

Menu Nutrition

khollman@theromseyschool.org

Menu: Primary 26.2 Primary Autumn 26 recipe

Seq	Product	Description	Size	Energy (kJ (kJoules))	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)
10	Q101	Sausage & Mash Potato	Ptn	>1543.5	>368.9	>20.1	>8.2	>25.2
20	Q102	Plant Based Sausages & Mash	Ptn	>1522.4	>363.9	>18.0	>2.8	>29.8
30	Q103	FF Sausages & Mash Potato	Ptn	>1522.4	>363.9	>18.0	>2.8	>29.8
40	Q104	FF Plant Based Sausages & Mash	Ptn	>1522.4	>363.9	>18.0	>2.8	>29.8
50	Q105	Roast Chicken	Ptn	>1396.9	>333.9	>7.6	>1.1	>40.4
60	Q106	Vegan Roast Sausage	Ptn	>1396.0	>333.7	>11.8	>1.1	>43.2
70	Q107	FF Roast Chicken	Ptn	>1136.0	>271.5	>5.5	>0.9	>31.3
80	Q108	FF Vegan Roast Sausage	Ptn	>1184.2	>283.0	>10.8	>0.9	>34.4
90	Q109	Bolognese Pasta Bake	Ptn	>1488.7	>355.8	>9.1	>4.1	>45.5
100	Q110	Plant Based Bolognese Pasta Bake	Ptn	>1940.4	>463.8	>10.8	>3.8	>57.8
110	Q111	FF Bolognese Pasta Bake	Ptn	>1776.1	>424.5	>13.5	>5.8	>55.0
120	Q112	FF Plant Based Bolognese Pasta Bake	Ptn	>1922.0	>459.4	>10.9	>3.9	>58.0
130	Q113	Ham Pizza	Ptn	1671.7	399.5	13.0	2.9	57.0
140	Q114	Vegan Pizza (Roast Veg)	Ptn	1649.8	394.3	12.7	3.5	59.5
150	Q115	FF Ham Pizza	Ptn	1534.4	366.7	12.0	4.3	56.8
160	Q116	FF Vegan Pizza (Roast Veg)	Ptn	1531.5	366.0	12.0	4.3	57.3
170	Q117	'Cowboy Beans' Tater Tot Pot (F	Ptn	>2149.4	>513.7	>22.3	>8.0	>47.6
180	Q118	Plant Based 'Cowboy Beans' Tater Tot Pot	Ptn	>1772.3	>423.6	>9.7	>1.9	>52.6
190	Q201	Steak Pie & Crushed Potato	Ptn	>1773.4	>423.9	>21.4	>8.0	>44.7
200	Q202	Cauliflower, Lentil Pie & Crushed Potato	Ptn	>1773.4	>423.9	>21.7	>7.7	>49.1
210	Q203	Beef and onion bake with crushed potato	Ptn	>1688.3	>403.5	>18.9	>7.4	>39.1
220	Q204	Cauli and lentil bake with crushed potato	Ptn	>1688.3	>403.5	>18.9	>7.4	>39.1
230	Q205	Roast Pork	Ptn	>1763.2	>421.4	>18.8	>4.9	>40.4

Menu Nutrition

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240	Q207	FF Roast Pork	Ptn	>1457.8	>348.4	>16.0	>4.4	>31.3
250	Q209	Mac 'n' Cheese	Ptn	>1742.3	>416.4	>14.3	>7.3	>54.4
260	Q211	FF Vegan Cheese Pasta Bake	Ptn	>1722.3	>411.6	>21.5	>16.3	>47.4
270	Q213	Cheese Pizza	Ptn	>913.5	>218.3	>5.9	>2.0	>33.2
280	Q214	Vegan Cheese Pizza	Ptn	>898.9	>214.8	>5.7	>2.7	>35.4
290	Q215	FF Vegan Cheese Pizza	Ptn	>975.0	>233.0	>8.0	>3.8	>37.0
300	Q217	Battered Fish & Diced Potato	Ptn	1656.6	396.0	15.7	1.3	45.7
310	Q218	Fishless Fingers & Diced Potato	Ptn	1547.4	369.9	16.0	1.7	39.3
320	Q219	FF Plant Based Tots & Diced Potato	Ptn	1373.1	328.2	14.7	1.8	36.5
330	Q301	Chicken Korma Chapatti	Ptn	>1718.2	>410.7	>6.9	>3.9	>58.7
340	Q302	Plant Based Korma Chapatti	Ptn	>1666.5	>398.3	>6.8	>3.8	>61.2
350	Q303	FF Chicken Korma	Ptn	>1378.7	>329.5	>5.5	>3.7	>44.2
360	Q304	FF Plant Based Korma	Ptn	>1327.0	>317.2	>5.5	>3.6	>46.7
370	Q305	Roast Gammon	Ptn	>1354.2	>323.7	>8.5	>1.5	>40.4
380	Q307	FF Roast Gammon	Ptn	>1072.9	>256.4	>6.3	>1.2	>31.3
390	Q309	Cheese & Ham Pasta	Ptn	>2103.6	>502.8	>18.8	>8.5	>62.1
400	Q310	Plant Based Sausage Pasta	Ptn	>2975.6	>711.2	>17.3	>3.2	>111.0
410	Q311	FF Cheese & Ham Pasta	Ptn	>2127.5	>508.5	>27.3	>18.2	>55.5
420	Q312	FF Plant Based Sausage Pasta	Ptn	>2680.8	>640.7	>15.1	>3.1	>104.2
430	Q313	Cheese Pizza	Ptn	1687.1	403.2	15.4	4.5	52.1
440	Q314	Vegan Cheese Pizza	Ptn	1369.0	327.2	8.7	3.0	53.8
450	Q316	FF Vegan Cheese Pizza	Ptn	1068.9	255.5	8.8	4.9	37.7
460	Q317	Burger & Vegetables	Ptn	655.9	156.8	1.2	0.3	30.5
470	Q318	Plant Based burger & Vegetables	Ptn	1095.2	261.8	8.0	0.8	33.5
480	Q319	FF Burger & Vegetables	Ptn	968.6	231.5	7.6	0.8	34.6
490	Q320	FF Vegetable Burger & Vegetables	Ptn	1407.9	336.5	14.4	1.3	37.7

Menu Nutrition

khollman@theromseyschool.org

500	Q401	Cheese Jacket Potato	Ptn	1549.2	370.3	12.6	7.5	52.1
510	Q402	FF Vegan Cheese Jacket	Ptn	1374.9	328.6	8.7	7.4	59.3
520	Q403	Beans Jacket	Ptn	1172.4	280.2	0.6	0.1	60.6
530	Q404	Tuna Mayo Jacket	Ptn	1682.0	402.0	12.4	1.4	54.2
540	Q405	FF BBQ Eat Curious Jacket	Ptn	>1192.0	>284.9	>1.0	>0.2	>58.9
550	Q501	Cheese Roll	Ptn	963.4	230.3	9.7	4.9	25.8
560	Q502	FF Cheese Roll	Ptn	1195.8	285.8	14.3	5.5	34.3
570	Q503	Ham Roll	Ptn	778.9	186.2	4.2	1.2	27.1
580	Q504	FF Ham Roll	Ptn	1091.6	260.9	10.5	1.7	31.3
590	Q505	Tuna Mayo Roll	Ptn	1376.0	328.9	15.1	2.3	28.3
600	Q506	FF BBQ Eat Curious Roll	Ptn	>1255.2	>300.0	>11.6	>1.8	>37.2
610	Q601	Everyday Pasta	each	>1054.4	>252.0	>1.4	>0.3	>50.8
620	Q602	FF Everyday Pasta	Ptn	>1026.8	>245.4	>1.5	>0.4	>51.0
630	Q701	Strawberry Jelly	Ptn	>310.5	>74.2	>0.1	>0.0	>18.4
640	Q702	Orange Jelly	Ptn	>313.0	>74.8	>0.1	>0.0	>18.5
650	Q703	Chocolate Angel Delight	Ptn	>418.4	>100.0	>1.6	>1.4	>19.7
660	Q704	Chocolate and Vanilla Mousse	Ptn	677.8	162.0	7.9	4.7	19.5
670	Q705	Strawberry and Vanilla Mousse	Ptn	606.3	144.9	7.4	3.7	17.1
680	Q706	FF Mango and Orange Frozen	Ptn	200.8	48.0	0.3	0.2	10.8
690	Q707	Choc Chip Muffin	Ptn	>523.9	>125.2	>3.7	>1.8	>21.0
700	Q708	Vanilla Muffin	Ptn	>472.6	>113.0	>3.0	>1.3	>19.7
710	Q709	Chocolate Ice Cream	Ptn	501.4	119.9	5.0	3.2	16.2
720	Q710	Shortbread	Ptn	1110.7	265.5	15.4	6.7	28.4
730	Q711	Strawberry Smoothie	Ptn	267.8	64.0	0.3	0.2	15.2
740	Q712	Flapjack	Ptn	1596.0	381.5	19.8	7.8	44.6
750	Q713	Sponge Cake	Ptn	1201.8	287.2	14.5	6.2	34.7

Menu Nutrition

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760	Q714	Oat Biscuit	Ptn	833.1	199.1	11.2	4.6	21.6
770	Q715	Apple	Ptn	252.8	60.4	0.1	0.0	13.5
780	Q716	Orange	Ptn	?	?	?	?	?
790	Q717	Choc Chip Cookies	Ptn	>875.4	>209.2	>8.8	>3.7	>30.4
800	Q718	Apple Turnover	Ptn	>637.3	>152.3	>6.6	>3.5	>20.3
810	Q719	FF Chocolate Crunch	Ptn	1075.3	257.0	12.4	5.5	33.9
820	Q720	Chocolate Crunch	Ptn	1153.4	275.7	17.1	7.5	27.5
830	Q721	FF Shortbread	Ptn	1110.7	265.5	15.4	6.7	28.4
840	Q722	Cookies	Ptn	>875.4	>209.2	>8.8	>3.7	>30.4
850	Q723	Puffed Rice Cake	Ptn	790.0	188.8	9.4	5.5	24.0
860	Q724	Cornflake Cake	Ptn	790.0	188.8	9.4	5.5	24.0
870	Q725	Custard Biscuits	Ptn	755.9	180.7	10.4	4.6	20.1
880	Q726	FF Chocolate Sponge	Ptn	>625.7	>149.6	>5.4	>0.5	>23.6
890	Q727	Chocolate Shortbread	Ptn	1110.7	265.5	15.4	6.7	28.4
900	Q728	FF Chocolate Shortbread	Ptn	1110.7	265.5	15.4	6.7	28.4

Seq	Product	Description	Size	NME Sugar (g)	NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)
10	Q101	Sausage & Mash Potato	Ptn	>0.0	>2.3	>4.7	>19.5	>0.7
20	Q102	Plant Based Sausages & Mash	Ptn	>0.0	>3.7	>7.7	>21.9	>1.1
30	Q103	FF Sausages & Mash Potato	Ptn	>0.0	>3.7	>7.7	>21.9	>1.1
40	Q104	FF Plant Based Sausages & Mash	Ptn	>0.0	>3.7	>7.7	>21.9	>1.1
50	Q105	Roast Chicken	Ptn	>0.4	>3.6	>4.7	>26.4	>0.9
60	Q106	Vegan Roast Sausage	Ptn	>0.4	>3.2	>6.3	>15.0	>0.9
70	Q107	FF Roast Chicken	Ptn	>0.4	>3.6	>4.0	>24.8	>0.9
80	Q108	FF Vegan Roast Sausage	Ptn	>0.4	>3.6	>6.0	>13.5	>0.9
90	Q109	Bolognese Pasta Bake	Ptn	>0.3	>2.7	>4.4	>21.0	>0.6

Menu Nutrition

khollman@theromseyschool.org

100	Q110	Plant Based Bolognese Pasta E Ptn	>0.3	>7.7	>9.4	>29.0	>0.6
110	Q111	FF Bolognese Pasta Bake Ptn	>0.3	>4.0	>6.0	>17.9	>0.1
120	Q112	FF Plant Based Bolognese Pas Ptn	>0.3	>8.0	>9.7	>27.3	>0.1
130	Q113	Ham Pizza Ptn	>1.1	>3.5	5.1	11.3	>0.3
140	Q114	Vegan Pizza (Roast Veg) Ptn	>1.1	>3.5	5.2	8.1	>0.3
150	Q115	FF Ham Pizza Ptn	>1.1	>0.9	4.9	6.4	>0.3
160	Q116	FF Vegan Pizza (Roast Veg) Ptn	>1.1	>0.9	5.0	5.8	>0.3
170	Q117	'Cowboy Beans' Tater Tot Pot (F Ptn	>1.1	>-1717461000.0	>-1717461000.0	>-1717461000.0	>0.3
180	Q118	Plant Based 'Cowboy Beans' Ta Ptn	>2.5	>-1717461000.0	>-1717461000.0	>-1717461000.0	>0.3
190	Q201	Steak Pie & Crushed Potato Ptn	>0.0	>1.4	>5.5	>12.1	>0.4
200	Q202	Cauliflower, Lentil Pie & Crushe Ptn	>0.0	>1.4	>6.9	>7.3	>0.4
210	Q203	Beef and onion bake with crush Ptn	>0.0	>0.0	>5.0	>17.3	>0.0
220	Q204	Cauli and lentil bake with crush Ptn	>0.0	>0.0	>5.0	>17.3	>0.0
230	Q205	Roast Pork Ptn	>0.4	>3.6	>4.7	>22.8	>0.9
240	Q207	FF Roast Pork Ptn	>0.4	>3.6	>4.0	>20.2	>0.9
250	Q209	Mac 'n' Cheese Ptn	>0.0	>1.8	>2.9	>16.1	>0.8
260	Q211	FF Vegan Cheese Pasta Bake Ptn	>0.0	>1.8	>2.7	>5.7	>0.0
270	Q213	Cheese Pizza Ptn	>0.0	>0.0	>2.7	>7.7	>0.0
280	Q214	Vegan Cheese Pizza Ptn	>0.0	>0.0	>2.7	>5.1	>0.0
290	Q215	FF Vegan Cheese Pizza Ptn	>0.0	>0.0	>3.3	>2.6	>0.0
300	Q217	Battered Fish & Diced Potato Ptn	>0.0	>3.1	6.9	14.7	>0.9
310	Q218	Fishless Fingers & Diced Potatc Ptn	>0.0	>5.9	8.5	13.0	>0.9
320	Q219	FF Plant Based Tots & Diced Pc Ptn	0.0	3.1	7.0	9.8	0.9
330	Q301	Chicken Korma Chapatti Ptn	>0.0	>0.0	>3.3	>26.9	>0.0
340	Q302	Plant Based Korma Chapatti Ptn	>0.0	>2.9	>6.2	>20.3	>0.0
350	Q303	FF Chicken Korma Ptn	>0.0	>0.0	>2.0	>24.7	>0.0

Menu Nutrition

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360	Q304	FF Plant Based Korma	Ptn	>0.0	>2.9	>4.9	>18.2	>0.0
370	Q305	Roast Gammon	Ptn	>0.4	>3.6	>4.7	>21.9	>0.9
380	Q307	FF Roast Gammon	Ptn	>0.4	>3.6	>4.0	>19.4	>0.9
390	Q309	Cheese & Ham Pasta	Ptn	>0.0	>1.8	>3.4	>19.6	>0.8
400	Q310	Plant Based Sausage Pasta	Ptn	>0.0	>4.2	>6.7	>26.4	>1.5
410	Q311	FF Cheese & Ham Pasta	Ptn	>0.0	>2.8	>3.8	>8.1	>0.0
420	Q312	FF Plant Based Sausage Pasta	Ptn	>0.0	>5.2	>7.2	>19.9	>0.0
430	Q313	Cheese Pizza	Ptn	>2.5	>2.6	4.3	11.2	>0.1
440	Q314	Vegan Cheese Pizza	Ptn	>0.0	>0.0	4.3	6.4	>0.0
450	Q316	FF Vegan Cheese Pizza	Ptn	>2.5	>0.0	3.1	4.8	>0.1
460	Q317	Burger & Vegetables	Ptn	0.4	0.3	0.7	6.2	0.1
470	Q318	Plant Based burger & Vegetable	Ptn	0.4	0.3	2.7	14.8	0.1
480	Q319	FF Burger & Vegetables	Ptn	>0.4	4.1	4.5	3.8	>0.1
490	Q320	FF Vegetable Burger & Vegetab	Ptn	>0.4	4.1	6.5	12.4	>0.1
500	Q401	Cheese Jacket Potato	Ptn	?	3.9	3.9	15.1	>1.2
510	Q402	FF Vegan Cheese Jacket	Ptn	>0.0	3.9	4.1	6.3	1.2
520	Q403	Beans Jacket	Ptn	>0.0	3.9	6.4	9.0	1.2
530	Q404	Tuna Mayo Jacket	Ptn	>0.0	>3.9	4.3	21.5	>1.2
540	Q405	FF BBQ Eat Curious Jacket	Ptn	>4.4	>5.6	>5.6	>12.1	>1.2
550	Q501	Cheese Roll	Ptn	0.0	0.0	0.0	10.2	0.0
560	Q502	FF Cheese Roll	Ptn	>0.0	3.8	3.9	2.7	>0.0
570	Q503	Ham Roll	Ptn	0.0	0.0	0.2	10.3	0.0
580	Q504	FF Ham Roll	Ptn	>0.0	3.8	4.0	7.9	>0.0
590	Q505	Tuna Mayo Roll	Ptn	>0.0	>0.0	0.4	20.2	>0.0
600	Q506	FF BBQ Eat Curious Roll	Ptn	>4.4	>5.4	>5.4	>8.5	>0.0
610	Q601	Everyday Pasta	each	>0.0	>1.8	>1.8	>8.3	>0.8

Menu Nutrition

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620	Q602	FF Everyday Pasta	Ptn	>0.0	>2.3	>2.3	>5.8	>0.0
630	Q701	Strawberry Jelly	Ptn	>0.0	>0.0	>0.4	>0.1	>0.0
640	Q702	Orange Jelly	Ptn	>0.0	>0.0	>0.4	>0.1	>0.0
650	Q703	Chocolate Angel Delight	Ptn	>12.0	>0.5	>0.5	>1.6	>0.0
660	Q704	Chocolate and Vanilla Mousse	Ptn	10.4	0.0	0.0	3.1	?
670	Q705	Strawberry and Vanilla Mousse	Ptn	10.1	0.0	0.0	2.4	?
680	Q706	FF Mango and Orange Frozen S	Ptn	7.8	0.5	0.5	0.1	0.2
690	Q707	Choc Chip Muffin	Ptn	>0.0	>0.0	>0.4	>1.7	>0.0
700	Q708	Vanilla Muffin	Ptn	>0.0	>0.0	>0.4	>1.6	>0.0
710	Q709	Chocolate Ice Cream	Ptn	11.6	0.9	0.9	1.8	0.2
720	Q710	Shortbread	Ptn	5.0	0.0	1.2	2.8	0.0
730	Q711	Strawberry Smoothie	Ptn	10.8	0.6	0.6	1.4	0.2
740	Q712	Flapjack	Ptn	23.8	3.4	3.4	4.7	0.0
750	Q713	Sponge Cake	Ptn	3.5	0.7	0.7	4.1	0.4
760	Q714	Oat Biscuit	Ptn	6.8	0.8	1.3	2.5	0.0
770	Q715	Apple	Ptn	?	?	2.1	0.5	?
780	Q716	Orange	Ptn	?	?	?	?	?
790	Q717	Choc Chip Cookies	Ptn	>0.0	>0.0	>0.8	>1.9	>0.0
800	Q718	Apple Turnover	Ptn	>5.2	>1.5	>1.6	>1.9	>0.1
810	Q719	FF Chocolate Crunch	Ptn	0.0	1.3	1.3	1.8	1.3
820	Q720	Chocolate Crunch	Ptn	0.0	1.1	1.6	2.3	1.3
830	Q721	FF Shortbread	Ptn	5.0	0.0	1.2	2.8	0.0
840	Q722	Cookies	Ptn	>0.0	>0.0	>0.8	>1.9	>0.0
850	Q723	Puffed Rice Cake	Ptn	4.9	0.0	0.5	1.8	0.0
860	Q724	Cornflake Cake	Ptn	4.9	0.0	0.5	1.8	0.0
870	Q725	Custard Biscuits	Ptn	4.5	0.0	0.6	1.4	0.0

Menu Nutrition

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880	Q726	FF Chocolate Sponge	Ptn	>13.8	>1.0	>1.0	>1.2	>1.0
890	Q727	Chocolate Shortbread	Ptn	5.0	0.0	1.2	2.8	0.0
900	Q728	FF Chocolate Shortbread	Ptn	5.0	0.0	1.2	2.8	0.0

Seq	Product	Description	Size	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)
10	Q101	Sausage & Mash Potato	Ptn	>0.4	>14.9	>30.6	>7.7	>35.1
20	Q102	Plant Based Sausages & Mash	Ptn	>0.7	>20.1	>30.6	>19.1	>71.5
30	Q103	FF Sausages & Mash Potato	Ptn	>0.7	>20.1	>30.6	>19.1	>71.5
40	Q104	FF Plant Based Sausages & Mash	Ptn	>0.7	>20.1	>30.6	>19.1	>71.5
50	Q105	Roast Chicken	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
60	Q106	Vegan Roast Sausage	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
70	Q107	FF Roast Chicken	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
80	Q108	FF Vegan Roast Sausage	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
90	Q109	Bolognese Pasta Bake	Ptn	>0.6	>27.0	>0.0	>0.4	>3.1
100	Q110	Plant Based Bolognese Pasta Bake	Ptn	>0.6	>27.0	>0.0	>0.4	>3.1
110	Q111	FF Bolognese Pasta Bake	Ptn	>0.0	>1.4	>0.0	>0.4	>1.9
120	Q112	FF Plant Based Bolognese Pasta Bake	Ptn	>0.0	>1.4	>0.0	>0.4	>1.9
130	Q113	Ham Pizza	Ptn	>0.3	>2.4	>0.0	>0.6	>12.0
140	Q114	Vegan Pizza (Roast Veg)	Ptn	>0.3	>2.4	>0.0	>0.6	>12.0
150	Q115	FF Ham Pizza	Ptn	>0.3	>2.4	>0.0	>0.6	>12.0
160	Q116	FF Vegan Pizza (Roast Veg)	Ptn	>0.3	>2.4	>0.0	>0.6	>12.0
170	Q117	'Cowboy Beans' Tater Tot Pot (FF)	Ptn	>0.3	>2.4	>0.0	>0.6	>12.0
180	Q118	Plant Based 'Cowboy Beans' Tater Tot Pot	Ptn	>0.3	>2.8	>0.8	>0.6	>12.1
190	Q201	Steak Pie & Crushed Potato	Ptn	>0.3	>5.2	>0.0	>11.4	>36.4
200	Q202	Cauliflower, Lentil Pie & Crushed Potato	Ptn	>0.3	>5.2	>0.0	>11.4	>36.4
210	Q203	Beef and onion bake with crushed potato	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0

Menu Nutrition

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220	Q204	Cauli and lentil bake with crush	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
230	Q205	Roast Pork	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
240	Q207	FF Roast Pork	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
250	Q209	Mac 'n' Cheese	Ptn	>1.1	>110.4	>0.6	>0.6	>7.2
260	Q211	FF Vegan Cheese Pasta Bake	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
270	Q213	Cheese Pizza	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
280	Q214	Vegan Cheese Pizza	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
290	Q215	FF Vegan Cheese Pizza	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
300	Q217	Battered Fish & Diced Potato	Ptn	>0.5	>19.8	>40.8	>10.2	>46.8
310	Q218	Fishless Fingers & Diced Potat	Ptn	>0.5	>19.8	>40.8	>10.2	>46.8
320	Q219	FF Plant Based Tots & Diced Pc	Ptn	0.5	19.8	40.8	10.2	46.8
330	Q301	Chicken Korma Chapatti	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
340	Q302	Plant Based Korma Chapatti	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
350	Q303	FF Chicken Korma	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
360	Q304	FF Plant Based Korma	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
370	Q305	Roast Gammon	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
380	Q307	FF Roast Gammon	Ptn	>0.6	>18.0	>19.2	>30.8	>64.0
390	Q309	Cheese & Ham Pasta	Ptn	>1.1	>110.4	>0.6	>0.6	>7.2
400	Q310	Plant Based Sausage Pasta	Ptn	>1.5	>70.4	>0.0	>0.0	>3.3
410	Q311	FF Cheese & Ham Pasta	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
420	Q312	FF Plant Based Sausage Pasta	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
430	Q313	Cheese Pizza	Ptn	>0.0	>2.0	>10.6	>1.7	>1.1
440	Q314	Vegan Cheese Pizza	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
450	Q316	FF Vegan Cheese Pizza	Ptn	>0.0	>2.0	>10.6	>1.7	>1.1
460	Q317	Burger & Vegetables	Ptn	0.1	0.8	0.0	0.2	4.0
470	Q318	Plant Based burger & Vegetable	Ptn	0.1	0.8	0.0	0.2	4.0

Menu Nutrition

khollman@theromseyschool.org

480	Q319	FF Burger & Vegetables	Ptn	>0.1	>0.8	>0.0	>0.2	>4.0
490	Q320	FF Vegetable Burger & Vegetab	Ptn	>0.1	>0.8	>0.0	>0.2	>4.0
500	Q401	Cheese Jacket Potato	Ptn	>0.9	>15.0	?	>33.0	>105.0
510	Q402	FF Vegan Cheese Jacket	Ptn	0.9	15.0	>0.0	33.0	105.0
520	Q403	Beans Jacket	Ptn	0.9	15.0	>0.0	33.0	105.0
530	Q404	Tuna Mayo Jacket	Ptn	>0.9	>15.0	>0.0	>33.0	>105.0
540	Q405	FF BBQ Eat Curious Jacket	Ptn	>0.9	>16.4	>2.8	>33.1	>105.2
550	Q501	Cheese Roll	Ptn	0.0	0.0	0.0	0.0	0.0
560	Q502	FF Cheese Roll	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
570	Q503	Ham Roll	Ptn	0.0	0.0	0.0	0.0	0.0
580	Q504	FF Ham Roll	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
590	Q505	Tuna Mayo Roll	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
600	Q506	FF BBQ Eat Curious Roll	Ptn	>0.0	>1.4	>2.8	>0.1	>0.2
610	Q601	Everyday Pasta	each	>0.8	>38.4	>0.0	>0.0	>1.8
620	Q602	FF Everyday Pasta	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
630	Q701	Strawberry Jelly	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
640	Q702	Orange Jelly	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
650	Q703	Chocolate Angel Delight	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
660	Q704	Chocolate and Vanilla Mousse	Ptn	?	?	?	?	?
670	Q705	Strawberry and Vanilla Mousse	Ptn	?	?	?	?	?
680	Q706	FF Mango and Orange Frozen S	Ptn	0.1	0.0	3.1	1.3	0.5
690	Q707	Choc Chip Muffin	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
700	Q708	Vanilla Muffin	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
710	Q709	Chocolate Ice Cream	Ptn	0.4	107.1	21.4	0.8	3.5
720	Q710	Shortbread	Ptn	0.0	0.0	0.0	0.0	0.0
730	Q711	Strawberry Smoothie	Ptn	0.2	0.0	4.1	1.7	0.7

Menu Nutrition

khollman@theromseyschool.org

740	Q712	Flapjack	Ptn	0.0	0.0	0.0	0.0	0.0
750	Q713	Sponge Cake	Ptn	0.1	28.6	0.0	0.0	4.5
760	Q714	Oat Biscuit	Ptn	0.0	0.0	0.0	0.0	0.0
770	Q715	Apple	Ptn	?	?	?	?	?
780	Q716	Orange	Ptn	?	?	?	?	?
790	Q717	Choc Chip Cookies	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
800	Q718	Apple Turnover	Ptn	>0.1	>2.9	>0.0	>6.0	>0.0
810	Q719	FF Chocolate Crunch	Ptn	0.3	5.0	0.0	0.0	0.0
820	Q720	Chocolate Crunch	Ptn	0.3	5.0	0.0	0.0	0.0
830	Q721	FF Shortbread	Ptn	0.0	0.0	0.0	0.0	0.0
840	Q722	Cookies	Ptn	>0.0	>0.0	>0.0	>0.0	>0.0
850	Q723	Puffed Rice Cake	Ptn	0.0	0.0	0.0	0.0	0.0
860	Q724	Cornflake Cake	Ptn	0.0	0.0	0.0	0.0	0.0
870	Q725	Custard Biscuits	Ptn	0.0	0.0	0.0	0.0	0.0
880	Q726	FF Chocolate Sponge	Ptn	>0.2	>4.5	>0.0	>0.9	>0.0
890	Q727	Chocolate Shortbread	Ptn	0.0	0.0	0.0	0.0	0.0
900	Q728	FF Chocolate Shortbread	Ptn	0.0	0.0	0.0	0.0	0.0

Seq	Product	Description	Size	Sodium (mg)	Salt (g)	Total suga (g)	CO2 (Kg)
10	Q101	Sausage & Mash Potato	Ptn	>662.0	>1.7	>3.6	>0.0
20	Q102	Plant Based Sausages & Mash	Ptn	>743.3	>1.9	>2.8	>0.0
30	Q103	FF Sausages & Mash Potato	Ptn	>743.3	>1.9	>2.8	>0.0
40	Q104	FF Plant Based Sausages & Mash	Ptn	>743.3	>1.9	>2.8	>0.0
50	Q105	Roast Chicken	Ptn	>528.4	>1.3	>3.8	>0.0
60	Q106	Vegan Roast Sausage	Ptn	>759.1	>1.9	>4.3	>0.0
70	Q107	FF Roast Chicken	Ptn	>421.8	>1.1	>3.1	>0.0

Menu Nutrition

khollman@theromseyschool.org

80	Q108	FF Vegan Roast Sausage	Ptn	>653.8	>1.6	>3.6	>0.0
90	Q109	Bolognese Pasta Bake	Ptn	>363.4	>0.9	>5.8	>0.0
100	Q110	Plant Based Bolognese Pasta E	Ptn	>530.5	>1.3	>6.8	>0.0
110	Q111	FF Bolognese Pasta Bake	Ptn	>429.7	>1.1	>5.8	>0.0
120	Q112	FF Plant Based Bolognese Pas	Ptn	>526.5	>1.3	>5.6	>0.0
130	Q113	Ham Pizza	Ptn	641.1	1.6	3.6	>0.0
140	Q114	Vegan Pizza (Roast Veg)	Ptn	626.1	1.6	3.9	>0.0
150	Q115	FF Ham Pizza	Ptn	591.6	1.5	3.6	>0.0
160	Q116	FF Vegan Pizza (Roast Veg)	Ptn	545.3	1.4	4.2	>0.0
170	Q117	'Cowboy Beans' Tater Tot Pot (F	Ptn	>2274.3	>5.7	>8.8	>0.0
180	Q118	Plant Based 'Cowboy Beans' Ta	Ptn	>2309.3	>5.8	>10.6	>0.0
190	Q201	Steak Pie & Crushed Potato	Ptn	>613.3	>1.5	>4.4	>0.0
200	Q202	Cauliflower, Lentil Pie & Crushe	Ptn	>433.3	>1.1	>5.2	>0.0
210	Q203	Beef and onion bake with crush	Ptn	>549.1	>1.4	>7.4	>0.0
220	Q204	Cauli and lentil bake with crush	Ptn	>549.1	>1.4	>7.4	>0.0
230	Q205	Roast Pork	Ptn	>545.4	>1.4	>3.8	>0.0
240	Q207	FF Roast Pork	Ptn	>435.8	>1.1	>3.1	>0.0
250	Q209	Mac 'n' Cheese	Ptn	>201.4	>0.5	>5.6	>0.0
260	Q211	FF Vegan Cheese Pasta Bake	Ptn	>225.9	>0.6	>2.1	>0.0
270	Q213	Cheese Pizza	Ptn	>292.7	>0.7	>6.5	>0.0
280	Q214	Vegan Cheese Pizza	Ptn	>324.2	>0.8	>6.4	>0.0
290	Q215	FF Vegan Cheese Pizza	Ptn	>519.2	>1.3	>6.4	>0.0
300	Q217	Battered Fish & Diced Potato	Ptn	530.5	1.3	1.9	>0.0
310	Q218	Fishless Fingers & Diced Potat	Ptn	586.0	1.5	2.3	?
320	Q219	FF Plant Based Tots & Diced Pc	Ptn	366.4	0.9	3.8	>0.0
330	Q301	Chicken Korma Chapatti	Ptn	>416.3	>1.0	>2.9	>0.0

Menu Nutrition

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340	Q302	Plant Based Korma Chapatti	Ptn	>299.9	>0.8	>3.5	>0.0
350	Q303	FF Chicken Korma	Ptn	>378.5	>1.0	>2.7	>0.0
360	Q304	FF Plant Based Korma	Ptn	>262.1	>0.7	>3.3	>0.0
370	Q305	Roast Gammon	Ptn	>1242.4	>3.1	>3.8	>0.0
380	Q307	FF Roast Gammon	Ptn	>1091.8	>2.7	>3.1	>0.0
390	Q309	Cheese & Ham Pasta	Ptn	>383.7	>1.0	>6.2	>0.0
400	Q310	Plant Based Sausage Pasta	Ptn	>812.2	>2.0	>12.8	>0.0
410	Q311	FF Cheese & Ham Pasta	Ptn	>415.7	>1.0	>2.6	>0.0
420	Q312	FF Plant Based Sausage Pasta	Ptn	>747.9	>1.9	>9.0	>0.0
430	Q313	Cheese Pizza	Ptn	790.5	2.0	5.8	>0.0
440	Q314	Vegan Cheese Pizza	Ptn	353.5	0.9	3.5	>0.0
450	Q316	FF Vegan Cheese Pizza	Ptn	541.4	1.4	5.0	>0.0
460	Q317	Burger & Vegetables	Ptn	224.3	0.6	2.4	>0.0
470	Q318	Plant Based burger & Vegetable	Ptn	490.3	1.2	2.9	>0.0
480	Q319	FF Burger & Vegetables	Ptn	207.6	0.5	3.3	>0.0
490	Q320	FF Vegetable Burger & Vegetab	Ptn	473.6	1.2	3.8	>0.0
500	Q401	Cheese Jacket Potato	Ptn	270.6	0.7	1.8	?
510	Q402	FF Vegan Cheese Jacket	Ptn	329.0	0.8	1.8	>0.0
520	Q403	Beans Jacket	Ptn	177.0	0.4	5.2	>0.0
530	Q404	Tuna Mayo Jacket	Ptn	404.2	1.0	3.2	>0.0
540	Q405	FF BBQ Eat Curious Jacket	Ptn	>123.0	>0.3	>6.0	?
550	Q501	Cheese Roll	Ptn	397.5	1.0	0.5	0.0
560	Q502	FF Cheese Roll	Ptn	402.8	1.0	1.4	>0.0
570	Q503	Ham Roll	Ptn	609.5	1.5	0.9	0.0
580	Q504	FF Ham Roll	Ptn	590.8	1.5	1.8	>0.0
590	Q505	Tuna Mayo Roll	Ptn	628.7	1.6	1.9	>0.0

Menu Nutrition

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600	Q506	FF BBQ Eat Curious Roll	Ptn	>343.2	>0.9	>5.6	>0.0
610	Q601	Everyday Pasta	each	>229.2	>0.6	>6.2	>0.0
620	Q602	FF Everyday Pasta	Ptn	>223.2	>0.6	>4.4	>0.0
630	Q701	Strawberry Jelly	Ptn	>19.2	>0.1	>17.1	>0.0
640	Q702	Orange Jelly	Ptn	>18.4	>0.1	>17.0	>0.0
650	Q703	Chocolate Angel Delight	Ptn	>147.0	>0.4	>13.8	?
660	Q704	Chocolate and Vanilla Mousse	Ptn	59.4	0.2	11.7	?
670	Q705	Strawberry and Vanilla Mousse	Ptn	57.6	0.1	11.7	?
680	Q706	FF Mango and Orange Frozen S	Ptn	2.4	0.0	10.8	?
690	Q707	Choc Chip Muffin	Ptn	>68.2	>0.2	>10.4	>0.0
700	Q708	Vanilla Muffin	Ptn	>63.6	>0.2	>9.3	>0.0
710	Q709	Chocolate Ice Cream	Ptn	57.8	0.1	16.2	?
720	Q710	Shortbread	Ptn	88.3	0.2	5.2	>0.0
730	Q711	Strawberry Smoothie	Ptn	3.2	0.0	14.4	?
740	Q712	Flapjack	Ptn	124.4	0.3	24.2	>0.0
750	Q713	Sponge Cake	Ptn	164.3	0.4	21.5	>0.0
760	Q714	Oat Biscuit	Ptn	60.5	0.2	7.1	>0.0
770	Q715	Apple	Ptn	4.6	0.0	13.5	?
780	Q716	Orange	Ptn	?	?	?	?
790	Q717	Choc Chip Cookies	Ptn	>167.4	>0.4	>14.9	>0.0
800	Q718	Apple Turnover	Ptn	>54.7	>0.1	>10.2	>0.0
810	Q719	FF Chocolate Crunch	Ptn	72.2	0.2	15.8	>0.0
820	Q720	Chocolate Crunch	Ptn	97.2	0.2	16.0	>0.0
830	Q721	FF Shortbread	Ptn	88.3	0.2	5.2	>0.0
840	Q722	Cookies	Ptn	>167.4	>0.4	>14.9	>0.0
850	Q723	Puffed Rice Cake	Ptn	94.8	0.2	11.0	>0.0

Menu Nutrition

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860	Q724	Cornflake Cake	Ptn	94.8	0.2	11.0	>0.0
870	Q725	Custard Biscuits	Ptn	160.5	0.4	4.6	>0.0
880	Q726	FF Chocolate Sponge	Ptn	>88.5	>0.2	>14.5	?
890	Q727	Chocolate Shortbread	Ptn	88.3	0.2	5.2	>0.0
900	Q728	FF Chocolate Shortbread	Ptn	88.3	0.2	5.2	>0.0