

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	%
Adult Carvery - Milestone	1100.9	55	4630.8	55	28.8	41	11.2	56	145.2	56	26.6	30	67.5	135	22.4	93	5.2	86
Adult Carvery Large Plate - Milestone	1474.2	74	6203.1	74	37.7	54	14.1	70	196.1	75	33.2	37	91.2	182	28.8	120	6.8	113
Adult Sunday Carvery - Milestone	1122.6	56	4723.3	56	30.6	44	11.7	59	141.8	55	28.4	32	70.7	141	22.8	95	5.0	83
Adult Sunday Carvery Large Plate - Milestone	1501.1	75	6317.0	75	40.0	57	14.8	74	191.6	74	35.2	39	95.1	190	29.2	122	6.6	110
Adult Vegetarian Carvery (V) - Milestone	1427.6	71	5885.7	70	59.9	86	26.6	133	183.2	70	37.1	41	28.7	57	27.0	113	5.2	86
Adult Vegetarian Carvery Large Plate - Milestone	1714.2	86	7092.5	84	65.7	94	28.3	141	235.0	90	44.4	49	36.5	73	33.4	139	6.4	107
Adult Vegetarian Sunday Carvery (V) - Milestone	1447.5	72	5970.3	71	61.4	88	27.1	135	179.8	69	38.9	43	32.0	64	27.4	114	5.1	84
Adult Vegetarian Sunday Carvery Large Plate - Milestone	1730.4	87	7162.3	85	67.3	96	28.8	144	229.4	88	45.7	51	40.6	81	33.7	141	6.2	104
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
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
Bacon Rasher - Add On	130.6	7	544.3	6	14.7	21	5.5	28	0.0	0	0.0	0	15.8	32	0.0	0	2.4	39
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	457.3	23	1900.8	23	17.6	25	5.8	29	46.3	18	11.1	12	24.6	49	5.5	23	1.3	22
BBQ Sauce - Extra	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
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	472.1	24	1975.5	24	26.8	38	9.6	48	23.9	9	1.1	1	33.4	67	1.1	5	1.3	22
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
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	746.9	37	3130.0	37	34.2	49	9.4	47	68.4	26	10.2	11	41.8	84	5.8	24	2.4	41
Carvery Bap - Ham and English Mustard - MSC LN16	655.0	33	2748.7	33	24.2	35	6.2	31	70.2	27	10.1	11	38.5	77	5.4	23	5.7	95
Carvery Baps - Turkey and Stuffing - MSC LN16	657.6	33	2771.6	33	16.7	24	4.3	21	79.8	31	7.3	8	47.6	95	5.8	24	2.9	49

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
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
Chicken and Bacon Salad	505.8	25	2113.3	25	31.7	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) - Childrens	812.5	41	3407.8	41	36.0	51	18.4	92	279.3	107	8.5	9	40.1	80	7.2	30	2.5	42
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	821.8	41	3457.3	41	20.8	30	7.4	37	113.7	44	22.4	25	47.4	95	17.0	71	3.7	61
Child's Sunday Carvery - Milestone	784.5	39	3301.0	39	20.4	29	7.0	35	104.5	40	20.9	23	47.7	95	16.7	70	3.4	57
Child's Sunday Vegetarian Carvery - Milestone	1205.1	60	4951.1	59	54.8	78	23.8	119	142.6	55	31.4	35	24.8	50	21.4	89	3.9	65
Child's Vegetarian Carvery (V) - Milestone	1243.4	62	5111.4	61	55.3	79	24.1	121	151.8	58	32.9	37	24.4	49	21.7	90	4.1	69
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)	519.7	26	2167.9	26	26.4	38	8.2	41	62.0	24	50.6	56	7.8	16	1.7	7	0.7	11
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

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
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
Country Pate	583.0	29	2396.2	29	37.5	54	17.6	88	38.4	15	9.3	10	20.4	41	1.5	6	1.7	29
Crumbled Stilton Cheese - Add On	82.5	4	341.8	4	7.0	10	4.6	23	0.0	0	0.0	0	4.8	10	0.0	0	0.4	7
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
Dirty Chili - Top It	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
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
Flat 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
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)	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
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
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

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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	889.3	44	3717.9	44	45.8	65	14.4	72	56.6	22	11.5	13	60.3	121	7.6	32	4.9	82
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 (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	667.4	33	2798.3	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)	455.6	23	1911.6	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	104.2	5	435.5	5	2.9	4	1.8	9	17.9	7	3.4	4	2.0	4	1.6	7	0.7	12
Lemon Drizzle - Children's	415.1	21	1747.6	21	15.2	22	11.8	59	62.8	24	44.8	50	7.7	15	0.5	2	0.6	10
Mascapone & Beetroot Tart (V) - Light Bite	419.0	21	1752.0	21	22.2	32	9.7	49	44.7	17	19.7	22	8.9	18	2.1	9	0.9	15
Mascapone & Beetroot Tart (V) - Milestone	394.1	20	1648.8	20	20.3	29	9.4	47	43.3	17	18.5	21	8.4	17	1.4	6	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
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

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	%
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 - Kids Extra	173.8	9	724.3	9	10.0	14	1.4	7	18.1	7	0.6	1	2.1	4	1.4	6	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 Apple & Pumpkin Crumble	970.7	49	4071.2	48	43.7	62	26.1	131	135.3	52	79.4	88	12.7	25	2.7	11	0.6	10
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	1162.9	58	4867.6	58	58.4	83	17.0	85	104.8	40	18.7	21	51.1	102	13.1	54	4.0	66
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	520.3	26	2167.4	26	34.6	49	8.1	41	14.2	5	10.7	12	38.4	77	5.2	22	1.0	16
MSC Carvery Meat Salad - Gammon	442.6	22	1843.3	22	27.5	39	4.8	24	15.3	6	10.9	12	33.8	68	5.8	24	4.0	66
MSC Carvery Meat Salad - Mixed	428.8	21	1792.0	21	23.8	34	3.7	19	14.0	5	10.4	12	40.1	80	5.1	21	1.3	22
MSC Carvery Meat Salad - Pork (Sunday Only)	488.1	24	2036.3	24	30.8	44	5.9	30	14.1	5	10.6	12	39.1	78	5.2	22	1.0	17
MSC Carvery Meat Salad - Turkey	416.6	21	1743.9	21	21.1	30	2.4	12	14.2	5	10.7	12	42.9	86	5.2	22	1.1	18
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 Cheesy Mash Yorky	178.4	9	746.9	9	8.2	12	4.4	22	19.0	7	2.9	3	7.6	15	2.1	9	0.8	13
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	1005.1	50	4211.2	50	46.0	66	11.4	57	109.5	42	18.1	20	35.6	71	13.4	56	3.5	58
MSC Crispy Piri Piri Chicken Burger	1098.9	55	4601.4	55	52.4	75	17.9	90	113.7	44	23.4	26	40.6	81	14.0	58	3.9	65
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
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 Falafel Bites	321.9	16	1341.7	16	19.0	27	4.1	20	26.8	10	5.2	6	8.4	17	5.7	24	1.5	25

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	%	g	%
MSC Falafel, Pickle & Yoghurt Decker	1018.6	51	4256.8	51	52.5	75	10.6	53	108.1	42	17.5	19	25.2	50	17.4	72	4.6	76
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 Gooseberry Toffee Tart (V)	992.6	50	4142.3	49	64.3	92	31.5	158	96.2	37	55.0	61	7.6	15	3.2	13	0.9	14
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 Lets Meat Up Decker	1168.9	58	4897.7	58	59.3	85	17.7	89	85.9	33	12.5	14	72.1	144	12.6	53	5.0	84
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 Peanut Butter Black Bottom Pie	1209.4	60	5031.4	60	89.0	127	50.3	252	89.9	35	66.7	74	12.5	25	4.1	17	0.6	11
MSC Peas & Gravy Yorky	145.3	7	609.7	7	3.0	4	0.7	3	21.1	8	4.2	5	6.4	13	4.6	19	0.7	12
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 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 Yorky Buttermilk Chicken	1157.1	58	4865.7	58	48.1	69	13.5	67	95.6	37	11.7	13	84.5	169	4.5	19	6.0	100
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
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
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
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
Pearl Barley Risotto - Milestone	698.6	35	2914.3	35	41.4	59	15.6	78	58.6	23	7.7	9	17.4	35	8.3	35	3.2	54
Pearl Barley Risotto (500 Cal) - Milestone	498.1	25	2074.6	25	31.4	45	12.4	62	36.0	14	6.7	7	13.4	27	6.7	28	2.7	45
Pearl Barley Risotto (Chicken) - Milestone	907.1	45	3792.6	45	45.7	65	16.7	83	60.7	23	8.6	10	58.4	117	9.3	39	4.4	74

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	%		
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	28.9	1	123.0	1	0.0	0	0.0	0	7.5	3	7.5	8	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 Yorky 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)	456.4	23	1918.7	23	16.8	24	6.3	31	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
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)	68.3	3	283.2	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

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
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	99.3	5	411.1	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
Seafood Platter - Milestone	1384.0	69	5811.1	69	70.9	101	18.2	91	124.3	48	14.7	16	59.4	119	13.1	55	6.0	99
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	74.8	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)	510.1	26	2126.5	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	821.8	41	3457.3	41	20.8	30	7.4	37	113.7	44	22.4	25	47.4	95	17.0	71	3.7	61
Small Plate Sunday Carvery - Milestone	791.4	40	3330.1	40	20.7	30	7.1	35	105.5	41	21.6	24	47.8	96	16.8	70	3.5	58
Small Plate Sunday Vegetarian Carvery - Milestone	785.3	39	3303.1	39	17.3	25	6.2	31	139.9	54	27.0	30	20.0	40	22.2	92	3.1	52
Small Plate Vegetarian Carvery (V) - Milestone	778.4	39	3274.1	39	16.9	24	6.2	31	138.8	53	26.3	29	19.9	40	22.1	92	3.1	51
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	557.9	28	2341.1	28	23.4	33	12.3	61	68.1	26	17.6	20	20.6	41	5.7	24	2.3	39
Topped Roasties - Piri Piri	742.4	37	3101.1	37	41.9	60	20.0	100	52.5	20	5.0	6	41.8	84	6.0	25	3.7	61
Topped Roasties - Pulled Pork & Beef Chilli	865.4	43	3613.0	43	48.7	70	25.3	126	74.5	29	20.9	23	34.7	69	6.7	28	2.5	42
Tortilla Factory (buttermilk) TILL ONLY	721.9	36	3026.0	36	31.1	44	12.3	62	75.8	29	8.9	10	31.5	63	5.8	24	2.7	45
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	686.6	34	2882.9	34	25.4	36	7.3	37	61.8	24	4.3	5	54.6	109	4.4	18	3.6	59
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

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	%		
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)	609.8	30	2557.5	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)	398.0	20	1670.8	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
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
Zesty Lemon Yorky Sundae (V)	978.0	49	4083.0	49	47.9	68	25.9	130	127.5	49	111.8	124	8.2	16	0.9	4	0.6	11