

Menu Nutrition

khollman@theromseyschool.org

Menu: RomsAut26mains Romsey Autumn 26 Mains

Seq	Product	Description	Size	Energy (kJ (kJoules))	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)
10	TR111	Sausages and mash Secondary	Ptn	>1121.7	>268.1	>18.3	>7.0	>7.2
20	TR112	Plant based sausage and mash	Ptn	>1522.4	>363.9	>18.0	>2.8	>29.8
30	TR121	Roast Chicken Secondary	Ptn	>1396.9	>333.9	>7.6	>1.1	>40.4
40	TR122	Vegan sausage roast Secondar	Ptn	>1396.0	>333.7	>11.8	>1.1	>43.2
50	TR131	Bolognese pasta bake Seconda	Ptn	>1488.7	>355.8	>9.1	>4.1	>45.5
60	TR132	Plant based Bolognese pasta b	Ptn	>1940.4	>463.8	>10.8	>3.8	>57.8
70	TR141	Cowboy beans tot pot Seconda	Ptn	>2149.4	>513.7	>22.3	>8.0	>47.6
80	TR151	Pizza bar Secondary	Ptn	1671.7	399.5	13.0	2.9	57.0
90	TR152	Fish bar Secondary	Ptn	1671.7	399.5	13.0	2.9	57.0
100	TR211	Steak pie with crushed potato S	Ptn	>1773.4	>423.9	>21.4	>8.0	>44.7
110	TR212	Cauli and lentil pie Secondary	Ptn	>1773.4	>423.9	>21.7	>7.7	>49.1
120	TR221	Roast pork Secondary	Ptn	>1763.2	>421.4	>18.8	>4.9	>40.4
130	TR231	Mac n cheese Secondary	Ptn	>1742.3	>416.4	>14.3	>7.3	>54.4
140	TR232	Vegan mac n cheese Secondar	Ptn	>1739.2	>415.7	>21.4	>16.2	>46.4
150	TR311	Chicken curry Secondary	Ptn	>1718.2	>410.7	>6.9	>3.9	>58.7
160	TR312	Plant based curry Secondary	Ptn	>1666.5	>398.3	>6.8	>3.8	>61.2
170	TR321	Roast Gammon Secondary	Ptn	>1354.2	>323.7	>8.5	>1.5	>40.4
180	TR341	Burger bar Secondary	Ptn	808.2	193.2	4.1	1.7	31.2
190	TR401	Sausage roll Rom	Ptn	1241.1	296.6	17.5	8.2	26.8
200	TR402	Steak bake Rom	Ptn	?	?	?	?	?
210	TR403	Chicken wrap Rom	Ptn	1647.0	393.7	13.1	5.3	51.0
220	TR404	Pizza baguette	Ptn	2098.1	501.5	16.1	9.3	60.8
230	TR405	Warm Cheese and ham baguet	Ptn	2203.9	526.8	17.1	9.6	59.2

Menu Nutrition

khollman@theromseyschool.org

240	TR406	Pasta of the day	Ptn	>1330.5	>318.0	>1.9	>0.4	>64.0
250	TR407	Slice of pizza	Ptn	>373.4	>89.3	>6.4	>3.8	>2.0
260	TR408	Pizza wrap	Ptn	1112.2	265.8	10.9	5.6	30.5
270	TR409	Breakfast muffin bacon	Ptn	1183.3	282.8	10.7	4.0	30.2
280	TR410	Breakfast muffin sausage	Ptn	1940.0	463.7	23.2	7.6	41.2
290	TR411	Cheese toasty	Ptn	1534.5	366.8	13.0	5.6	46.6
300	TR412	Diced potato	Ptn	?	472.5	12.0	6.0	78.0
310	TR413	Pretzel	Ptn	1045.3	249.8	4.7	0.8	44.0

Seq	Product	Description	Size	NME Sugar (g)	NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)
10	TR111	Sausages and mash Secondary	Ptn	>0.0	>2.3	>2.3	>17.7	>0.7
20	TR112	Plant based sausage and mash	Ptn	>0.0	>3.7	>7.7	>21.9	>1.1
30	TR121	Roast Chicken Secondary	Ptn	>0.4	>3.6	>4.7	>26.4	>0.9
40	TR122	Vegan sausage roast Secondar	Ptn	>0.4	>3.2	>6.3	>15.0	>0.9
50	TR131	Bolognese pasta bake Seconda	Ptn	>0.3	>2.7	>4.4	>21.0	>0.6
60	TR132	Plant based Bolognese pasta b	Ptn	>0.3	>7.7	>9.4	>29.0	>0.6
70	TR141	Cowboy beans tot pot Seconda	Ptn	>1.1	>-1717461000.0	>-1717461000.0	>-1717461000.0	>0.3
80	TR151	Pizza bar Secondary	Ptn	>1.1	>3.5	5.1	11.3	>0.3
90	TR152	Fish bar Secondary	Ptn	>1.1	>3.5	5.1	11.3	>0.3
100	TR211	Steak pie with crushed potato S	Ptn	>0.0	>1.4	>5.5	>12.1	>0.4
110	TR212	Cauli and lentil pie Secondary	Ptn	>0.0	>1.4	>6.9	>7.3	>0.4
120	TR221	Roast pork Secondary	Ptn	>0.4	>3.6	>4.7	>22.8	>0.9
130	TR231	Mac n cheese Secondary	Ptn	>0.0	>1.8	>2.9	>16.1	>0.8
140	TR232	Vegan mac n cheese Secondar	Ptn	>0.0	>1.4	>2.6	>8.0	>0.6
150	TR311	Chicken curry Secondary	Ptn	>0.0	>0.0	>3.3	>26.9	>0.0
160	TR312	Plant based curry Secondary	Ptn	>0.0	>2.9	>6.2	>20.3	>0.0

Menu Nutrition

khollman@theromseyschool.org

170	TR321	Roast Gammon Secondary	Ptn	>0.4	>3.6	>4.7	>21.9	>0.9
180	TR341	Burger bar Secondary	Ptn	0.4	0.3	0.7	8.1	0.1
190	TR401	Sausage roll Rom	Ptn	0.0	0.0	2.1	5.8	0.0
200	TR402	Steak bake Rom	Ptn	?	?	?	?	?
210	TR403	Chicken wrap Rom	Ptn	>7.1	>1.4	1.4	16.7	>0.9
220	TR404	Pizza baguette	Ptn	0.0	3.3	3.3	27.0	1.8
230	TR405	Warm Cheese and ham baguette	Ptn	0.0	3.3	3.3	32.6	1.8
240	TR406	Pasta of the day	Ptn	>0.0	>2.3	>2.3	>10.6	>1.1
250	TR407	Slice of pizza	Ptn	>0.0	>0.0	>0.0	>6.3	>0.0
260	TR408	Pizza wrap	Ptn	0.5	1.3	1.3	11.0	0.9
270	TR409	Breakfast muffin bacon	Ptn	(0.0)	0.0	>1.9	15.7	0.2
280	TR410	Breakfast muffin sausage	Ptn	>0.0	0.6	2.5	22.0	>0.0
290	TR411	Cheese toasty	Ptn	0.0	0.0	2.6	14.6	0.0
300	TR412	Diced potato	Ptn	?	?	7.8	7.8	?
310	TR413	Pretzel	Ptn	?	2.6	2.6	6.8	?

Seq	Product	Description	Size	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)
10	TR111	Sausages and mash Secondary	Ptn	>0.4	>14.9	>30.6	>7.7	>35.1
20	TR112	Plant based sausage and mash	Ptn	>0.7	>20.1	>30.6	>19.1	>71.5
30	TR121	Roast Chicken Secondary	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
40	TR122	Vegan sausage roast Secondary	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
50	TR131	Bolognese pasta bake Secondary	Ptn	>0.6	>27.0	>0.0	>0.4	>3.1
60	TR132	Plant based Bolognese pasta b	Ptn	>0.6	>27.0	>0.0	>0.4	>3.1
70	TR141	Cowboy beans tot pot Secondary	Ptn	>0.3	>2.4	>0.0	>0.6	>12.0
80	TR151	Pizza bar Secondary	Ptn	>0.3	>2.4	>0.0	>0.6	>12.0
90	TR152	Fish bar Secondary	Ptn	>0.3	>2.4	>0.0	>0.6	>12.0

Menu Nutrition

khollman@theromseyschool.org

100	TR211	Steak pie with crushed potato S	Ptn	>0.3	>5.2	>0.0	>11.4	>36.4
110	TR212	Cauli and lentil pie Secondary	Ptn	>0.3	>5.2	>0.0	>11.4	>36.4
120	TR221	Roast pork Secondary	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
130	TR231	Mac n cheese Secondary	Ptn	>1.1	>110.4	>0.6	>0.6	>7.2
140	TR232	Vegan mac n cheese Secondary	Ptn	>0.6	>28.8	>0.0	>0.0	>1.4
150	TR311	Chicken curry Secondary	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
160	TR312	Plant based curry Secondary	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
170	TR321	Roast Gammon Secondary	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
180	TR341	Burger bar Secondary	Ptn	0.1	0.8	0.0	0.2	4.0
190	TR401	Sausage roll Rom	Ptn	0.0	0.0	0.0	0.0	0.0
200	TR402	Steak bake Rom	Ptn	?	?	?	?	?
210	TR403	Chicken wrap Rom	Ptn	>0.3	>64.8	>4.2	>0.1	>5.0
220	TR404	Pizza baguette	Ptn	0.9	26.9	0.0	0.0	136.8
230	TR405	Warm Cheese and ham baguette	Ptn	0.9	26.9	0.0	0.0	136.8
240	TR406	Pasta of the day	Ptn	>1.1	>48.0	>0.0	>0.0	>2.3
250	TR407	Slice of pizza	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
260	TR408	Pizza wrap	Ptn	0.3	62.6	0.0	0.0	4.6
270	TR409	Breakfast muffin bacon	Ptn	0.7	2.9	(0.0)	0.6	1.8
280	TR410	Breakfast muffin sausage	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
290	TR411	Cheese toasty	Ptn	0.0	0.0	0.0	0.0	0.0
300	TR412	Diced potato	Ptn	?	?	?	?	?
310	TR413	Pretzel	Ptn	?	?	?	?	?

Seq	Product	Description	Size	Sodium (mg)	Salt (g)	Total suga (g)	CO2 (Kg)
10	TR111	Sausages and mash Secondary	Ptn	>542.0	>1.4	>2.4	>0.0
20	TR112	Plant based sausage and mash	Ptn	>743.3	>1.9	>2.8	>0.0

Menu Nutrition

khollman@theromseyschool.org

30	TR121	Roast Chicken Secondary	Ptn	>528.4	>1.3	>3.8	>0.0
40	TR122	Vegan sausage roast Secondary	Ptn	>759.1	>1.9	>4.3	>0.0
50	TR131	Bolognese pasta bake Secondary	Ptn	>363.4	>0.9	>5.8	>0.0
60	TR132	Plant based Bolognese pasta b	Ptn	>530.5	>1.3	>6.8	>0.0
70	TR141	Cowboy beans tot pot Secondary	Ptn	>2274.3	>5.7	>8.8	>0.0
80	TR151	Pizza bar Secondary	Ptn	641.1	1.6	3.6	>0.0
90	TR152	Fish bar Secondary	Ptn	641.1	1.6	3.6	>0.0
100	TR211	Steak pie with crushed potato S	Ptn	>613.3	>1.5	>4.4	>0.0
110	TR212	Cauli and lentil pie Secondary	Ptn	>433.3	>1.1	>5.2	>0.0
120	TR221	Roast pork Secondary	Ptn	>545.4	>1.4	>3.8	>0.0
130	TR231	Mac n cheese Secondary	Ptn	>201.4	>0.5	>5.6	>0.0
140	TR232	Vegan mac n cheese Secondary	Ptn	>229.3	>0.6	>3.5	>0.0
150	TR311	Chicken curry Secondary	Ptn	>416.3	>1.0	>2.9	>0.0
160	TR312	Plant based curry Secondary	Ptn	>299.9	>0.8	>3.5	>0.0
170	TR321	Roast Gammon Secondary	Ptn	>1242.4	>3.1	>3.8	>0.0
180	TR341	Burger bar Secondary	Ptn	340.8	0.9	2.9	>0.0
190	TR401	Sausage roll Rom	Ptn	412.0	1.0	2.6	0.0
200	TR402	Steak bake Rom	Ptn	?	?	?	?
210	TR403	Chicken wrap Rom	Ptn	481.7	1.2	8.3	?
220	TR404	Pizza baguette	Ptn	988.3	2.5	5.3	>0.0
230	TR405	Warm Cheese and ham baguette	Ptn	1198.5	3.0	4.3	>0.0
240	TR406	Pasta of the day	Ptn	>305.1	>0.8	>8.2	>0.0
250	TR407	Slice of pizza	Ptn	>196.5	>0.5	>1.0	>0.0
260	TR408	Pizza wrap	Ptn	326.4	0.8	2.4	>0.0
270	TR409	Breakfast muffin bacon	Ptn	1184.3	3.0	3.2	>0.0
280	TR410	Breakfast muffin sausage	Ptn	960.0	2.4	5.9	>0.0

Menu Nutrition

kholmman@theromseyschool.org

290	TR411	Cheese toasty	Ptn	546.0	1.4	3.2	0.0
300	TR412	Diced potato	Ptn	960.0	?	7.8	?
310	TR413	Pretzel	Ptn	710.5	1.8	3.3	?