

[illegible]

Chocolate/Vanilla Pinwheels	20.22	92.5	5.1	2.2	0.1	3.6	-	10.4	1.1	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		4.6%	7.3%	11.0%	1.2%	4.0%	-	4.0%	2.1%	-	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit Platter 1	42.00	18.2	0.1	0.0	0.0	0.0	0.0	4.3	0.2	-	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Daily Reference Intake (%)		0.9%	0.2%	0.2%	0.0%	0.0%	0.0%	1.7%	0.5%	-	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Yoghurt	69.44	47.9	0.9	0.6	0.1	6.2	-	7.2	2.9	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		2.4%	1.2%	2.8%	1.2%	6.9%	-	2.8%	5.8%	-	-	-	-	-	-	-	-	-	-	-	-
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)
Cheese Sandwich	113.00	359.0	17.5	6.4	1.1	3.7	-	34.3	14.7	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		18.0%	25.0%	32.0%	18.7%	4.1%	-	13.2%	29.4%	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Fajita	165.87	-	14.4	4.5	1.1	1.6	-	36.6	14.3	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		-	20.6%	22.7%	18.8%	1.8%	-	14.1%	28.6%	-	-	-	-	-	-	-	-	-	-	-	-
Ham Sandwich - Prim	126.00	256.1	6.3	2.4	1.4	3.3	-	32.6	13.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.8%	9.0%	12.1%	22.8%	3.6%	-	12.5%	26.1%	-	-	-	-	-	-	-	-	-	-	-	-
Hot Cheese Panini	70.00	182.4	5.6	2.8	0.8	1.3	0.0	22.4	9.3	-	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0

Daily Reference Intake (%)		9.1%	8.0%	13.8%	12.7%	1.4%	0.0%	8.6%	18.5%	-	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	12.5%	0.0%	0.0%	0.0%	0.0%
Jacket Potato with Baked Beans	286.67	253.3	3.0	0.7	0.3	2.8	-	47.2	6.5	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.7%	4.3%	3.6%	4.2%	3.1%	-	18.1%	13.1%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato With Cheese	296.67	352.6	11.8	5.9	0.9	1.5	-	44.0	15.8	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		17.6%	16.9%	29.5%	14.7%	1.7%	-	16.9%	31.6%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with Cheese & Beans	296.67	329.9	9.6	4.6	0.7	1.9	-	45.1	13.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.5%	13.8%	23.0%	12.2%	2.2%	-	17.4%	27.2%	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with Tuna Mayonnaise	308.33	327.9	9.3	1.2	0.5	1.6	-	43.8	15.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.4%	13.2%	6.1%	7.8%	1.8%	-	16.8%	30.8%	-	-	-	-	-	-	-	-	-	-	-	-
Packed Lunch from home		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Plain Baked Potato	261.67	254.2	6.0	1.1	0.2	1.5	-	43.3	5.0	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.7%	8.5%	5.7%	2.5%	1.7%	-	16.6%	10.0%	-	-	-	-	-	-	-	-	-	-	-	-
Plain Cheese Wrap	85.94	270.1	12.6	6.4	1.1	1.4	0.0	26.6	12.3	-	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0
Daily Reference Intake (%)		13.5%	18.0%	32.2%	17.5%	1.6%	0.0%	10.2%	24.6%	-	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	17.5%	0.0%	0.0%	0.0%	0.0%
Plain Ham Wrap - Primary	83.94	208.7	6.9	2.8	1.0	1.4	0.0	26.1	10.1	-	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0
Daily Reference Intake (%)		10.4%	9.8%	14.1%	16.5%	1.6%	0.0%	10.0%	20.1%	-	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	16.3%	0.0%	0.0%	0.0%	0.0%

Daily Reference Intake (%)		18.0%	25.0%	32.0%	18.7%	4.1%	-	13.2%	29.4%	-	-	-	-	-	-	-	-	-	-	-
Ham Sandwich - Prim	126.00	256.1	6.3	2.4	1.4	3.3	-	32.6	13.0	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.8%	9.0%	12.1%	22.8%	3.6%	-	12.5%	26.1%	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with Baked Beans	286.67	253.3	3.0	0.7	0.3	2.8	-	47.2	6.5	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.7%	4.3%	3.6%	4.2%	3.1%	-	18.1%	13.1%	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato With Cheese	296.67	352.6	11.8	5.9	0.9	1.5	-	44.0	15.8	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		17.6%	16.9%	29.5%	14.7%	1.7%	-	16.9%	31.6%	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with Cheese & Beans	296.67	329.9	9.6	4.6	0.7	1.9	-	45.1	13.6	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.5%	13.8%	23.0%	12.2%	2.2%	-	17.4%	27.2%	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with Tuna Mayonnaise	308.33	327.9	9.3	1.2	0.5	1.6	-	43.8	15.4	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.4%	13.2%	6.1%	7.8%	1.8%	-	16.8%	30.8%	-	-	-	-	-	-	-	-	-	-	-
Packed Lunch from home	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Plain Baked Potato	261.67	254.2	6.0	1.1	0.2	1.5	-	43.3	5.0	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.7%	8.5%	5.7%	2.5%	1.7%	-	16.6%	10.0%	-	-	-	-	-	-	-	-	-	-	-
Plain Cheese Wrap	85.94	270.1	12.6	6.4	1.1	1.4	0.0	26.6	12.3	-	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0
Daily Reference Intake (%)		13.5%	18.0%	32.2%	17.5%	1.6%	0.0%	10.2%	24.6%	-	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	17.5%	0.0%	0.0%	0.0%

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Jacket Potato with Baked Beans	286.67	253.3	3.0	0.7	0.3	2.8	-	47.2	6.5	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.7%	4.3%	3.6%	4.2%	3.1%	-	18.1%	13.1%	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato With Cheese	296.67	352.6	11.8	5.9	0.9	1.5	-	44.0	15.8	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		17.6%	16.9%	29.5%	14.7%	1.7%	-	16.9%	31.6%	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with Cheese & Beans	296.67	329.9	9.6	4.6	0.7	1.9	-	45.1	13.6	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.5%	13.8%	23.0%	12.2%	2.2%	-	17.4%	27.2%	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato with Tuna Mayonnaise	308.33	327.9	9.3	1.2	0.5	1.6	-	43.8	15.4	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		16.4%	13.2%	6.1%	7.8%	1.8%	-	16.8%	30.8%	-	-	-	-	-	-	-	-	-	-	-
MSC Salmon Fish Fingers	0.60	1.3	0.1	0.0	0.0	0.0	-	0.1	0.1	-	-	-	-	-	-	-	1.0	-	-	-
Daily Reference Intake (%)		0.1%	0.1%	0.1%	0.0%	0.0%	-	0.1%	0.1%	-	-	-	-	-	-	-	42.5%	-	-	-
Packed Lunch from home	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Plain Baked Potato	261.67	254.2	6.0	1.1	0.2	1.5	-	43.3	5.0	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.7%	8.5%	5.7%	2.5%	1.7%	-	16.6%	10.0%	-	-	-	-	-	-	-	-	-	-	-
Plain Cheese Wrap	85.94	270.1	12.6	6.4	1.1	1.4	0.0	26.6	12.3	-	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0
Daily Reference Intake (%)		13.5%	18.0%	32.2%	17.5%	1.6%	0.0%	10.2%	24.6%	-	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	17.5%	0.0%	0.0%	0.0%

