

## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Baked Beans - Kids Extra	81.4	4	343.3	4	0.4	1	0.1	0	16.3	6	5.3	6	5.1	10	3.7	15	0.9	15
Beef Burger Bar - Childrens 2016	818.2	41	3425.9	41	36.8	53	40.8	204	281.3	108	6.9	8	36.2	72	9.6	40	2.6	43
Big Kids Chicken Burger Bar - Children's 2016	690.0	34	2904.7	35	16.4	23	5.1	26	279.9	108	7.7	9	52.4	105	10.5	44	2.2	37
Carrots - Kids Extra	34.3	2	143.2	2	0.3	0	0.1	0	7.7	3	7.3	8	0.6	1	3.1	13	1.2	20
Cheese and Tomato Pizza - Children's 2016	640.8	32	2685.4	32	20.5	29	7.3	37	92.5	36	9.1	10	18.3	37	11.1	46	1.1	18
Cheesy Tomato Pasta Melt - Children's 2016	632.6	32	2654.8	32	22.1	32	8.3	42	89.1	34	10.9	12	15.0	30	10.0	42	1.8	30
Chicken Burger Bar - Children's 2016	827.8	41	3471.6	41	33.9	48	16.6	83	281.4	108	7.5	8	45.1	90	10.1	42	2.6	43
Chicken Dinner - Children's 2016	555.0	28	2331.4	28	16.8	24	5.4	27	68.3	26	6.3	7	28.5	57	8.8	37	1.8	29
Chicken Dippers - Children's 2016	537.2	27	2250.1	27	21.0	30	5.4	27	66.5	26	4.6	5	16.4	33	8.1	34	1.3	22
Chicken Tortilla Factory - Children's 2016	855.6	43	3590.5	43	29.8	43	13.1	66	100.8	39	12.6	14	39.8	80	12.1	50	2.6	43
Children's Potato Accompaniment - 2016	230.1	12	962.2	11	10.1	14	4.0	20	29.0	11	1.4	2	3.6	7	4.2	18	0.1	1
Children's Vegetable Accompaniment - 2016	127.5	6	537.6	6	1.4	2	0.1	1	23.8	9	2.8	3	3.2	6	3.5	15	0.5	9
Chips - Kids Extra	373.5	19	1562.0	19	16.4	23	6.5	33	47.0	18	2.3	3	5.9	12	6.8	28	0.1	2
Chocolate Brownie (Childs)	352.3	18	1465.4	17	18.7	27	4.3	22	40.6	16	29.2	32	4.7	9	1.5	6	0.4	7
Corn on the Cob - Children's Starter	149.1	7	625.9	7	7.8	11	3.9	20	17.1	7	2.1	2	3.7	7	2.5	11	0.1	2
Donut Dipper (V) - Children's	315.7	16	1325.1	16	13.5	19	7.2	36	46.3	18	26.4	29	3.3	7	1.5	6	0.4	7
Fish and Chips - Children's 2016	655.2	33	2767.7	33	23.9	34	5.2	26	91.5	35	4.2	5	23.7	47	9.9	41	2.2	36
Fish Fingers - Children's 2016	541.5	27	2270.1	27	19.4	28	4.8	24	69.6	27	5.1	6	17.7	35	8.5	36	1.4	23
Gammon Steak - Children's 2016	610.3	31	2584.7	31	22.0	31	8.0	40	54.2	21	4.4	5	44.9	90	8.4	35	4.5	75
Garlic Bread - Children's Starter	134.9	7	565.8	7	5.5	8	1.7	8	18.1	7	6.1	7	2.3	5	1.1	4	0.7	11
Ham - Pizza Topping, Childrens	117.2	6	491.1	6	4.6	7	1.7	9	0.6	0	0.0	0	18.2	36	0.0	0	2.2	37
Ice Cream Sundae (V) - Children's	212.8	11	894.8	11	8.1	12	4.1	20	31.3	12	27.2	30	3.6	7	0.5	2	0.2	4
Jacket Potato Half - Kids Extra	142.1	7	595.7	7	6.0	9	3.6	18	20.7	8	0.8	1	2.6	5	2.1	9	0.1	2
Jelly - Children's 2016	5.8	0	21.9	0	0.0	0	0.0	0	1.2	0	1.2	1	0.0	0	0.0	0	0.2	3
Jelly and Ice Cream - Children's	92.1	5	384.3	5	4.0	6	2.0	10	12.2	5	12.2	14	1.6	3	0.1	0	0.3	5
Kids Extra Bacon	231.3	12	960.5	11	18.9	27	11.9	60	1.5	1	0.1	0	13.8	28	0.0	0	1.0	17
Kids Extra Cheese	231.3	12	960.5	11	18.9	27	11.9	60	1.5	1	0.1	0	13.8	28	0.0	0	1.0	17
Lemon Drizzle - Children's	360.3	18	1514.8	18	14.1	20	11.2	56	53.3	20	38.0	42	5.9	12	0.5	2	0.5	9
Mashed Potato - Kids Extra	314.7	16	1314.7	16	15.8	23	10.5	52	38.0	15	1.2	1	3.6	7	2.9	12	0.7	12
Milk - Children's 2016	151.9	8	641.3	8	5.1	7	3.4	17	15.2	6	15.2	17	11.5	23	0.0	0	0.3	6
Mini Potato Waffles (Ve) - Kids Extra	162.2	8	675.9	8	9.4	13	1.3	6	16.9	6	0.5	1	1.9	4	1.3	5	0.6	10

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Mixed Peppers - Pizza Topping, Childrens	12.8	1	53.6	1	0.2	0	0.0	0	2.6	1	2.4	3	0.4	1	0.9	4	0.0	0
Mushroom - Pizza Topping, Childrens	5.0	0	21.3	0	0.2	0	0.0	0	0.2	0	0.1	0	0.7	1	0.6	2	0.0	0
Nachos Starter (V) - Children's 2016	253.5	13	1057.3	13	14.9	21	6.3	32	19.9	8	1.6	2	8.6	17	1.4	6	1.0	17
New Potatoes - Kids Extra	238.8	12	1003.3	12	10.9	16	6.7	34	34.2	13	2.3	3	3.2	6	4.4	18	0.3	5
Orange Boats - Children's 2016	36.4	2	156.8	2	0.1	0	0.0	0	8.3	3	8.3	9	1.1	2	2.2	9	0.0	0
Peas - Kids Extra	67.7	3	283.4	3	0.3	0	0.1	0	8.8	3	3.0	3	5.1	10	4.5	19	1.2	20
Pineapple - Pizza Topping, Childrens	37.8	2	161.1	2	0.0	0	0.0	0	9.7	4	9.7	11	0.3	1	0.4	2	0.0	0
Pork Sausage - Pizza Topping, Childrens	307.6	15	1280.3	15	22.0	31	7.3	37	11.0	4	1.2	1	14.1	28	1.6	7	1.7	29
Pork Super Sausages - Children's 2016	577.8	29	2415.8	29	26.1	37	9.1	46	58.1	22	5.9	7	23.1	46	9.0	37	1.4	23
Quorn Sausages - Children's 2016	486.6	24	2042.9	24	15.2	22	4.6	23	62.8	24	5.2	6	18.8	38	11.7	49	1.6	27
Red Onion - Pizza Topping, Childrens	18.3	1	76.4	1	0.1	0	0.0	0	4.0	2	2.9	3	0.6	1	1.0	4	0.0	0
Salad Sticks - Kids Extra	18.7	1	77.2	1	0.3	0	0.1	0	3.6	1	3.3	4	0.6	1	1.9	8	0.1	1
Salad Sticks Starter (V)	46.6	2	195.8	2	0.3	0	0.1	0	10.0	4	8.6	10	0.7	1	2.0	8	0.5	8
Spaghetti Hoops - Kids Extra	52.6	3	223.3	3	0.2	0	0.0	0	10.7	4	3.8	4	1.7	3	0.5	2	0.3	5
Spongebob Chocolate Tub	99.6	5	417.0	5	3.8	5	2.2	11	12.4	5	9.1	10	3.7	7	0.3	1	0.2	3
Spongebob Strawberry Tub	88.2	4	370.2	4	3.1	4	1.6	8	11.9	5	11.9	13	3.2	6	0.1	1	0.1	2
Spongebob Vanilla Tub	88.2	4	372.0	4	3.1	4	1.6	8	11.8	5	11.8	13	3.1	6	0.1	1	0.1	2
Sweetcorn - Pizza Topping, Childrens	100.8	5	425.0	5	1.1	2	0.1	0	18.8	7	2.2	2	2.5	5	2.8	12	0.4	7
Sweetcorn (V) - Kids Extra	102.0	5	430.1	5	1.1	2	0.1	0	19.0	7	2.2	2	2.6	5	2.8	12	0.4	7
Veg Pasta Shells - Children's 2016	612.0	31	2565.4	31	19.4	28	7.2	36	87.1	33	10.9	12	16.4	33	11.3	47	1.5	25
Veggie Tortilla Factory - Children's 2016	784.7	39	3289.7	39	27.9	40	12.8	64	106.7	41	17.9	20	21.0	42	14.3	60	2.2	36
Yorkshire Pudding (V) - Side	70.0	4	294.3	4	2.1	3	0.2	1	10.9	4	1.4	2	1.8	4	0.6	3	0.2	3