

Id	Dish Title	Servings	Serving									
			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
1140425	8oz Mac n' Cheese SEC	20	102	1142	273	9.7	5.2	39.0	2.9	1.4	10.0	0.7
1147898	8oz Mac n' Cheese SEC (Festive Sage & Onion)	20	117	1376	329	10.2	5.4	50.5	3.2	1.9	11.4	1.2
1173615	American Style Cheese Sauce - SEC	10	51	393	94	6.7	3.3	4.1	1.8	0.0	4.8	1.1
1176641	Arroz Con Leche SEC	10	195	711	170	3.2	1.9	28.6	13.1	0.4	7.4	0.2
683772	BBQ Beans	10	113	395	94	0.4	0.1	15.5	5.8	4.2	4.9	0.7
622756	Beef Chilli HD	10	94	458	109	6.6	2.2	5.8	2.3	1.5	7.5	0.1
695979	Buttered Cabbage SEC	10	75	169	40	2.3	0.5	2.9	2.8	1.7	1.2	0.1
1072344	Carrots & Peas KS1	10	50	113	27	0.4	0.1	3.7	2.0	1.9	1.6	0.0
1072348	Carrots & Peas KS2	8	63	141	34	0.4	0.1	4.6	2.5	2.3	2.0	0.0
1175082	Cheese, Potato & Leek Pie SEC	6	290	2253	538	30.6	14.1	52.6	3.9	4.8	13.1	0.9
1173607	Cheesy, Bacon, BBQ Chive Loaded Chips JD SEC	10	315	1945	465	24.6	10.7	38.5	7.4	3.0	21.8	4.5
1175026	Cheesy, BBQ, Crispy Onion, Chive Loaded Chips JD SEC	10	250	1292	309	12.2	5.8	40.2	8.7	3.4	8.8	1.9
1176281	Chicken Chorizo Naked Burrito Bowl - Rice, Meat, Slaw, Sour C	10	403	2331	557	24.8	6.0	66.1	13.0	5.7	20.6	1.5
1174993	Chicken Curry, Crispy Onion & Mint Yoghurt Chips SEC (JD LO/	10	400	2006	480	27.0	7.7	41.2	9.6	4.9	17.6	1.6
681349	Chicken Tikka Masala SEC	10	204	787	188	10.8	4.4	9.7	6.5	1.6	13.5	0.7
1175064	Chicken, Bacon & Minted Pea Pie SEC	10	166	1529	365	21.2	6.2	25.8	2.5	3.2	17.2	1.2
1033652	Chickpea & Vegetable Arrabiata Stew with crispy parsnip SEC	10	221	868	208	4.1	0.4	35.9	10.3	8.0	7.3	0.7
683212	Chips	10	150	722	172	4.7	2.4	27.9	0.3	2.7	3.5	0.4
855160	Chocolate Brownie KS1	60	52	834	199	9.4	3.6	25.2	20.9	1.6	2.9	0.1
622334	Chocolate Brownie KS2	46	68	1088	260	12.2	4.7	32.9	27.3	2.1	3.8	0.1
1147677	Christmas Club Baguette	10	207	2021	483	10.4	2.4	73.0	5.9	3.5	22.1	2.2
1124275	Christmas Crinkle Cookies SEC	15	49	675	161	4.7	0.6	27.4	17.6	2.0	2.4	0.1
725734	CHRISTMAS DINNER SAUSAGE ROLL SEC XMAS	10	139	1440	344	16.8	8.4	30.1	3.7	1.8	17.4	0.6
1176334	Churros & Dulce con Leche HACIENDA PROMOTION	10	120	1781	426	11.8	4.1	70.8	35.9	1.6	8.2	0.2
628284	Cinnamon Popcorn MMB	10	14	198	47	0.6	0.1	8.4	0.1	0.5	1.4	0.0
683225	Custard	10	88	285	68	1.4	0.9	11.4	7.8	0.0	2.8	0.1

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1175083	Custard Stuffed Apple Pie SEC	10	181	1271	304	11.5	4.4	46.1	23.5	2.4	5.0	0.1
725984	Dirty Dog & Sprout Slaw SEC XMAS	10	208	1563	374	14.4	4.7	40.8	8.1	4.5	18.5	3.1
1176383	Dulce De Leche Sauce SEC	10	58	787	188	7.1	3.7	27.8	27.8	0.0	3.0	0.1
1153698	Festive Pigs Mac N Cheese SEC	10	129	1426	341	14.7	6.9	40.1	3.4	1.6	13.6	1.2
1147862	Frosted Xmas Cinnamon Buns SEC	30	75	1115	267	5.6	1.0	49.3	13.0	2.6	7.1	0.6
1147885	Giant pig in Blanket - baguette SEC	1	255	2451	586	18.1	6.0	75.5	5.1	4.7	27.1	4.4
629922	Giant Vegan Meringue VK	10	61	671	160	0.9	0.1	34.8	30.1	1.2	2.2	0.0
667340	Gravy KS1 & KS2	20	4	50	12	0.1	0.0	2.7	0.2	0.1	0.1	0.5
629731	Gravy SEC	10	4	50	12	0.1	0.0	2.7	0.2	0.1	0.1	0.5
629847	Guacamole SEC	20	31	159	38	3.2	0.9	1.7	0.8	1.9	0.6	0.1
671564	Homemade Curry Sauce KS1 & KS2	10	114	255	61	3.3	0.2	6.9	5.0	1.5	1.5	0.0
628672	Homemade Tomato Sauce KS1	10	84	167	40	1.2	0.1	6.2	3.9	1.4	1.6	0.3
1173554	Hotteok Korean Sweet Pancakes - SEC	10	50	773	185	1.0	0.1	41.7	19.8	1.6	4.3	0.3
628594	House Salad- PRI	10	11	8	2	0.0	0.0	0.3	0.3	0.1	0.1	0.0
1033735	Icebox Lemon Pie SEC	10	97	1353	323	17.5	9.1	36.8	27.1	0.8	5.3	0.6
1033681	Kansas Style BBQ Chicken SEC	10	127	821	196	9.2	2.1	9.7	8.1	0.9	19.0	0.6
1033673	Kansas Style BBQ Sauce SEC	20	27	171	41	0.1	0.0	9.6	8.0	0.4	0.6	0.4
695809	Katsu Curry Sauce SEC	10	13	52	12	0.1	0.0	2.1	1.4	0.4	0.6	0.3
1175034	Katsu, Veggie Finger, Red Onion Chips SEC JD LOADED	10	268	1474	352	11.6	2.9	52.0	4.9	5.4	7.2	1.4
684765	Korean Bibimbap Rice with Fried Egg INDIGO	10	208	1647	394	11.0	2.3	56.7	5.0	1.6	14.2	2.2
1173519	Korean Budak Fire Wings - SEC (KOREAN THEME)	10	211	1626	389	24.7	7.8	7.9	5.8	0.3	34.1	2.3
1173435	Korean Spicy Chicken Burger with Sesame Slaw - SEC (KOREAN)	10	214	1360	325	14.8	2.4	32.7	5.5	2.8	21.3	2.3
1210224	Marmalade Glazed Bangers KS1	10	72	680	162	7.7	2.9	16.5	8.9	0.7	6.6	0.7
1210229	Marmalade Glazed Bangers KS2	10	100	938	224	11.5	4.3	20.0	9.9	0.8	9.9	1.1
754112	Mash KS1	10	126	498	119	2.5	0.5	21.5	1.1	2.4	2.3	0.1
754114	Mash KS2	8	158	623	149	3.2	0.6	26.9	1.4	3.0	2.9	0.1

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695974	Mash SEC	10	207	785	188	3.0	0.6	35.8	1.8	4.0	3.8	0.1
724012	Meatball Sauce SEC	10	119	573	137	7.8	3.1	8.8	4.5	1.4	8.3	0.8
877202	Meatballs, Pasta, Tomato & Cranberry Sauce SEC XMAS	10	209	1736	415	9.3	3.3	70.9	13.1	3.8	16.0	0.9
628582	Mexican Slaw SEC	10	106	293	70	5.4	0.4	4.7	4.2	2.4	1.0	0.0
1176282	Mexican Chorizo Chicken SEC	10	143	720	172	10.3	2.6	6.1	4.7	1.4	13.8	1.3
629783	Mexican Rice SEC	10	124	972	232	3.7	0.5	48.4	3.6	2.0	4.6	0.0
1124267	Mince Pie Crumble Slice SEC	20	67	1137	272	12.0	4.6	38.6	22.0	0.9	2.5	0.1
630420	Minced Beef Pie SEC	10	159	1255	300	15.9	5.9	22.3	3.9	2.7	17.6	1.1
1042230	Mojo Pulled Chicken Sandwich SEC (Halal)	10	288	2036	487	10.8	2.6	65.2	6.2	4.6	29.6	2.1
1042226	Mojo Pulled Chicken SEC (Halal)	10	138	703	168	9.2	2.1	2.8	2.3	1.3	18.8	0.4
1042219	Mojo Pulled Pork Sandwich SEC	10	288	2294	548	17.7	5.8	65.1	6.1	4.1	29.2	2.1
1042212	Mojo Pulled Pork SEC	10	138	961	230	16.1	5.3	2.7	2.2	0.8	18.4	0.4
628557	Mushy Peas SEC	10	80	302	72	0.3	0.1	13.5	1.0	2.2	4.7	0.4
1033613	No Waste Mince & Onion Pie SEC	10	224	1302	311	14.9	5.3	24.2	5.0	5.1	20.6	2.2
1173463	Pa Michim - green onion salad - SEC (KOREAN THEME)	10	53	71	17	0.5	0.1	2.9	2.6	1.3	0.7	0.1
723944	Pasta - Penne SEC	10	27	140	34	0.7	0.2	5.5	0.5	0.6	1.2	0.1
628547	Peas SEC	10	80	257	61	0.7	0.2	7.0	2.0	4.1	4.6	0.0
1033708	Potato Salad SEC	5	274	1033	247	8.2	0.7	40.8	3.7	4.6	4.4	0.4
1147721	Roast Turkey KS1 XMAS	10	60	355	85	3.6	1.0	0.0	0.0	0.0	13.1	1.1
1147723	Roast Turkey KS2 XMAS	10	75	444	106	4.5	1.3	0.0	0.0	0.0	16.4	1.4
1147784	Roast Turkey SEC XMAS	10	90	533	127	5.4	1.5	0.0	0.0	0.0	19.6	1.7
684633	Roasted Roots	10	85	366	88	5.2	0.4	10.0	5.5	3.3	1.0	0.1
1147747	Roasted Veg, Cranberry & Cheese Puff Pastry Wreath KS1	18	145	1268	303	16.6	8.5	31.5	6.8	4.2	6.9	0.8
1147756	Roasted Veg, Cranberry & Cheese Puff Pastry Wreath KS2	16	164	1426	341	18.7	9.6	35.4	7.6	4.8	7.8	0.9
1147789	Roasted Veg, Cranberry & Cheese Puff Pastry Wreath SEC	12	218	1902	455	24.9	12.8	47.3	10.2	6.4	10.3	1.2
667305	Roasties KS1& KS2	10	108	618	148	7.6	0.6	17.9	0.9	2.0	1.9	0.0

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725911	Roasties SEC	10	158	788	188	7.7	0.6	26.9	1.4	3.0	2.9	0.0
726278	Sage & Onion Stuffing Balls	10	30	469	112	1.1	0.5	23.1	0.8	1.1	2.8	1.1
726020	Sage n Onion Rings SEC XMAS	10	371	1312	314	1.2	0.2	79.2	7.1	4.6	10.8	0.9
725900	Sausage, Bacon, Pesto & Pepper Stromboli SEC XMAS	10	166	1520	363	20.8	7.2	26.5	3.3	2.1	15.6	1.4
631067	Short Crust Pastry	10	33	478	114	4.3	0.8	16.6	0.3	0.7	2.3	0.1
690676	Shortcrust Pastry	10	33	610	146	7.8	2.9	16.6	0.3	0.7	2.3	0.0
1033616	Skin on Mash SEC	10	207	785	188	3.0	0.6	35.8	1.8	4.0	3.8	0.1
1176294	Spicy Beef & Bean Naked Burrito Bowl, Rice, Meat, Slaw, Guaca	10	364	2085	498	20.9	4.3	67.0	11.0	7.8	14.3	0.3
726009	Sprout Slaw SEC XMAS	10	40	83	20	0.8	0.1	2.6	1.7	1.2	0.9	0.0
1147728	Sticky Chipolatas XMAS	10	16	157	38	1.9	0.7	3.4	2.1	0.1	1.6	0.2
725962	Sweet Potato & Squash Soup SEC XMAS	10	126	458	110	3.3	1.1	18.2	7.4	2.3	1.7	0.8
1042165	Sweet Potato Burger with Kansas BBQ Sauce	10	207	1533	367	3.1	0.4	71.7	13.3	6.7	11.5	0.9
1210249	The Cat in The Hats - Green Eggs Frittata KS1	10	153	495	118	4.0	2.2	19.3	2.2	3.7	5.6	0.4
1210302	The Cat in The Hats - Green Eggs Frittata KS2	8	191	619	148	5.0	2.7	24.1	2.8	4.7	7.0	0.5
1147883	The ultimate festive Pigs in blanket Calzone	10	299	2718	650	25.2	10.8	74.4	4.4	3.5	30.0	1.7
683643	Tomato Salsa SEC	10	55	41	10	0.1	0.0	1.9	1.8	0.5	0.4	0.0
1176329	Vegan Bean naked burrito bowl - Hacienda Promotion SEC	10	458	2128	509	14.5	2.7	77.6	15.1	10.9	18.7	0.6
1154754	Veggie Bean Chilli SEC INDIGO	10	163	619	148	3.4	1.6	16.2	5.5	6.1	12.1	0.3
1176609	Veggie Cuban Picadillo - SEC	10	385	1585	379	1.4	0.2	74.9	18.4	14.7	17.3	0.4
1079162	Veggie Fingers SEC	10	85	671	160	6.9	0.5	20.4	2.1	2.1	2.9	0.8
1147764	White Choc Snowball Cookie XMAS KS1 & KS2	32	54	1043	249	12.5	6.5	32.4	17.6	1.4	2.6	0.2
1147803	White Chocolate Snowball Cookie XMAS SEC	50	77	1467	351	16.7	8.1	47.8	24.1	1.9	3.6	0.4
1147669	Xmas Chocolate Orange Flapjack	10	129	2389	571	32.5	13.1	59.6	28.0	5.5	7.4	0.3
933644	Xmas Pudding Rice Krispie Balls KS1&2	12	39	799	191	10.4	5.7	23.2	13.7	0.5	1.2	0.2
1147805	Xmas Pudding Rice Krispie Balls SEC	8	56	1162	278	15.5	8.6	32.5	19.2	0.7	1.8	0.4
1147734	Xmas Vegetable Medley KS1	10	50	101	24	0.4	0.1	3.1	1.9	2.1	1.5	0.0

Recipes

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			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
1147739	Xmas Vegetable Medley KS2	8	63	126	30	0.6	0.1	3.9	2.4	2.6	1.9	0.0
1147798	Xmas Vegetable Medley SEC	10	80	152	36	0.7	0.1	4.9	3.3	3.1	2.1	0.0