

Nutritional Composition
Secondary Core
Recipes
Spring Summer 2024

Id	Dish Title	Servings	Serving									
			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
627720	American Mustard Slaw	10	105	278	67	4.4	0.4	5.6	4.3	2.4	1.2	0.4
683317	Apple & Cinnamon Strudel	15	96	878	210	10.3	5.3	26.0	9.3	2.0	3.5	0.2
683242	Apple Crumble	9	104	1012	242	9.9	3.7	35.7	16.9	2.1	2.8	0.0
851256	Apple Sponge Cake SEC	20	103	922	220	11.0	4.1	28.3	16.5	1.6	3.1	0.3
786018	Baked Beans SEC	10	100	347	83	0.4	0.1	12.8	3.6	4.1	4.8	0.6
1058675	Baked Vada Pav Burger SEC	10	182	1164	278	4.0	0.4	50.4	9.4	4.9	9.8	0.9
683571	Baked Wedges	10	200	680	163	0.2	0.1	35.8	1.8	4.0	3.8	0.0
683391	Banana Loaf Cake	12	113	1136	272	8.3	3.1	44.5	27.0	1.3	4.4	0.5
785786	Battered Sausage SEC	10	132	1195	286	12.2	4.0	28.5	1.5	2.7	15.3	2.8
691035	Bechamel Sauce	10	108	561	134	8.4	3.6	10.9	4.3	0.3	4.1	0.1
696017	Butter bean & Roots Stew SEC	10	266	389	93	3.0	0.3	20.7	8.7	8.6	8.0	0.8
695979	Buttered Cabbage SEC	10	75	169	40	2.3	0.5	2.9	2.8	1.7	1.2	0.1
741865	CAJUN ONION RINGS SEC	10	260	856	205	0.8	0.1	62.7	6.8	3.8	5.4	0.8
683439	Carrot Cake	48	83	1396	334	21.2	4.8	34.3	22.0	1.2	2.8	0.4
1056168	Carrots & Peas SEC	10	80	181	43	0.6	0.1	5.9	3.2	3.0	2.6	0.0
628559	Carrots SEC	10	85	111	27	0.4	0.1	5.0	4.7	2.0	0.6	0.1
761166	Cauliflower Cheese Side Dish SEC	10	112	462	110	6.9	3.3	7.1	3.2	0.8	4.7	0.3
1056759	Chana Masala SEC	10	170	656	157	5.7	0.5	18.4	4.1	4.8	6.7	0.0
1055562	Cheesy Chive Mash SEC	10	223	1033	247	8.0	3.9	36.5	1.8	4.0	6.5	0.5
1077414	Chicken Nuggets SEC	10	88	828	198	9.7	1.1	15.0	0.4	0.4	13.2	0.6
681349	Chicken Tikka Masala SEC	10	204	787	188	10.8	4.4	9.7	6.5	1.6	13.5	0.7
786089	Chip Shop Curry Sauce SEC	10	6	24	6	0.0	0.0	0.7	0.0	0.4	0.4	0.0
1056117	Chipotle Chicken Burrito SEC	10	229	1933	462	17.6	7.2	58.7	6.4	2.7	16.7	1.9
683212	Chips	10	150	722	172	4.7	2.4	27.9	0.3	2.7	3.5	0.4
683240	Chocolate Brownie	46	68	1088	260	12.2	4.7	32.9	27.3	2.1	3.8	0.1
851236	Chocolate Oat Cake SEC	56	65	1233	295	14.8	5.5	36.3	19.6	2.1	3.2	0.2

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1056692	Creamy Chicken & Leek Pie SEC	10	164	1508	360	15.7	4.2	36.8	2.7	6.7	18.4	0.4
1056159	Crispy Topped Mac N Cheese with BBQ Drizzle & Crispy Onions	10	159	2464	589	22.5	11.2	84.5	14.2	2.5	16.7	1.3
1056310	Cumin Chickpea & Veg Bake in Baharat Tomato Sauce SEC	10	224	640	153	4.3	0.4	20.4	6.2	5.8	7.6	0.1
1055579	Curried Coconut Chilli Chicken SEC	10	192	813	194	11.7	4.3	6.7	4.6	2.0	16.0	0.5
683225	Custard	10	88	285	68	1.4	0.9	11.4	7.8	0.0	2.8	0.1
629797	Firecracker Rice SEC	10	70	1097	262	2.5	0.6	51.9	0.5	0.6	5.0	0.8
1058565	Flatbread Wedge (Khobez) SEC	10	25	240	57	0.2	0.1	12.3	0.3	0.6	1.5	0.1
1056880	Frickles SEC UPSELL	10	56	252	60	0.4	0.1	12.7	0.3	1.2	1.8	0.9
1056894	Garlic Mayo Dip Pot - SEC UPSELL	10	30	516	123	13.4	0.9	1.1	0.8	0.1	0.2	0.4
629757	Garlic Slice (Tugo base) SEC	8	66	618	148	2.0	0.4	25.7	0.2	1.1	5.9	0.0
640283	Glazed Gammon SEC	10	88	571	136	6.0	2.0	6.5	6.5	0.0	14.0	1.8
683280	Golden Syrup & Apple Sponge	18	106	1022	244	10.8	4.0	34.4	23.0	1.4	2.9	0.3
629731	Gravy SEC	10	4	50	12	0.1	0.0	2.7	0.2	0.1	0.1	0.5
684842	Gravy SEC	10	4	50	12	0.1	0.0	2.7	0.2	0.1	0.1	0.5
628562	Green Beans SEC	10	80	82	20	0.3	0.1	2.5	1.8	2.7	1.7	0.0
960615	Green Salad SEC	10	33	14	3	0.2	0.0	0.8	0.8	0.3	0.4	0.0
701874	Hand Battered Fish SEC	10	99	524	125	1.6	0.5	14.7	0.1	0.7	13.6	0.6
1055989	Homemade Baharat Spice Mix	50	1	6	1	0.1	0.0	0.4	0.1	0.3	0.1	0.0
671564	Homemade Curry Sauce KS1 & KS2	10	114	255	61	3.3	0.2	6.9	5.0	1.5	1.5	0.0
1046712	Homemade Spicy Falafel Flatbread SEC	10	236	1288	308	7.1	0.7	48.0	5.1	6.7	12.2	0.6
1056850	Hummus Pot SEC UPSELL	10	50	568	136	10.8	0.9	5.3	0.3	2.5	3.2	0.5
1055602	Jamaican Black Eyed Peas Stew SEC	10	208	922	220	2.6	0.4	38.1	7.1	8.8	14.3	0.1
710434	Kachumber Salad SEC	10	86	60	14	0.3	0.0	2.0	1.9	0.9	0.7	0.0
1056509	Laab Moo (Spicy Thai Pork & Lettuce Cups) SEC	10	135	719	172	9.4	3.0	5.8	4.9	0.8	16.1	0.5
683235	Lemon Drizzle Cake	50	96	1464	350	17.0	6.4	45.4	29.6	0.8	4.2	0.4
1055767	Lime Dressed Slaw SEC	10	98	144	34	0.4	0.2	5.3	5.0	2.6	1.9	0.1

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1056552	Lime Wholegrain Rice SEC	10	73	978	234	1.8	0.5	53.1	1.1	1.2	4.4	0.0
873046	Low Salt & Chilli Crispy Chicken Thigh	10	114	554	132	4.9	1.5	8.8	2.2	0.6	13.8	1.0
871877	Low Salt & Chilli Seasoning	306	1	6	1	0.1	0.0	0.4	0.0	0.3	0.1	0.1
683246	Marble Cake	35	78	1272	304	16.8	6.3	33.6	19.5	1.4	4.5	0.3
1056291	Meatballs in Baharat Tomato Sauce SEC	10	184	705	168	5.3	1.6	13.5	6.1	1.9	17.4	0.9
628582	Mexican Slaw SEC	10	106	293	70	5.4	0.4	4.7	4.2	2.4	1.0	0.0
786007	Minted Crushed Peas SEC	10	88	307	73	1.9	0.4	7.2	2.1	4.1	4.7	0.0
1055446	Mixed Salad SEC	10	80	46	11	0.2	0.0	1.7	1.7	0.9	0.6	0.0
1061173	Moorish Couscous SEC	10	79	1124	269	6.3	0.6	47.8	1.6	2.3	7.3	0.0
1056334	NY Deli Open Chicken Bagel with American Mustard Slaw SEC	10	190	1228	294	7.8	1.5	38.3	6.0	3.0	19.1	1.7
683220	Peach Cobbler	9	102	1049	251	13.3	5.0	29.7	17.3	1.1	2.8	0.3
628547	Peas SEC	10	80	257	61	0.7	0.2	7.0	2.0	4.1	4.6	0.0
683419	Pineapple Upside Down Cake	12	107	1407	336	17.7	6.6	40.5	24.0	1.0	4.4	0.3
1032779	Plant Based Creamy Green Pasta SEC	10	236	1912	457	7.8	5.3	81.3	5.2	8.4	20.3	0.2
1056824	Prawn Crackers SEC UPSELL	10	20	476	114	7.8	0.7	11.6	0.4	0.2	0.1	0.4
683303	Rice Pudding and Jam	10	210	875	209	3.2	1.9	38.1	21.3	0.4	7.4	0.2
1055568	Roast Carrots & Parsnips SEC	10	83	301	72	2.2	0.2	12.7	5.5	4.2	0.9	0.1
725911	Roasties SEC	10	158	788	188	7.7	0.6	26.9	1.4	3.0	2.9	0.0
690676	Shortcrust Pastry	10	33	610	146	7.8	2.9	16.6	0.3	0.7	2.3	0.0
1056135	Spicy Beef Burrito SEC	10	229	2095	501	21.8	9.3	57.3	5.5	2.7	18.4	1.5
1055923	Spicy Chicken Dhansak SEC	10	161	965	231	10.2	1.5	20.3	7.6	5.1	15.4	0.7
1033034	Sticky Red Onion Bangers SEC	10	196	1134	271	12.1	4.0	25.0	8.5	2.7	14.5	3.2
683268	Sticky Toffee Pudding SEC	16	66	785	188	5.9	2.9	30.9	22.5	0.9	2.8	0.4
1055513	Sweet Chilli Sticky Greens SEC	10	88	265	63	3.8	0.3	3.6	3.1	2.7	2.4	0.1
628569	Sweetcorn SEC	10	80	322	77	1.4	0.3	13.7	1.5	1.2	2.7	0.0
713924	Teardrop Naan Bread SEC	10	50	599	143	1.8	0.2	27.0	0.3	1.2	3.9	0.5

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1056419	Tex Mex Chipotle Sweet Potato & Lime Taco SEC	10	158	1404	336	19.7	6.8	32.0	5.6	3.3	7.3	1.3
683643	Tomato Salsa SEC	10	55	41	10	0.1	0.0	1.9	1.8	0.5	0.4	0.0
1056875	Tortilla Chips SEC UPSELL	10	50	1013	242	10.0	0.8	32.0	0.4	0.0	3.2	0.7
622768	Tugo Pizza Slice - 12.5 Round Margherita HD	8	85	780	186	4.7	2.4	27.0	0.9	1.2	8.4	0.2
683125	Turmeric Rice SEC	10	66	1043	249	2.4	0.6	49.6	0.1	0.3	4.8	0.0
851261	Vanilla Sprinkle Sponge SEC	15	76	1172	280	11.6	4.3	41.3	30.5	0.5	3.3	0.2
1055564	Veggie Bangers & Gravy SEC	10	116	608	145	0.7	0.3	28.3	2.1	3.5	4.1	1.2
1056323	Veggie Battered Sausage SEC	10	75	553	132	0.6	0.2	27.6	1.1	2.5	3.7	0.5
1056719	Veggie Lentil & Onion Pie SEC	10	168	1549	370	11.6	3.3	52.3	6.1	8.9	15.3	1.1
1056625	Veggie Thai Style Noodles SEC	10	221	1451	347	7.1	1.1	56.1	9.4	4.5	13.4	1.3
850961	Wholegrain Rice and Peas	10	123	1222	292	4.8	1.8	59.7	2.5	3.0	6.5	0.1
695647	Wholegrain Rice SEC	10	65	971	232	1.8	0.5	52.8	0.8	1.2	4.4	0.0
1056586	Wok Fried Oriental Veggies SEC	10	82	212	51	3.2	0.3	3.7	2.9	1.7	2.4	0.0
1032836	Yakisoba Stir Fried Noodles SEC	10	248	1535	367	7.4	1.1	59.1	12.1	6.1	13.9	1.1
1066834	Yorkshire Pudding (Bought In) SEC	10	25	264	63	1.8	0.2	9.3	0.5	0.6	2.1	0.2