Nutrient Counts Guidance for Autumn/Winter 2026 Primary Menu

What are nutrient counts used for?

The below information can be used for pupils with metabolic conditions whereby they monitor their nutrient intake, such as Diabetes, PKU, Cystic Fibrosis or Prader Willi.

How to use these?

Nutrient Counts provide nutrition data for each recipe served, including Carbohydrate, Fat, Protein and Calories. This data is for the final (cooked) product and is provided **per average portion** for a primary school pupil and per 100g. Having the per 100g means that the portion can be scaled up or down to meet the pupils needs.

For example, a child with diabetes may need the portion altering, so the supporting adult can calculate the carbohydrates consumed and can administer the correct amount of insulin.

Communication between the kitchen and supporting staff is key to ensure the safety of the child needing to monitor their nutritional intake.

How to maintain accuracy:

1) Always use the most up to date version of nutrient counts.

2) Ensure the correct recipe is used by cross checking the recipe code (PLU Code) on the nutrient count vs your recipe. Also, ensure that the recipe is followed exactly.

3) Follow the **portion size exactly as stated on the nutrient counts**, for main, sides and desserts. If this needs to be changed then the school supporting staff, can use the per 100g data to scale up or down the portion.

4) Use electronic scales to measure individual ingredients for a recipe. For example, adding extra potatoes to a recipe will increase the carbohydrate content, which is why it is so important to follow the recipe exactly. Also, regularly check the scales are calibrated correctly.

5) Ensure when the dishes are complete the agreed portion size of the dish, sides, and dessert is accurately weighed out, note this down on the double-checking form. Cover and label the plate/bowl with the pupil's name ahead of service ready to be provided to the pupil when they arrive.

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NOTIFICATION OF CHANGES TO THE NUTRIENT COUNTS – Autumn/Winter 2026

This can happen throughout the menu cycle due to several reasons including a change in supplier, a product switch, or a recipe change. We will ensure that the updated nutrient counts are shared with you and displayed clearly below.

RECIPE CODE	RECIPE NAME	REASON FOR CHANGE	PAGE NUMBER

Chartwells Primary Menu Nutrient Counts – Autumn/Winter 2026

INDEX	
Menu Item	**Page**
Meat Mains	3
Vegetarian Mains	9
Jacket Potatoes and Toppings	14
Carbohydrate Sides	15
Vegetable Sides and Salads	17
Other Additional Items	18
Desserts	18

Recipe Code	Meat Mains	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
CHICKEN									
93278107	BBQ CHICKEN	48	87	363	4	11	2	2	54
		100	182	762	9	23	4	4	113
93040779	BBQ CHICKEN PASTA BAKE	238	294	1,229	7	16	43	6	186
		100	123	515	3	7	18	2	78
93383261	BUTTER CHICKEN V.2	125	104	436	4	13	5	3	165
		100	83	348	3	10	4	3	132
93181136	BUTTER CHICKEN	134	122	510	6	11	6	4	162
		100	91	382	4	9	4	3	121
93276358	CHICKEN AND BROCCOLI PASTA BAKE V.2	260	264	1,103	6	16	39	4	376
		100	101	424	2	6	15	2	144
93512338	CHICKEN AND SWEETCORN PIE DURHAM	146	225	941	9	14	23	2	460
		100	154	643	6	9	15	1	314
93248300	CHICKEN AND VEG TIKKA MASALA	191	169	705	5	12	18	6	64
		100	88	370	3	6	10	3	34
93248310	CHICKEN AND VEGETABLE KORMA	130	135	565	7	10	8	2	151
		100	104	435	6	7	6	2	117
93395960	CHICKEN CHEESE HAM TURNOVER	100	303	1,270	20	17	13	1	338
		100	303	1,266	20	17	13	1	337
93570254	CHICKEN PARMO	88	177	741	10	10	12	2	376
		100	202	844	11	12	13	2	428
93107074	CHICKEN QUESADILLA	106	197	826	9	11	18	3	316
		100	187	781	8	11	17	3	299
93570251	HUNTERS CHICKEN	80	140	585	4	22	4	3	372
		100	175	731	5	27	5	4	464

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93353909	JAMAICAN CHICKEN JAMBALAYA	241	205	856	3	13	34	3	171
		100	85	356	1	6	14	1	71
93146436	JAMAICAN JERK CHICKEN	44	82	345	4	11	1	0	219
		100	186	779	8	25	2	0	495
93107075	JERK CHICKEN V.2	160	131	548	3	19	7	3	511
		100	82	342	2	12	4	2	318
93355089	PERSIAN CHICKEN	105	151	633	4	11	19	2	144
		100	145	605	4	11	18	2	138
93035093	ROASTED CHICKEN BREAST	55	81	341	1	18	0	0	139
		100	148	619	2	32	0	0	252
93175046	SPANISH STYLE CHICKEN BAKE	108	104	436	4	13	4	3	44
		100	97	405	4	12	3	3	41
93207806	SWEET AND SOUR CHICKEN	151	110	460	4	9	10	8	183
		100	73	305	3	6	7	5	122
93528127	TANDOORI CHICKEN	111	109	457	2	19	3	3	165
		100	99	414	2	17	3	3	149
93207795	WEST AFRICAN CHICKEN RICE	293	222	928	6	13	31	3	110
		100	76	317	2	4	11	1	38
93175179	CHICKEN KATSU	88	126	527	5	18	3	2	202
		100	143	600	5	20	3	2	229
93170136	SOUTHERN FRIED CHICKEN GOUJON	52	145	605	7	10	10	1	261
		100	277	1,160	14	19	20	1	500
Recipe Code	**Meat Mains**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
CHICKEN - HALAL									
93180887	CHICKEN KATSU HALAL	134	171	717	9	15	6	5	181
		100	128	536	7	11	5	3	135
93289772	HALAL CHICKEN BROCCOLI PASTA BAKE	262	254	1,061	4	18	39	4	449
		100	97	405	1	7	15	2	172
93367409	BBQ CHICKEN MEATBALLS HALAL	92	116	485	4	6	13	5	294
		100	126	529	5	7	14	6	321
93234597	BUTTER CHICKEN HALAL	125	98	412	3	12	5	3	158
		100	79	329	3	9	4	3	126
93581771	CHICKEN AND CHEESE TURNOVER HALAL	100	295	1,233	18	20	13	1	324
		100	295	1,233	18	20	13	1	324
93581772	CHICKEN PARMO HALAL	95	192	804	10	11	13	1	404
		100	202	846	11	12	14	1	425

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93134976	CHICKEN PASTA CARBONARA HALAL	259	361	1,508	9	26	46	4	244
		100	139	582	3	10	18	2	94
93248313	CHICKEN AND VEG TIKKA MASALA HALAL	143	126	528	3	11	14	6	56
		100	89	371	2	8	10	4	39
93147572	CHICKEN AND VEGETABLE PIE HALAL	146	219	918	8	13	23	2	452
		100	150	627	6	9	15	1	309
93168165	CHICKEN MEATBALL SUB HALAL	145	256	1,069	8	12	33	5	436
		100	176	737	5	8	23	3	301
93180867	CHICKEN MEATBALLS HALAL	50	85	356	3	6	8	1	241
		100	171	715	7	12	15	1	484
93570252	HUNTERS CHICKEN HALAL	70	101	424	2	16	4	3	120
		100	145	605	4	22	6	5	171
93155356	JERK CHICKEN V.2 HALAL	160	114	477	3	15	7	3	403
		100	71	297	2	10	4	2	251
93173148	ROASTED CHICKEN BREAST HALAL	55	68	285	1	14	0	0	30
		100	123	514	2	26	0	0	55
93581896	TANDOORI CHICKEN HALAL V.2	111	92	386	2	16	3	3	57
		100	83	349	2	14	3	3	51
93100458	ROAST TURKEY HALAL	43	67	278	1	15	0	0	39
		100	155	649	2	35	0	0	90
93170137	SOUTHERN FRIED CHICKEN GOUJON HALAL	52	110	459	5	7	9	1	209
		100	210	879	9	14	17	1	400
Recipe Code	**Meat Mains**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
CHICKEN - FFL									
93596920	CHICKEN CHEESE HAM TURNOVER FFL	93	289	1,209	19	16	13	1	298
		100	311	1,303	20	18	14	1	322
93520285	CHICKEN KATSU FFL	85	119	499	6	13	4	3	153
		100	141	588	7	15	4	3	180
93596979	CHICKEN PARMO FFL	104	179	751	7	15	13	3	482
		100	173	723	7	15	13	3	464
93570253	HUNTERS CHICKEN FFL	67	134	559	7	15	4	3	250
		100	200	837	10	22	6	5	374
93146437	JAMAICAN JERK CHICKEN THIGH FFL	146	122	510	5	12	6	3	305
		100	83	349	4	8	4	2	208
93581897	TANDOORI CHICKEN FFL V.2	101	110	460	5	13	3	3	45
		100	109	455	5	13	3	3	44

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93037054	BRITISH LEMON ROASTED CHICKEN FFL	54	97	406	5	13	0	0	20
		100	178	747	9	23	1	0	36
93601006	IOA CHICKEN CHEESE HAM TURNOVER FFL	93	289	1,211	19	16	13	1	294
		100	312	1,305	21	18	14	1	316
93601007	IOA CHICKEN PARMO FFL	104	180	752	7	15	13	3	479
		100	173	724	7	15	13	3	462
93601000	IOA HUNTERS CHICKEN FFL	67	134	560	7	15	4	3	249
		100	200	837	10	22	6	5	372
93607022	IOW CHICKEN CHEESE HAM TURNOVER	93	287	1,201	19	17	13	1	281
		100	309	1,294	20	18	14	1	303
93170160	SOUTHERN FRIED CHICKEN GOUJON FFL	60	103	430	2	12	10	1	297
		100	161	672	3	18	15	2	466

Recipe Code	Meat Mains	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
BEEF									
93300541	BEEF BOLOGNESE	147	126	526	8	10	4	4	99
		100	85	357	5	6	3	2	67
93036755	BEEF BURGER	126	246	1,029	10	18	21	4	361
		100	195	818	8	14	16	3	287
93580009	BEEF BURGER DURHAM	88	200	835	9	10	20	4	249
		100	226	946	10	12	22	4	282
93227334	BEEF KEEMA V2	188	164	688	7	11	15	4	205
		100	87	366	4	6	8	2	109
93195626	BEEF MEATBALLS IN TOMATO SAUCE	140	181	758	12	10	8	7	239
		100	129	540	9	7	6	5	170
93221766	BEEF MINCE AND ONION PIE	87	160	668	6	13	13	1	138
		100	184	769	7	15	15	1	159
93580190	BUN-LESS BEEF BURGER DURHAM	48	98	409	7	7	1	1	105
		100	205	858	15	15	1	3	220
93173330	CHEESE BURGER IN A BUN	139	288	1,204	14	19	22	4	564
		100	207	867	10	14	16	3	406
93359831	CHILLI MAC AND CHEESE	262	369	1,544	16	15	43	7	301
		100	141	589	6	6	17	3	115
93348582	STICKY ASIAN-STYLE BEEF	73	102	425	4	7	9	4	245
		100	140	586	6	10	13	5	337

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93090950	BEEF COBBLER	127	220	922	13	11	17	2	278
		100	173	724	10	9	13	1	219
93170702	DURHAM BEEF BOLOGNESE	104	107	447	6	10	3	3	126
		100	103	430	6	9	3	3	121
Recipe Code	**Meat Mains**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
BEEF - HALAL									
93347549	BEEF BOLOGNESE HALAL	104	107	447	6	10	3	3	126
		100	103	430	6	9	3	3	121
93180861	BEEF LASAGNE HALAL V2	275	333	1,391	15	19	32	8	281
		100	121	506	5	7	11	3	102
93041773	BEEF MINCE AND ONION PIE HALAL	143	211	882	10	12	17	2	357
		100	147	616	7	8	12	1	250
93173636	BEEF MINCE COBBLER HALAL	52	103	432	3	3	15	2	153
		100	199	832	7	6	28	4	296
93173331	CHEESE BURGER IN A BUN HALAL	110	262	1,098	13	16	20	4	416
		100	238	994	12	15	18	3	377
93359830	CHILLI MAC AND CHEESE HALAL	262	369	1,544	16	15	43	7	301
		100	141	589	6	6	17	3	115
Recipe Code	**Meat Mains**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
BEEF - FFL									
93359832	CHEESY MAC BOLOGNESE FFL GOLD	318	419	1,754	18	18	49	7	344
		100	132	552	6	6	15	2	108
93359833	CHEESY MAC BOLOGNESE FFL SILVER	318	419	1,754	18	18	49	7	344
		100	132	552	6	6	15	2	108
93180906	TRADITIONAL BEEF LASAGNE FFL	228	304	1,271	14	17	29	6	164
		100	134	559	6	7	13	3	72
93034427	BEEF BOLOGNESE ORGANIC MINCE	146	151	632	7	13	9	3	93
		100	103	433	5	9	6	2	64
93175792	BEEF BURRITO ORGANIC BEEF FFL	208	337	1,409	12	15	43	4	241
		100	162	679	6	7	21	2	116
93156137	BEEF KEEMA ORGANIC FFL	117	116	487	6	9	5	3	84
		100	100	417	6	8	4	2	72
93104402	CARIBBEAN BEEF PIE ORGANIC FFL	103	246	1,028	12	11	22	1	280
		100	239	1,000	12	11	21	1	272
93090398	COTTAGE PIE ORGANIC BEEF	202	218	912	9	11	25	3	321
		100	108	452	4	5	12	1	159

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93601008	IOA CHILLI MAC AND CHEESE	262	369	1,544	16	15	43	7	301
		100	141	589	6	6	17	3	115
93600977	IOA TRADITIONAL BEEF LASAGNE FFL	228	304	1,272	14	17	28	6	162
		100	134	559	6	7	12	3	71
93273170	IOW BURGER IN A BUN	88	204	852	8	12	21	4	300
		100	232	971	9	13	23	4	342
93180098	IOW TRADITIONAL BEEF LASAGNE FFL	195	262	1,095	12	15	24	5	147
		100	134	560	6	7	12	3	75

Recipe Code	Meat Mains	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
LAMB									
93180835	LAMB BOLOGNESE V2	149	152	635	8	10	10	4	142
		100	102	426	5	7	7	3	95

Recipe Code	Meat Mains	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
PORK									
93103825	PORK SAUSAGES	76	211	881	13	10	7	2	350
		100	277	1,159	17	14	9	3	460
93173431	ROAST PORK LOIN	41	75	314	3	13	0	0	27
		100	184	771	6	32	0	0	66
93502882	PORK SAUSAGE BITES	46	121	506	9	6	4	1	201
		100	265	1,109	20	14	9	3	440
93159398	PORK MEATBALL SUB ROLL	141	286	1,196	13	12	29	5	386
		100	203	850	9	9	21	4	274
93173553	ROAST GAMMON	47	73	303	3	8	3	3	478
		100	155	649	7	16	7	7	1,022
93175206	BACON AND PEA PASTA	279	338	1,413	12	18	43	7	572
		100	121	506	4	6	15	2	205
93546770	ALL DAY BREAKFAST SAUSAGE	263	343	1,436	14	24	27	6	708
		100	131	546	5	9	10	2	269
93570893	DURHAM SAUSAGE PATTY BURGER	108	278	1,162	15	10	24	4	368
		100	258	1,078	14	9	22	4	341
93180317	SAUSAGE ROLL	74	246	1,029	18	8	14	1	325
		100	332	1,391	24	11	19	2	440
93040586	PASTA CARBONARA	224	331	1,387	11	15	46	4	436
		100	148	619	5	7	21	2	194

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Recipe Code	Meat Mains	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
PORK - HALAL									
93170151	ALL DAY BREAKFAST HALAL	288	342	1,430	11	25	33	5	625
		100	119	497	4	9	11	2	217
Recipe Code	**Meat Mains**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
PORK - FFL									
93158397	ORGANIC PORK SAUSAGE 8S	87	240	1,004	15	12	7	3	399
		100	277	1,159	17	14	9	3	460
93245857	IOW PORK SAUSAGES 16S FARM ASSURED	57	141	589	8	5	11	1	271
		100	247	1,033	15	9	19	2	476
93600975	IOA PORK MEATBALL SUB ROLL	141	291	1,219	14	12	29	5	394
		100	207	866	10	9	21	4	280

Recipe Code	Meat Mains	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
FISH									
93036883	FISH FINGERS	65	146	609	6	9	14	1	207
		100	223	933	9	14	22	2	317
93172873	FISH FINGER SANDWICH	155	326	1,365	7	17	46	6	515
		100	210	879	5	11	30	4	332

Recipe Code	Vegetable Mains	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93037184	BBQ VEGETABLE WRAP	162	238	994	5	8	38	5	166
		100	147	614	3	5	23	3	103
93496121	BBQ QUORN ROAST	50	45	190	1	8	1	0	141
		100	90	377	1	15	2	0	280
93322203	BBQ VEGETABLE PIZZA V.2	98	182	763	7	10	19	2	191
		100	187	782	7	10	19	2	195
93502880	BEAN AND CHEESE PASTRY TURNOVER	91	243	1,017	16	8	16	1	262
		100	267	1,116	17	9	18	2	287
93207635	BEANY CHILLI WITH BAKED NACHOS	108	117	488	3	5	17	3	209
		100	109	454	2	4	16	3	195
93570250	BEANY PASTA BAKE	252	294	1,230	6	12	48	7	403
		100	117	488	3	5	19	3	160

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93419699	BEANY VEGETABLE BURGER	148	239	1,001	9	9	31	6	423
		100	161	675	6	6	21	4	285
93303590	BUN-LESS QUORN BURGER	54	53	220	1	7	3	3	168
		100	97	408	2	13	5	6	311
93310184	BUTTERNUT SQUASH AND TOMATO BAKE V.2	188	142	596	5	7	16	5	239
		100	76	317	3	4	9	2	127
93176214	CARIBBEAN CHICKPEA COCONUT CURRY	95	129	539	9	3	9	2	136
		100	135	566	10	3	9	2	143
93289314	CAULIFLOWER & SWEET POTATO MASALA	196	140	587	5	6	19	7	177
		100	72	299	2	3	10	4	90
93224555	CHANA DHAL (MUNG BEAN CURRY)	94	68	286	1	5	11	2	12
		100	73	304	1	5	11	2	13
93398806	CHEESE AND ONION PIE	119	264	1,103	13	8	28	2	187
		100	221	924	11	7	24	2	156
93099793	CHEESE AND TOMATO QUICHE	123	237	991	15	9	18	3	198
		100	192	805	12	7	14	2	161
93375134	CHEESY BEAN BURRITO	213	352	1,472	8	12	58	4	246
		100	165	691	4	6	27	2	116
93040513	CHEESY VEGETABLE HOTPOT	214	275	1,152	15	10	27	5	210
		100	129	539	7	5	12	2	98
93036848	CHICKPEA AND SPINACH ALOO GHOBI	123	92	384	3	4	12	1	74
		100	75	313	2	3	10	1	61
93306879	CHINESE VEGETABLE NOODLES	186	257	1,076	6	13	38	3	318
		100	138	579	3	7	20	2	171
93162247	CHINESE VEGGIE RICE	162	199	831	4	9	32	2	351
		100	122	512	2	6	20	1	216
93525858	CREAMY GARLIC PASTA	152	216	905	6	6	37	3	236
		100	143	596	4	4	24	2	155
93436824	CRISPY VEGGIE BURGER	107	215	899	6	6	34	6	399
		100	201	841	6	5	32	6	373
93324860	DAL PALAK (LENTIL AND SPINACH CURRY)	343	183	766	4	13	25	1	117
		100	53	223	1	4	7	0	34
93224559	KIDNEY BEAN & SWEETCORN CURRY	130	80	334	2	4	10	4	22
		100	61	257	1	3	8	3	17
93283682	MEATLESS BALL IN TOMATO SAUCE V.2	157	169	707	10	11	7	5	268
		100	108	452	6	7	5	3	171

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93234276	MEXICAN VEGGIE TORTILLA PIE	143	150	628	7	7	16	4	147
		100	105	439	5	5	11	3	103
93162251	NUT FREE PESTO PASTA	62	99	412	1	3	20	0	46
		100	159	665	2	5	32	1	74
93037147	POTATO AND LENTIL CURRY	203	155	650	2	7	28	3	102
		100	76	320	1	3	14	2	50
93304313	QUORN AND VEGETABLE TIKKA MASALA	167	122	511	3	8	15	5	146
		100	73	307	2	5	9	3	87
93075380	QUORN BURGER	94	154	645	3	11	22	5	312
		100	164	686	3	11	23	6	332
93525859	RED PEPPER NUT FREE PESTO SPAGHETTI	182	251	1,051	10	10	33	2	411
		100	138	576	5	5	18	1	225
93065804	SPANISH VEGETABLE RICE	276	244	1,023	3	10	47	3	103
		100	89	371	1	3	17	1	37
93325318	SPICY TOMATO PASTA BAKE	203	277	1,158	9	11	40	4	194
		100	136	570	5	5	20	2	96
93248311	SWEET AND SOUR VEGETABLES	156	102	425	3	5	13	7	266
		100	65	272	2	3	8	5	170
93157943	SWEET POTATO , CHICKPEA HERB ROAST	90	113	473	3	4	19	4	186
		100	125	525	3	4	21	4	207
93355061	SWEET POTATO AND LENTIL CURRY	235	195	816	5	9	29	9	198
		100	83	347	2	4	13	4	84
93140722	TEX MEX VEGETABLE FAJITA	169	291	1,216	10	10	39	5	273
		100	172	720	6	6	23	3	162
93275496	TOMATO AND HERB LENTIL RAGU V.2	238	272	1,138	7	10	45	6	111
		100	114	478	3	4	19	2	47
93227207	TOMATO PASTA V2	208	281	1,174	10	11	40	5	178
		100	135	566	5	5	19	2	86
93598139	TOMATO SPAGHETTI	176	177	739	3	5	35	5	26
		100	100	419	2	3	20	3	15
93130975	TOMATO VEGGIE BURGER	152	226	945	6	9	35	6	349
		100	149	622	4	6	23	4	230
93235473	VEGETABLE BIRYANI V.2	334	238	995	3	8	47	4	155
		100	71	298	1	2	14	1	47
93224571	VEGETABLE CURRY	113	78	327	2	4	12	4	20
		100	69	289	1	4	11	3	18

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93159335	VEGETABLE JAMBALAYA	236	193	808	3	6	37	3	193
		100	82	343	1	3	16	1	82
93227274	VEGETARIAN BOLOGNESE	263	191	798	5	11	27	5	139
		100	72	303	2	4	10	2	53
93228079	VEGETARIAN COTTAGE PIE V2	280	234	979	5	10	38	4	240
		100	84	350	2	4	14	1	86
93125973	VEGETARIAN SHEPHERDS PIE	239	220	919	5	10	36	3	242
		100	92	384	2	4	15	1	101
93175226	VEGGIE FINGERS	57	107	447	5	2	14	1	219
		100	188	787	8	3	24	2	385
93312226	VEGGIE MEATBALL FEAST PIZZA	159	341	1,426	15	21	30	2	424
		100	215	898	9	13	19	2	267
93218018	VEGGIE SUPREME PIZZA	93	180	753	7	10	19	2	191
		100	193	809	8	11	20	2	205
93216240	WEST AFRICAN VEGETABLE RICE	288	227	948	4	8	42	3	69
		100	79	329	1	3	14	1	24
93152367	YELLOW VEGETABLE CURRY	105	117	490	8	3	9	2	103
		100	111	466	7	3	8	2	98
93036834	CHEESE AND TOMATO PIZZA	79	173	722	7	10	18	1	191
		100	218	912	9	12	22	2	241
93290902	LINTON MEAD INDIAN BUTTERNUT CURRY	178	119	500	4	5	15	4	158
		100	67	281	3	3	8	2	89
93037069	MACARONI CHEESE	197	257	1,077	8	10	38	4	332
		100	131	546	4	5	19	2	168
93269553	MEAD CHEESE AND PEPPER FLAN	98	205	857	12	8	16	4	219
		100	209	874	12	8	16	4	224
93164644	MILD SWEET POTATO CURRY	157	115	482	4	5	17	4	114
		100	73	306	2	3	10	3	72
93290900	MUSHROOM AND VEG CURRY	130	90	375	6	3	6	3	55
		100	69	288	5	2	5	2	42
93161349	QUORN DIPPERS	60	110	462	6	7	6	0	184
		100	184	770	10	12	10	0	307
93073812	QUORN ROAST	50	45	189	1	8	1	0	140
		100	90	377	1	15	2	0	280
93278108	STICKY BBQ QUORN FILLET	60	62	259	1	8	5	2	252
		100	103	432	1	13	8	3	419

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93248110	STIR FRIED VEGETABLE RICE	184	249	1,042	6	10	38	6	597
		100	136	568	3	6	21	3	325
93170745	TOMATO PASTA	208	281	1,174	10	11	40	5	178
		100	135	566	5	5	19	2	86
93348581	TIKKA VEGGIE SAUSAGE ROLL	106	148	617	7	6	15	2	141
		100	139	581	7	5	14	1	133
93235470	VEGGIE KORMA V.3	133	136	571	8	5	12	2	143
		100	103	430	6	4	9	2	108
93209340	VEGAN SAUSAGE ROLL	65	237	990	15	5	18	1	119
		100	367	1,536	24	8	28	2	185
93218171	VEGAN MEATBALL BAGUETTE	161	343	1,434	12	17	39	3	620
		100	213	890	8	10	24	2	385
Recipe Code	**Vegetable Mains**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
				FFL					
93528151	BBQ VEGETABLE PIZZA FFL	134	227	949	6	12	32	3	237
		100	170	709	5	9	24	2	177
93180873	VEGETABLE LASAGNE FFL V2	397	412	1,724	16	17	53	10	328
		100	104	434	4	4	13	3	83
93589777	BBQ CHEESE PIZZA FFL DURHAM	107	240	1,003	6	11	38	8	290
		100	223	934	5	10	36	7	270
93128003	CHEESE TOMATO PIZZA WMEAL FFL RAW SAUCE	118	214	895	6	11	32	3	225
		100	181	757	5	9	27	2	190
93359834	CHEESY MAC VEGETABLE BOLOGNESE FFL ORGAN	380	460	1,925	17	21	59	9	343
		100	121	507	5	5	16	2	90
93175791	CREAMY VEG PIE CHEESE CRUST TOP ORGANIC	213	500	2,090	30	15	43	5	409
		100	234	979	14	7	20	2	192
93533823	IOA ARRABBIATA PASTA BAKE	216	284	1,188	10	11	40	5	189
		100	131	549	5	5	19	2	87
93600991	IOA BBQ VEGETABLE PIZZA FFL	134	245	1,023	8	12	32	3	261
		100	183	766	6	9	24	2	195
93533826	IOA BEAN AND CHEESE PASTRY TURNOVER	91	243	1,018	16	8	16	1	258
		100	267	1,117	18	9	18	2	283
93600994	IOA BEANY PASTA BAKE	252	294	1,231	6	12	48	7	401
		100	117	489	3	5	19	3	159
93533825	IOA BEANY VEGETABLE BURGER	149	237	990	8	9	31	6	443
		100	159	667	6	6	21	4	298

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93533589	IOA CHEDDAR CHEESE AND TOMATO QUICHE	123	237	993	15	9	17	3	193
		100	193	807	12	7	14	2	157
93533824	IOA CHEESE AND ONION PIE	110	223	934	11	8	23	2	170
		100	202	846	10	7	21	2	154
93330351	IOA CHEESE TOMATO PIZZA WMEAL FFL	118	203	851	5	10	31	2	192
		100	172	719	4	8	27	2	162
93314285	IOA CHEESY BEAN BURRITO	254	384	1,605	10	15	58	6	253
		100	151	632	4	6	23	2	100
93600990	IOA RED PEPPER PESTO SPAGHETTI	182	252	1,052	10	10	32	2	406
		100	138	577	6	5	18	1	223
93314286	IOA TOMATO PASTA	267	368	1,539	10	14	59	5	176
		100	138	576	4	5	22	2	66
93314283	IOA MACARONI CHEESE	202	279	1,166	10	11	38	4	363
		100	138	577	5	6	19	2	180
93041608	MACARONI CHEESE FFL	223	341	1,428	15	13	42	5	275
		100	153	639	7	6	19	2	123
93149288	MACARONI CHEESE FFL ORGANIC MILK	223	341	1,428	15	13	42	5	275
		100	153	639	7	6	19	2	123
93146981	WHOLE ROASTED CAULIFLOWER FFL	40	25	103	2	1	2	1	11
		100	62	259	4	2	4	3	27

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	JACKET POTATOES	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
VMC 125755	JACKET POTATO-BAKED, NO OIL	140	136	568	0	4	32	1	3
		100	97	406	0	3	23	1	2
	TOPPINGS								
VMC 120893	BAKED BEANS	83	52	218	0	3	7	2	199
		100	63	264	0	4	9	2	240
VMC 12089/ 188774	BBQ BAKED BEANS	83	60	250	0	3	10	4	220
		100	72	301	0	4	12	5	265
93177842	CHEDDAR CHEESE	20	83	346	7	5	0	0	149
		100	414	1,732	34	25	2	0	747
VMC 126781	PLAIN SALMON	50	69	289	3	12	0	0	0
		100	130	540	8	24	0	0	0
VMC 124374 /89704	SALMON MAYONNAISE (50G SALMON & 8G MAYO PER PORTION)	58	90	378	3	14	1	0	54
		100	155	652	5	24	2	0	93
93314284	IOA PRI JACKET POTATO WITH CHEESE	171	261	1,093	11	11	32	2	220
		100	153	641	6	7	19	1	129

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Recipe Code	Carbohydrate Sides	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93264084	BBQ POTATO WEDGES 1/2 PORTIONS	53	51	213	0	1	12	1	1
		100	97	406	0	2	23	1	2
93306877	CREATIONS MASH POTATO	90	11	45	0	0	2	0	4
		100	12	49	0	0	2	0	5
93172138	GARLIC DOUGH BALLS	22	59	248	3	1	7	0	40
		100	271	1,133	14	6	32	1	183
93270449	HALF CHOTA NAAN BREAD	20	60	250	1	2	11	0	70
		100	299	1,251	6	8	53	0	350
93426646	HERBY DICED POTATOES	90	88	368	0	2	20	1	2
		100	97	408	0	3	23	1	2
93035208	MASH SWEDE AND POTATO	138	95	396	3	2	15	5	30
		100	69	288	2	1	11	3	22
93046790	MASHED POTATOES	68	93	391	4	2	14	1	22
		100	138	577	6	2	21	1	33
93037128	PLAIN PASTA SALAD	119	177	739	2	5	36	1	6
		100	149	624	2	4	30	1	5
93156646	POTATO WEDGES 1/2 PORTION	45	44	183	0	1	10	1	1
		100	97	406	0	3	23	1	2
93276731	RAINBOW RICE	143	151	631	1	4	33	3	14
		100	105	441	1	3	23	2	10
93065662	RICE AND PEAS	118	150	629	3	3	30	1	62
		100	128	535	2	3	25	1	52
93237808	SAGE STUFFING	32	35	148	0	1	7	0	144
		100	111	466	2	3	21	1	452
93601233	SWEET POT WEDGES	118	157	659	7	2	23	13	46
		100	133	558	6	2	19	11	39
93142052	COUSCOUS	124	238	997	4	9	45	1	5
		100	193	806	3	7	37	1	4
93157839	CARROT AND SWEDE MASH	49	13	53	0	0	3	3	10
		100	26	110	0	1	5	5	21
93040525	CHIPS	75	104	433	3	2	16	0	0
		100	138	577	4	3	22	0	0
93089795	BULGHAR WHEAT	120	118	492	1	4	21	1	10
		100	98	410	1	4	17	1	8
93034992	DURHAM NEW POTATOES	72	70	292	0	2	16	1	1
		100	97	406	0	2	23	1	2

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93034756	GARLIC BREAD WEDGE	52	112	470	1	4	24	1	80
		100	215	898	1	8	46	1	154
93157751	HERBY WEDGES 1/2 PORTION	45	44	184	0	1	10	1	1
		100	97	407	0	3	23	1	2
93037002	HOMEMADE BREAD BEST OF BOTH	55	119	498	1	5	25	1	86
		100	215	898	1	8	46	1	155
93108780	PASTA WHOLEMEAL	107	156	654	0	5	35	1	5
		100	146	611	0	5	33	1	5
93035026	RICE 1/2 WHOLEGRAIN	89	128	536	1	3	30	0	5
		100	144	603	1	3	33	0	6
93035127	ROAST POTATOES	66	82	342	3	1	12	1	1
		100	123	515	5	2	19	1	1
93040753	ROOT MASH	71	57	239	3	1	7	3	27
		100	80	336	4	1	10	4	38
93165152	SIMP MASHED POTATOES	74	73	305	2	1	12	0	126
		100	99	414	2	2	17	1	172
93037352	YORKSHIRE PUDDING	20	58	244	2	2	7	1	10
		100	291	1,218	12	8	37	3	52
93035025	PLAIN WHITE RICE	102	133	557	0	3	32	0	11
		100	131	548	0	3	31	0	11
93170804	PENNE PASTA WHITE	91	154	646	1	5	34	1	1
		100	169	707	1	5	37	1	1
Recipe Code	**Carbohydrate Sides**	**Portion Size**	**Calories (Kc)**	**Energy (kJ)**	**Total Fat (g)**	**Protein (g)**	**Total Carbs (g)**	**Sugars (g)**	**Sodium (mg)**
				FFL					
93275499	BREAD FFL GOLD	64	148	620	1	5	33	0	1
		100	233	975	1	8	52	0	2
93149289	CREAMED POTATOES FFL ORGANIC MILK	81	88	367	2	2	17	1	12
		100	108	452	2	2	21	2	14
93544882	CHIPS IOW	75	127	530	4	2	20	1	23
		100	169	707	5	3	27	1	30

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Recipe Code	Vegetable Sides	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93034462	BROCCOLI	40	14	57	0	1	1	1	3
		100	34	142	1	3	3	2	8
93150135	CRUNCHY COLESLAW	51	43	178	3	1	4	2	71
		100	84	353	5	1	7	4	141
93036011	BAKED BEANS	56	35	147	0	2	5	1	134
		100	63	264	0	4	9	2	240
93034467	CABBAGE	40	7	28	0	1	1	1	2
		100	17	71	0	2	2	2	5
93034510	CARROTS	32	9	39	0	0	2	2	9
		100	29	121	0	0	6	5	29
93278922	CHARTWELLS MIXED SALAD	56	8	32	0	0	1	1	3
		100	14	57	0	1	3	2	5
93293873	DURHAM BIG BOWL SALAD	46	10	42	0	0	2	1	3
		100	22	91	0	1	4	3	6
93293870	DURHAM CURRIED CAULIFLOWER	119	102	427	1	7	16	2	75
		100	86	358	1	6	14	2	63
93034783	GREEN BEANS	36	11	44	0	1	1	1	0
		100	29	121	0	2	3	2	0
93035013	PEAS	40	27	114	0	2	4	2	2
		100	68	285	1	5	11	6	4
93146568	SALAD BEETROOT	40	14	60	0	1	3	3	26
		100	36	151	0	2	8	7	66
93146567	SALAD CARROT	43	13	53	0	0	3	2	13
		100	29	121	1	1	6	5	29
93146563	SALAD CUCUMBER	39	5	23	0	0	0	0	2
		100	14	59	1	1	1	1	4
93146569	SALAD LETTUCE	33	4	18	0	0	0	0	3
		100	13	54	0	1	1	1	9
93146565	SALAD SWEETCORN	40	32	134	1	1	4	1	0
		100	80	335	2	4	9	3	0
93146564	SALAD TOMATO	40	6	23	0	0	2	1	1
		100	14	59	0	1	5	3	2
93035221	SWEETCORN	40	32	134	1	1	4	1	0
		100	80	335	2	4	9	3	0
93081263	VEG CORN ON THE COB	76	92	387	6	2	6	2	56
		100	121	507	8	3	8	2	73
93096956	MUSHY PEAS	111	92	386	1	6	14	2	200
		100	83	347	1	5	13	2	180

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Recipe Code	Additional Items	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93167871	APPLE JUICE 50/50 WATER	198	50	211	0	0	12	12	0
		100	25	106	0	0	6	6	0
93167870	ORANGE JUICE 50/50 WATER	198	45	188	0	1	10	10	0
		100	23	95	0	0	5	5	0
93157180	BECHAMEL SAUCE ORGANIC MILK	106	101	424	6	4	9	5	64
		100	95	400	5	4	9	4	60
93034775	GRAVY	45	10	44	0	0	2	0	125
		100	23	97	0	0	6	0	279
93034930	MILK DRINK IN A CUP	151	73	304	2	5	8	7	91
		100	48	201	2	3	5	5	60
93217513	DUR MILK DRINK IN A CUP	151	73	304	2	5	8	7	91
		100	48	201	2	3	5	5	60
93107491	MILK DRINK IN A CUP ORGANIC	200	92	385	3	7	9	9	86
		100	46	192	2	3	5	5	43

Recipe Code	Desserts	Portion Size	Calories (Kc)	Energy (kJ)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
93159402	APPLE & BERRY CRUMBLE	82	190	796	8	3	27	11	76
		100	232	973	9	3	33	13	93
93065717	APPLE AND GOLDEN SYRUP SPONGE	50	128	537	6	2	18	12	85
		100	257	1,075	12	3	35	23	170
93208015	APPLE CRUMBLE	80	191	798	8	3	27	11	80
		100	239	1,000	10	3	34	14	100
93135254	BANANA CAKE	51	202	846	11	2	26	10	127
		100	401	1,676	21	5	51	19	252
93303651	BANANA LOAF V.2	37	121	506	5	2	17	7	28
		100	329	1,378	14	5	47	20	75
93355068	BANOFFEE PIE	37	50	209	3	1	6	2	48
		100	134	562	8	2	15	6	129
93352431	BERRY BLONDIE	45	166	693	9	2	20	8	101
		100	366	1,530	20	4	45	17	224
93090621	BREAD AND BUTTER PUDDING	54	85	354	2	3	13	5	55
		100	155	650	4	6	24	9	101
93168171	BUTTER BEAN BROWNIE	40	112	467	5	2	14	8	54
		100	276	1,154	13	6	35	19	133

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93361665	CARAMEL MOUSSE	61	70	294	2	3	10	7	85
		100	116	485	3	5	17	11	140
93090727	CARROT CAKE V.2	42	129	540	6	2	17	9	70
		100	309	1,291	15	5	41	21	168
93576899	CHEWY MUESLI FRUIT BAR	53	152	637	4	3	25	12	36
		100	288	1,207	8	5	48	23	69
93304154	CHOCOLATE AND PEAR CAKE	58	170	711	10	2	19	10	99
		100	295	1,235	17	4	33	17	171
93304314	CHOCOLATE BEET BROWNIE	46	129	541	7	2	16	9	68
		100	282	1,179	14	5	35	20	147
93291702	CHOCOLATE COOKIE	25	100	419	4	1	14	8	75
		100	401	1,678	17	6	58	30	298
93293871	CHOCOLATE COOKIES	33	133	558	5	1	21	12	84
		100	411	1,718	16	4	64	36	259
93034606	CHOCOLATE CRISPY BAR V.2	32	126	526	3	2	23	9	97
		100	388	1,625	8	6	71	27	300
93325325	CHOCOLATE CRUNCH	49	211	884	12	2	26	13	117
		100	432	1,807	24	5	53	27	238
93144279	CHOCOLATE CRUNCH BISCUIT	43	187	783	9	3	23	9	59
		100	435	1,821	21	6	53	22	138
93187867	CHOCOLATE CUSTARD	98	93	389	1	3	17	9	51
		100	95	399	2	3	17	9	52
93583990	CHOCOLATE FUDGE PUDDING V.2	78	232	970	10	4	32	14	139
		100	296	1,238	13	4	41	17	177
93303654	CHOCOLATE ORANGE DRIZZLE CAKE	43	157	658	8	3	19	10	80
		100	363	1,518	20	6	43	23	185
93306626	CHOCOLATE SPONGE	50	185	774	10	3	21	10	97
		100	373	1,559	21	6	43	20	196
93034744	CORNFLAKE TART	36	152	635	7	2	21	6	76
		100	425	1,778	19	5	58	16	211
93154928	CRISPY CRACKLE BAR	30	133	556	6	1	18	9	67
		100	438	1,834	20	5	59	29	221
93106374	DURHAM CUSTARD BISCUIT	31	144	604	7	1	19	7	41
		100	462	1,933	23	3	61	21	131
93536437	EGG FREE CHOCOLATE BROWNIE	59	158	661	7	2	22	10	119
		100	268	1,121	12	4	37	17	201
93233349	EGGLESS BANANA & CHOC MARBLE CAKE	37	112	469	5	1	15	7	26
		100	306	1,282	15	3	41	18	72

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93303592	FLAPJACK V.2	32	137	575	8	2	14	5	50
		100	429	1,796	25	6	44	16	157
93040542	FRUIT SLICES (ACCOMPANIMENT)	27	14	57	0	0	3	3	0
		100	50	208	0	1	11	11	2
93129792	FRUITY FLAPJACK TRAYBAKE	39	142	593	6	2	19	11	41
		100	359	1,502	16	4	49	27	103
93289158	GINGER BISCUIT	32	128	535	4	1	22	11	86
		100	404	1,690	14	4	69	36	271
93281510	GINGERBREAD SHORTBREAD	39	185	774	11	2	20	6	61
		100	474	1,984	28	4	53	16	156
93146572	HONEYDEW MELON PORTION	28	6	23	0	0	1	1	6
		100	20	84	0	0	4	4	20
93303638	JAM AND COCONUT SPONGE V.2	55	202	846	11	3	24	14	93
		100	370	1,546	20	5	44	25	170
93566924	JAM SLICE	54	209	875	8	3	34	14	123
		100	389	1,627	15	5	62	27	230
93293872	LEMON COOKIES	31	117	489	4	1	19	9	81
		100	375	1,571	14	4	62	30	259
93326934	LEMON COURGETTE CAKE	49	167	700	10	2	19	8	96
		100	340	1,422	20	5	38	17	196
93330177	LEMON DRIZZLE CAKE V.2	44	166	694	10	2	18	8	96
		100	377	1,576	22	5	41	18	219
93156184	LEMON SLICE	50	188	786	7	3	31	12	115
		100	379	1,584	14	5	62	24	232
93090630	MARBLE CAKE	52	193	808	10	3	24	13	93
		100	373	1,559	20	6	46	26	180
93152291	NATURAL YOGHURT	80	46	191	1	4	6	6	50
		100	57	238	1	5	8	8	63
93352432	OAT COOKIE V.2	32	137	572	6	2	19	8	72
		100	434	1,817	20	5	61	25	230
93303637	PEACH AND GINGER PUDDING	53	139	581	7	2	17	9	79
		100	261	1,092	14	4	32	16	148
93164655	PEACH COBBLER FB	62	126	528	4	2	22	6	93
		100	203	851	6	4	35	9	150
93034766	PEACH MELBA	116	59	246	1	4	9	9	53
		100	51	213	1	4	8	8	46
93303639	PINEAPPLE UPSIDE DOWN CAKE V.2	58	154	646	7	2	21	13	89
		100	266	1,112	13	3	36	22	153

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93303011	RICE PUDDING WITH JAM OR CHOC SPREAD	113	159	667	3	4	29	19	38
		100	142	593	3	4	26	16	34
93230722	SHORTBREAD BISCUIT	33	150	626	7	2	20	5	41
		100	458	1,918	22	5	60	17	124
93414796	SMASHED COOKIE	44	185	776	7	3	13	11	132
		100	422	1,764	17	7	31	26	301
93159401	ST CLEMENTS SPONGE	46	167	697	10	2	18	8	95
		100	361	1,511	21	5	40	18	206
93168190	SULTANA AND ORANGE CAKE	59	188	787	9	3	25	13	90
		100	319	1,335	15	5	42	23	153
93090616	SYRUP SPONGE	51	191	801	10	3	23	13	102
		100	372	1,557	20	5	45	26	198
93037303	VANILLA CRUNCH	45	188	787	9	2	26	12	111
		100	423	1,768	21	5	58	26	250
93289835	WATERMELON	53	14	58	0	0	3	3	17
		100	26	109	0	1	6	6	32
93290177	WIBBLE JELLY RASPBERRY	76	10	40	0	0	6	2	0
		100	13	53	0	0	8	3	0
93290175	WIBBLE JELLY STRAWBERRY	76	10	40	0	0	6	2	0
		100	13	53	0	0	8	3	0
93126319	CHOCOLATE SAUCE MILK	75	69	288	1	2	12	8	28
		100	92	384	1	3	17	11	37
93034683	CUSTARD TRADITIONAL MILK	96	87	363	1	3	16	8	51
		100	90	377	1	3	16	9	53
93034685	CUSTARD TRADITIONAL MILK POWDER	94	82	345	1	2	16	9	36
		100	87	365	1	2	17	10	38
93217580	DUR YOGHURT	120	100	417	1	4	18	17	60
		100	83	347	1	4	15	14	50
93168566	DURHAM APPLE CAKE	100	212	885	10	3	29	19	141
		100	212	885	10	3	29	19	141
93286143	DURHAM OATIE COOKIE	30	128	536	6	1	18	7	68
		100	434	1,817	20	5	61	25	229
93337328	DURHAM RASPBERRY YOGHURT CAKE	46	139	580	6	2	21	11	79
		100	301	1,260	12	4	46	23	171
93133103	FROZEN MANGO YOGHURT	80	90	378	1	3	17	15	49
		100	113	473	1	4	22	18	61
93146424	FROZEN STRAWBERRY YOGHURT	80	103	432	2	3	19	15	48
		100	129	540	2	4	24	18	60

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93140303	FRUITY FLAPJACK BAR	42	108	452	3	2	18	9	0
		100	260	1,088	8	5	42	21	1
93162803	ICE CREAM BOX CHOCOLATE	83	135	565	6	3	18	14	43
		100	163	682	7	3	22	17	52
93162802	ICE CREAM BOX STRAWBERRY	83	115	482	5	3	16	16	51
		100	139	582	6	3	19	19	61
93162694	ICE CREAM BOX VANILLA	83	112	468	4	3	15	15	58
		100	135	565	5	3	18	18	70
93217623	ICE CREAM BOX VANILLA BRAKES	91	123	516	5	3	17	17	64
		100	135	565	5	3	18	18	70
93234371	MAGIC APPLE & CINNAMON BAKE	41	102	427	4	1	16	7	38
		100	249	1,040	10	3	39	16	92
93143368	ORGANIC STRAWBERRY YOGHURT	91	93	388	3	4	11	11	73
		100	102	427	4	5	12	12	80
93157752	ORIGINAL FLAPJACK	31	134	560	6	2	17	8	41
		100	431	1,803	21	6	54	26	134
93165579	RASPBERRY AND YOGHURT CAKE ORGANIC	48	141	590	6	2	21	10	40
		100	294	1,229	12	5	43	22	84
93076318	SHORTBREAD	39	185	776	11	2	21	6	61
		100	476	1,990	28	4	53	15	156
93035307	YOGHURT	120	100	417	1	4	18	17	60
		100	83	347	1	4	15	14	50

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