

Menu: SpSu24CEN Spring Summer 2024 Central Menu

Seq	Product	Description	Size	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	Protein (g)
10	PRIV250	Vegetarian Tortilla Stack	Ptn	>163.6	6.4	>3.4	>20.5	7.2
20	PRISD84	50/50 Long Grain & Wholemeal	Ptn	147.7	0.7	0.1	34.0	3.5
30	PRIV231	Cheese and Tomato Pizza	Ptn	>226.6	8.7	>4.5	>28.3	10.3
40	PRISB9	Pasta Salad w/Tomato Sauce	Ptn	>36.5	0.2	>0.0	>8.1	1.4
50	PRID223	Freshly Chopped Fruit	Ptn	14.2	0.1	0.0	3.4	0.2
60	PRIB48	Beef Bolognese (APP)	Ptn	>88.2	3.4	>1.3	>7.7	7.4
70	PRISD125	Penne Pasta	Ptn	171.5	0.8	0.1	37.8	5.6
80	PRIV233	Vegan Soya Bolognese	Ptn	>150.5	3.4	>0.6	>8.8	22.3
90	PRID242	Apple Crumble	Ptn	188.8	8.1	2.8	28.1	2.6
100	PRID13	Ice Cream	Ptn	101.4	4.9	3.1	13.2	1.9
110	PRIP3	Pork Sausage	Ptn	154.6	12.9	4.7	4.2	5.7
120	PRIC6	Halal Chicken Sausages	Ptn	92.2	4.4	1.3	9.6	3.8
130	PRISD82	Skin On Roast Potatoes	Ptn	>69.6	0.6	>0.1	>15.3	1.7
140	PRISD118	Chefs Pass Gravy	Ptn	18.0	0.7	>0.5	2.9	0.2
150	PRID248	Strawberry Mousse	Ptn	47.9	4.0	>2.5	2.8	0.3
160	PRIGR1	Greek Chicken Pitta	Ptn	>181.7	7.9	>2.0	>16.6	12.4
170	PRIGR5	Gyros Turmeric Rice	Ptn	>141.6	0.4	>0.1	>33.6	2.9
180	PRIGR3	Tzatziki	Ptn	>5.7	0.1	>0.1	>0.8	0.5
190	PRIGR4	Greek Salad	Ptn	>5.8	0.4	>0.0	>0.6	0.2
200	PRIGR2	Spinach & Cheese Whirl	Ptn	>320.3	20.5	>10.7	>26.7	9.2
210	PRID193	OBC True Vanilla Sponge	Ptn	191.7	11.3	>1.0	20.0	3.2
220	PRIF6	MSC Pollock Fish Fingers	Ptn	139.0	6.0	0.8	13.1	9.1
230	PRISD5	Chips (Fryer or Oven)	Ptn	157.6	4.1	0.7	29.4	2.7

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250	PRIV205	Marinated BBQ Quorn Vegan F	Ptn	82.8	0.9	>0.3	7.0	9.8
260	PRID57	Vanilla Shortbread	Ptn	131.4	7.2	2.7	16.3	1.3
270	PRIV225	Tomato Pasta Sauce	Ptn	>29.1	0.6	>0.0	>6.1	1.4
280	PRIPK2	Carbonara	Ptn	>99.2	3.7	>2.0	>11.1	7.9
290	PRIPK3	Garlic and Herb Croutons	Ptn	34.9	1.5	>0.1	4.8	0.8
300	PRIPK5	Peri Peri Corn Nacho Bits	Ptn	>23.3	0.2	0.0	>5.0	0.5
310	PRIV85	Cheese Filling for Jacket Potatc	Ptn	83.2	7.0	4.3	0.0	5.1
320	PRIV216	Vegan Sheese (Cheese alterna	Ptn	60.8	4.6	3.8	4.3	0.1
330	PRISD8	Spaghetti	Ptn	174.8	0.7	0.1	39.1	5.5
340	PRISD9	Wholemeal Fusilli Pasta	Ptn	159.5	1.3	0.2	32.7	6.2
350	PRISD11	Pasta (Shells)	Ptn	148.2	0.4	0.1	33.4	4.9
360	PRISD121	Tricolour Pasta	Ptn	162.1	0.4	0.1	36.5	5.3
380	PRID249	Chocolate Brownie	Ptn	217.7	14.3	>1.7	18.8	3.9
390	PRIBB1	Beef & Bean Burger	Ptn	73.9	4.0	1.6	4.7	4.7
400	PRISD17	Unseeded 4" Bun	Ptn	127.0	1.3	0.3	25.8	4.7
410	PRISD6	Potato Wedges (Made & Oven I	Ptn	>87.3	0.2	>0.1	>20.3	2.3
420	PRISD14	Bidfood Tomato Ketchup	Ptn	11.5	0.0	tr	2.9	0.2
430	PRIV236	Devils Kitchen Plant Burger	Ptn	112.5	4.7	0.3	6.5	9.0
450	PRIC4	Roast Chicken Fillet	Ptn	69.6	1.3	>0.3	0.0	14.4
460	PRIC5	Roast Chicken Thigh (Boneless	Ptn	120.2	8.4	2.3	0.0	11.1
470	PRISD40	Stuffing	Ptn	9.2	0.1	>0.1	1.8	0.3
480	PRIV232	Vegetarian Wellington	Ptn	>180.8	7.8	>3.6	>24.3	4.9
490	PRID224	Fruit Medley	Ptn	18.2	0.1	0.0	4.4	0.3
500	PRIB52	Beef Lasagne APP	Ptn	>189.4	6.3	>3.1	>23.6	11.5
510	PRISD50	Garlic Flavoured Bread (Made)	Ptn	>38.8	0.5	>0.1	>7.5	1.4
520	PRIV108	Lentil and Sweet Potato Curry	Ptn	>134.3	0.9	>0.1	>26.5	7.0

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530	PRID235	Strawberry Jelly with Mandarins	Ptn	23.9	0.0	>0.0	5.8	0.5
540	PRIF1	MSC Salmon Fish Fingers	Ptn	161.2	7.3	0.7	13.5	11.2
550	PRIV251	Phat Vegan Sausage Roll	Ptn	268.2	14.2	6.6	26.1	8.0
560	PRID85	Oaty Cookies	Ptn	145.3	7.8	2.7	18.0	2.0
570	PRIV249	All Day Veggie Breakfast	Ptn	>301.6	15.4	>2.4	>26.9	13.7
580	PRIV239	Five Bean Chilli	Ptn	>72.9	1.5	>0.5	>12.3	4.2
590	PRID166	Peaches	Ptn	19.5	tr	tr	4.9	0.3
600	PRIFE1	Chicken Paella	Ptn	248.4	5.6	>1.4	35.8	15.9
610	PRIFE4	Patatas Bravas	Ptn	>65.4	2.4	>0.2	>10.8	1.4
620	PRIFE2	Albondigas (Veggie Meatballs)	Ptn	>95.4	3.8	>0.3	>8.3	7.4
630	PRID219	Golden Syrup Snap	Ptn	118.6	6.2	2.3	15.2	1.3
640	PRIP5	Roast Gammon	Ptn	86.9	5.2	1.8	0.0	9.9
650	PRISD2	New Potatoes (Steamed or Boil	Ptn	81.6	0.1	0.1	17.9	2.2
660	PRISD1	Mashed Potato	Ptn	101.4	1.7	0.7	20.3	2.3
670	PRITD56	Parsnip and Sweet Potato Loaf	Ptn	>116.8	3.9	>0.4	>18.5	3.1
680	PRID225	Fruit Platter	Ptn	13.1	0.1	0.0	3.0	0.2
690	PRIC92	Chicken Fajitas	Ptn	>223.2	5.6	>1.2	>35.3	10.2
700	PRIV11	Macaroni Cheese	Ptn	>319.3	12.3	>6.2	>42.3	13.0
710	PRID80	Chocolate Shortbread	Ptn	136.1	7.3	2.8	17.0	1.6
720	PRIV191	Cheesy Bean Puffs	Ptn	325.1	21.0	10.5	27.7	8.1
730	PRID168	OBC Lemon Drizzle Cake	Ptn	196.2	11.4	>1.0	21.1	3.2
740	PRISD18	Peas	Ptn	35.0	0.4	0.1	5.6	2.8
750	PRISD19	Sweetcorn	Ptn	33.9	0.7	0.1	6.1	1.1
760	PRISD20	Broccoli	Ptn	14.0	0.3	0.1	1.4	1.7
770	PRISD21	Swede	Ptn	5.5	0.1	tr	1.2	0.2
780	PRISD22	Baked Beans	Ptn	37.5	0.3	0.1	6.8	2.5

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790	PRISD23	Red Cabbage	Ptn	7.5	0.2	tr	1.2	0.4
800	PRISD24	Green Beans	Ptn	13.0	0.2	0.0	2.0	1.1
810	PRISD25	Lettuce	Ptn	4.5	0.0	0.0	0.6	0.5
820	PRISD26	Mixed Peppers	Ptn	8.5	0.1	0.0	1.7	0.4
830	PRISD27	Cauliflower	Ptn	14.5	0.5	0.1	1.8	1.0
840	PRISD28	Carrots	Ptn	14.5	0.3	0.1	3.0	0.3
850	PRISD29	Courgette	Ptn	7.9	0.2	0.0	0.8	0.8
860	PRISD30	Cucumber	Ptn	6.4	0.3	?	0.6	0.5
870	PRISD47	Coleslaw	Ptn	35.4	2.6	0.2	2.7	0.4
880	PRISD48	Roasted Autumn Vegetables	Ptn	>30.2	2.2	>0.2	>2.5	0.5
890	PRISD49	Roasted Summer Vegetables	Ptn	>30.1	2.2	>0.2	>2.6	0.4
900	PRID250	Iced Biscuit	Ptn	135.8	7.2	>2.7	17.3	1.3
910	PRIV238	Devils Kitchen Plant Sausage 2	Ptn	91.0	5.6	0.5	4.3	6.6
920	PRIFE6	HALAL Chicken Paella	Ptn	248.4	5.6	>1.4	35.8	15.9
930	PRISD34	Baked Tomatoes	Ptn	6.9	0.1	0.0	1.5	0.3

Seq	Product	Description	Size	NME Sugar (g)	NSP (g)	Vitamin A (µg)	Vitamin C (mg)	Zinc (mg)
10	PRIV250	Vegetarian Tortilla Stack	Ptn	(0.7)	>3.1	>113.8	>20.6	>0.9
20	PRISD84	50/50 Long Grain & Wholemeal	Ptn	(0.0)	0.5	0.0	0.0	0.5
30	PRIV231	Cheese and Tomato Pizza	Ptn	(1.4)	>2.6	>87.9	2.3	1.4
40	PRISB9	Pasta Salad w/Tomato Sauce	Ptn	(0.8)	>0.8	>3.0	2.4	0.2
50	PRID223	Freshly Chopped Fruit	Ptn	(0.8)	0.4	0.4	5.9	0.0
60	PRIB48	Beef Bolognese (APP)	Ptn	(0.7)	>1.4	>7.3	5.6	1.4
70	PRISD125	Penne Pasta	Ptn	?	1.8	0.0	0.0	0.6
80	PRIV233	Vegan Soya Bolognese	Ptn	(3.5)	>0.3	>2.9	3.6	2.3
90	PRID242	Apple Crumble	Ptn	(5.3)	1.8	72.1	>2.4	>0.4

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100	PRID13	Ice Cream	Ptn	(8.1)	tr	64.5	0.6	0.2
110	PRIP3	Pork Sausage	Ptn	(0.6)	?	tr	tr	0.5
120	PRIC6	Halal Chicken Sausages	Ptn	0.1	0.5	?	?	?
130	PRISD82	Skin On Roast Potatoes	Ptn	(0.0)	>1.0	>0.1	4.1	0.3
140	PRISD118	Chefs Pass Gravy	Ptn	(0.1)	>0.0	>0.0	0.0	0.0
150	PRID248	Strawberry Mousse	Ptn	(2.6)	0.0	69.2	0.1	>0.0
160	PRIGR1	Greek Chicken Pitta	Ptn	(0.0)	>0.7	>15.9	0.2	0.8
170	PRIGR5	Gyros Turmeric Rice	Ptn	(0.0)	>0.0	0.0	0.0	0.3
180	PRIGR3	Tzatziki	Ptn	(0.3)	>0.0	>0.9	0.1	>0.1
190	PRIGR4	Greek Salad	Ptn	(0.0)	>0.2	>1.0	2.1	>0.0
200	PRIGR2	Spinach & Cheese Whirl	Ptn	(0.0)	>2.4	>166.5	9.5	1.3
210	PRID193	OBC True Vanilla Sponge	Ptn	(5.3)	0.6	17.7	0.0	0.3
220	PRIF6	MSC Pollock Fish Fingers	Ptn	?	1.0	tr	tr	0.3
230	PRISD5	Chips (Fryer or Oven)	Ptn	(0.0)	2.3	0.0	0.8	0.3
250	PRIV205	Marinated BBQ Quorn Vegan F	Ptn	?	4.4	>0.0	>0.0	>0.0
260	PRID57	Vanilla Shortbread	Ptn	(4.9)	0.5	75.0	>0.0	>0.1
270	PRIV225	Tomato Pasta Sauce	Ptn	(0.8)	>0.7	>8.2	9.5	0.1
280	PRIPK2	Carbonara	Ptn	(0.1)	>0.1	>42.7	9.3	0.8
290	PRIPK3	Garlic and Herb Croutons	Ptn	(0.2)	>0.2	>0.1	0.0	0.1
300	PRIPK5	Peri Peri Corn Nacho Bits	Ptn	(0.0)	>0.5	>0.2	>0.0	>0.0
310	PRIV85	Cheese Filling for Jacket Potatc	Ptn	(0.0)	0.0	85.7	tr	0.8
320	PRIV216	Vegan Sheese (Cheese alterna	Ptn	?	0.8	?	?	?
330	PRISD8	Spaghetti	Ptn	(0.0)	1.9	0.0	0.0	0.6
340	PRISD9	Wholemeal Fusilli Pasta	Ptn	(0.0)	5.2	0.0	0.0	1.4
350	PRISD11	Pasta (Shells)	Ptn	?	2.7	0.0	0.0	0.6
360	PRISD121	Tricolour Pasta	Ptn	?	3.0	0.0	0.0	0.7

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380	PRID249	Chocolate Brownie	Ptn	(6.3)	0.9	22.3	0.0	0.6
390	PRIBB1	Beef & Bean Burger	Ptn	0.0	0.6	1209.3	0.4	0.9
400	PRISD17	Unseeded 4" Bun	Ptn	(0.0)	1.0	0.0	0.0	0.5
410	PRISD6	Potato Wedges (Made & Oven I	Ptn	(0.0)	>1.3	>0.0	5.4	0.4
420	PRISD14	Bidfood Tomato Ketchup	Ptn	(2.8)	0.1	1.3	0.2	0.0
430	PRIV236	Devils Kitchen Plant Burger	Ptn	?	1.1	?	?	?
450	PRIC4	Roast Chicken Fillet	Ptn	(0.0)	>0.0	(0.2)	0.0	0.4
460	PRIC5	Roast Chicken Thigh (Boneless	Ptn	(0.0)	0.0	18.2	0.0	0.9
470	PRISD40	Stuffing	Ptn	(0.1)	0.1	0.0	0.0	0.0
480	PRIV232	Vegetarian Wellington	Ptn	(0.1)	>2.1	>0.2	3.0	0.6
490	PRID224	Fruit Medley	Ptn	(1.5)	0.4	0.6	6.9	0.0
500	PRIB52	Beef Lasagne APP	Ptn	(0.6)	>2.1	>39.3	6.0	2.0
510	PRISD50	Garlic Flavoured Bread (Made)	Ptn	(0.3)	>0.7	>0.1	0.2	0.2
520	PRIV108	Lentil and Sweet Potato Curry	Ptn	(2.3)	>4.7	>66.3	26.0	1.1
530	PRID235	Strawberry Jelly with Mandarins	Ptn	(3.9)	0.2	1.3	10.0	>0.1
540	PRIF1	MSC Salmon Fish Fingers	Ptn	?	1.0	5.3	tr	0.4
550	PRIV251	Phat Vegan Sausage Roll	Ptn	?	2.1	?	?	?
560	PRID85	Oaty Cookies	Ptn	(4.1)	1.1	73.3	>0.0	>0.3
570	PRIV249	All Day Veggie Breakfast	Ptn	(0.0)	>5.7	>67.7	>0.0	>0.8
580	PRIV239	Five Bean Chilli	Ptn	(0.9)	>2.7	>13.9	5.2	0.4
590	PRID166	Peaches	Ptn	(2.4)	0.4	0.9	3.0	0.1
600	PRIFE1	Chicken Paella	Ptn	(0.0)	0.8	12.2	8.9	1.7
610	PRIFE4	Patatas Bravas	Ptn	(0.7)	>0.8	>2.4	4.3	0.2
620	PRIFE2	Albondigas (Veggie Meatballs)	Ptn	(0.7)	>1.7	>6.9	>4.7	>0.1
630	PRID219	Golden Syrup Snap	Ptn	(4.0)	0.4	64.0	>0.0	>0.1
640	PRIP5	Roast Gammon	Ptn	(0.0)	0.0	tr	tr	0.9

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650	PRISD2	New Potatoes (Steamed or Boil	Ptn	(0.0)	1.1	0.0	8.4	0.2
660	PRISD1	Mashed Potato	Ptn	(0.0)	1.3	16.7	>5.4	>0.4
670	PRITD56	Parsnip and Sweet Potato Loaf	Ptn	(0.1)	>3.7	>71.0	9.2	0.4
680	PRID225	Fruit Platter	Ptn	(0.0)	0.4	(0.3)	5.8	0.0
690	PRIC92	Chicken Fajitas	Ptn	(0.2)	>4.0	>65.1	>22.2	>0.7
700	PRIV11	Macaroni Cheese	Ptn	(0.1)	>1.8	>133.4	>1.7	>1.6
710	PRID80	Chocolate Shortbread	Ptn	(5.4)	0.7	72.7	>0.0	>0.2
720	PRIV191	Cheesy Bean Puffs	Ptn	(0.0)	2.1	43.3	0.0	0.9
730	PRID168	OBC Lemon Drizzle Cake	Ptn	(6.3)	>0.6	17.7	2.0	0.3
740	PRISD18	Peas	Ptn	(0.0)	2.0	3.8	6.0	0.4
750	PRISD19	Sweetcorn	Ptn	(0.0)	1.1	0.5	10.4	0.2
760	PRISD20	Broccoli	Ptn	(0.0)	1.2	8.3	22.0	0.2
770	PRISD21	Swede	Ptn	(0.0)	0.4	2.3	7.5	0.1
780	PRISD22	Baked Beans	Ptn	?	1.9	0.3	tr	0.3
790	PRISD23	Red Cabbage	Ptn	?	1.0	0.2	16.0	0.1
800	PRISD24	Green Beans	Ptn	(0.0)	1.3	2.0	3.0	0.2
810	PRISD25	Lettuce	Ptn	(0.0)	0.5	0.7	0.4	0.1
820	PRISD26	Mixed Peppers	Ptn	(0.0)	0.4	8.6	44.5	0.1
830	PRISD27	Cauliflower	Ptn	(0.0)	0.8	0.0	15.0	0.1
840	PRISD28	Carrots	Ptn	(0.0)	1.1	154.2	1.5	0.1
850	PRISD29	Courgette	Ptn	(0.0)	0.4	7.3	9.2	0.1
860	PRISD30	Cucumber	Ptn	(0.0)	0.3	0.9	0.9	0.1
870	PRISD47	Coleslaw	Ptn	(0.4)	0.6	>21.1	5.4	0.1
880	PRISD48	Roasted Autumn Vegetables	Ptn	(0.0)	>0.6	>49.1	5.5	0.1
890	PRISD49	Roasted Summer Vegetables	Ptn	(0.0)	>0.6	>43.4	15.0	0.1
900	PRID250	Iced Biscuit	Ptn	(6.1)	0.4	75.0	>0.0	>0.1

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910	PRIV238	Devils Kitchen Plant Sausage 2 Ptn	?	2.3	?	?	?
920	PRIFE6	HALAL Chicken Paella Ptn	(0.0)	0.8	12.2	8.9	1.7
930	PRISD34	Baked Tomatoes Ptn	(0.0)	0.5	4.8	10.9	0.1

Seq	Product	Description	Size	Iron (mg)	Folate (µg)	Calcium (mg)	Sodium (mg)	Salt (g)
10	PRIV250	Vegetarian Tortilla Stack	Ptn	>1.0	>26.5	>139.6	242.3	0.6
20	PRISD84	50/50 Long Grain & Wholemeal	Ptn	0.3	6.9	19.7	5.4	0.0
30	PRIV231	Cheese and Tomato Pizza	Ptn	1.5	>9.1	163.2	328.4	0.8
40	PRISB9	Pasta Salad w/Tomato Sauce	Ptn	0.4	>3.4	11.9	23.9	0.1
50	PRID223	Freshly Chopped Fruit	Ptn	0.1	3.3	4.2	1.5	0.0
60	PRIB48	Beef Bolognese (APP)	Ptn	1.7	>17.5	22.6	123.1	0.3
70	PRISD125	Penne Pasta	Ptn	0.8	9.1	12.2	1.0	0.0
80	PRIV233	Vegan Soya Bolognese	Ptn	4.8	>21.9	133.7	361.9	0.9
90	PRID242	Apple Crumble	Ptn	>0.7	>5.8	>20.0	100.0	0.3
100	PRID13	Ice Cream	Ptn	0.0	3.6	62.4	37.8	0.1
110	PRIP3	Pork Sausage	Ptn	0.6	4.5	16.8	436.8	1.1
120	PRIC6	Halal Chicken Sausages	Ptn	?	?	?	304.1	0.8
130	PRISD82	Skin On Roast Potatoes	Ptn	0.5	>12.2	8.1	6.4	0.0
140	PRISD118	Chefs Pass Gravy	Ptn	0.0	0.0	3.9	238.8	0.6
150	PRID248	Strawberry Mousse	Ptn	0.1	0.5	9.2	9.8	0.0
160	PRIGR1	Greek Chicken Pitta	Ptn	1.1	>11.0	48.4	212.5	0.5
170	PRIGR5	Gyros Turmeric Rice	Ptn	0.1	5.8	23.0	11.6	0.0
180	PRIGR3	Tzatziki	Ptn	0.0	>1.9	15.6	13.7	0.0
190	PRIGR4	Greek Salad	Ptn	0.1	>3.2	3.6	20.1	0.1
200	PRIGR2	Spinach & Cheese Whirl	Ptn	1.4	>23.8	230.8	367.8	0.9
210	PRID193	OBC True Vanilla Sponge	Ptn	0.5	8.9	67.9	198.7	0.5

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220	PRIF6	MSC Pollock Fish Fingers	Ptn	0.4	20.9	15.0	261.7	0.7
230	PRISD5	Chips (Fryer or Oven)	Ptn	0.6	18.4	11.7	25.9	0.1
250	PRIV205	Marinated BBQ Quorn Vegan F	Ptn	>0.0	>0.0	>0.1	311.8	0.8
260	PRID57	Vanilla Shortbread	Ptn	>0.3	>2.3	>14.0	103.6	0.3
270	PRIV225	Tomato Pasta Sauce	Ptn	0.6	>10.8	19.9	248.9	0.6
280	PRIPK2	Carbonara	Ptn	0.2	>23.3	196.3	439.4	1.1
290	PRIPK3	Garlic and Herb Croutons	Ptn	0.2	>2.5	19.0	67.5	0.2
300	PRIPK5	Peri Peri Corn Nacho Bits	Ptn	>0.0	>0.0	>0.1	22.3	0.1
310	PRIV85	Cheese Filling for Jacket Potatc	Ptn	0.1	6.2	147.8	144.6	0.4
320	PRIV216	Vegan Sheese (Cheese alterna	Ptn	?	?	?	144.0	0.4
330	PRISD8	Spaghetti	Ptn	0.8	9.9	33.5	3.7	0.0
340	PRISD9	Wholemeal Fusilli Pasta	Ptn	1.8	9.5	36.9	6.0	0.0
350	PRISD11	Pasta (Shells)	Ptn	0.7	5.1	25.4	5.1	0.0
360	PRISD121	Tricolour Pasta	Ptn	0.8	5.6	27.8	5.6	0.0
380	PRID249	Chocolate Brownie	Ptn	0.9	10.8	39.8	>165.8	>0.4
390	PRIBB1	Beef & Bean Burger	Ptn	0.5	4.4	8.4	224.0	0.6
400	PRISD17	Unseeded 4" Bun	Ptn	0.8	13.5	92.0	200.0	0.5
410	PRISD6	Potato Wedges (Made & Oven I	Ptn	0.6	>16.2	9.9	6.3	0.0
420	PRISD14	Bidfood Tomato Ketchup	Ptn	0.0	0.1	1.3	80.0	0.2
430	PRIV236	Devils Kitchen Plant Burger	Ptn	?	?	?	200.0	0.5
450	PRIC4	Roast Chicken Fillet	Ptn	0.3	>2.7	4.4	24.8	0.1
460	PRIC5	Roast Chicken Thigh (Boneless	Ptn	0.5	4.4	13.7	37.4	0.1
470	PRISD40	Stuffing	Ptn	0.1	>0.0	27.5	41.5	0.1
480	PRIV232	Vegetarian Wellington	Ptn	1.6	>17.1	51.9	127.3	0.3
490	PRID224	Fruit Medley	Ptn	0.2	3.1	4.5	2.0	0.0
500	PRIB52	Beef Lasagne APP	Ptn	2.1	>22.6	112.0	295.3	0.7

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510	PRISD50	Garlic Flavoured Bread (Made)	Ptn	0.4	>0.3	3.5	49.7	0.1
520	PRIV108	Lentil and Sweet Potato Curry	Ptn	3.3	>38.2	55.0	92.5	0.2
530	PRID235	Strawberry Jelly with Mandarins	Ptn	0.3	6.0	13.7	10.9	0.0
540	PRIF1	MSC Salmon Fish Fingers	Ptn	0.5	9.8	9.1	187.9	0.5
550	PRIV251	Phat Vegan Sausage Roll	Ptn	?	?	?	550.8	1.4
560	PRID85	Oaty Cookies	Ptn	>0.5	>4.9	>24.9	132.0	0.3
570	PRIV249	All Day Veggie Breakfast	Ptn	>1.5	>36.0	>42.3	537.7	1.3
580	PRIV239	Five Bean Chilli	Ptn	1.2	>17.1	26.3	378.8	1.0
590	PRID166	Peaches	Ptn	0.2	1.0	2.0	6.0	0.0
600	PRIFE1	Chicken Paella	Ptn	0.8	13.9	19.0	27.7	0.1
610	PRIFE4	Patatas Bravas	Ptn	0.4	>9.5	9.0	140.0	0.4
620	PRIFE2	Albondigas (Veggie Meatballs)	Ptn	>0.5	>6.3	>11.0	224.7	0.6
630	PRID219	Golden Syrup Snap	Ptn	>0.3	>2.5	>42.8	178.9	0.5
640	PRIP5	Roast Gammon	Ptn	0.3	1.3	3.8	502.7	1.3
650	PRISD2	New Potatoes (Steamed or Boil	Ptn	0.7	25.2	13.2	3.6	0.0
660	PRISD1	Mashed Potato	Ptn	>0.6	>16.2	>9.9	24.7	0.1
670	PRITD56	Parsnip and Sweet Potato Loaf	Ptn	1.1	>20.0	33.9	51.5	0.1
680	PRID225	Fruit Platter	Ptn	0.0	2.8	3.7	0.8	0.0
690	PRIC92	Chicken Fajitas	Ptn	>1.1	>71.1	>21.9	280.2	0.7
700	PRIV11	Macaroni Cheese	Ptn	>1.0	>22.2	>243.6	318.2	0.8
710	PRID80	Chocolate Shortbread	Ptn	>0.4	>2.8	>16.0	>100.5	>0.3
720	PRIV191	Cheesy Bean Puffs	Ptn	1.4	14.8	142.7	371.1	0.9
730	PRID168	OBC Lemon Drizzle Cake	Ptn	0.6	9.3	68.8	198.8	0.5
740	PRISD18	Peas	Ptn	0.9	15.5	18.5	2.0	0.0
750	PRISD19	Sweetcorn	Ptn	0.2	19.6	1.3	0.4	0.0
760	PRISD20	Broccoli	Ptn	0.3	17.0	17.5	3.0	0.0

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770	PRISD21	Swede	Ptn	0.1	9.0	13.0	7.0	0.0
780	PRISD22	Baked Beans	Ptn	0.7	14.5	21.0	95.0	0.2
790	PRISD23	Red Cabbage	Ptn	0.2	15.5	22.0	3.0	0.0
800	PRISD24	Green Beans	Ptn	0.5	29.0	30.5	tr	tr
810	PRISD25	Lettuce	Ptn	0.1	24.6	9.8	3.7	0.0
820	PRISD26	Mixed Peppers	Ptn	0.2	13.0	3.5	tr	tr
830	PRISD27	Cauliflower	Ptn	0.2	24.0	9.5	3.5	0.0
840	PRISD28	Carrots	Ptn	0.2	4.0	15.5	14.5	0.0
850	PRISD29	Courgette	Ptn	0.4	22.9	11.0	0.4	0.0
860	PRISD30	Cucumber	Ptn	0.1	6.4	9.7	1.8	0.0
870	PRISD47	Coleslaw	Ptn	0.2	12.6	15.7	>3.6	>0.0
880	PRISD48	Roasted Autumn Vegetables	Ptn	0.3	>10.4	16.7	39.3	0.1
890	PRISD49	Roasted Summer Vegetables	Ptn	0.3	>8.6	12.3	60.4	0.2
900	PRID250	Iced Biscuit	Ptn	>0.3	>2.5	>39.9	151.8	0.4
910	PRIV238	Devils Kitchen Plant Sausage 2	Ptn	?	?	?	170.0	0.4
920	PRIFE6	HALAL Chicken Paella	Ptn	0.8	13.9	19.0	27.7	0.1
930	PRISD34	Baked Tomatoes	Ptn	0.1	11.4	4.0	1.0	0.0

Seq	Product	Description	Size	Total suga (g)	Energy (kJ (kJ)	CO2 (Kg)
10	PRIV250	Vegetarian Tortilla Stack	Ptn	>4.8	>420.3	>0.3
20	PRISD84	50/50 Long Grain & Wholemeal	Ptn	0.1	628.4	>0.1
30	PRIV231	Cheese and Tomato Pizza	Ptn	>1.9	>361.0	>0.2
40	PRISB9	Pasta Salad w/Tomato Sauce	Ptn	>0.9	>155.7	0.0
50	PRID223	Freshly Chopped Fruit	Ptn	3.4	59.9	0.0
60	PRIB48	Beef Bolognese (APP)	Ptn	>2.8	>370.7	>0.9
70	PRISD125	Penne Pasta	Ptn	1.1	728.8	0.1

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80	PRIV233	Vegan Soya Bolognaise	Ptn	>4.6	>635.5	>0.0
90	PRID242	Apple Crumble	Ptn	10.0	>543.8	>0.1
100	PRID13	Ice Cream	Ptn	13.2	426.6	0.2
110	PRIP3	Pork Sausage	Ptn	0.6	640.6	?
120	PRIC6	Halal Chicken Sausages	Ptn	0.5	?	?
130	PRISD82	Skin On Roast Potatoes	Ptn	>1.0	>295.8	>0.0
140	PRISD118	Chefs Pass Gravy	Ptn	>0.2	>75.6	>0.0
150	PRID248	Strawberry Mousse	Ptn	>2.8	>198.6	>0.1
160	PRIGR1	Greek Chicken Pitta	Ptn	>0.9	>762.1	>0.3
170	PRIGR5	Gyros Turmeric Rice	Ptn	?	>602.1	>0.0
180	PRIGR3	Tzatziki	Ptn	>0.7	>24.5	>0.0
190	PRIGR4	Greek Salad	Ptn	>0.5	>24.5	0.0
200	PRIGR2	Spinach & Cheese Whirl	Ptn	>6.2	>1337.7	0.3
210	PRID193	OBC True Vanilla Sponge	Ptn	>5.4	>792.8	>0.1
220	PRIF6	MSC Pollock Fish Fingers	Ptn	0.9	585.3	0.2
230	PRISD5	Chips (Fryer or Oven)	Ptn	0.8	667.2	0.2
250	PRIV205	Marinated BBQ Quorn Vegan F	Ptn	>3.2	?	?
260	PRID57	Vanilla Shortbread	Ptn	5.0	>289.8	>0.0
270	PRIV225	Tomato Pasta Sauce	Ptn	>4.0	>123.2	>0.1
280	PRIPK2	Carbonara	Ptn	>8.1	>419.9	0.3
290	PRIPK3	Garlic and Herb Croutons	Ptn	>0.5	146.5	>0.0
300	PRIPK5	Peri Peri Corn Nacho Bits	Ptn	0.1	?	0.0
310	PRIV85	Cheese Filling for Jacket Potatc	Ptn	0.0	345.0	0.2
320	PRIV216	Vegan Sheese (Cheese alterna	Ptn	0.0	?	?
330	PRISD8	Spaghetti	Ptn	1.2	745.2	0.1
340	PRISD9	Wholemeal Fusilli Pasta	Ptn	tr	677.1	0.1

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350	PRISD11	Pasta (Shells)	Ptn	0.6	632.4	0.1
360	PRISD121	Tricolour Pasta	Ptn	0.7	691.5	0.1
380	PRID249	Chocolate Brownie	Ptn	>6.4	>898.4	>0.1
390	PRIBB1	Beef & Bean Burger	Ptn	0.6	?	?
400	PRISD17	Unseeded 4" Bun	Ptn	1.3	539.0	0.1
410	PRISD6	Potato Wedges (Made & Oven I	Ptn	>1.3	>371.7	0.1
420	PRISD14	Bidfood Tomato Ketchup	Ptn	2.8	48.9	0.0
430	PRIV236	Devils Kitchen Plant Burger	Ptn	2.5	?	?
450	PRIC4	Roast Chicken Fillet	Ptn	>0.0	293.9	>0.0
460	PRIC5	Roast Chicken Thigh (Boneless	Ptn	0.0	499.3	0.3
470	PRISD40	Stuffing	Ptn	>0.1	>38.9	>0.0
480	PRIV232	Vegetarian Wellington	Ptn	>2.2	>760.0	>0.1
490	PRID224	Fruit Medley	Ptn	4.4	76.8	0.0
500	PRIB52	Beef Lasagne APP	Ptn	>4.1	>798.8	>1.0
510	PRISD50	Garlic Flavoured Bread (Made)	Ptn	>0.3	>3.3	>0.0
520	PRIV108	Lentil and Sweet Potato Curry	Ptn	>13.1	>570.2	>0.2
530	PRID235	Strawberry Jelly with Mandarins	Ptn	>5.8	>101.1	>0.1
540	PRIF1	MSC Salmon Fish Fingers	Ptn	0.7	677.3	0.2
550	PRIV251	Phat Vegan Sausage Roll	Ptn	0.9	?	?
560	PRID85	Oaty Cookies	Ptn	4.2	>354.4	>0.0
570	PRIV249	All Day Veggie Breakfast	Ptn	>3.5	>426.1	>0.3
580	PRIV239	Five Bean Chilli	Ptn	>3.3	>309.1	>0.1
590	PRID166	Peaches	Ptn	4.9	82.5	0.0
600	PRIFE1	Chicken Paella	Ptn	>1.3	>1052.1	>0.2
610	PRIFE4	Patatas Bravas	Ptn	>1.4	>275.7	>0.0
620	PRIFE2	Albondigas (Veggie Meatballs)	Ptn	>3.7	>92.7	>0.1

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630	PRID219	Golden Syrup Snap	Ptn	4.0	>272.4	>0.0
640	PRIP5	Roast Gammon	Ptn	0.0	362.5	0.4
650	PRISD2	New Potatoes (Steamed or Boil	Ptn	1.3	349.2	0.1
660	PRISD1	Mashed Potato	Ptn	1.3	>371.7	>0.1
670	PRITD56	Parsnip and Sweet Potato Loaf	Ptn	>6.7	>491.6	>0.1
680	PRID225	Fruit Platter	Ptn	3.0	54.9	>0.0
690	PRIC92	Chicken Fajitas	Ptn	>3.5	>408.4	>0.3
700	PRIV11	Macaroni Cheese	Ptn	>5.0	>1200.0	>0.3
710	PRID80	Chocolate Shortbread	Ptn	5.5	>317.6	>0.0
720	PRIV191	Cheesy Bean Puffs	Ptn	2.4	1357.9	0.2
730	PRID168	OBC Lemon Drizzle Cake	Ptn	>6.5	>811.8	>0.1
740	PRISD18	Peas	Ptn	3.0	149.5	0.0
750	PRISD19	Sweetcorn	Ptn	3.3	143.6	0.0
760	PRISD20	Broccoli	Ptn	0.8	60.0	0.0
770	PRISD21	Swede	Ptn	1.1	23.0	?
780	PRISD22	Baked Beans	Ptn	1.7	160.0	0.1
790	PRISD23	Red Cabbage	Ptn	1.0	30.5	0.0
800	PRISD24	Green Beans	Ptn	1.5	54.0	0.0
810	PRISD25	Lettuce	Ptn	0.6	19.7	0.1
820	PRISD26	Mixed Peppers	Ptn	1.7	36.0	0.1
830	PRISD27	Cauliflower	Ptn	1.2	61.0	0.0
840	PRISD28	Carrots	Ptn	2.8	61.5	0.0
850	PRISD29	Courgette	Ptn	0.8	32.6	?
860	PRISD30	Cucumber	Ptn	0.6	27.6	0.1
870	PRISD47	Coleslaw	Ptn	2.2	147.5	0.0
880	PRISD48	Roasted Autumn Vegetables	Ptn	>2.0	>125.8	>0.0

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890	PRISD49	Roasted Summer Vegetables	Ptn	>2.2	>125.7	0.1
900	PRID250	Iced Biscuit	Ptn	>6.2	>306.4	>0.0
910	PRIV238	Devils Kitchen Plant Sausage 2	Ptn	3.3	?	?
920	PRIFE6	HALAL Chicken Paella	Ptn	>1.3	>1052.1	>0.2
930	PRISD34	Baked Tomatoes	Ptn	1.5	30.2	0.1