

[illegible]

Daily Reference Intake (%)		23.6%	20.7%	13.6%	11.3%	0.9%	0.0%	4.9%	21.1%	-	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	1.3%	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%

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Vegetable Burger in a Bun	107.00	239.6	6.5	0.8	0.8	4.3	-	36.8	6.6	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.0%	9.3%	4.0%	13.8%	4.8%	-	14.2%	13.2%	-	-	-	-	-	-	-	-	-	-	-	-
Chocolate flapjack with jam jam chocolate sauce	53.87	253.7	14.0	5.1	0.4	8.4	-	29.6	3.4	-	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		12.7%	20.1%	25.6%	6.8%	9.3%	-	11.4%	6.8%	-	-	-	-	-	-	-	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
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)
Cheese & Tomato Pizza	61.67	134.4	4.8	2.2	0.5	2.2	0.0	14.2	6.8	-	0.0	0.0	0.0	0.0	0.0	0.0	-	-	-	-	-
Daily Reference Intake (%)		6.7%	6.9%	11.1%	8.2%	2.4%	0.0%	5.5%	13.6%	-	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	-	-	-	-	-
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%	-	-	-	-	-	-	-	-	-	-	-	-
Ham pizza	69.17	141.8	5.1	2.3	0.6	2.2	0.0	14.2	8.4	-	0.0	0.0	0.0	0.0	0.0	0.0	-	-	-	-	-

Daily Reference Intake (%)		7.1%	7.2%	11.5%	10.7%	2.4%	0.0%	5.5%	16.9%	-	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	-	-	-	-	-
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	-	-	-	-	-	-	-	-	-	-	-	-
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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	-	-	-	-	-	-	-	-	-	-	-	-
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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%

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