

Menu Nutrition

Menu: OCT19PRI Primary Food Festival Menu October 2019

Seq.	Product	Description	Size	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
10	R00276	Cheese & Tomato Pasta Bake PRI	Ptn	>200.5	>1.2	>0.3	>38.5	>0.6
20	R00277	Quorn Meatballs PRI	Ptn	>133.0	>1.7	>0.7	>19.7	>0.8
30	R00278	All Day Breakfast PRI	Ptn	>141.9	>5.6	>0.9	>18.3	>1.1
40	R00279	Vegetarian All Day Breakfast PRI	Ptn	>206.4	>7.5	>1.2	>23.3	>1.6
50	R00280	Roast Chicken with Mash PRI	Ptn	>376.0	>12.1	>2.9	>50.4	>0.0
60	R00281	Quorn Roast and Mash PRI	Ptn	>198.3	>4.4	>1.0	>39.4	>0.0
70	R00283	Chicken Curry PRI	Ptn	>371.3	>10.8	>2.3	>50.9	>0.4
80	R00284	Cauliflower Jalfrezi PRI	Ptn	>285.1	>4.0	>0.6	>52.4	>0.3
90	R00285	Salmon Fish Fingers and Chips	Ptn	>88.9	>1.8	>0.2	>15.8	?
100	R00286	Cheese and Bean Wrap with Chips F	Ptn	>186.3	>12.2	>7.5	>7.1	>1.3
110	R00288	Cheese & Tomato Pizza PRI	Ptn	>83.0	>6.0	>3.3	>2.3	>0.0
120	R00289	Tomato & Roasted Vegetable Risotto	Ptn	>235.4	>4.2	>0.8	>40.6	>0.0
130	R00290	Beef Lasagne PRI	Ptn	>234.5	>15.7	>6.9	>9.1	>0.5
140	R00291	Vegetable Lasagne PRI	Ptn	>132.1	>7.7	>3.4	>11.1	>0.5
150	R00292	Sausage and Mash PRI	Ptn	>123.7	>2.7	>0.6	>24.7	>0.0
160	R00294	Quorn Sausage and Mash PRI	Ptn	>188.2	>4.5	>0.8	>29.7	>0.5
170	R00295	Chicken Fajita PRI	Ptn	>86.3	>3.2	>1.3	>2.1	>0.0
180	R00296	Golden Fish Fingers and Chips	Ptn	>88.9	>1.8	>0.2	>15.8	?
190	R00297	Sticky Onion and Cheddar Quiche PI	Ptn	>176.5	>10.1	>3.7	>16.6	>0.0
200	R00298	Macaroni Cheese PRI	Ptn	>264.0	>3.5	>1.5	>48.3	>0.0
210	R00299	Quorn Bolognese PRI	Ptn	>380.2	>6.5	>3.2	>59.3	>1.0
220	R00300	Minced Beef Pie PRI	Ptn	>267.6	>15.0	>5.2	>20.4	>0.0
230	R00301	Crispy Topped Vegetarian Pie	Ptn	>282.2	>6.4	>3.6	>45.3	>0.5

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240	R00302	Roast Chicken with Roasties PRI	Ptn	>339.5	>8.1	>2.0	>50.4	>0.0
250	R00304	Hot Dog with BBQ Beans PRI	Ptn	>52.9	>0.2	>0.0	>9.2	>4.3
260	R00303	Veggie Hot Dog PRI	Ptn	>154.3	>4.0	>0.5	>14.1	>4.8
280	R00305	Cheese & Tomato Pinwheel	Ptn	>311.0	>11.9	>6.8	>34.4	>1.3
290	R00307	Italian Crumble Cake PRI	Ptn	>240.3	>8.6	>2.0	>36.3	>10.0
300	R00309	Winter Sponge PRI	Ptn	>387.4	>16.4	>4.6	>55.8	>32.2
310	R00310	Fruit Tea Loaf PRI	Ptn	>193.1	>0.3	>0.1	>44.8	>27.4
320	R00312	New York Cheesecake PRI	Ptn	>151.2	>6.9	>2.4	>20.1	>12.0
330	R00314	Tiramisu Trifle Pot PRI	Ptn	>311.8	>13.0	>5.1	>45.8	>33.0
340	R00316	Winter Fruit Brulee PRI	Ptn	68.5	0.0	0.0	16.5	14.9
350	R00317	Apple and Berry Crumble PRI	Ptn	305.1	11.0	3.4	46.5	15.5
360	R00318	Mexican Chocolate Pudding PRI	Ptn	>323.1	>14.9	>3.7	>43.1	>28.3
370	R00319	Lemon Drizzle Flapjack PRI	Ptn	>218.1	>11.4	>2.5	>25.5	>14.3
380	R00321	Ginger Sponge PRI	Ptn	>368.3	>16.1	>4.4	>52.8	>32.3
390	R00327	SPARE RECIPE 2	Ptn	?	?	?	?	?
395	R00328	Chilled Rice Pudding PRI	Ptn	>170.6	>0.3	>0.1	>40.1	>18.8
400	R00322	Vanilla and Blueberry Blondie PRI	Ptn	>256.7	>14.4	>3.4	>29.2	>12.5
410	R00325	Lemon Cookie PRI	Ptn	>198.2	>8.4	>2.0	>28.4	>12.5
420	R00326	Ginger Cookie PRI	Ptn	198.4	8.4	2.0	28.4	>12.5
430	R00092	Oat Cookie PRI	Ptn	197.3	9.1	2.0	26.0	12.5

Seq.	Product	Description	Size	NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
10	R00276	Cheese & Tomato Pasta Bake PRI	Ptn	>4.6	>7.5	>0.4	>0.2	>8.4
20	R00277	Quorn Meatballs PRI	Ptn	>2.4	>8.4	>0.7	>1.6	>135.7
30	R00278	All Day Breakfast PRI	Ptn	>2.9	>2.9	>0.5	>0.2	>18.0
40	R00279	Vegetarian All Day Breakfast PRI	Ptn	>4.9	>8.9	>0.7	>2.2	>149.5

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50	R00280	Roast Chicken with Mash PRI	Ptn	>0.7	>15.4	>0.2	>0.1	>10.4
60	R00281	Quorn Roast and Mash PRI	Ptn	>0.1	>0.2	>0.0	>0.0	>1.7
70	R00283	Chicken Curry PRI	Ptn	>2.0	>16.6	>1.2	>2.1	>37.9
80	R00284	Cauliflower Jalfrezi PRI	Ptn	>3.6	>8.2	>1.2	>1.3	>68.5
90	R00285	Salmon Fish Fingers and Chips	Ptn	>1.7	>1.6	?	?	?
100	R00286	Cheese and Bean Wrap with Chips F	Ptn	>2.1	>11.1	>0.6	>0.3	>22.5
110	R00288	Cheese & Tomato Pizza PRI	Ptn	>0.4	>5.4	>0.0	>0.0	>0.0
120	R00289	Tomato & Roasted Vegetable Risotto	Ptn	>2.4	>7.4	>0.3	>0.9	>26.2
130	R00290	Beef Lasagne PRI	Ptn	>1.3	>13.9	>1.0	>2.0	>14.2
140	R00291	Vegetable Lasagne PRI	Ptn	>1.3	>4.1	>0.3	>0.1	>9.7
150	R00292	Sausage and Mash PRI	Ptn	>0.1	>0.1	>0.0	>0.0	>1.3
160	R00294	Quorn Sausage and Mash PRI	Ptn	>2.1	>6.1	>0.2	>2.0	>132.8
170	R00295	Chicken Fajita PRI	Ptn	>0.6	>11.7	>0.4	>0.9	>3.6
180	R00296	Golden Fish Fingers and Chips	Ptn	>1.7	>1.6	?	?	?
190	R00297	Sticky Onion and Cheddar Quiche PI	Ptn	>0.7	>4.1	>0.4	>0.1	>25.1
200	R00298	Macaroni Cheese PRI	Ptn	>2.0	>8.8	>0.9	>0.9	>42.3
210	R00299	Quorn Bolognese PRI	Ptn	>5.9	>18.3	>1.6	>3.8	>125.4
220	R00300	Minced Beef Pie PRI	Ptn	>1.1	>11.9	>1.1	>2.1	>33.5
230	R00301	Crispy Topped Vegetarian Pie	Ptn	>3.2	>8.9	>1.8	>0.5	>51.3
240	R00302	Roast Chicken with Roasties PRI	Ptn	>0.7	>15.4	>0.2	>0.1	>10.4
250	R00304	Hot Dog with BBQ Beans PRI	Ptn	>2.1	>2.5	>0.6	>0.3	>23.6
260	R00303	Veggie Hot Dog PRI	Ptn	>4.7	>11.9	>0.6	>0.3	>23.6
280	R00305	Cheese & Tomato Pinwheel	Ptn	>4.8	>14.6	>0.5	>0.2	>10.5
290	R00307	Italian Crumble Cake PRI	Ptn	>2.4	>3.1	>0.7	>0.2	>42.9
300	R00309	Winter Sponge PRI	Ptn	>1.7	>3.2	>1.1	>3.1	>69.9
310	R00310	Fruit Tea Loaf PRI	Ptn	>1.1	>2.1	>0.8	>0.2	>37.2

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320	R00312	New York Cheesecake PRI	Ptn	>0.4	>1.9	>0.2	>0.0	>34.8
330	R00314	Tiramisu Trifle Pot PRI	Ptn	>1.0	>2.6	>0.2	>0.1	>41.1
340	R00316	Winter Fruit Brulee PRI	Ptn	0.9	0.3	0.4	0.1	18.0
350	R00317	Apple and Berry Crumble PRI	Ptn	2.3	3.9	>0.6	>0.3	>83.6
360	R00318	Mexican Chocolate Pudding PRI	Ptn	>2.5	>2.7	>2.4	>0.5	>32.4
370	R00319	Lemon Drizzle Flapjack PRI	Ptn	>1.8	>2.5	>0.7	>0.5	>10.0
380	R00321	Ginger Sponge PRI	Ptn	>0.7	>2.7	>0.4	>0.2	>64.4
390	R00327	SPARE RECIPE 2	Ptn	?	?	?	?	?
395	R00328	Chilled Rice Pudding PRI	Ptn	>0.5	>1.9	>0.3	>0.5	>16.0
400	R00322	Vanilla and Blueberry Blondie PRI	Ptn	>0.8	>1.9	>0.4	>0.1	>29.2
410	R00325	Lemon Cookie PRI	Ptn	>0.8	>1.8	>0.4	>0.1	>27.8
420	R00326	Ginger Cookie PRI	Ptn	>0.8	>1.8	>0.4	>0.1	>27.8
430	R00092	Oat Cookie PRI	Ptn	1.3	2.1	>0.3	>0.1	>14.6

Seq.	Product	Description	Size	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)
10	R00276	Cheese & Tomato Pasta Bake PRI	Ptn	>29.2	>11.9	>15.9	>191.1
20	R00277	Quorn Meatballs PRI	Ptn	>58.0	>22.8	>37.3	>441.0
30	R00278	All Day Breakfast PRI	Ptn	>0.0	>0.0	>9.2	>195.0
40	R00279	Vegetarian All Day Breakfast PRI	Ptn	>0.0	>0.0	>24.2	>395.0
50	R00280	Roast Chicken with Mash PRI	Ptn	>21.8	>0.3	>2.0	>720.9
60	R00281	Quorn Roast and Mash PRI	Ptn	>0.0	>0.0	>0.0	>455.7
70	R00283	Chicken Curry PRI	Ptn	>36.6	>10.1	>44.2	>264.6
80	R00284	Cauliflower Jalfrezi PRI	Ptn	>40.5	>14.4	>42.7	>399.8
90	R00285	Salmon Fish Fingers and Chips	Ptn	?	?	?	>33.6
100	R00286	Cheese and Bean Wrap with Chips F	Ptn	>0.0	>0.0	>11.5	>368.8
110	R00288	Cheese & Tomato Pizza PRI	Ptn	>0.0	>0.0	>0.0	>175.7

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120	R00289	Tomato & Roasted Vegetable Risott	Ptn	>17.4	>6.7	>29.4	>184.4
130	R00290	Beef Lasagne PRI	Ptn	>8.7	>4.1	>14.5	>272.9
140	R00291	Vegetable Lasagne PRI	Ptn	>8.7	>4.1	>7.5	>232.9
150	R00292	Sausage and Mash PRI	Ptn	>0.0	>0.0	>0.0	>357.7
160	R00294	Quorn Sausage and Mash PRI	Ptn	>0.0	>0.0	>15.0	>557.7
170	R00295	Chicken Fajita PRI	Ptn	>10.0	>0.1	>4.5	>76.3
180	R00296	Golden Fish Fingers and Chips	Ptn	?	?	?	>33.6
190	R00297	Sticky Onion and Cheddar Quiche PI	Ptn	>0.0	>0.0	>3.9	>129.3
200	R00298	Macaroni Cheese PRI	Ptn	>0.0	>0.0	>2.1	>50.6
210	R00299	Quorn Bolognese PRI	Ptn	>36.5	>14.9	>27.5	>384.0
220	R00300	Minced Beef Pie PRI	Ptn	>0.0	>0.0	>11.5	>207.6
230	R00301	Crispy Topped Vegetarian Pie	Ptn	>46.8	>18.9	>21.5	>205.9
240	R00302	Roast Chicken with Roasties PRI	Ptn	>21.8	>0.3	>2.0	>686.9
250	R00304	Hot Dog with BBQ Beans PRI	Ptn	>2.1	>0.1	>11.7	>136.0
260	R00303	Veggie Hot Dog PRI	Ptn	>2.1	>0.1	>11.7	>616.6
280	R00305	Cheese & Tomato Pinwheel	Ptn	>36.5	>14.8	>19.9	>616.2
290	R00307	Italian Crumble Cake PRI	Ptn	>0.0	>9.0	>6.1	>69.0
300	R00309	Winter Sponge PRI	Ptn	>19.3	>2.4	>11.5	>231.8
310	R00310	Fruit Tea Loaf PRI	Ptn	>0.0	>0.0	>9.2	>79.4
320	R00312	New York Cheesecake PRI	Ptn	>9.2	>0.0	>4.7	>112.6
330	R00314	Tiramisu Trifle Pot PRI	Ptn	>9.2	>0.0	>6.9	>177.5
340	R00316	Winter Fruit Brulee PRI	Ptn	0.0	3.9	4.5	14.0
350	R00317	Apple and Berry Crumble PRI	Ptn	>24.1	>6.3	>7.1	119.3
360	R00318	Mexican Chocolate Pudding PRI	Ptn	>0.0	>0.0	>3.8	>186.4
370	R00319	Lemon Drizzle Flapjack PRI	Ptn	>0.0	>0.0	>6.4	>99.6
380	R00321	Ginger Sponge PRI	Ptn	>19.3	>0.7	>5.2	>246.7

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390	R00327	SPARE RECIPE 2	Ptn	?	?	?	?
395	R00328	Chilled Rice Pudding PRI	Ptn	>0.0	>4.4	>5.4	>4.4
400	R00322	Vanilla and Blueberry Blondie PRI	Ptn	>0.0	>0.0	>4.6	>191.0
410	R00325	Lemon Cookie PRI	Ptn	>0.0	>0.0	>4.4	>146.6
420	R00326	Ginger Cookie PRI	Ptn	>0.0	>0.0	>4.4	>146.6
430	R00092	Oat Cookie PRI	Ptn	>0.0	>0.0	>2.6	112.8