Change 4 Life Shake Up Games



Have you tried 10 Change4Life and Disney's new Shake Up games? They're 10 minutes of active fun to try with your friends and family.

Being active for an hour every day and eating a nutritious school dinner keeps our heart healthy, our muscles and bones strong, and gives us lots of energy. Playing active games for at least an hour every day is the perfect way to spend more time having fun with our friends and making new ones.

Food For Life: Silver Award for Thurrock

Thurrock Catering Services is passionate about, and dedicated to, the service they deliver, serving more than 7000 meals every day to Thurrock children and adults. Each school contains a loyal and motivated team who not only deliver quality school meals with over 75% homemade, but also provide unique frontline customer care, we value the feedback from our customers.

We encourage healthy eating and the teams different strengths and expertise ensure we continue to improve the standards of school meals in Thurrock.

Allergen Awareness

For further information on allergens in this menu please contact your school for an allergen report or contact Thurrock Catering Services.

Helping the future of our environment

Every year, 400 million tonnes of plastic is produced and 40% of that is single use which means it's not recycled and only used once before being thrown away. Because plastic is not biodegradable and rot like food or paper it takes hundreds of years before it's gone. It can also potentially leak pollution into the soil and water.

What can we do? Thurrock Catering Services have made some changes to the produce we purchase to reduce the use of single use plastic by buying our yoghurt in bulk to eliminate the use of individual pots and replaced disposable cutlery where it's used, with wooden. We have also stopped using individually wrapped cheese portions and other plastic containers.

Watch out for our theme days!



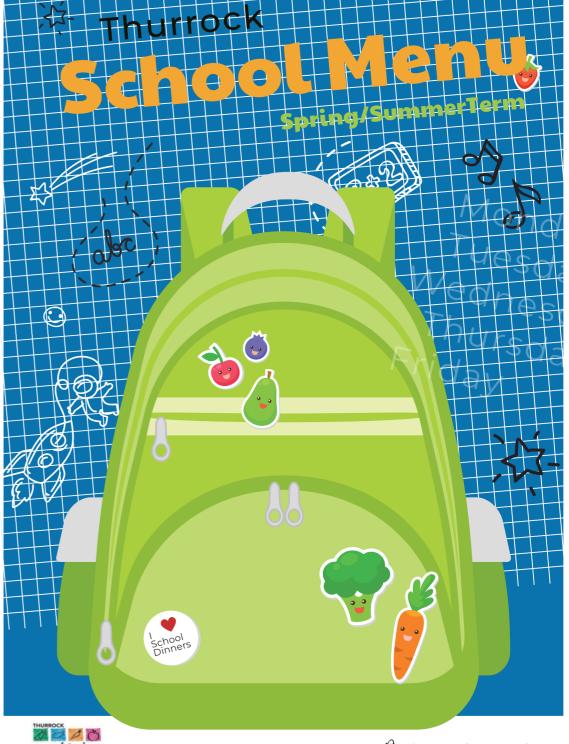
Get in touch with us

Email: cateringservices@thurrock.gov.uk Visit: thurrock.gov.uk/school-meals











Baked Beans 🥡 🎷 🖤

1.1		Lansdown		Please note tha	at the menu may chan	ge subject to local needs
Week 1	WEEK COMMENCING - 15th	h April, 6th May, 3rd June, 24th Ju	ne, 15th July, 9th Septembe	r, 23rd Septembe	r, 30th Septembe	r, 21st October
Monday	Fish Pie	Meat Free Sausage Roll With Mash Potatoes	Jacket Potato with a choice of filling	Broccoli	Seasonal Salad Bar	Ice pole
Tuesday	Beef Burger With Potato Smiles	Macaroni Cheese	Jacket Potato with a choice of filling	Baked Beans	Seasonal Salad Bar	Marble Sponge
Wednesday	Roast Chicken with Roast Potatoes , Yorkshire Pudding & Gravy	Roast Quorn Fillet with Roast Potatoes , Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly
Thursday	Cheese & Tomato Pizza With Garlic Bread	Tomato & Basil Pasta 🌱 🚟	Jacket Potato with a choice of filling	Sweetcorn	Seasonal Salad Bar	Fruit Yoghurt 🎳 🏏
Friday	Fish Fingers With Chips	Quorn Dippers With Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Fruit Cocktail

	_	-1.2					
1	We	ek 2 WEE	COMMENCING - 22nd April, 13t	th May, 10th June, 1st July, 22	2nd July, 16th Sep	otember, 7th Octo	ber,
1	Monday	Pork Sausage With Mash Potato & Gravy 🛣	Quorn Sausage With Mash Potato & Gravy	Jacket Potato with a choice of filling	Mixed vegetables	Seasonal Salad Bar	Fruit Smoothie
	Tuesday	BBQ Chicken With Rice & Peas	Meat Free Enchilada with Rice & Peas	Jacket Potato with a choice of filling	Broccoli	Seasonal Salad Bar	Jam Sponge
	Wednesday	Roast Gammon with Roast Potatoes , Yorkshire Pudding & Gravy	Roast Quorn Fillet with Roast Potatoes , Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly
1	Thursday	Cheese & Tomato Pizza With Potato Smiles	Quorn Dippers With Potato Smiles	Jacket Potato with a choice of filling	Sweetcorn	Seasonal Salad Bar	Fruity Iced Sponge
I	Friday	Fish Fingers With Chips	Cheese & Red Onion Quiche with Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Fruit Yoghurt

Week 3 WEEK COMMENCING - 29th April, 20th May, 17th June, 8th July, 2nd September, 23rd September, 14th October, Jacket Potato Quorn Hot Dog Potato Gnocchi Pasta in a Frozen Fruit Sweetcorn Seasonal Salad DURY V with a choice of filling Monday With Potato Cubes Tomato & Basil Sauce Yoghurt Bar Cobette Chicken Meatballs in a Tomato Sauce Vegan Meatballs in a Tomato Sauce Jacket Potato Mixed Seasonal Salad Banana Sponge Tuesday With Spaghetti Pasta With Spaghetti Pasta with a choice of filling Bar vegetables Jacket Potato Quorn Plait with Roast Potatoes, Roast Chicken with Roast Potatoes Seasonal Salad Carrots Fruit Jelly Wednesday with a choice of filling Yorkshire Pudding & Gravy Yorkshire Pudding & Gravy Bar Seasonal Salad Cheese & Tomato Pizza Jacket Potato Spanish Omelette Sweetcorn Lemon Drizzle Cake Thursday With New Potatoes Bar with a choice of filling With New Potatoes Jacket Potato Fish Fingers Seasonal Salad Vegetable Fingers Fruit Cocktail Peas Friday with a choice of filling With Chips With Chips Bar Jacket Potato Fillings; Cheese ✓ 🔮 , Tuna Mayo Additional daily foods available: Wholemeal bread. @ ** ** GLUTEN Gluten Free Vegan

Alternative desserts, Fruit 🖫 🗸 🕮

& Crackers. 🗳 🗸

Soft Cheese V

Dairy Free

Vegetarians





Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Fish Pie	Beef Burger	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
Meat Free Sausage Roll	Potato Smiles	Roast Quorn Fillet	Garlic Bread	Quorn Dippers
Mash Potatoes	Macaroni Cheese	Roast Potatoes	Tomato and Basil Pasta	Chips
Jacket Potato with a Choice	Jacket Potato with a Choice	Yorkshire Pudding	Jacket Potato with a Choice	Jacket Potato with a Choice
of Filling	of Filling	Gravy	of Filling	of Filling
Tuna Mayo	Tuna Mayo	Jacket Potato with a Choice	Tuna Mayo	Tuna Mayo
Cheese	Cheese	of Filling	Cheese	Cheese
Baked Beans	Baked Beans	Tuna Mayo	Baked Beans	Baked Beans
		Cheese		
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Fresh Broccoli	Baked Beans	Carrots	Sweetcorn	Peas
Seasonal Salad Bar				
Dessert	Dessert	Dessert	Dessert	Dessert
Ice Pole	Marble Sponge	Fruit Jelly	Yoghurt	Fruit Cocktail
Fresh Fruit				
Cream crackers				
Soft Cheese				
Wholemeal Bread				

Allergens

Fish Pie: Celery, Fish, Milk; Meat Free Sausage Roll: Cereals containing gluten; Mash Potatoes: No allergens; Jacket Potato with a Choice of Filling: No allergens; Tuna Mayo: Eggs, Fish; Cheese: Milk;

Fresh Broccoli:No allergens; Seasonal Salad Bar:No allergens; Ice Pole:No allergens; Fresh Fruit:No allergens; Cream crackers:Cereals containing gluten; Soft Cheese:Milk; Wholemeal Bread:Cereals containing gluten,Soya; Beef Burger:Cereals containing gluten; Potato Smiles:No allergens; Macaroni Cheese:Celery,Cereals containing gluten,Milk,Mustard; Baked Beans:No allergens; Marble Sponge:Cereals containing gluten,Eggs; Roast chicken:Celery; Roast Quorn Fillet:Cereals containing gluten; Roast Potatoes:No allergens; Yorkshire Pudding:Cereals containing gluten,Eggs,Milk; Gravy:No allergens; Carots:No allergens; Carots:No allergens; Carots:No allergens; Cereals containing gluten,Eggs,Milk,Soya; Tomato and Basil Pasta:Celery,Cereals containing gluten; Sweetcorn:No allergens; Yoghurt:Milk; Fish Fingers:Cereals containing gluten,Fish; Quorn Dippers:Cereals containing gluten; Chips:No allergens; Peas:No allergens



Lansdowne Spring Summer menu 24 Week 1 Analyse by: Per Portion Food Labelling: Default

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Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vítamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Fish Pie	352.33	657.9	11.0	3.7	2.5	8.0	-	34.7	17.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.9%	15.7%	18.3%	42.3%	8.9%	-	13.3%	35.3%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Mash Potatoes	105.00	435.5	3.6	0.8	0.2	1.5	-	18.0	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		21.8%	5.1%	4.1%	2.5%	1.6%	-	6.9%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Meat Free Sausage Roll	65.00	558.4	5.3	2.5	0.5	0.5	-	16.9	4.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		27.9%	7.5%	12.4%	7.8%	0.5%	-	6.5%	8.3%	-	-	-	-	-	-	-	-	-	-	-	-

Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Broccoli	0.20	0.2	0.0	0.0	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	0.0%	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Ice Pole	80.00	260.8	0.0	0.0	0.0	15.4	-	15.4	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		13.0%	0.0%	0.0%	0.0%	17.1%	-	5.9%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-

Tuesday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beef Burger	106.00	1087.4	11.0	4.5	0.9	2.4	-	27.2	11.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		54.4%	15.7%	22.4%	15.2%	2.6%	-	10.5%	23.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Macaroni Cheese	221.45	1272.0	20.5	10.4	1.4	8.0	-	51.4	19.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		63.6%	29.2%	52.2%	23.0%	8.8%	-	19.8%	38.1%	-	-	-	-	-	-	-	-	-	-	-	-
Potato Smiles	60.47	120.3	4.1	0.5	0.2	0.3	-	18.7	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.0%	5.9%	2.4%	3.2%	0.3%	-	7.2%	2.7%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-

Baked Beans	58.22	200.9	0.3	0.1	0.3	2.2	-	7.5	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		10.0%	0.4%	0.3%	4.3%	2.4%	-	2.9%	5.1%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Marble Sponge	50.94	621.8	10.6	2.6	0.2	11.6	-	21.9	3.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		31.1%	15.2%	13.0%	3.3%	12.9%	-	8.4%	6.8%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Wednesday																					

Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Gravy	5.00	73.4	0.2	0.1	0.5	0.6	-	3.5	0.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.3%	0.5%	8.0%	0.6%	-	1.3%	0.7%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast chicken	70.10	483.6	2.5	0.7	-	0.0	-	0.0	21.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		24.2%	3.6%	3.5%	-	0.0%	-	0.0%	43.4%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Potatoes	127.50	184.9	2.6	0.0	0.0	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	3.7%	0.0%	0.0%	1.1%	-	8.2%	5.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Quorn Fillet	71.43	295.0	0.9	0.3	0.7	0.0	-	3.5	10.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.8%	1.2%	1.5%	11.8%	0.0%	-	1.3%	20.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Yorkshire Pudding	28.00	285.6	2.2	0.2	0.2	0.6	-	9.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.3%	3.1%	1.0%	2.8%	0.7%	-	3.6%	4.9%	-	-	-	-	-	-	-	-	-	-	-	-
Carrots	50.00	20.5	0.1	0.0	0.0	2.4	-	5.0	0.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.0%	0.1%	0.0%	0.0%	2.6%	-	1.9%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Jelly	86.00	222.0	0.1	0.0	0.0	12.9	-	12.9	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.1%	0.1%	0.1%	0.5%	14.3%	-	5.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Thursday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese & Tomato Pizza	98.05	526.6	15.4	9.9	1.7	3.9	-	16.4	14.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.3%	21.9%	49.6%	28.2%	4.4%	-	6.3%	29.2%	-	-	-	-	-	-	-	-	-	-	-	-
Garlic Bread	17.69	338.7	4.9	1.2	0.2	2.5	-	9.7	1.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.9%	7.1%	6.0%	2.7%	2.8%	-	3.7%	3.1%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tomato and Basil Pasta	133.47	711.1	0.9	N	0.4	4.4	-	35.8	6.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		35.6%	1.3%	-	6.0%	4.8%	-	13.8%	13.7%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Sweetcorn	50.00	155.8	0.7	0.2	0.0	4.1	-	5.8	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		7.8%	1.0%	1.0%	0.2%	4.5%	-	2.2%	2.5%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	80.00	76.8	3.1	2.1	0.1	8.2	-	8.5	3.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.8%	4.5%	10.4%	2.0%	9.2%	-	3.3%	7.4%	-	-	-	-	-	-	-	-	-	-	-	-
Friday																					

Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Chips	103.18	532.4	3.1	0.4	0.4	0.5	-	21.7	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.6%	4.4%	2.1%	6.0%	0.6%	-	8.3%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fish Fingers	84.00	754.3	7.9	0.7	0.7	0.8	-	16.8	10.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.7%	11.3%	3.4%	11.8%	0.8%	-	6.5%	20.2%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Dippers	60.00	460.2	5.8	0.6	0.5	0.1	-	5.9	7.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		23.0%	8.2%	3.0%	7.7%	0.1%	-	2.3%	14.4%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Peas	50.00	144.5	0.2	0.1	0.0	1.6	-	4.5	2.6	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		7.2%	0.2%	0.3%	0.7%	1.7%	-	1.7%	5.2%	-	-	-	-	-	-		-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Cocktail	65.00	149.1	0.1	0.0	0.0	8.1	-	8.1	0.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		7.5%	0.1%	0.0%	0.0%	9.0%	-	3.1%	0.4%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-





Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Pork Sausages	BBQ Chicken	Roast Gammon	Cheese & Tomato Pizza	Fish Fingers
Quorn Sausage	Meat Free Enchilada	Roast Quorn Fillet	Quorn Dippers	Cheese and Red Onion Quiche
Mash Potatoes	Rice and peas	Roast Potatoes	Potato Smiles	Chips
Gravy	Jacket Potato with a Choice	Gravy	Jacket Potato with a Choice	Jacket Potato with a Choice
Jacket Potato with a Choice	of Filling	Yorkshire Pudding	of Filling	of Filling
of Filling	Cheese	Jacket Potato with a Choice	Cheese	Cheese
Cheese	Tuna Mayo	of Filling	Tuna Mayo	Tuna Mayo
Tuna Mayo	Baked Beans	Cheese	Baked Beans	Baked Beans
Baked Beans		Tuna Mayo		
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Mixed Vegetables	Fresh Broccoli	Carrots	Sweetcorn	Peas
Seasonal Salad Bar				
Dessert	Dessert	Dessert	Dessert	Dessert
Fruit Smoothie	Jam Sponge	Fruit Jelly	Fruity Iced Sponge	Yoghurt
Fresh Fruit				
Cream crackers				
Soft Cheese				
Wholemeal Bread				

Allergens

Pork Sausages: Cereals containing gluten, Soya; Quorn Sausage: Cereals containing gluten; Mash Potatoes: No allergens; Gravy: No allergens; Jacket Potato with a Choice of Filling: No allergens;

Cheese: Milk; Tuna Mayo: Eggs, Fish; Mixed Vegetables: No allergens; Seasonal Salad Bar: No allergens; Fruit Smoothie: No allergens; Fresh Fruit: No allergens; Cream crackers: Cereals containing gluten; Soft Cheese: Milk; Wholemeal Bread: Cereals containing gluten, Soya; BBQ Chicken: Cereals containing gluten; Meat Free Enchilada: Cereals containing gluten, Milk, Soya; Rice and peas: Celery; Fresh Broccoli: No allergens; Jam Sponge: Cereals containing gluten, Eggs; Roast Gammon: No allergens; Roast Quorn Fillet: Cereals containing gluten; Roast Potatoes: No allergens; Yorkshire Pudding: Cereals containing gluten, Eggs, Milk; Carrots: No allergens; Pruit Jelly: No allergens; Cheese & Tomato Pizza: Celery, Cereals containing gluten, Eggs, Milk, Soya; Quorn Dippers: Cereals containing gluten; Potato Smiles: No allergens; Fruity Iced Sponge: Cereals containing gluten, Eggs; Fish Fingers: Cereals containing gluten, Fish; Cheese and Red Onion Quiche: Celery, Cereals containing gluten, Eggs, Milk; Chips: No allergens; Peas: No allergens; Yoghurt: Milk



Lansdowne Spring Summer menu 24 Week 2 Analyse by: Per Portion Food Labelling: Default

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Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Gravy	5.00	73.4	0.2	0.1	0.5	0.6	-	3.5	0.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.3%	0.5%	8.0%	0.6%	-	1.3%	0.7%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Mash Potatoes	105.00	435.5	3.6	0.8	0.2	1.5	-	18.0	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		21.8%	5.1%	4.1%	2.5%	1.6%	-	6.9%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Pork Sausages	56.75	620.3	11.4	4.1	0.9	0.7	-	4.3	6.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		31.0%	16.2%	20.5%	15.7%	0.8%	-	1.7%	13.7%	-	-	-	-	-	-	-	-	-	-	-	-

Quorn Sausage	75.00	103.5	3.5	1.2	0.8	0.1	-	6.1	10.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		5.2%	4.9%	6.0%	13.8%	0.1%	-	2.3%	21.8%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Mixed Vegetables	50.00	95.5	0.1	0.0	0.0	2.4	-	3.5	1.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.8%	0.2%	0.2%	0.7%	2.7%	-	1.4%	2.0%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Smoothie	1.33	4.5	0.0	0.0	0.0	0.2	-	0.3	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.2%	0.0%	0.0%	0.0%	0.3%	-	0.1%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-

Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Tuesday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BBQ Chicken	114.00	565.1	2.6	0.7	-	17.3	-	19.4	22.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		28.3%	3.7%	3.5%	-	19.2%	-	7.5%	44.6%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Meat Free Enchilada	223.58	-	7.5	N	1.2	7.7	-	50.2	17.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	10.7%	-	20.7%	8.5%	-	19.3%	35.8%	-	-	-	-	-	-	-	-	-	-	-	-
Rice and peas	96.00	648.0	0.7	0.2	0.7	0.7	-	32.7	3.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.4%	1.0%	0.9%	11.7%	0.8%	-	12.6%	7.1%	-	-	-	-	-	-	-	-	-	-	-	-

Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Broccoli	0.20	0.2	0.0	0.0	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	0.0%	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Jam Sponge	62.19	774.1	10.3	2.4	0.2	18.5	-	32.3	3.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		38.7%	14.7%	12.2%	3.3%	20.5%	-	12.4%	6.2%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

Wednesday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Gravy	5.00	73.4	0.2	0.1	0.5	0.6	-	3.5	0.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.3%	0.5%	8.0%	0.6%	-	1.3%	0.7%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-		-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Gammon	73.61	445.4	4.8	1.8	2.4	3.4	-	3.5	11.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		22.3%	6.9%	9.1%	39.3%	3.8%	-	1.4%	23.8%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Potatoes	127.50	184.9	2.6	0.0	0.0	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	3.7%	0.0%	0.0%	1.1%	-	8.2%	5.0%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Quorn Fillet	71.43	295.0	0.9	0.3	0.7	0.0	-	3.5	10.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (0/)		14 00/	4.00/	4 50/	11 00/	0.00/		1 20/	20.00/												

1.3% 20.0%

Daily Reference Intake (%)

14.8% 1.2% 1.5% 11.8% 0.0%

Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Yorkshire Pudding	28.00	285.6	2.2	0.2	0.2	0.6	-	9.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.3%	3.1%	1.0%	2.8%	0.7%	-	3.6%	4.9%	-	-	-	-	-	-	-	-	-	-	-	-
Carrots	50.00	20.5	0.1	0.0	0.0	2.4	-	5.0	0.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.0%	0.1%	0.0%	0.0%	2.6%	-	1.9%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Jelly	86.00	222.0	0.1	0.0	0.0	12.9	-	12.9	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.1%	0.1%	0.1%	0.5%	14.3%	-	5.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-

Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Thursday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese & Tomato Pizza	98.05	526.6	15.4	9.9	1.7	3.9	-	16.4	14.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.3%	21.9%	49.6%	28.2%	4.4%	-	6.3%	29.2%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Potato Smiles	60.47	120.3	4.1	0.5	0.2	0.3	-	18.7	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.0%	5.9%	2.4%	3.2%	0.3%	-	7.2%	2.7%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Dippers	60.00	460.2	5.8	0.6	0.5	0.1	-	5.9	7.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		23.0%	8.2%	3.0%	7.7%	0.1%	-	2.3%	14.4%	-	-	-	-	-	-	-	-	-	-	-	-

Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Sweetcorn	50.00	155.8	0.7	0.2	0.0	4.1	-	5.8	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		7.8%	1.0%	1.0%	0.2%	4.5%	-	2.2%	2.5%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fruity Iced Sponge	56.72	655.1	10.3	2.4	0.2	16.4	-	28.9	3.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.8%	14.7%	12.2%	3.0%	18.2%	-	11.1%	6.2%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

Friday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	<u>-</u>	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese and Red Onion Quiche	161.67	1302.0	19.9	N	1.3	5.6	-	24.8	14.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		65.1%	28.4%	-	22.3%	6.2%	-	9.6%	29.4%	-	-	-	-	-	-	-	-	-	-	-	-
Chips	103.18	532.4	3.1	0.4	0.4	0.5	-	21.7	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.6%	4.4%	2.1%	6.0%	0.6%	-	8.3%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fish Fingers	84.00	754.3	7.9	0.7	0.7	0.8	-	16.8	10.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.7%	11.3%	3.4%	11.8%	0.8%	-	6.5%	20.2%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-

0.1% 24.6%

26.2% 11.9% 3.2% 7.8% 0.1%

Daily Reference Intake (%)

Peas	50.00	144.5	0.2	0.1	0.0	1.6	-	4.5	2.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		7.2%	0.2%	0.3%	0.7%	1.7%	-	1.7%	5.2%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	80.00	76.8	3.1	2.1	0.1	8.2	-	8.5	3.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.8%	4.5%	10.4%	2.0%	9.2%	-	3.3%	7.4%	-	-	-	-	-	-	-	-	-	-	-	-





Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Quorn Hot Dog	Chicken Meatball in Tomato	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
Potato Cubes	sauce	Quorn Plait	Spanish Omelette	Vegetable Fingers
Potato Gnocchi Pasta in a	Vegan Meatballs In a tomato Sauce	Roast Potatoes	New Potato	Chips
Tomato & Basil sauces	Spaghetti pasta	Yorkshire Pudding	Jacket Potato with a Choice	Jacket Potato with a Choice
Jacket Potato with a Choice of Filling	Jacket Potato with a Choice	Gravy	of Filling	of Filling
Cheese	of Filling	Jacket Potato with a Choice	Cheese	Cheese
	Cheese	of Filling	Tuna Mayo	Tuna Mayo
Tuna Mayo	Tuna Mayo	Cheese	Baked Beans	Baked Beans
Baked Beans	Baked Beans	Tuna Mayo		
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Sweetcorn Cobette	Mixed Vegetables	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Frozen Yoghurt	Banana Sponge	Fruit Jelly	Lemon Drizzle Cake	Fruit Cocktail
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Cream crackers
Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese
Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread

Allergens

Quorn Hot Dog: Cereals containing gluten, Eggs, Sesame seeds; Potato Cubes: No allergens; Potato Gnocchi Pasta in a Tomato & Basil sauces: Celery, Cereals containing gluten, Mustard, Soya;



Jacket Potato with a Choice of Filling:No allergens; Cheese:Milk; Tuna Mayo:Eggs,Fish; Sweetcorn Cobette:No allergens; Seasonal Salad Bar:No allergens; Frozen Yoghurt:Milk; Fresh Fruit:No allergens; Cream crackers:Cereals containing gluten; Soft Cheese:Milk; Wholemeal Bread:Cereals containing gluten,Soya; Chicken Meatball in Tomato sauce:Celery; Vegan Meatballs In a tomato Sauce:Celery; Spaghetti pasta:Cereals containing gluten,Mustard,Soya; Mixed Vegetables:No allergens; Banana Sponge:Cereals containing gluten,Eggs; Roast chicken:Celery; Quorn Plait:Celery,Cereals containing gluten,Eggs; Roast Potatoes:No allergens; Vershire Pudding:Cereals containing gluten,Eggs,Milk; Gravy:No allergens; Carrots:No allergens; Fruit Jelly:No allergens; Cereals containing gluten,Eggs,Milk,Soya; Spanish Omelette:Celery,Eggs; New Potato:No allergens; Sweetcorn:No allergens; Lemon Drizzle Cake:Cereals containing gluten,Eggs; Fish Fingers:Cereals containing gluten; Chips:No allergens; Peas:No allergens



Lansdowne Spring Summer menu 24 Week 3 Analyse by: Per Portion Food Labelling: Default

Monday	Μ	o	n	d	a	ν
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Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Potato Cubes	103.18	533.5	3.1	0.3	0.1	0.5	-	22.7	2.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.7%	4.4%	1.6%	2.3%	0.6%	-	8.7%	4.5%	-	-	-	-	-	-	-	-	-	-	-	-
Potato Gnocchi Pasta in a Tomato & Basil sauces	119.47	130.2	0.5	N	1.0	4.4	-	23.5	3.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.5%	0.8%	-	16.5%	4.9%	-	9.0%	7.2%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Hot Dog	130.00	1369.4	10.4	1.6	1.1	4.3	-	44.8	13.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		68.5%	14.8%	8.1%	17.8%	4.8%	-	17.2%	27.1%	-	-	-	-	-	-	-	-	-	-	-	-

Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Sweetcorn Cobette	0.10	0.5	0.0	0.0	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	0.0%	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Frozen Yoghurt	80.00	572.8	6.0	3.0	0.1	10.6	-	17.7	2.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		28.6%	8.6%	15.2%	2.3%	11.8%	-	6.8%	5.8%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-

Tuesday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Meatball in Tomato sauce	185.10	613.0	10.4	N	1.4	3.9	-	8.4	10.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		30.6%	14.9%	-	22.8%	4.3%	-	3.2%	21.2%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Spaghetti pasta	50.00	739.5	1.3	0.3	-	1.9	-	33.0	6.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.0%	1.8%	1.5%	-	2.1%	-	12.7%	12.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Vegan Meatballs In a tomato Sauce	116.55	262.9	5.4	-	0.6	3.7	-	4.0	1.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		13.1%	7.7%	-	9.5%	4.1%	-	1.5%	2.4%	-	-	-	-	-	-	-	-	-	-	-	-

Mixed Vegetables	50.00	95.5	0.1	0.0	0.0	2.4	-	3.5	1.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.8%	0.2%	0.2%	0.7%	2.7%	-	1.4%	2.0%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Banana Sponge	70.00	366.6	10.4	2.9	0.2	10.2	-	24.8	3.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		18.3%	14.9%	14.4%	3.8%	11.4%	-	9.6%	7.2%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Wednesday																					

Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Gravy	5.00	73.4	0.2	0.1	0.5	0.6	-	3.5	0.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.3%	0.5%	8.0%	0.6%	-	1.3%	0.7%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Quorn Plait	164.15	1031.0	18.4	N	6.6	2.7	-	33.5	6.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		51.6%	26.3%	-	109.3%	3.0%	-	12.9%	13.2%	-	-	-	-	-	-	-	-	-	-	-	-
Roast chicken	70.10	483.6	2.5	0.7	-	0.0	-	0.0	21.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		24.2%	3.6%	3.5%	-	0.0%	-	0.0%	43.4%	-	-	-	-	-	-	-	-	-	-	-	-
Roast Potatoes	127.50	184.9	2.6	0.0	0.0	1.0	-	21.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	3.7%	0.0%	0.0%	1.1%	-	8.2%	5.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Yorkshire Pudding	28.00	285.6	2.2	0.2	0.2	0.6	-	9.3	2.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		14.3%	3.1%	1.0%	2.8%	0.7%	-	3.6%	4.9%	-	-	-	-	-	-	-	-	-	-	-	-
Carrots	50.00	20.5	0.1	0.0	0.0	2.4	-	5.0	0.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.0%	0.1%	0.0%	0.0%	2.6%	-	1.9%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Jelly	86.00	222.0	0.1	0.0	0.0	12.9	-	12.9	0.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		11.1%	0.1%	0.1%	0.5%	14.3%	-	5.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Thursday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Cheese & Tomato Pizza	98.05	526.6	15.4	9.9	1.7	3.9	-	16.4	14.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.3%	21.9%	49.6%	28.2%	4.4%	-	6.3%	29.2%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
New Potato	120.00	76.8	0.1	-	-	-	-	17.9	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.8%	0.2%	-	-	-	-	6.9%	4.3%	-	-	-	-	-	-	-	-	-	-	-	-
Spanish Omelette	181.80	315.7	4.2	N	0.9	2.4	-	21.9	7.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.8%	5.9%	-	14.2%	2.7%	-	8.4%	15.4%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Sweetcorn	50.00	155.8	0.7	0.2	0.0	4.1	-	5.8	1.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		7.8%	1.0%	1.0%	0.2%	4.5%	-	2.2%	2.5%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Lemon Drizzle Cake	62.19	324.4	10.3	2.9	0.2	12.9	-	23.5	3.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.2%	14.8%	14.3%	3.8%	14.3%	-	9.0%	6.5%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-
Friday																					

Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)
Baked Beans	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheese	6.00	24.6	2.1	1.4	0.1	0.0	-	0.1	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.2%	2.9%	6.9%	1.8%	0.0%	-	0.0%	3.4%	-	-	-	-	-	-	-	-	-	-	-	-
Chips	103.18	532.4	3.1	0.4	0.4	0.5	-	21.7	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.6%	4.4%	2.1%	6.0%	0.6%		8.3%	4.3%	-	-	-	-	-	-	-	-	-	-		-
Fish Fingers	84.00	754.3	7.9	0.7	0.7	0.8	-	16.8	10.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.7%	11.3%	3.4%	11.8%	0.8%	-	6.5%	20.2%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with a Choice of Filling	250.00	185.0	0.3	0.0	0.0	2.0	-	42.5	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.3%	0.4%	0.0%	0.0%	2.2%	-	16.3%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Tuna Mayo	64.72	523.3	8.3	0.6	0.5	0.1	-	0.2	12.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		26.2%	11.9%	3.2%	7.8%	0.1%	-	0.1%	24.6%	-	-	-	-	-	-	-	-	-	-	-	-
Vegetable Fingers	95.00	746.7	7.7	0.6	0.9	2.4	-	22.8	3.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		37.3%	11.0%	2.9%	15.2%	2.6%	-	8.8%	6.5%	-	-	-	-	-	-	-	-	-	_	-	-
Peas	50.00	144.5	0.2	0.1	0.0	1.6	-	4.5	2.6	-	-	-	-	-	-	-	-	-	-	-	-

Daily Reference Intake (%)		7.2%	0.2%	0.3%	0.7%	1.7%	-	1.7%	5.2%	-	-	-	-	-	-		-	-	-	-	-
Seasonal Salad Bar	0.00	0.0	0.0	N	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		0.0%	0.0%	-	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit	100.00	73.8	0.4	0.1	0.0	11.8	-	18.4	0.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		3.7%	0.5%	0.6%	0.0%	13.2%	-	7.1%	1.8%	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Cocktail	65.00	149.1	0.1	0.0	0.0	8.1	-	8.1	0.2	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		7.5%	0.1%	0.0%	0.0%	9.0%	-	3.1%	0.4%	-	-	-	-	-	-	-	-	-	-	-	-
Soft Cheese	15.63	135.3	2.3	1.5	0.2	0.7	-	0.7	1.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		6.8%	3.3%	7.7%	3.8%	0.8%	-	0.3%	3.8%	-	-	-	-	-	-	-	-	-	-	-	-
Wholemeal Bread	4.55	42.0	0.1	0.0	0.0	0.1	-	1.7	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.1%	0.1%	0.1%	0.7%	0.1%	-	0.7%	0.9%	-	-	-	-	-	-	-	-	-	-	-	-