jacket potato with	Ptn	Each Jacket potato with cheese (215g) contains	
	cheese			
			Energy Fat Saturates Sugars Sal	
			1515kJ 362kcal 8.9g 5.3g 2.3g 0.52	g
			18% 13% 27% 3% 9%	,
			of an adult's Reference Intake	



#### Menu Listing with Traffic Lights

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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 Each Jacket potato with tuna mayonaise (238.75g) contains

Energy	Fat	Saturates	Sugars	Salt
1329kJ 318kcal	1.8g	0.2g	2.4g	0.51g

#### of an adult's Reference Intake

1%

3%

8%

16%

3%

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

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

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

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

R01362 Jacket potato with tuna Ptn mayonaise

R01305 Fresh Fruit Platter Ptn

R02556 Ubley Low Fat Ptn Strawberry Yoghurt

R01373 Bread accompaniment Ptn

MenuTL: Menu Listing with Traffic Lights



# 26-Mar-2024 16:21 saffron

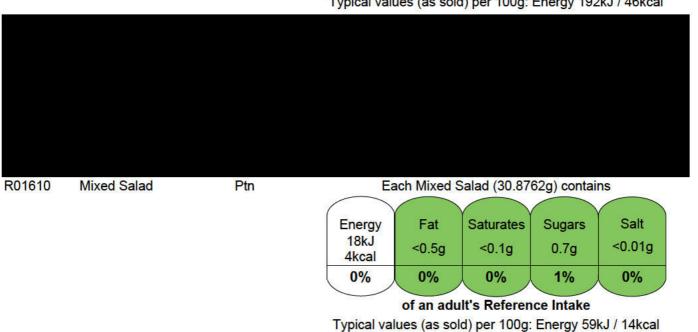
## **Menu Listing with Traffic Lights**

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R01371 Drinking milk Each Drinking milk (79.1667g) contains Ptn Saturates Energy Fat Sugars Salt 152kJ 1.4g 0.9g 3.7g 0.09g 36kcal 2% 2% 4% 4% 2%

of an adult's Reference Intake

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





# **Menu Listing with Traffic Lights**

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Menu:	S24W2D3	Summer	24 Week 2 Wee	dnesd	ау		
Item	Description	Amount			<del></del>		
R02622	All Day Breakfast	Ptn	Each All Day Br	eakfast	(Summer 24	4) (209.931	3g) contains
	(Summer 24)		Energy 1057kJ 253kcal	Fat 16g	Saturates 5.4g	Sugars 3.5g	Salt 1.8g
			A CONTROL OF THE CONT	23%	27%	4%	31%
			of Typical values (		It's Referen		
R02552	Vegan All Day Breakfast (Summer 24)	Ptn	Each Vegan Al				
			632k.l	Fat	Saturates	Sugars	Salt
			151kcal	2.9g	0.9g	4.3g	1.0g
			8%	4%	5%	5%	17%
			of Typical values	Victoria di Novembro	It's Referen		9kJ / 76kcal
R01357	Jacket potato with cheese	Ptn	CONTRACTOR STATE	10.	o with chees		
			Energy	Fat	Saturates	Sugars	Salt
			1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
			18%	13%	27%	3%	9%
			1000 NO NO NO NO NO		It's Referen	CHI LATERCANIA	
R01358	lacket notate with heans	Dtn	Typical values (	1907 I Wa	AT INCOMENSAL DEPOS	200000000000000000000000000000000000000	
KU1336	Jacket potato with beans	rui	Each Jacket po	otato wit	II baked be	aris (230.23	og) contains
			•	Fat	Saturates	Sugars	Salt
			1240kJ 296kcal	0.6g	<0.1g	4.0g	0.31g
			15%	1%	0%	4%	5%
			of	an adu	It's Referen	ce Intake	
			Typical values (	2 2		30 E 30	
R01362	Jacket potato with tuna mayonaise	Ptn	Each Jacket pota	ato with	tuna mayor	naise (238.7	75g) contains
				Fat	Saturates	Sugars	Salt
			1329kJ 318kcal	1.8g	0.2g	2.4g	0.51g
				3%	1%	3%	8%
			of	an adu	It's Referen	ice Intake	

R02556

R01373

R01371



#### Menu Listing with Traffic Lights

**Ubley Low Fat** 

Strawberry Yoghurt

Bread accompaniment

Drinking milk

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R02732	Tinned Fruit salad	Ptn	
1102102	Titilica i Tult Salaa	I LI I	

Ptn

Ptn

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

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

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

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



# **Menu Listing with Traffic Lights**

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R01610

Mixed Salad

Ptn

Each Mixed Salad (30.8762g) contains Energy Fat Saturates Sugars Salt 18kJ <0.5g <0.1g 0.7g <0.01g 4kcal 0% 0% 0% 1% 0%

of an adult's Reference Intake

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



#### Menu Listing with Traffic Lights

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Menu:	S24W2D4	Summer 24 Week 2 Thursday
Item	Description	Amount

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

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

Each Leek, butternut, potato plait (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydra
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

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

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 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

Item	Description	Amoun
R01336	Roast Chicken Fillet with R. Pots, YP & Gravy	Ptn
R01649	Leek, butternut, potato plait	Ptn
R02071	Farmhouse Vegetable Portion	Ptn
R01357	Jacket potato with cheese	Ptn

Jacket potato with beans Ptn

R01358



#### Menu Listing with Traffic Lights

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

1800			
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 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 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

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

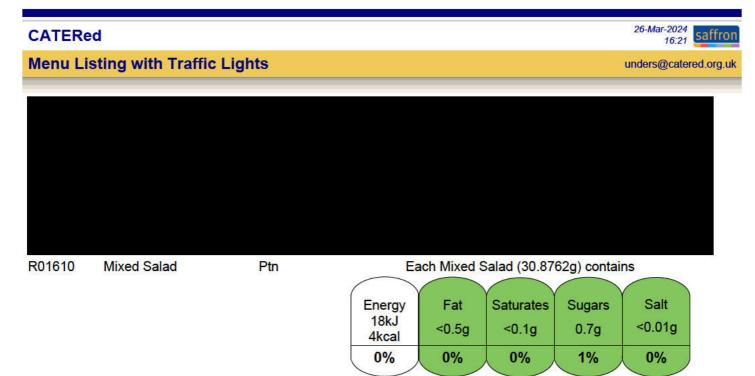
Typical values (as sold) per 100g: Energy 192kJ / 46kcal

R02625 Fruity Flapjack (Apple & Ptn Date)

R02556 Ubley Low Fat Ptn Strawberry Yoghurt

R01373 Bread accompaniment Ptn

R01371 Drinking milk Ptn



of an adult's Reference Intake

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



# **Menu Listing with Traffic Lights**

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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
	5.1. 5.1. <b>.</b> pc		Energy kJ Energy Fat Saturates Carbohydra
			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		Ptn	Each Quorn fishless fillet with chips (Ptn) contains
	chips		Energy kJ Energy Fat Saturates Carbohydra
			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 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
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	Ptn	Each Jacket potato with cheese (215g) contains
	cheese		
			Energy Fat Saturates Sugars Salt
			362kcal 8.9g 5.3g 2.3g 0.52g
			18% 13% 27% 3% 9%
			of an adult's Reference Intake



#### Menu Listing with Traffic Lights

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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

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 Each Iced blueberry & lemon cake (Ptn) contains

$\vee$			
J Energy	Fat	Saturates	Carbohydra
166.2	7.8	2.9	21.9
8%	11%	15%	0%
	166.2	166.2 7.8	166.2 7.8 2.9

#### of an adult's Reference Intake

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

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

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

R01362 Jacket potato with tuna

mayonaise

R02765

Iced blueberry & lemon Ptn

Ptn

cake

R02556

Ubley Low Fat Ptn

Strawberry Yoghurt

R01373

Bread accompaniment Ptn

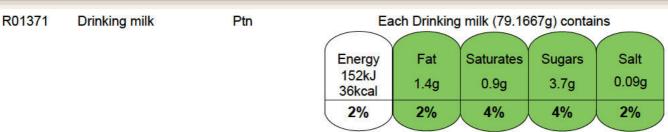
MenuTL: Menu Listing with Traffic Lights



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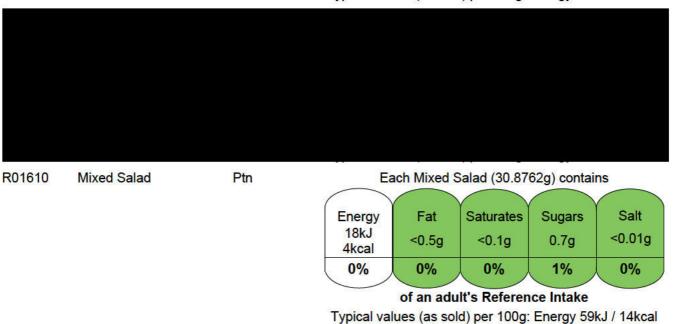
## **Menu Listing with Traffic Lights**

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of an adult's Reference Intake

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





# **Menu Listing with Traffic Lights**

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Menu:	S24W3D1	Summer 2	4 Week 3 N	Monday				
Item	Description	Amount						
R02743	Beef burger, brioche bun & wedges	Ptn	Each Beef	burger, brid	oche bun &	wedges (Pt	n) contains	
	· ·		Energy kJ	Energy	Fat	Saturates	Carbohydra	
			1226.5	293.2	12.9	4.9	30.9	
			15%	15%	18%	24%	0%	
			Туріс		ilt's Referei as sold) per		gy 0.0	
R01648	Mixed Bean Chilli & Rice	Ptn	Each	Mixed Bea	n Chilli & Ri	ice (Ptn) cor	ntains	
			Energy kJ	Energy	Fat	Saturates	Carbohydra	
			452.6	108.2	0.7	0.1	20.5	
			5%	5%	1%	0%	0%	
			<b>-</b> .		ılt's Referei		0.0	
D04047	0	Die	Туріс	1972'S 100 AUGUS	as sold) per	175 V. JE	gy 0.0	
R01347	Sweetcorn	Sweetcorn	Ptn		Each Swe	eetcorn (60g	() contains	
			Energy	Fat	Saturates	Sugars	Salt	
			151kJ 36kcal	1.1g	0.1g	1.2g	<0.01g	
			2%	2%	1%	1%	0%	
			Tourism I would		ilt's Referei		U- I / 00II	
D00604	Dakad Daana	Dt	17.50	6.50	4000 Feb	100	1kJ / 60kcal	
R02634	Baked Beans	Ptn		Each Baked	d Beans (10	og) contains	S	
			Energy	Fat	Saturates	Sugars	Salt	
			306kJ 73kcal	<0.5g	<0.1g	3.2g	0.48g	
			4%	0%	0%	4%	8%	
					ılt's Referei			
			95050	Q.NO	A10 TO 1	25 Tel. (100)	6kJ / 73kcal	
R01357	Jacket potato with cheese	Ptn	Each J	lacket potat	to with chee	se (215g) c	ontains	
	0.10000		Energy	Fat	Saturates	Sugars	Salt	
			1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g	
			18%	13%	27%	3%	9%	
				of an adu	ılt's Referei	nce Intake		



#### Menu Listing with Traffic Lights

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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

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 Each Raspberry ripple ice cream roll (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydra
0.0	0.0	0.0	0.0	0.0
0%	0%	0%	0%	0%

#### of an adult's Reference Intake

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

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

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

R01362

Jacket potato with tuna Ptn

mayonaise

R02766 Raspberry ripple ice

Ptn

cream roll

R02556

Ubley Low Fat Ptn

Strawberry Yoghurt

R01373

Bread accompaniment Ptn

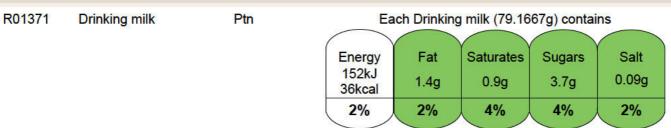
MenuTL: Menu Listing with Traffic Lights





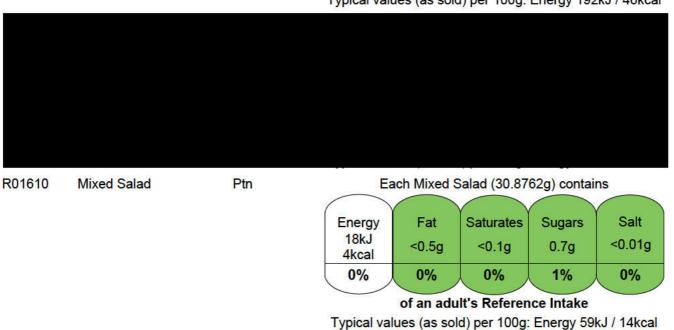
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of an adult's Reference Intake

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





# **Menu Listing with Traffic Lights**

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		Secretario de la constanta de	
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) contain
	,		Energy kJ Energy Fat Saturates Carbohydi
			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 (169.0556 contains
			Energy Fat Saturates Sugars Salt
			1728k I
			413kcal
			21% 31% 48% 4% 12%
			of an adult's Reference Intake
2030000-00900000000000000000000000000000	W02 11.25	and the second	Typical values (as sold) per 100g: Energy 1022kJ / 244kc
R01356	Green beans	Ptn	Each Green beans (60g) contains
			Energy Fat Saturates Sugars Salt
			78kJ <0.5g <0.1g 1.4g <0.01g
			19kcal
			1% 0% 0% 2% 0%
			of an adult's Reference Intake
D04040		Di	Typical values (as sold) per 100g: Energy 130kJ / 31kca
R01346	Sliced carrots	Ptn	Each Sliced carrots (60g) contains
			Energy Fat Saturates Sugars Salt
			108kJ <0.5g <0.1g 4.2g 0.04g
			26kcal 10.3g 10.1g 4.2g 11.5g
			of an adult's Reference Intake
			Typical values (as sold) per 100g: Energy 180kJ / 43kca
R01357	Jacket potato with	Ptn	Each Jacket potato with cheese (215g) contains
	cheese		
			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
			of all addit o Reference illune



#### Menu Listing with Traffic Lights

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R01358 Jacket potato with beans Ptn

Each Jacket potato with Baked Beans (236.25g) contains

Fat	Saturates	Sugars	Salt
0.6g	<0.1g	4.0g	0.31g
1%	0%	4%	5%
	0.6g	0.6g <0.1g	0.6g <0.1g 4.0g

#### of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 525kJ / 125kcal 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 Each Custard Biscuit with fruit portion (77.5139g) contains

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

#### of an adult's Reference Intake

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

R01362 Jacket potato with tuna Ptn mayonaise

R01406 Custard Biscuit with fruit Ptn portion

R02556 Ubley Low Fat Ptn Strawberry Yoghurt

R01373 Bread accompaniment Ptn





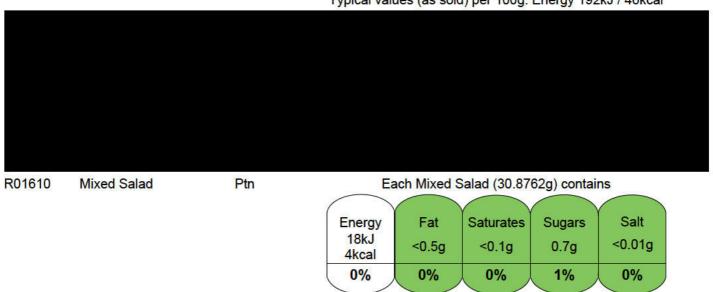
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R01371 Drinking milk Each Drinking milk (79.1667g) contains Ptn Saturates Energy Fat Sugars Salt 152kJ 1.4g 0.9g 3.7g 0.09g 36kcal 2% 2% 4% 4% 2%

of an adult's Reference Intake

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



of an adult's Reference Intake

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



# **Menu Listing with Traffic Lights**

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							AND THE STATE OF T
Menu:	S24W3D3	Summer	24 Week 3 V	Vednesd	ау		
Item	Description	Amount					
R01781	Cheese Wheels with Wedges	Ptn	Each Cl	heese Whe	els with We	dges (Ptn)	contains
Wedges			Energy kJ	Energy	Fat	Saturates	Carbohydra
			1541.0	368.3	14.2	7.4	50.7
			18%	18%	20%	37%	0%
			Туріс		I <b>t's Refere</b> r is sold) per		gy 0.0
R02619	Vegan Balls with Pasta G/Bread	& Ptn	Each Vegan E	Balls with Pa	asta & G/Br	ead (150.4°	167g) contains
			Energy	Fat	Saturates	Sugars	Salt
		1137kJ 272kcal	6.5g	1.7g	5.2g	0.63g	
			14%	9%	8%	6%	10%
			Typical valu		It's Referer		skJ / 181kcal
R01349	Peas	Ptn		200 10 100	eas (60g) c	77 85	
			Energy	Fat	Saturates	Sugars	Salt
			191kJ 46kcal	0.5g	0.1g	1.5g	<0.01g
			2%	1%	1%	2%	0%
			Tunical valu		It's Referen		01/1/76/201
R01347	Sweetcorn	Ptn	i ypicai vait	6.50	etcorn (60g		8kJ / 76kcal
			<b>F</b>	C-4	Saturatas	<b>C</b> :	Colt
			Energy 151kJ	Fat 1.1g	Saturates 0.1g	Sugars 1.2g	Salt <0.01g
			36kcal <b>2%</b>	2%	1%	1%	0%
				of an adu	It's Referen	nce Intake	
			Typical valu	ues (as solo	d) per 100g:	Energy 25	1kJ / 60kcal
R01357	Jacket potato with cheese	Ptn	Each J	acket potat	o with chee	se (215g) c	ontains
			Energy	Fat	Saturates	Sugars	Salt
			1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
			18%	13%	27%	3%	9%
			S====6	of an adu	It's Referen	nce Intake	



#### Menu Listing with Traffic Lights

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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 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

Each Mandarin Jelly (39.5833g) contains

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

#### of an adult's Reference Intake

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

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

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

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R01362 Jacket potato with tuna Ptn mayonaise

R02617 Mandarin Jelly Ptn

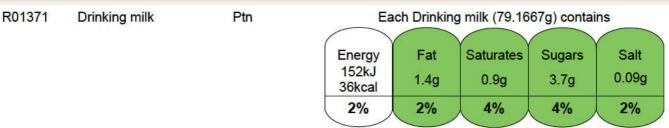
R02556 Ubley Low Fat Ptn Strawberry Yoghurt

R01373 Bread accompaniment Ptn



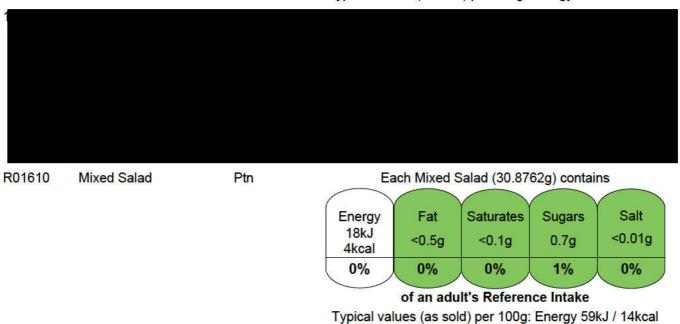
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of an adult's Reference Intake

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





#### Menu Listing with Traffic Lights

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Menu:	S24W3D4	Summer	r 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 2.6g 3.2g 2.3g
			256kcal 13% 2.09 3.29 2.09 13% 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
	Crumble		Energy kJ Energy Fat Saturates Carbohydra
			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	Ptn	Each Farmhouse Vegetable Portion (60g) contains
	Portion		Energy Fat Saturates Sugars Salt
			18kcal <0.5g <0.1g 1.4g 0.02g
			1% 1% 0% 2% 0%

Jacket potato with Ptn

cheese

R01357

Fui

R01358 Jacket potato with beans Ptn

Each J	acket potat	o with chees	se (215g) co	ontains
Energy	Fat	Saturates	Sugars	Salt
1515LI			5550	

of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 126kJ / 30kcal

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 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



#### Menu Listing with Traffic Lights

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R01362 Jacket potato with tuna mayonaise

Mini Chocolate

Ubley Low Fat

Strawberry Yoghurt

Shortbread

Ptn

Ptn

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

Each Mini Chocolate Shortbread (123.7222g) contains

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

of an adult's Reference Intake

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

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

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

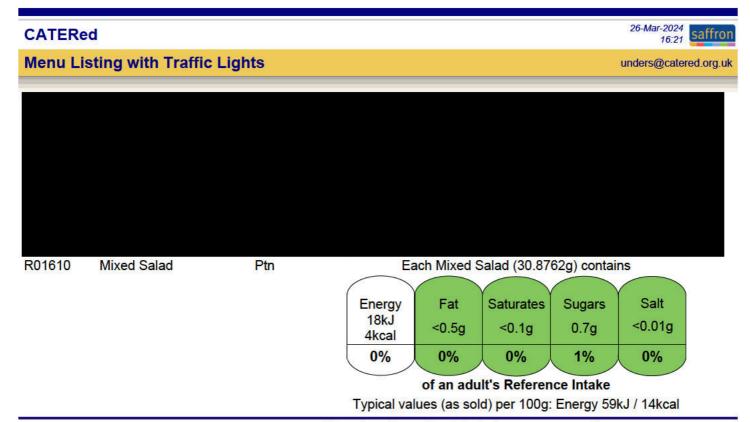
Typical values (as sold) per 100g: Energy 192kJ / 46kcal

R02556 R01373

R01295

Bread accompaniment Ptn

R01371 Drinking milk Ptn





# **Menu Listing with Traffic Lights**

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Menu:	S24W3D5	Summer	24 Week 3 F	riday			
Item	Description	Amount					
R02769	Haddock fishcakes with chips	Ptn	Each Hadde	ock fishcak	es with chip	s (148.7502	2g) contains
			Energy 904kJ	Fat	Saturates	Sugars	Salt
			216kcal	2.7g	0.6g	1.2g	0.34g
			11%	4%	3%	1%	6%
			Typical valu		I <b>t's Refere</b> r ) per 100g:		kJ / 145kcal
R02770	Quorn vegan dippers with chips & ketchup	Ptn	Each Quorn ve	egan dippe	rs with chips	& ketchup	(Ptn) contai
		Energy kJ	Energy	Fat	Saturates	Carbohydra	
			1236.6	295.6	0.4	0.0	68.8
			15%	15%	1%	0%	0%
				of an adu	It's Referer	ce Intake	
			Typic	al values (a	as sold) per	100g: Ener	gy 0.0
R01349	Peas	Ptn		Each F	Peas (60g) c	ontains	
			Energy	Fat	Saturates	Sugars	Salt
			191kJ 46kcal	0.5g	0.1g	1.5g	<0.01g
			2%	1%	1%	2%	0%
			7_2 V 0 0		It's Referen		
D00700		De	17.5	6.50	d) per 100g:		
R02733	EvFav baked beans	Ptn	Eac	ch EvFav b	aked beans	(Ptn) conta	ins
			Energy kJ	Energy	Fat	Saturates	Carbohydra
			446.0	106.6	0.5	0.1	16.7
			5%	5%	1%	0%	0%
				of an adu	It's Referen	ce Intake	
			10.50.51		as sold) per	50 <del>.5</del> .1	5750
R01357	Jacket potato with cheese	Ptn	Each J	acket potat	to with chees	se (215g) c	ontains
			Energy	Fat	Saturates	Sugars	Salt
			1515kJ 362kcal	8.9g	5.3g	2.3g	0.52g
			18%	13%	27%	3%	9%
				of an adu	It's Referen	ice Intake	



#### Menu Listing with Traffic Lights

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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 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 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 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

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

R01362 Jacket potato with tuna Ptn mayonaise

R02732 Tinned Fruit salad Ptn

R02556 Ubley Low Fat Ptn Strawberry Yoghurt

R01373 Bread accompaniment Ptn



#### **Menu Listing with Traffic Lights**

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Drinking milk Each Drinking milk (79.1667g) contains R01371 Ptn

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



Mixed Salad R01610 Ptn of an adult's Reference Intake

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

Each Mixed Salad (30.8762g) contains

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

of an adult's Reference Intake

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