

## 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	%
UBC LN Bacon - Rasher of Back - Extra	136.1	7	567.0	7	15.3	22	5.7	29	0.0	0	0.0	0	16.4	33	0.0	0	2.5	41
UBC LN Battered Chicken Burger Bar - Children's	758.5	38	3185.6	38	24.6	35	8.8	44	299.4	115	14.2	16	35.2	70	13.8	57	2.8	46
UBC LN Beef Burger Bar - Children's	627.6	31	2637.4	31	17.9	26	29.3	146	288.5	111	14.0	16	28.8	58	13.3	55	2.7	45
UBC LN Cheddar Cheese (V) - Extra	114.8	6	476.0	6	9.6	14	6.1	30	0.0	0	0.0	0	7.0	14	0.0	0	0.5	8
UBC LN Cheesy Pasta Surprise (V) - Children's	674.2	34	2830.3	34	22.1	32	8.6	43	98.2	38	18.2	20	21.7	43	13.8	57	2.9	49
UBC LN Chicken Burger Bar - Children's	637.2	32	2683.1	32	14.9	21	5.1	25	288.6	111	14.6	16	37.7	75	13.7	57	2.7	45
UBC LN Chicken Dinner - Children's	737.5	37	3089.2	37	30.9	44	8.2	41	77.9	30	13.5	15	38.6	77	12.5	52	2.9	48
UBC LN Chicken Tortilla Factory - Children's	925.7	46	3886.2	46	30.0	43	13.7	68	116.1	45	27.7	31	46.7	93	16.1	67	3.8	63
UBC LN Children's Extra - Baked Beans (Ve)	123.0	6	519.0	6	0.6	1	0.2	1	24.6	9	8.0	9	7.7	15	5.6	23	1.3	22
UBC LN Children's Extra - Carrots (Ve)	29.8	1	124.1	1	0.0	0	0.0	0	5.7	2	5.5	6	0.3	1	2.7	11	0.1	2
UBC LN Children's Extra - Chips (Ve)	245.4	12	1026.6	12	10.7	15	4.3	21	31.0	12	1.5	2	3.9	8	4.5	19	0.1	1
UBC LN Children's Extra - Garlic Bread (Ve)	106.9	5	447.1	5	5.5	8	1.7	8	11.7	5	0.9	1	2.1	4	1.0	4	0.3	4
UBC LN Children's Extra - Mash (V)	201.7	10	842.8	10	10.1	14	6.7	34	24.3	9	0.8	1	2.3	5	1.9	8	0.5	8
UBC LN Children's Extra - Peas (Ve)	59.5	3	249.1	3	0.3	0	0.1	0	7.8	3	2.7	3	4.5	9	4.0	17	0.2	4
UBC LN Children's Extra - Salad Sticks (Ve)	18.6	1	77.1	1	0.3	0	0.1	0	3.6	1	3.3	4	0.6	1	1.9	8	0.1	1
UBC LN Children's Extra - Sweetcorn (Ve)	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
UBC LN Children's Extra - Waffles (Ve)	138.0	7	576.7	7	6.7	10	0.5	2	16.9	6	0.5	1	1.9	4	1.3	5	0.6	10
UBC LN Children's Pizza Topping - Ham	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
UBC LN Children's Pizza Topping - Mixed Peppers (Ve)	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
UBC LN Children's Pizza Topping - Mushroom (Ve)	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
UBC LN Children's Pizza Topping - Pineapple (Ve)	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
UBC LN Children's Pizza Topping - Red Onion (Ve)	18.0	1	75.0	1	0.1	0	0.0	0	4.0	2	2.8	3	0.6	1	0.9	4	0.0	0
UBC LN Children's Pizza Topping - Sausage	220.2	11	915.9	11	14.6	21	5.0	25	5.3	2	1.7	2	16.2	32	1.2	5	0.8	13
UBC LN Children's Pizza Topping - Sweetcorn (V)	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
UBC LN Chocolate Brownie (V) - Children's	355.2	18	1477.3	18	18.9	27	4.4	22	40.9	16	29.4	33	4.7	9	1.5	6	0.4	7
UBC LN Cluck-a-doodle doo Dippers - Children's	710.8	36	2968.0	35	35.6	51	10.3	51	75.5	29	11.9	13	23.1	46	11.9	49	2.5	41
UBC LN Corn on the Cob (V) - Children's	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
UBC LN 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
UBC LN Garlic Bread (Ve) - Children's	164.0	8	689.0	8	5.6	8	1.7	9	25.3	10	14.2	16	2.4	5	1.4	6	0.7	12
UBC LN 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

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UBC LN Jelly - Children's	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
UBC LN 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
UBC LN Lemon Drizzle (V) - 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
UBC LN Milk (V) - Children's	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
UBC LN Nachos Starter (V) - Children's	212.5	11	888.1	11	10.9	16	3.6	18	21.7	8	1.9	2	5.7	11	1.5	6	1.1	19
UBC LN Orange Boats (Ve) - Children's	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
UBC LN Pizza Party (V) - Children's	1212.0	61	5054.2	60	63.7	91	36.5	182	107.1	41	13.6	15	56.7	113	11.9	50	5.4	90
UBC LN Pork Super Sausages - Children's	619.4	31	2591.3	31	26.1	37	9.4	47	67.1	26	13.1	15	29.7	59	12.7	53	2.5	42
UBC LN Quorn Super Sausages (V) - Children's	528.2	26	2218.3	26	15.2	22	5.0	25	71.8	28	12.4	14	25.5	51	15.4	64	2.7	46
UBC LN Salad Sticks (V) - Children's	99.8	5	413.1	5	8.1	12	0.6	3	6.2	2	4.1	5	0.6	1	1.9	8	0.5	8
UBC LN Secret Pasta Ships (V) - Children's	653.6	33	2740.9	33	19.4	28	7.6	38	96.1	37	18.2	20	23.1	46	15.0	63	2.6	43
UBC LN Spongebob Chocolate Tub (V)	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
UBC LN Spongebob Strawberry Tub (V)	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
UBC LN Spongebob Vanilla Tub (V)	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
UBC LN Submarine Strips - Children's	583.2	29	2445.6	29	19.4	28	5.1	26	78.6	30	12.4	14	24.4	49	12.3	51	2.5	41
UBC LN Surf's Up Fish - Children's	779.3	39	3282.3	39	33.0	47	8.4	42	100.5	39	11.4	13	30.4	61	13.6	57	3.3	55
UBC LN Veggie Tortilla Factory (V) - Children's	850.7	43	3568.3	42	28.1	40	13.3	67	121.1	47	32.4	36	27.8	56	18.1	76	3.3	55
UBC LN Yorkshire Pudding (V) - Side	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