

## 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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|---|--------|----|--------|----|-----------|----|------|----|--------|----|---------|----|-------|----|------|----|-----|----|
|   | kcal   | %  | kJ     | %  | g         | %  | g    | %  | g      | %  | g       | %  | g     | %  | g    | %  |     |    |
| 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  |