

These values are aligned with Version 1.3.1 of our Winter 24/25 menus. We reserve the right to make changes to recipes and ingredients subject to supplies

<p>Sweet and Sour Chicken</p> <p style="text-align: center;">per typical 100g</p> <p>Energy 370kJ/87kcal</p> <p>Fat 0.8g</p> <p>of which Saturates 0.3g</p> <p>Carbohydrate 7.6g</p> <p>of which Sugars 6.5g</p> <p>Protein 11g</p> <p>Salt 0g</p>	<p>Sweet and Sour Chicken Style</p> <p style="text-align: center;">per typical 100g</p> <p>Energy 603kJ/144kcal</p> <p>Fat 6.2g</p> <p>of which Saturates 2.5g</p> <p>Carbohydrate 12g</p> <p>of which Sugars 6.9g</p> <p>Protein 9.5g</p> <p>Salt 0.91g</p>	<p>Sweet and Sour Chicken A/F</p> <p style="text-align: center;">per typical 100g</p> <p>Energy 323kJ/80kcal</p> <p>Fat 1.0g</p> <p>of which Saturates 0.2g</p> <p>Carbohydrate 3.9g</p> <p>of which Sugars 3.1g</p> <p>Protein 12g</p> <p>Salt 0g</p>
<p>Sweet and Sour Veg and Bean A/F</p> <p style="text-align: center;">per typical 100g</p> <p>Energy 274kJ/69kcal</p> <p>Fat 0.9g</p> <p>of which Saturates 0g</p> <p>Carbohydrate 4.4g</p> <p>of which Sugars 3.8g</p> <p>Protein 3.9g</p> <p>Salt 0.02g</p>	<p>Rice</p> <p style="text-align: center;">per typical 100g</p> <p>Energy 1452kJ/342kcal</p> <p>Fat 1.1g</p> <p>of which Saturates 0.2g</p> <p>Carbohydrate 75g</p> <p>of which Sugars 0g</p> <p>Protein 7.4g</p> <p>Salt 0g</p>	

Cottage Pie		Vegetarian Cottage Pie		Red Lentil Cottage Pie	
	per typical 100g		per typical 100g		per typical 100g
Energy	512kJ/123kcal	Energy	408kJ/97kcal	Energy	621kJ/148kcal
Fat	6.2g	Fat	2.5g	Fat	4.1g
of which Saturates	2.5g	of which Saturates	0.8g	of which Saturates	1.4g
Carbohydrate	11g	Carbohydrate	12g	Carbohydrate	19g
of which Sugars	2.1g	of which Sugars	2.6g	of which Sugars	2.3g
Protein	4.9g	Protein	4.5g	Protein	5.9g
Salt	0.07g	Salt	0.25g	Salt	0.16g

Veggie Fingers	Sweet Potato Fries	Baked Beans
<p style="text-align: center;">per typical 100g</p> <p>Energy 786kJ/188kcal</p> <p>Fat 8.1g</p> <p>of which Saturates 0.6g</p> <p>Carbohydrate 24g</p> <p>of which Sugars 2.5g</p> <p>Protein 3.4g</p> <p>Salt 0.96g</p>	<p style="text-align: center;">per typical 100g</p> <p>Energy 623kJ/148kcal</p> <p>Fat 4.6g</p> <p>of which Saturates 0.6g</p> <p>Carbohydrate 23g</p> <p>of which Sugars 9.9g</p> <p>Protein 2.1g</p> <p>Salt 0.30g</p>	<p style="text-align: center;">Per typical 100g</p> <p>Energy 387kJ/92kcal</p> <p>Fat 5.1g</p> <p>of which Saturates 0g</p> <p>Carbohydrate 15g</p> <p>of which Sugars 6.4g</p> <p>Protein 0g</p> <p>Salt 0g</p>
<p>Meatless burger</p> <p style="text-align: center;">per typical 100g</p> <p>Energy 528kJ/136kcal</p> <p>Fat 1.3g</p> <p>of which Saturates 0.3g</p> <p>Carbohydrate 20g</p> <p>of which Sugars 0.8g</p> <p>Protein 7.8g</p> <p>Salt 1.1g</p>		

Mashed potato

**per typical
100g**

Energy 457kJ/110kcal

Fat 3.5g

of which
Saturates 0.6g

Carbohydrate 16g

of which
Sugars 0.9g

Protein 1.7g

Salt 0.65g

Tuna Pasta Bake		Quorn Pasta Bake		Mixed Bean Pasta Bake	
	per typical 100g		per typical 100g		per typical 100g
Energy	654kJ/155kcal	Energy	654kJ/155kcal	Energy	386kJ/98kcal
Fat	4.5g	Fat	4.7g	Fat	3.1g
of which Saturates	2.5g	of which Saturates	2.5g	of which Saturates	2.2g
Carbohydrate	19g	Carbohydrate	19g	Carbohydrate	12g
of which Sugars	2.7g	of which Sugars	2.8g	of which Sugars	2.0g
Protein	11g	Protein	9.6g	Protein	2.6g
Salt	0.31g	Salt	0.24g	Salt	0g