

## 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	%
241 LN BBQ Sauce (V) - Add On	56.0	3	237.4	3	0.1	0	0.0	0	12.9	5	10.5	12	0.2	0	0.2	1	0.8	14
241 LN Crispy Bacon - Add On	99.1	5	412.7	5	11.1	16	4.2	21	0.0	0	0.0	0	12.0	24	0.0	0	1.8	30
241 LN Garlic Bread (V)	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
241 LN Grilled Field Mushroom - Add On	6.5	0	27.5	0	0.3	0	0.1	0	0.2	0	0.1	0	0.9	2	0.7	3	0.0	0
241 LN Praline Chocolate Tart (V)	732.5	37	3063.8	36	41.0	59	20.7	104	77.0	30	52.2	58	10.7	21	2.0	8	0.5	8
241 LN Stilton Cheese (V) - Add On	92.3	5	382.1	5	7.9	11	5.2	26	0.0	0	0.0	0	5.3	11	0.0	0	0.4	7
Adult Carvery - Milestone	1027.9	51	4324.8	51	28.2	40	11.2	56	128.1	49	24.6	27	66.9	134	22.1	92	4.9	82
Adult Carvery Large Plate - Milestone	1382.9	69	5820.5	69	36.9	53	14.1	70	174.7	67	30.7	34	90.4	181	28.4	119	6.5	109
Adult Sunday Carvery - Milestone	1084.9	54	4564.0	54	29.9	43	11.7	58	134.3	52	28.1	31	69.9	140	22.0	92	4.9	82
Adult Sunday Carvery Large Plate - Milestone	1453.8	73	6117.4	73	39.2	56	14.7	74	182.2	70	34.9	39	94.0	188	28.2	118	6.5	109
Adult Vegetarian Carvery (V) - Milestone	1262.3	63	5291.1	63	53.5	76	18.4	92	162.8	63	29.5	33	33.6	67	24.9	104	5.3	89
Adult Vegetarian Carvery Large Plate - Milestone	1530.6	77	6421.2	76	59.3	85	20.1	100	210.2	81	36.3	40	41.3	83	31.2	130	6.6	110
Adult Vegetarian Sunday Carvery (V) - Milestone	1317.5	66	5522.5	66	55.0	79	18.8	94	169.0	65	33.0	37	36.6	73	24.7	103	5.4	90
Adult Vegetarian Sunday Carvery Large Plate - Milestone	1590.8	80	6674.0	79	60.7	87	20.5	103	216.8	83	39.8	44	45.0	90	30.9	129	6.6	109
Apple Pie (V)	288.0	14	1214.5	14	9.3	13	4.5	23	46.1	18	27.9	31	5.2	10	1.9	8	0.3	4
Asian Glaze - Top It	227.2	11	958.4	11	2.2	3	0.3	2	47.7	18	43.7	49	1.1	2	0.6	3	0.6	9
Baby Back BBQ Ribs - Whole Rack 16oz	1732.9	87	7262.8	86	82.0	117	27.2	136	173.2	67	90.9	101	74.3	149	16.2	68	5.1	84
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
BBQ Chicken - Light Bite	457.5	23	1901.4	23	17.6	25	5.8	29	46.3	18	11.1	12	24.6	49	5.5	23	1.3	22
Beef Burger 7oz - Add On	332.6	17	1386.0	17	18.6	27	7.9	40	2.8	1	0.2	0	38.2	76	0.2	1	1.7	29
Beef Burger Bar - Children's LN16	898.8	45	3760.1	45	43.5	62	45.0	225	281.6	108	7.2	8	41.2	82	9.7	41	2.9	49
Beef Madras - Large Naan	1254.0	63	5249.6	62	50.9	73	16.4	82	144.9	56	31.2	35	42.7	85	19.2	80	5.4	90
Beer Battered Fish and Chips	1261.3	63	5287.4	63	72.3	103	22.0	110	89.0	34	8.6	10	57.7	115	13.0	54	2.7	45
Beer Battered Fish and Chips - Light Bite	1085.2	54	4528.6	54	68.9	98	20.6	103	76.0	29	5.8	6	34.4	69	9.6	40	2.5	42
Beer Battered Onion Rings Side Order (V)	256.5	13	1071.4	13	16.5	24	3.1	16	25.3	10	2.5	3	3.0	6	2.0	8	1.2	20
Bread Cutting Guide	1580.1	79	6683.5	80	19.7	28	5.3	27	286.9	110	6.6	7	66.6	133	21.9	91	5.8	96
British Beef and Pedigree Ale Pie - Light Bite - Milestone	942.5	47	3918.7	47	48.2	69	19.2	96	95.6	37	6.0	7	25.7	51	10.0	42	2.0	33
British Beef and Pedigree Ale Pie - Milestone	1642.3	82	6858.6	82	84.5	121	34.0	170	166.0	64	13.8	15	50.1	100	16.5	69	4.0	67
Buttermilk Chicken Burger - Extra	529.5	26	2211.0	26	32.6	47	11.9	59	29.3	11	2.4	3	29.9	60	3.7	15	1.5	25
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

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Carrots Fresh 85g	29.8	1	124.1	1	0.3	0	0.1	0	6.7	3	6.3	7	0.5	1	2.7	11	1.0	17
Carvery Bap - Beef and Horseradish - MSC LN16	728.0	36	3050.2	36	33.9	48	9.3	47	64.7	25	10.0	11	41.3	83	5.4	22	2.4	41
Carvery Bap - Ham and English Mustard - MSC LN16	636.2	32	2669.1	32	23.9	34	6.2	31	66.4	26	9.9	11	38.1	76	5.0	21	5.7	95
Carvery Baps - Turkey and Stuffing - MSC LN16	638.7	32	2692.0	32	16.4	23	4.2	21	76.0	29	7.2	8	47.2	94	5.4	22	2.9	48
Cauliflower Cheese Batch Recipe	80.6	4	338.0	4	2.9	4	1.8	9	8.8	3	2.1	2	3.5	7	2.8	12	0.6	10
Chana Masala (V) - Side Order	274.0	14	1144.0	14	14.4	21	1.0	5	23.8	9	6.6	7	9.6	19	6.4	27	1.8	30
Cheese and Bacon Jacket Potato	897.5	45	3739.0	45	63.4	91	30.0	150	56.8	22	10.8	12	40.1	80	8.7	36	4.4	74
Cheese and Baked Beans Jacket Potato (V)	873.4	44	3639.3	43	52.6	75	25.9	130	70.5	27	14.4	16	33.0	66	12.3	51	3.3	54
Cheese Sprinkle	228.5	11	948.6	11	18.7	27	11.8	59	1.5	1	0.1	0	13.6	27	0.0	0	1.0	17
Cheesy Garlic Bread (V)	549.1	27	2290.0	27	35.2	50	16.8	84	36.6	14	2.6	3	20.1	40	3.0	12	1.8	30
Cheesy Garlic Bread (V) - Starter	549.1	27	2290.0	27	35.2	50	16.8	84	36.6	14	2.6	3	20.1	40	3.0	12	1.8	30
Cheesy Tomato Pasta Melt - Children's	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
Cherry Pie Sundae	541.9	27	2270.0	27	26.7	38	15.6	78	68.1	26	57.0	63	6.7	13	0.9	4	0.5	8
Chicken and Bacon Salad	506.4	25	2116.0	25	31.8	45	7.4	37	7.4	3	6.7	7	62.8	126	3.7	16	3.6	60
Chicken and Gammon Pie - Milestone	1304.8	65	5447.7	65	69.6	99	30.3	151	126.9	49	15.9	18	38.7	77	14.1	59	3.3	54
Chicken Burger Bar - Children's LN16	825.6	41	3462.6	41	33.6	48	16.5	82	281.5	108	7.6	8	45.0	90	10.1	42	2.6	43
Chicken Burger Bar (Buttermilk) - Children's	840.7	42	3523.3	42	38.8	55	19.5	97	281.9	108	9.2	10	38.4	77	8.5	35	2.6	43
Chicken Dippers - Children's	462.3	23	1935.7	23	19.8	28	5.3	26	53.4	21	5.6	6	14.9	30	5.1	21	1.1	18
Chicken Gravy - Side	36.8	2	156.0	2	1.6	2	0.4	2	4.3	2	0.9	1	1.6	3	0.0	0	0.7	12
Chicken Gravy - Top It	36.8	2	156.0	2	1.6	2	0.4	2	4.3	2	0.9	1	1.6	3	0.0	0	0.7	12
Chicken Jalfrezi - Large Naan	1058.9	53	4458.0	53	26.3	38	5.9	30	163.7	63	28.2	31	47.8	96	14.6	61	4.2	70
Chicken Passanda - Large Naan	1211.9	61	5080.2	60	41.2	59	16.5	82	156.3	60	28.2	31	49.5	99	12.9	54	4.1	69
Chicken Tikka Masala - Large Naan - Milestone	1082.6	54	4559.5	54	28.6	41	9.3	47	155.6	60	27.9	31	45.1	90	14.2	59	3.5	58
Chicken Tikka Samosas - Side Order	197.1	10	821.7	10	8.0	11	2.2	11	20.3	8	2.9	3	10.8	22	1.3	5	0.7	12
Chicken Tortilla Factory - Children's 2016	660.6	33	2768.3	33	27.6	39	10.3	51	65.0	25	9.0	10	34.9	70	5.7	24	2.6	43
Children's Potato Accompaniment	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	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
Child's Carvery - Milestone	795.4	40	3347.4	40	20.8	30	7.4	37	106.4	41	21.1	23	47.6	95	17.4	72	3.5	59
Child's Sunday Carvery - Milestone	784.5	39	3301.1	39	20.4	29	7.0	35	104.5	40	20.9	23	47.8	96	16.7	70	3.4	56
Child's Sunday Vegetarian Carvery - Milestone	1112.9	56	4662.6	56	49.0	70	15.6	78	139.3	54	25.8	29	30.3	61	19.5	81	4.2	70

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Child's Vegetarian Carvery (V) - Milestone	1124.7	56	4712.9	56	49.6	71	16.0	80	141.2	54	26.0	29	30.1	60	20.1	84	4.4	73
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
Chips 140g	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
Chips 227g (V)	367.0	18	1535.5	18	15.7	22	6.3	32	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
Chocolate Indulgence Sundae (V)	722.9	36	3014.8	36	47.2	67	28.9	144	65.0	25	58.7	65	8.7	17	1.8	8	0.4	7
Classic Combo - Milestone	1259.1	63	5285.4	63	65.2	93	17.5	87	117.1	45	12.9	14	52.1	104	11.9	49	3.8	63
Corn on the Cob	81.1	4	341.9	4	3.3	5	1.4	7	11.3	4	1.4	2	2.4	5	1.7	7	0.0	1
Corn on the Cob (V)	81.1	4	341.9	4	3.3	5	1.4	7	11.3	4	1.4	2	2.4	5	1.7	7	0.0	1
Custard - Extra	89.0	4	378.0	5	1.8	3	1.1	6	15.4	6	11.0	12	2.9	6	0.0	0	0.1	2
Diane Sauce	120.8	6	507.8	6	11.3	16	6.9	35	3.8	1	1.9	2	1.0	2	0.3	1	0.6	10
DN15 Cheese and Caramelised Onion Chutney Ciabatta	579.0	29	2367.7	28	37.6	54	14.6	73	35.5	14	9.4	10	21.9	44	3.0	13	1.8	31
DN15 Cheese and Caramelised Onion Chutney Sandwich	770.8	39	3220.1	38	44.7	64	23.9	119	54.3	21	9.3	10	38.1	76	4.6	19	3.0	51
DN15 Rump Steak and Red Onion Ciabatta	533.4	27	2154.1	26	9.6	14	3.2	16	60.1	23	6.4	7	46.0	92	3.9	16	1.3	22
DN15 Rump Steak and Red Onion Sandwich	553.6	28	2328.5	28	16.8	24	5.0	25	52.5	20	6.3	7	48.9	98	5.9	25	1.3	21
DN15 Tuna Melt Ciabatta	712.1	36	2893.7	34	29.9	43	12.9	64	57.7	22	2.8	3	47.0	94	2.7	11	3.4	56
DN15 Tuna Melt Sandwich	732.2	37	3068.1	37	37.2	53	14.6	73	50.1	19	2.6	3	50.0	100	4.8	20	3.3	55
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
Double Cream - Extra	265.6	13	1093.6	13	28.8	41	17.9	89	0.9	0	0.9	1	0.9	2	0.0	0	0.0	0
Extra Cadbury's Flake (V)	44.6	2	185.8	2	2.5	4	1.6	8	4.7	2	4.6	5	0.7	1	0.1	0	0.0	0
Fish Fingers - Children's	466.6	23	1955.8	23	18.2	26	4.7	23	56.5	22	6.1	7	16.2	32	5.5	23	1.1	19
Fish Frying Guide - Pedigree Ale Batter	27.2	1	115.4	1	0.1	0	0.0	0	5.5	2	0.1	0	0.7	1	0.3	1	0.1	2
Fried Egg (V) - Extra	165.0	8	682.8	8	15.2	22	2.8	14	0.0	0	0.0	0	7.1	14	0.0	0	0.2	3
Gammon Steak - 10oz	1087.1	54	4597.7	55	50.5	72	16.6	83	60.1	23	9.7	11	93.4	187	12.0	50	8.2	137
Gammon Steak - Childrens	535.4	27	2270.4	27	20.8	30	7.9	39	41.1	16	5.5	6	43.4	87	5.4	23	4.3	71
Gammon Steak 5oz - Light Bite	749.5	37	3139.1	37	38.2	55	13.1	66	43.1	17	4.1	5	53.7	107	8.8	37	4.4	73
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
Garlic Bread (V) - Starter	315.9	16	1321.7	16	16.3	23	5.0	25	34.6	13	2.5	3	6.4	13	2.9	12	0.8	13
Giant Afternoon Tea Cake	1298.3	65	5443.4	65	69.9	100	34.4	172	155.7	60	113.4	126	11.4	23	2.0	9	1.3	21
Giant Apple Crumble Cake	1010.9	51	4221.7	50	61.0	87	28.4	142	106.7	41	57.4	64	8.6	17	5.3	22	0.4	7

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Giant Bakewell Tart	1386.3	69	5781.2	69	85.3	122	29.1	146	167.9	65	119.9	133	12.6	25	3.7	16	1.5	24
Giant Cappucino Cake	833.1	42	3463.3	41	64.4	92	33.3	167	55.5	21	41.1	46	8.2	16	1.6	7	0.5	8
Giant Flaky Chocolate Cheesecake	1020.2	51	4220.8	50	76.1	109	43.7	218	71.0	27	46.8	52	12.7	25	2.0	8	1.0	17
Giant Hot Pudding Tower	1262.2	63	5275.2	63	72.3	103	30.8	154	143.1	55	103.2	115	9.2	18	2.8	12	1.5	24
Giant Red Velvet Cheesecake	1093.5	55	4543.0	54	80.0	114	41.3	207	111.3	43	39.9	44	8.4	17	1.7	7	0.8	13
Giant Terribly Delicious Carrot Cake	1234.2	62	5152.2	61	80.8	115	30.3	151	120.0	46	89.1	99	7.5	15	2.5	10	0.5	8
Giant Toffee and Banana Milkshake Cake	1512.1	76	6109.2	73	88.9	127	32.3	161	160.1	62	105.7	117	10.3	21	2.4	10	2.0	34
Golden Breaded Mushrooms (V)	391.4	20	1637.6	19	17.2	25	10.7	53	46.4	18	7.4	8	10.6	21	6.5	27	2.6	43
Golden Breaded Scampi	982.9	49	4130.2	49	48.3	69	14.8	74	104.0	40	15.0	17	28.1	56	16.2	68	4.1	68
Golden Breaded Scampi- Light Bite	651.7	33	2703.5	32	32.7	47	9.5	47	66.8	26	10.4	12	17.3	35	11.1	46	2.4	40
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
Ham, Egg and Chips - Carvery	889.4	44	3718.1	44	45.8	65	14.4	72	56.6	22	11.5	13	60.3	121	7.6	32	4.9	81
Homemade Kale Slaw - Chicken Inclusive	170.1	9	706.0	8	12.2	17	0.9	4	13.0	5	9.0	10	2.5	5	4.4	18	0.8	14
Homemade Kale Slaw - Side	170.1	9	706.0	8	12.2	17	0.9	4	13.0	5	9.0	10	2.5	5	4.4	18	0.8	14
Hunter's - Top It	452.0	23	1883.4	22	29.9	43	15.9	80	31.7	12	22.6	25	26.1	52	0.2	1	3.3	55
Ice Cream Scoop Extra (V) - Vanilla Flavour	86.4	4	362.5	4	4.0	6	2.0	10	11.1	4	11.1	12	1.6	3	0.1	0	0.1	2
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 & Butter (V)	232.1	12	977.3	12	6.2	9	3.6	18	41.3	16	1.5	2	5.1	10	4.2	17	0.2	3
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
Jam Roly Poly Pudding (V)	776.8	39	3246.8	39	42.4	61	12.0	60	97.4	37	63.9	71	17.9	36	2.1	9	1.0	17
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
Jumbo Fish Finger - Children's - MS	469.9	23	1973.9	23	16.7	24	4.5	22	59.4	23	5.7	6	18.2	36	5.3	22	1.2	19
Keep it Simple	279.8	14	1174.9	14	13.0	19	7.6	38	34.6	13	34.3	38	5.8	12	0.7	3	0.3	5
Kids Vegetable Sticks	138.7	7	571.2	7	10.6	15	0.9	4	9.6	4	7.0	8	1.1	2	2.8	12	0.8	13
Lamb Saag Masala - Large Naan	1191.5	60	5005.4	60	44.0	63	11.0	55	151.2	58	24.8	28	42.7	85	14.6	61	4.2	70
Lasagne	667.5	33	2798.9	33	34.3	49	14.3	71	65.0	25	12.1	13	23.8	48	6.0	25	2.4	40
Lasagne (500 Calories)	455.8	23	1912.5	23	23.7	34	10.9	54	41.2	16	11.0	12	19.5	39	4.3	18	1.9	31
Leeks in Cheese Sauce - Batch Recipe	69.0	3	289.0	3	3.0	4	1.8	9	8.2	3	1.7	2	2.3	5	2.1	9	0.6	9
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
Mascapone & Beetroot Tart (V) - Light Bite	419.2	21	1752.6	21	22.3	32	9.7	49	44.7	17	19.7	22	8.9	18	2.1	9	0.9	15
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

## 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	%		
Melt in the Middle Chocolate Pudding (V)	980.6	49	4063.6	48	67.9	97	24.2	121	82.5	32	57.3	64	8.0	16	3.3	14	0.8	13
Millionaire Chocolate Gateau Cake	1161.6	58	4835.4	58	82.4	118	40.8	204	93.0	36	68.5	76	11.9	24	3.3	14	1.0	16
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
Mixed Grill - 20oz	1393.5	70	5807.2	69	77.4	111	30.7	154	59.2	23	6.5	7	109.8	220	11.9	49	5.3	89
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
MSC 3pc Stuffing	85.8	4	363.3	4	0.8	1	0.3	2	18.1	7	0.6	1	2.5	5	1.0	4	0.9	15
MSC Afternoon Teacake Wedge	1087.9	54	4560.2	54	57.7	82	29.9	150	129.2	50	101.8	113	12.3	25	2.2	9	1.0	17
MSC Bacon Camembert Yorkie (V)	1410.5	71	5889.4	70	92.2	132	49.1	245	78.5	30	32.8	36	94.1	188	4.5	19	10.1	168
MSC Bakewell Wedge	1139.1	57	4760.4	57	63.5	91	25.6	128	143.1	55	111.0	123	12.8	26	3.2	14	1.1	18
MSC Banana Toffee Wedge	1170.6	59	4782.1	57	63.6	91	26.5	132	133.9	52	99.0	110	11.0	22	2.4	10	1.4	23
MSC BBQ Burnt Ends Burger	1129.7	56	4722.5	56	57.5	82	17.8	89	91.3	35	22.5	25	59.4	119	10.7	45	4.6	77
MSC BBQ Chicken Melt Ciabatta	532.6	27	2184.1	26	29.9	43	9.2	46	36.0	14	7.9	9	27.5	55	3.2	13	1.9	31
MSC BBQ Chicken Melt Sandwich	722.2	36	3028.1	36	32.9	47	15.2	76	57.5	22	7.6	8	49.0	98	5.0	21	3.1	52
MSC Birthday Brownie Wedge	1206.9	60	5046.9	60	71.1	102	36.7	184	126.4	49	102.8	114	15.1	30	3.9	16	1.0	17
MSC Boneless Spicy Rib Burger	1230.9	62	5148.7	61	64.9	93	18.6	93	111.9	43	19.3	21	47.3	95	14.6	61	4.3	72
MSC Bramley Apple and Caramel Slice	676.7	34	2840.7	34	30.5	44	15.2	76	92.3	36	70.3	78	8.5	17	1.3	6	0.8	13
MSC Camembert Yorkie (V)	1523.8	76	6339.7	75	111.4	159	53.2	266	49.2	19	19.3	21	85.7	171	3.2	13	6.7	112
MSC Carnivore Burger	1313.5	66	5483.8	65	80.8	115	23.5	117	57.9	22	9.9	11	88.6	177	8.2	34	5.2	86
MSC Carrot Cake Wedge	1228.0	61	5134.8	61	72.2	103	30.6	153	133.4	51	106.6	118	11.1	22	2.9	12	0.6	11
MSC Carvery Meat Salad - Beef	520.7	26	2169.2	26	34.7	50	8.1	41	14.2	5	10.7	12	38.4	77	5.2	22	1.0	16
MSC Carvery Meat Salad - Gammon	443.0	22	1845.0	22	27.5	39	4.8	24	15.3	6	10.9	12	33.8	68	5.8	24	3.9	65
MSC Carvery Meat Salad - Mixed	429.2	21	1793.6	21	23.9	34	3.7	19	13.9	5	10.4	12	40.1	80	5.1	21	1.3	21
MSC Carvery Meat Salad - Pork (Sunday Only)	519.3	26	2168.2	26	31.9	46	6.6	33	13.1	5	9.9	11	45.5	91	4.8	20	1.1	18
MSC Carvery Meat Salad - Turkey	417.0	21	1745.4	21	21.2	30	2.5	12	14.2	5	10.7	12	42.9	86	5.2	22	1.0	17
MSC Charred Chicken Pathia	1110.3	56	4675.5	56	29.8	43	7.4	37	156.5	60	34.5	38	50.7	101	13.9	58	4.2	70
MSC Chicken Tikka Masala	1082.9	54	4560.9	54	28.7	41	9.3	47	155.6	60	27.9	31	45.1	90	14.2	59	3.5	58
MSC Chocolate Brownie Sundae (V)	882.4	44	3674.3	44	54.6	78	26.3	132	86.1	33	68.0	76	10.4	21	3.1	13	0.7	11
MSC Classic Beef Burger	1091.0	55	4559.4	54	55.0	79	15.1	75	98.9	38	17.9	20	47.5	95	13.1	54	4.2	70
MSC Classic Chicken Burger	1039.7	52	4352.9	52	49.5	71	12.7	64	112.7	43	18.9	21	33.5	67	14.9	62	3.6	60
MSC Crispy Piri Piri Chicken Burger	1132.8	57	4740.5	56	55.8	80	19.2	96	116.9	45	24.2	27	38.6	77	15.5	65	4.0	67
MSC Deep Dish Sicilian Lemon Tart (V)	1033.7	52	4300.9	51	73.4	105	39.3	197	85.2	33	57.8	64	8.0	16	0.9	4	0.5	8

## Recipes with Nutritional Reference Intake

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
MSC Dirty Chili - Side	283.2	14	1182.4	14	14.6	21	6.1	30	23.8	9	17.1	19	13.8	28	1.9	8	1.4	23
MSC Empire Hash	845.1	42	3557.7	42	24.3	35	4.5	23	120.5	46	13.2	15	35.5	71	7.4	31	4.1	68
MSC Flaky Chocolate Cheesecake Wedge	1039.7	52	4321.5	51	67.3	96	39.0	195	93.6	36	73.0	81	14.3	29	2.4	10	1.0	16
MSC Giant Apple Crumble Wedge	942.5	47	3943.0	47	51.3	73	25.8	129	109.2	42	74.3	83	10.5	21	4.3	18	0.5	8
MSC Grains and Beets (V)	899.0	45	3681.1	44	44.4	63	15.0	75	100.5	39	14.6	16	27.0	54	11.7	49	3.7	62
MSC Half Roast Chicken	534.8	27	2236.4	27	28.1	40	9.4	47	24.6	9	1.1	1	47.3	95	3.4	14	1.4	24
MSC Keralan Prawns	1249.7	62	5207.4	62	45.9	66	26.4	132	167.0	64	28.7	32	37.5	75	14.4	60	4.5	76
MSC Lamb Rogan Burger	1241.4	62	5201.1	62	53.4	76	18.7	93	132.7	51	28.3	31	52.1	104	14.9	62	4.2	71
MSC Lemon and Blueberry Sponge	590.6	30	2485.1	30	22.3	32	4.3	22	88.7	34	56.2	62	8.8	18	2.5	10	0.5	8
MSC Millionaire Wedge	1173.1	59	4895.1	58	73.9	106	38.2	191	112.2	43	90.6	101	14.2	28	3.4	14	1.0	16
MSC Mushroom and Blue Cheese Salad	542.0	27	2240.1	27	49.8	71	16.1	81	7.0	3	6.0	7	16.5	33	4.1	17	1.4	23
MSC Mushroom Pate	427.1	21	1738.8	21	24.1	34	14.1	70	39.8	15	13.1	15	9.6	19	1.8	8	2.4	40
MSC Pedigree Fried Chicken	2229.5	111	9283.4	111	150.2	215	48.2	241	91.1	35	3.0	3	129.4	259	10.1	42	4.4	73
MSC Pizza Party	1051.9	53	4384.1	52	58.8	84	33.6	168	85.5	33	7.3	8	45.8	92	5.2	22	3.8	64
MSC Red Velvet Cheesecake Wedge	1170.9	59	4880.1	58	75.2	107	40.2	201	130.2	50	73.4	82	12.2	24	2.4	10	0.8	14
MSC Sauteed Mushroom Camembert Yorkie (V)	1279.5	64	5343.3	64	73.7	105	43.6	218	82.3	32	34.4	38	71.5	143	6.0	25	6.4	106
MSC Smoked Applewood, Brie and Gooseberry Tart (V)	388.9	19	1625.4	19	19.3	28	9.0	45	42.9	17	19.1	21	9.4	19	2.1	9	0.8	13
MSC Smoked haddock Fishcake	275.6	14	1148.6	14	17.6	25	3.0	15	17.5	7	2.2	2	11.7	23	3.0	12	1.6	26
MSC Spiced Veggie Burger (V)	1103.6	55	4620.7	55	48.9	70	11.2	56	130.9	50	22.0	24	30.0	60	16.9	70	3.6	61
MSC The Classic Club Sandwich	847.9	42	3558.8	42	39.6	57	9.2	46	80.8	31	5.6	6	57.6	115	8.5	36	4.8	80
MSC Tikka Spiced Half Roast Chicken	783.7	39	3265.2	39	49.1	70	11.6	58	42.7	16	10.3	11	40.2	80	6.3	26	3.2	53
MSC Whole Pedigree Fried Chicken	2254.8	113	9394.1	112	147.6	211	46.2	231	62.9	24	2.4	3	169.5	339	8.6	36	5.4	91
MSC Whole Roast Chicken	609.7	30	2546.7	30	34.4	49	10.8	54	16.2	6	0.8	1	59.9	120	2.8	12	1.8	30
MSC Yee-Ha Beef Burger	1425.0	71	5953.7	71	74.2	106	26.8	134	120.8	46	32.8	36	65.2	130	15.2	63	5.3	88
MSC Yorkie Dippers	120.8	6	507.7	6	3.8	5	0.7	4	18.8	7	2.2	2	2.8	6	1.0	4	0.6	10
MSC Yorky Buttermilk Chicken	1290.9	65	5413.7	64	61.5	88	18.7	93	108.1	42	14.7	16	76.3	153	10.6	44	6.4	107
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
Mushroom Poppers - Children's 2016	187.2	9	785.4	9	6.2	9	4.6	23	26.4	10	6.3	7	5.3	11	3.3	14	1.5	25
Nachos (V) for One	559.4	28	2332.4	28	34.8	50	14.1	70	45.8	18	7.5	8	14.2	28	3.2	14	2.8	47
Nachos (V) to Share	573.3	29	2390.7	28	35.6	51	14.4	72	46.9	18	7.7	9	14.6	29	3.3	14	2.9	49

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
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
New Potatoes 227g (V)	201.9	10	852.0	10	6.4	9	3.9	19	35.0	13	2.3	3	3.2	6	4.5	19	0.4	7
Onion Bhajis (V) - Side Order	158.4	8	662.4	8	6.8	10	1.8	9	17.0	7	4.3	5	5.0	10	4.3	18	0.3	6
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
Peas 85g (V)	58.6	3	245.6	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.1	1
Peppercorn Sauce	71.3	4	300.8	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
Peshwari Chicken Curry - Large Naan	1113.2	56	4681.9	56	31.7	45	13.8	69	154.2	59	30.9	34	48.5	97	14.9	62	5.2	86
Pigs in Blankets 3pc - MSC LN16	382.5	19	1600.4	19	34.7	50	13.5	67	4.1	2	0.0	0	13.4	27	0.2	1	2.9	48
Pigs in Blankets 6pc - Side	765.0	38	3200.8	38	69.4	99	26.9	135	8.2	3	0.0	0	26.7	53	0.4	2	5.8	97
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
Pineapple (V) - Extra	30.0	1	127.5	2	0.0	0	0.0	0	7.8	3	7.8	9	0.2	0	0.3	1	0.0	0
Piri Piri - Add On	50.3	3	212.2	3	1.1	2	0.1	0	9.4	4	7.5	8	0.6	1	1.1	4	0.8	13
Piri Piri - Top It	89.8	4	379.0	5	2.0	3	0.1	1	16.8	6	13.4	15	1.1	2	1.9	8	1.4	24
Piri Piri Chicken Wings - Milestone	485.7	24	2041.2	24	30.1	43	6.2	31	20.3	8	14.7	16	34.2	68	5.5	23	1.3	21
Pizza Extra - Sausages- Children's	228.5	11	948.6	11	18.7	27	11.8	59	1.5	1	0.1	0	13.6	27	0.0	0	1.0	17
Poppadum - Extra (V)*	119.9	6	498.0	6	9.3	13	2.9	14	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
Poppadums and Dips (V)	266.3	13	1115.0	13	13.3	19	3.3	16	29.1	11	7.0	8	7.4	15	0.6	2	2.0	34
Pork Super Sausages - Children's LN16	667.4	33	2782.4	33	36.0	51	12.3	61	61.2	24	8.5	9	18.6	37	11.9	50	1.3	22
Potato Option 227g Mash	288.2	14	1206.1	14	12.6	18	8.4	42	38.6	15	1.2	1	3.7	7	3.0	12	0.7	11
Prawn Cocktail Sundae	418.9	21	1751.0	21	22.9	33	5.6	28	31.3	12	7.2	8	22.8	46	3.6	15	1.6	27
Pulled Pork and Beef Chilli Jacket Potato	738.9	37	3085.7	37	38.8	55	14.3	71	78.4	30	27.8	31	21.5	43	10.6	44	2.5	42
Pulled Pork and Beef Nachos for One	500.3	25	2086.9	25	29.4	42	12.0	60	41.3	16	14.1	16	16.4	33	3.1	13	2.5	42
Pulled Pork and Beef Nachos to Share	1510.4	76	6299.6	75	90.8	130	37.0	185	124.3	48	33.6	37	45.0	90	9.0	38	7.6	127
Quorn Sausages - Children's	423.5	21	1778.2	21	14.5	21	4.8	24	51.6	20	6.2	7	17.4	35	8.7	36	1.6	27
Raspberry Yoriky Sundae (V)	962.1	48	4025.5	48	52.3	75	30.0	150	113.7	44	95.6	106	9.1	18	1.2	5	0.8	13
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
Roasted Chicken Fillet - Extra	197.3	10	831.8	10	3.7	5	0.9	4	0.9	0	0.9	1	40.8	82	0.9	4	1.2	19
Roasted Vegetable Jalfrezi - Large Naan	1096.2	55	4600.3	55	32.7	47	6.3	31	168.2	65	33.3	37	25.0	50	16.9	71	4.3	72
Rump Steak - 8oz	916.5	46	3839.4	46	38.9	56	13.2	66	54.8	21	6.5	7	81.8	164	11.9	50	0.9	15
Rump Steak - 8oz (500 Calories)	456.6	23	1919.6	23	16.9	24	6.3	32	4.1	2	3.8	4	72.4	145	2.5	11	0.4	7
Rustic Bread and Butter (V)	434.6	22	1825.6	22	18.3	26	9.7	48	53.3	20	1.4	2	14.9	30	4.9	20	1.4	23

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Saag Aloo (V) - Side Order	224.0	11	940.0	11	13.2	19	1.0	5	20.4	8	5.2	6	4.4	9	4.0	17	1.2	21
Salad Bowl (V).	68.5	3	283.8	3	5.0	7	0.6	3	5.1	2	4.0	4	1.0	2	1.8	8	0.2	4
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
Salted Caramel and Pecan Brownie - Milestone	886.1	44	3713.8	44	42.8	61	20.1	100	112.0	43	102.4	114	11.0	22	3.8	16	0.5	8
Sandwich Garnish	99.7	5	412.5	5	7.2	10	1.2	6	7.1	3	6.0	7	2.0	4	2.9	12	0.0	0
Sauteed Flat Mushrooms (V)	117.6	6	485.6	6	11.7	17	7.1	35	0.7	0	0.4	0	2.6	5	2.1	9	0.3	4
Savoy Cabbage 85g	17.2	1	72.7	1	0.3	0	0.1	0	2.5	1	2.4	3	1.3	3	2.6	11	1.0	17
Scampi 5pc - Add On	88.4	4	373.5	4	0.1	0	0.0	0	15.5	6	3.0	3	6.2	12	2.2	9	1.2	19
Scoop Vanilla Ice Cream - Coke Float	86.4	4	362.5	4	4.0	6	2.0	10	11.1	4	11.1	12	1.6	3	0.1	0	0.1	2
Self Serve Ice Cream Machine	984.8	49	4137.4	49	27.0	39	14.7	74	173.8	67	146.7	163	10.0	20	1.2	5	1.3	22
Side Salad - Side	18.0	1	74.6	1	1.1	2	0.2	1	1.6	1	1.4	2	0.5	1	0.7	3	0.0	0
Sirloin Steak - 8oz	960.5	48	4001.0	48	57.7	82	21.0	105	14.4	6	6.5	7	92.8	186	8.1	34	1.0	17
Sirloin Steak - 8oz (500 Calories)	510.3	26	2127.4	25	30.4	43	12.6	63	3.9	2	3.6	4	55.2	110	2.4	10	0.4	6
Small Plate Carvery - Milestone	795.4	40	3347.4	40	20.8	30	7.4	37	106.4	41	21.1	23	47.6	95	17.4	72	3.5	59
Small Plate Sunday Carvery - Milestone	791.4	40	3330.2	40	20.7	30	7.1	35	105.5	41	21.6	24	47.8	96	16.8	70	3.4	57
Small Plate Sunday Vegetarian Carvery - Milestone	712.3	36	2997.0	36	16.7	24	6.2	31	122.7	47	25.1	28	19.3	39	21.9	91	3.0	49
Small Plate Vegetarian Carvery (V) - Milestone	705.4	35	2967.9	35	16.4	23	6.2	31	121.7	47	24.3	27	19.3	39	21.8	91	2.9	48
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
Standard Vegetable Accompaniment - Milestone Carvery	85.0	4	356.0	4	0.5	1	0.1	1	12.8	5	8.2	9	5.2	10	6.7	28	1.3	22
Sweet Potato Fries Side Order (V)	401.8	20	1681.2	20	17.9	26	3.9	20	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
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
Sweetcorn 85g	62.9	3	265.2	3	1.2	2	0.3	2	9.9	4	6.9	8	2.1	4	2.1	9	0.0	0
Today's Soup (V)	434.8	22	1789.6	21	23.2	33	9.1	46	45.5	18	10.6	12	10.9	22	5.4	23	1.5	25
Topped Roasties - Cheese, BBQ & Mushroom	510.7	26	2141.5	25	22.5	32	12.2	61	58.8	23	17.3	19	19.4	39	4.8	20	2.3	38
Topped Roasties - Piri Piri	695.2	35	2901.5	35	41.0	59	19.9	100	43.2	17	4.7	5	40.6	81	5.1	21	3.6	61
Topped Roasties - Pulled Pork & Beef Chillli	818.2	41	3413.4	41	47.9	68	25.2	126	65.2	25	20.6	23	33.6	67	5.7	24	2.5	41
Tortilla Factory (buttermilk) TILL ONLY	750.1	38	3141.5	37	34.0	49	13.4	67	78.4	30	9.5	11	29.8	60	7.1	30	2.8	47
Towering Beer Battered Onion Rings (V)	782.9	39	3274.6	39	46.4	66	8.7	44	85.5	33	18.8	21	8.7	17	5.8	24	4.3	72
Triple Carvery Bap - MSC LN16	667.7	33	2803.2	33	25.0	36	7.3	37	58.0	22	4.2	5	54.1	108	4.0	17	3.5	59

## 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	%		
Tuna Mayonnaise Jacket Potato	639.5	32	2676.3	32	32.7	47	8.9	45	57.8	22	12.1	13	31.4	63	9.2	38	2.4	40
Two Fried Eggs (V)	224.0	11	930.5	11	18.7	27	4.0	20	1.1	0	1.1	1	14.1	28	0.0	0	0.4	7
Two Tier American Brownie Birthday Cake	1167.9	58	4876.7	58	75.9	108	37.6	188	108.7	42	83.5	93	13.1	26	3.8	16	1.0	17
Two Yorkshire Puddings - Side	140.0	7	588.6	7	4.3	6	0.4	2	21.7	8	2.9	3	3.6	7	1.2	5	0.4	6
Upgrade King Prawn Skewers	36.8	2	155.8	2	0.2	0	0.0	0	0.1	0	0.0	0	8.5	17	0.0	0	0.2	4
Upgrade Sweet Potato Fries (V)	273.4	14	1144.3	14	12.2	17	2.7	13	35.7	14	0.8	1	3.7	7	3.1	13	0.2	3
Veg Pasta Shells - LN16	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
Vegetable Lasagne (V) (TILL ONLY)	609.9	30	2558.1	30	26.4	38	6.8	34	66.2	25	15.4	17	14.3	29	6.0	25	3.9	65
Vegetable Lasagne (V) 500 Calories (TILL ONLY)	398.2	20	1671.7	20	15.9	23	3.4	17	42.4	16	14.3	16	10.1	20	4.3	18	3.3	56
Vegetable Samosas (V) - Side Order	144.9	7	604.8	7	6.3	9	1.9	9	20.5	8	3.7	4	1.0	2	1.3	5	0.4	6
Veggie Tortilla Factory - Children's 2016	589.3	29	2465.7	29	25.7	37	9.9	50	70.8	27	14.2	16	16.1	32	7.9	33	2.1	35
VLG LN Naan Bread - Extra (V)	344.5	17	1453.4	17	6.9	10	3.8	19	56.7	22	4.2	5	10.7	21	6.6	28	0.7	12
Yorkshire Pudding - Extra	208.8	10	867.7	10	16.2	23	2.6	13	11.1	4	1.3	1	5.3	11	0.5	2	0.1	2