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|                                    |        |       |       |       |       |      |      |       |       |   |      |      |      |      |      |      |       |      |      |      |
|------------------------------------|--------|-------|-------|-------|-------|------|------|-------|-------|---|------|------|------|------|------|------|-------|------|------|------|
| 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% | - | -    | -    | -    | -    | -    | -    | -     | -    | -    | -    |
| Meaty Bolognaise                   | 183.60 | 269.9 | 4.8   | 1.5   | 0.1   | 3.1  | -    | 38.8  | 16.8  | - | -    | -    | -    | -    | -    | -    | -     | -    | -    | -    |
| Daily Reference Intake (%)         |        | 13.5% | 6.8%  | 7.3%  | 2.3%  | 3.4% | -    | 14.9% | 33.6% | - | -    | -    | -    | -    | -    | -    | -     | -    | -    | -    |
| 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% |
| 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  |
| 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% |
| Plain Tuna Mayo Wrap               | 110.94 | 268.6 | 10.4  | 2.6   | 0.9   | 1.5  | 0.0  | 26.5  | 16.7  | - | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.2   | 0.0  | 0.0  | 0.0  |
| Daily Reference Intake (%)         |        | 13.4% | 14.9% | 13.0% | 14.2% | 1.7% | 0.0% | 10.2% | 33.4% | - | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 7.9%  | 0.0% | 0.0% | 0.0% |

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|------------------------------------|--------|-------|-------|-------|-------|------|------|-------|-------|---|------|------|------|------|------|------|-------|------|------|------|
| 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% |
| 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  |
| 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% |



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|------------------------------------|--------|-------|-------|-------|-------|------|------|-------|-------|---|------|------|------|------|------|------|-------|------|------|------|
| 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% | - | -    | -    | -    | -    | -    | -    | -     | -    | -    | -    |
| Mini Cod Fillet                    | 60.00  | 132.6 | 6.1   | 0.7   | 0.6   | 0.4  | -    | 12.2  | 6.9   | - | -    | -    | -    | -    | -    | -    | -     | -    | -    | -    |
| Daily Reference Intake (%)         |        | 6.6%  | 8.7%  | 3.3%  | 10.0% | 0.4% | -    | 4.7%  | 13.8% | - | -    | -    | -    | -    | -    | -    | -     | -    | -    | -    |
| 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% |
| 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  |
| 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% |

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