

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	%		
2 Ltr Milk Bottle - Take Away Sales	1215.0	61	5130.0	61	40.5	58	27.0	135	121.5	47	121.5	135	91.8	184	0.0	0	2.7	45
Aero Peppermint - Confectionary	275.0	14	1149.7	14	15.3	22	9.2	46	31.4	12	31.4	35	2.6	5	0.5	2	0.2	3
Bounty - Confectionary	278.2	14	1162.8	14	14.8	21	12.2	61	33.2	13	27.2	30	2.2	4	0.9	4	0.1	1
Crunchie - Confectionary	188.0	9	786.0	9	7.6	11	4.9	25	28.0	11	26.0	29	1.4	3	0.5	2	0.3	5
Daim Bar - Confectionary	148.4	7	617.4	7	8.7	12	4.5	22	16.5	6	16.4	18	0.8	2	0.3	1	0.2	4
Fruit Pastilles - Confectionary	179.1	9	761.4	9	0.1	0	0.0	0	42.0	16	28.7	32	2.1	4	0.1	0	0.1	2
Maltesers - Confectionary	186.9	9	781.8	9	9.3	13	5.6	28	22.9	9	19.2	21	3.0	6	0.4	2	0.1	1
Mars Bar - Confectionary	229.0	11	962.9	11	8.7	12	4.2	21	35.1	14	30.4	34	2.2	4	0.6	3	0.1	1
Multigrain Loaf Bread - Take Away Sales	1595.8	80	6758.6	80	24.4	35	5.6	28	271.6	104	6.9	8	75.7	151	25.0	104	5.4	90
Pedigree Chutney - Take Away Sales	324.3	16	1377.7	16	2.3	3	0.2	1	71.5	28	64.6	72	2.8	6	2.5	11	1.6	27
Skittles - Confectionary	221.1	11	936.1	11	2.3	3	1.3	6	49.6	19	49.2	55	0.0	0	0.0	0	0.0	0
Snickers - Confectionary	244.8	12	1023.8	12	13.4	19	4.6	23	26.2	10	21.7	24	4.5	9	0.7	3	0.1	1
VLG LN <600 Cajun Chicken	312.3	16	1305.4	16	13.4	19	2.3	11	7.2	3	5.0	6	42.2	84	3.3	14	2.7	45
VLG LN <600 Pedigree Ale Beef Lasagne	559.0	28	2331.6	28	31.2	45	13.8	69	36.1	14	16.6	18	32.8	66	4.6	19	2.5	42
VLG LN <600 Rump Steak 10oz	555.9	28	2318.6	28	32.8	47	12.9	65	5.2	2	5.1	6	60.0	120	2.4	10	0.4	7
VLG LN <600 Sirloin Steak 8oz	542.2	27	2259.7	27	32.5	46	13.3	67	5.2	2	5.1	6	57.1	114	2.4	10	0.4	6
VLG LN <600 Vegetarian Lasagne (V)	413.4	21	1734.8	21	16.8	24	3.6	18	43.7	17	15.7	17	10.3	21	4.9	20	3.4	56
VLG LN American BBQ Pizza	1354.2	68	5756.8	69	34.6	49	13.9	69	185.7	71	35.7	40	73.9	148	12.2	51	7.9	132
VLG LN 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
VLG LN Aspall Mixed Fruit & Cider Sundae (V)	518.9	26	2181.9	26	20.8	30	12.1	60	75.1	29	68.2	76	6.6	13	3.9	16	0.4	6
VLG LN Baked Lamb Moussaka	955.0	48	4022.7	48	58.9	84	18.5	92	70.9	27	18.9	21	35.2	70	9.4	39	3.2	54
VLG LN Bar Snack Platter	2714.2	136	8825.5	105	120.1	172	43.0	215	179.1	69	-	-	100.4	201	12.5	52	14.4	240
VLG LN BBQ Chicken and Cheese Flatbread	620.4	31	2614.1	31	17.2	25	7.4	37	77.5	30	31.4	35	36.8	74	3.9	16	3.7	61
VLG LN BBQ Ranch Burger	1234.8	62	5168.8	62	62.8	90	25.1	126	108.1	42	22.0	24	66.6	133	10.8	45	6.0	99
VLG LN BBQ Sauce (Ve) Extra	263.2	13	1099.8	13	11.8	17	6.0	30	36.4	14	22.1	25	3.2	6	2.5	11	0.0	0
VLG LN Beef Burger 6oz - Extra	285.6	14	1190.0	14	16.0	23	6.8	34	2.4	1	0.2	0	32.8	66	0.2	1	1.5	25
VLG LN Beef Madras	1194.8	60	5015.1	60	38.5	55	11.4	57	159.7	61	29.9	33	43.1	86	15.6	65	5.3	88
VLG LN Beer Battered Fish and Chips	1266.0	63	5307.0	63	72.8	104	22.2	111	89.0	34	7.4	8	57.5	115	12.0	50	1.9	32
VLG LN Beer Battered Onion Rings Side Order (Ve)	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
VLG LN Black Pudding Hash	484.8	24	2020.5	24	30.2	43	8.8	44	31.9	12	3.6	4	20.0	40	2.9	12	1.9	31

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN Bloomer Bread and Butter - Brown (V)	370.1	19	1554.7	19	15.6	22	8.2	41	45.4	17	1.2	1	12.7	25	4.2	17	1.2	19
VLG LN Bloomer Bread and Butter - White (V)	364.9	18	1529.7	18	14.0	20	8.1	41	50.5	19	1.1	1	9.7	19	3.1	13	1.3	21
VLG LN Bowl of Yorkshire Puddings Side Order (V)	1231.5	62	5118.0	61	96.1	137	15.7	79	64.9	25	6.6	7	35.8	72	3.2	13	1.1	18
VLG LN Bread, Oil & Olives (Ve)	682.2	34	2853.3	34	42.3	60	9.4	47	49.7	19	4.7	5	8.2	16	2.3	10	4.5	75
VLG LN Breaded Plaice	874.1	44	3692.0	44	31.0	44	9.3	47	107.5	41	14.5	16	35.4	71	12.6	53	1.6	27
VLG LN Broccoli and Stilton Soup (V) S/W Accompaniment	74.4	4	309.3	4	4.6	7	2.4	12	3.8	1	1.5	2	4.6	9	2.2	9	0.2	4
VLG LN Broccoli and Stilton Soup Homemade (V)	391.4	20	1632.7	19	23.0	33	12.6	63	30.7	12	3.6	4	15.9	32	6.6	27	1.2	19
VLG LN Burger Side Combo (V)	238.9	12	996.5	12	16.4	23	7.8	39	23.0	9	3.7	4	4.1	8	3.4	14	0.8	13
VLG LN Cajun Chicken	656.2	33	2745.2	33	27.6	39	8.3	42	52.3	20	5.4	6	47.6	95	9.3	39	2.8	47
VLG LN Carrot & Coriander Soup (Ve) S/W Accompaniment	31.0	2	128.6	2	0.9	1	0.1	1	5.3	2	4.4	5	0.8	2	2.5	11	0.1	2
VLG LN Carrot and Coriander Soup Homemade (V)	299.1	15	1248.7	15	15.3	22	8.0	40	33.3	13	9.5	11	8.0	16	7.2	30	1.0	16
VLG LN Cauliflower Cheese Side Order (V)	135.8	7	569.1	7	5.6	8	3.5	18	15.1	6	2.4	3	4.8	10	3.0	13	1.2	20
VLG LN Charred Chicken Pathia	1140.8	57	4803.5	57	30.7	44	7.6	38	160.8	62	35.4	39	52.1	104	14.3	59	4.3	72
VLG LN Cheddar Cheese & Chtny Crusty Cob (V)	995.3	50	2767.9	33	33.6	48	20.2	101	66.4	26	17.4	19	36.8	74	4.1	17	5.3	88
VLG LN Cheddar Cheese & Picalilli Crusty Cob (V)	666.0	33	2798.2	33	33.5	48	20.2	101	52.9	20	3.8	4	37.2	74	3.5	15	3.4	57
VLG LN Cheddar Cheese (V) - Extra	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
VLG LN Cheese & Pickle Sandwich (V)	1154.8	58	2761.7	33	34.8	50	18.3	91	74.5	29	26.6	30	34.8	70	6.3	26	5.4	90
VLG LN Cheese & Pickle Tart (V)	1093.7	55	4572.2	54	56.6	81	28.4	142	119.6	46	20.3	23	26.3	53	16.9	70	2.9	48
VLG LN Cheese & Pickle Tart (V) Sunday Lunch	1622.5	81	6767.8	81	97.9	140	38.6	193	146.1	56	26.7	30	38.3	77	22.9	95	5.1	85
VLG LN Cheese and Beans Jacket (V)	537.5	27	2254.4	27	23.4	33	13.4	67	66.8	26	10.2	11	20.3	41	10.0	42	2.2	36
VLG LN Cheese and Ham Jacket	613.6	31	2569.3	31	35.6	51	20.7	103	44.7	17	2.5	3	31.6	63	4.8	20	3.0	49
VLG LN Cheese Plate (V)	836.9	42	3480.6	41	59.0	84	35.7	178	42.5	16	17.9	20	33.3	67	2.4	10	3.1	52
VLG LN Cheesy Cauli Poppers (V)	388.7	19	1622.4	19	23.5	34	11.9	60	32.0	12	15.6	17	11.0	22	1.3	5	2.1	36
VLG LN Cheesy Chips Side Order (V)	589.8	29	2466.3	29	34.1	49	17.7	88	47.1	18	2.4	3	20.5	41	6.8	28	1.2	20
VLG LN Cheesy Garlic Ciabatta Side Order (V)	624.4	31	2673.6	32	26.8	38	12.5	63	69.9	27	6.4	7	24.7	49	4.2	17	1.9	31
VLG LN Cheesy Roast Potatoes (V) - Side Order	654.0	33	2727.9	32	46.0	66	14.5	72	43.1	17	1.6	2	19.8	40	4.3	18	1.6	27
VLG LN Chicken Breast Skillet	735.8	37	3080.4	37	36.4	52	16.2	81	47.2	18	13.4	15	54.7	109	7.9	33	3.2	54
VLG LN Chicken Jalfezi Pie	822.0	41	3238.9	39	20.4	29	5.7	28	132.6	51	60.5	67	28.9	58	6.0	25	2.5	42
VLG LN Chicken Korma	1320.6	66	5511.5	66	47.0	67	28.0	140	168.2	65	40.1	45	49.9	100	14.9	62	4.4	73
VLG LN Chicken Tikka Masala	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

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VLG LN Children's Roast Chicken Sunday Lunch	975.0	49	4075.1	49	51.8	74	14.3	71	74.5	29	17.9	20	54.6	109	10.9	45	3.8	64
VLG LN Children's Roast Leg of Welsh Lamb Sunday Lunch	765.0	38	3199.5	38	42.0	60	11.8	59	57.1	22	15.5	17	39.6	79	9.1	38	2.9	48
VLG LN Children's Roast Shoulder of British Pork Sunday Lunch	757.3	38	3169.3	38	36.1	52	9.6	48	74.1	29	16.9	19	35.8	72	10.0	42	2.8	47
VLG LN Children's Roast Yorkshire Topside Beef Sunday Lunch	773.0	39	3228.4	38	43.9	63	12.3	62	55.2	21	14.0	16	39.9	80	9.3	39	3.3	55
VLG LN Chips Side Order (Ve)	371.4	19	1553.5	18	16.2	23	6.5	32	47.0	18	2.3	3	5.9	12	6.8	28	0.1	2
VLG LN Chocolate Fudge Cake (V)	832.5	42	3471.2	41	54.2	77	22.0	110	81.2	31	66.1	73	6.4	13	3.2	13	0.3	6
VLG LN Chocolate Indulgence Sundae (V)	637.1	32	2674.5	32	36.0	51	23.2	116	68.0	26	62.3	69	9.2	18	1.8	8	0.4	6
VLG LN Cod & West Country Crab Bites	415.1	21	1724.7	21	29.0	41	6.4	32	26.1	10	2.5	3	11.4	23	1.9	8	1.6	27
VLG LN Corn on the Cob Side Order (V)	246.2	12	1037.7	12	9.9	14	4.2	21	34.2	13	4.2	5	7.4	15	5.1	21	0.1	2
VLG LN Daytime Menu - Beef Burger	1011.8	51	4238.0	50	42.1	60	14.9	74	105.9	41	22.3	25	47.4	95	10.4	43	3.6	61
VLG LN Daytime Menu - Roasted Chicken Burger	923.4	46	3879.3	46	29.8	43	8.9	45	104.4	40	23.0	26	55.4	111	11.1	46	3.3	55
VLG LN Daytime Menu - Veggie Burger (Ve)	974.8	49	4088.7	49	39.5	56	9.1	46	114.6	44	24.1	27	34.1	68	12.9	54	3.3	55
VLG LN Diane Sauce (V)	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
VLG LN Dip Pot (V) - Extra	171.0	9	716.0	9	18.5	26	1.6	8	0.8	0	0.7	1	0.3	1	0.0	0	0.3	5
VLG LN Dressed House Side Salad (Ve)	41.2	2	170.7	2	3.0	4	0.5	3	2.8	1	2.7	3	0.8	2	1.3	5	0.0	0
VLG LN Flat Mushroom (V) - Extra	58.6	3	241.6	3	6.0	9	3.7	18	0.2	0	0.1	0	0.9	2	0.7	3	0.1	2
VLG LN Free Range Fried Egg (V) - Extra	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
VLG LN Gammon Steak 10oz	1122.5	56	4746.3	57	51.7	74	16.7	84	65.4	25	13.5	15	93.7	187	12.5	52	8.4	140
VLG LN Garlic and Herb Butter (V) - Extra	392.6	20	1614.5	19	43.2	62	18.2	91	0.6	0	0.5	1	0.3	1	0.1	0	1.0	17
VLG LN Garlic and Herb Butter Topper (V)	392.6	20	1614.5	19	43.2	62	18.2	91	0.6	0	0.5	1	0.3	1	0.1	0	1.0	17
VLG LN Garlic Ciabatta Side Order (Ve)	406.0	20	1760.8	21	8.8	13	1.3	7	69.8	27	6.3	7	10.2	20	4.2	17	0.8	13
VLG LN Giant Yorkshire Pudding (V) - Extra	410.5	21	1706.0	20	32.0	46	5.2	26	21.6	8	2.2	2	11.9	24	1.1	4	0.4	6
VLG LN Gloucestershire Old Spot & Black Pudding Scotch Egg	640.2	32	2666.7	32	43.0	61	13.6	68	30.3	12	-	-	31.1	62	2.8	12	3.6	61
VLG LN Gloucestershire Old Spot Scotch Egg	561.1	28	2335.4	28	38.2	55	12.4	62	25.2	10	1.0	1	29.5	59	1.6	7	2.3	38
VLG LN Gloucs Old Spot Sausage & Mash	862.2	43	3608.7	43	39.8	57	15.6	78	82.0	32	4.9	5	44.5	89	10.4	43	3.5	58
VLG LN Gloucs OldSpot Sausage & B/Pud Mash	962.5	48	4028.8	48	43.9	63	17.2	86	90.3	35	6.8	8	51.8	104	10.4	43	4.3	72
VLG LN Golden Breaded Mushrooms (V)	415.7	21	1755.7	21	19.1	27	3.2	16	49.8	19	16.3	18	8.9	18	4.5	19	2.3	39
VLG LN Golden Breaded Scampi	956.0	48	4018.3	48	46.9	67	14.5	72	101.5	39	13.4	15	26.7	53	15.1	63	3.9	64

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VLG LN Gravy (V) - Extra Jug of	23.7	1	99.4	1	0.9	1	0.6	3	3.8	1	0.1	0	0.1	0	0.1	0	0.5	8
VLG LN Grill Supplement	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
VLG LN Grilled Chicken and Bacon Salad	519.8	26	2183.1	26	20.7	30	6.3	31	36.5	14	6.8	8	59.2	118	4.5	19	3.5	59
VLG LN Guacamole (Ve) - Extra	73.4	4	306.9	4	6.4	9	1.4	7	3.4	1	0.6	1	0.8	2	0.2	1	0.5	8
VLG LN Half Pint Milk (V)	182.2	9	761.3	9	10.3	15	6.5	32	12.6	5	12.6	14	23.5	47	0.0	0	0.0	0
VLG LN Ham and Eggs	931.8	47	3891.7	46	53.0	76	14.8	74	47.3	18	3.1	3	63.0	126	7.0	29	6.7	111
VLG LN Hand Cut Potato Wedges Side Order (Ve)	262.5	13	1102.2	13	9.6	14	2.8	14	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
VLG LN Hawaiian Pizza	1100.0	55	4687.0	56	28.9	41	14.6	73	149.9	58	21.7	24	63.4	127	8.5	36	8.5	142
VLG LN Hickory BBQ Pulled Pork Flatbread	745.4	37	3134.3	37	24.0	34	8.7	44	95.5	37	47.1	52	33.8	68	3.9	16	2.9	49
VLG LN Hickory Burger	1221.6	61	5111.2	61	55.9	80	20.8	104	108.5	42	22.3	25	65.8	132	11.0	46	3.9	65
VLG LN Hickory Nachos	429.6	21	1798.9	21	20.8	30	7.1	35	39.8	15	15.7	17	18.9	38	2.1	9	2.3	38
VLG LN Hickory Steak	1381.8	69	5769.5	69	76.6	109	30.9	155	71.1	27	20.6	23	95.6	191	12.1	50	2.7	45
VLG LN Homemade Coleslaw Side Order (V)	150.8	8	625.8	7	11.4	16	0.8	4	23.6	9	6.3	7	1.2	2	3.4	14	2.2	37
VLG LN Hunter's Chicken	1038.5	52	4354.4	52	51.2	73	23.0	115	78.1	30	32.3	36	74.8	150	9.2	38	5.8	97
VLG LN 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
VLG LN Indian Beer Battered Fish and Chips	1314.7	66	5520.4	66	67.6	97	21.9	110	111.1	43	17.1	19	60.6	121	13.5	56	2.9	48
VLG LN Jalapenos (Ve) - Extra	40.3	2	170.8	2	0.2	0	0.1	0	8.8	3	8.5	9	0.4	1	1.1	4	2.4	40
VLG LN King Prawn Cup	328.8	16	1376.6	16	15.7	22	5.0	25	26.9	10	4.0	4	20.1	40	3.0	13	1.2	20
VLG LN LB Beer Battered Fish and Chips	915.2	46	3847.8	46	47.9	68	14.7	73	80.8	31	7.4	8	34.9	70	11.7	49	1.5	25
VLG LN LB Gammon Steak - 5 oz	839.8	42	3533.9	42	41.2	59	12.9	64	56.2	22	5.5	6	55.5	111	11.5	48	4.5	75
VLG LN LB Hunter's Chicken	723.8	36	3033.0	36	35.1	50	14.9	75	63.9	25	18.4	20	39.9	80	8.4	35	2.9	49
VLG LN Lemon & Lime Sundae (V)	296.0	15	1258.0	15	0.6	1	0.5	2	72.2	28	59.7	66	0.8	2	0.5	2	0.1	2
VLG LN Lemon, Raspberry, Blueberry Pudding (V)	595.0	30	2503.9	30	22.3	32	4.3	22	89.8	35	57.2	64	8.8	18	2.5	11	0.5	9
VLG LN Margherita Pizza (V)	919.6	46	3925.8	47	24.6	35	12.9	64	138.6	53	7.3	8	38.2	76	8.9	37	5.0	83
VLG LN Marinated Olives (Ve)	206.2	10	875.4	10	4.1	6	1.2	6	40.0	15	1.5	2	4.9	10	4.5	19	0.0	1
VLG LN Meat Feast Pizza	1290.0	64	5467.9	65	51.2	73	21.8	109	134.5	52	8.1	9	85.9	172	10.5	44	9.1	152
VLG LN Mediterranean Salad (V)	576.2	29	2402.4	29	34.0	49	13.4	67	39.5	15	6.6	7	18.6	37	3.8	16	3.3	56
VLG LN Mediterranean Salad w/ Chicken	679.9	34	2840.1	34	36.3	52	13.8	69	40.3	16	7.2	8	38.3	77	4.2	17	3.8	64
VLG LN Mini Dsrst - Blckcrant & Apple Crmble Chsecake (V)	211.5	11	876.8	10	11.0	16	6.5	32	24.8	10	15.2	17	2.3	5	0.5	2	0.3	4
VLG LN Mini Dsrst - Red Velvet Ganache Cake	226.1	11	942.3	11	12.8	18	7.0	35	24.6	9	19.3	21	3.0	6	0.7	3	0.1	2

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	%
VLG LN Mini Pies Platter	1061.5	53	4414.1	53	50.1	72	23.5	118	127.2	49	9.4	10	25.3	51	11.7	49	2.4	40
VLG LN Mixed Fruit & Cider Crumble (V)	535.1	27	2250.2	27	17.8	25	6.5	33	87.8	34	52.8	59	5.4	11	2.3	10	0.6	9
VLG LN Mixed Grill	1480.3	74	6205.2	74	80.3	115	25.1	126	71.3	27	10.6	12	111.8	224	15.4	64	6.1	101
VLG LN Monterey Jack (V) - Extra	75.0	4	313.4	4	6.2	9	3.8	19	0.0	0	0.0	0	4.6	9	0.0	0	0.4	6
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
VLG LN NGCI Beef Madras	887.7	44	3720.7	44	31.8	45	7.6	38	109.5	42	25.8	29	34.8	70	9.1	38	5.1	84
VLG LN NGCI Broccoli and Stilton Soup Homemade (V)	338.3	17	1405.3	17	22.6	32	12.1	61	22.5	9	4.2	5	10.1	20	7.3	30	1.0	16
VLG LN NGCI Carrot and Coriander Soup Homemade (V)	251.5	13	1043.9	12	15.2	22	7.7	38	25.5	10	10.2	11	2.4	5	8.0	33	0.8	14
VLG LN NGCI Charred Chicken Pathia	833.7	42	3509.1	42	23.9	34	3.8	19	110.7	43	31.3	35	43.8	88	7.8	33	4.1	68
VLG LN NGCI Cheese & Pickle Sandwich (V)	753.0	38	3153.2	38	43.6	62	23.3	117	56.3	22	27.5	31	31.8	64	7.2	30	3.4	57
VLG LN NGCI Chicken Korma	1013.5	51	4217.1	50	40.3	58	24.3	121	118.0	45	36.0	40	41.6	83	8.4	35	4.1	69
VLG LN NGCI Chicken Tikka Masala	775.5	39	3265.1	39	21.9	31	5.6	28	105.5	41	23.8	26	36.8	74	7.8	32	3.3	54
VLG LN NGCI Children's Roast Chicken Sunday Lunch	627.9	31	2624.5	31	32.3	46	9.6	48	40.5	16	15.1	17	44.0	88	8.0	33	2.3	38
VLG LN NGCI Children's Roast Leg of Welsh Lamb Sunday Lunch	491.8	25	2061.9	25	23.2	33	7.4	37	38.8	15	13.2	15	31.3	63	7.1	30	2.1	35
VLG LN NGCI Children's Roast Shoulder of British Pork Sunday Lunch	410.3	21	1718.7	20	16.6	24	5.0	25	40.1	15	14.1	16	25.3	51	7.1	30	1.3	21
VLG LN NGCI Children's Roast Yorkshire Topside Beef Sunday Lunch	499.8	25	2090.9	25	25.1	36	8.0	40	36.9	14	11.7	13	31.6	63	7.2	30	2.5	42
VLG LN NGCI Grilled Chicken and Bacon Salad	358.0	18	1499.7	18	19.1	27	5.8	29	5.5	2	5.4	6	54.2	108	3.1	13	3.0	50
VLG LN NGCI King Prawn Cup	294.2	15	1226.6	15	15.9	23	4.7	23	21.4	8	4.9	5	14.8	30	4.4	18	1.1	18
VLG LN NGCI Mediterranean Salad (V)	414.4	21	1719.0	20	32.3	46	12.9	64	8.5	3	5.1	6	13.6	27	2.4	10	2.8	46
VLG LN NGCI Mediterranean Salad w/ Chicken	518.1	26	2156.7	26	34.6	49	13.3	66	9.3	4	5.7	6	33.3	67	2.8	12	3.3	54
VLG LN NGCI Mixed Grill	1550.8	78	6494.4	77	89.0	127	26.6	133	62.8	24	10.0	11	117.8	236	14.7	61	5.9	98
VLG LN NGCI Pea and Ham Soup Homemade	390.8	20	1629.7	19	16.4	23	8.5	42	36.5	14	12.8	14	19.8	40	13.2	55	2.4	40
VLG LN NGCI Roast Beef Sandwich	641.0	32	2681.2	32	31.7	45	6.5	32	56.9	22	8.8	10	29.9	60	8.3	35	2.3	38
VLG LN NGCI Roast Chicken Salad Sandwich	480.3	24	2005.8	24	25.3	36	2.4	12	38.0	15	6.8	8	22.6	45	7.4	31	2.0	34
VLG LN NGCI Roast Chicken Sunday Lunch	1309.3	65	5469.4	65	69.0	99	20.0	100	81.7	31	24.4	27	91.1	182	19.3	81	4.3	72
VLG LN NGCI Roast Lamb Sandwich	633.9	32	2655.7	32	29.9	43	6.0	30	58.8	23	10.4	12	29.7	59	8.1	34	1.9	31
VLG LN NGCI Roast Leg of Welsh Lamb Sunday Lunch	1038.4	52	4345.4	52	50.8	73	15.7	78	79.8	31	22.4	25	65.1	130	17.6	73	3.3	55

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	%
VLG LN NGCI Roast Pork Sandwich	524.1	26	2195.8	26	20.6	29	2.6	13	60.2	23	11.2	12	22.5	45	8.2	34	1.0	17
VLG LN NGCI Roast Shoulder of British Pork Sunday Lunch	875.6	44	3664.0	44	37.6	54	10.8	54	81.2	31	23.2	26	53.7	107	17.6	73	2.4	40
VLG LN NGCI Roast Yorkshire Topside Beef Sunday Lunch	1032.5	52	4318.7	51	51.0	73	16.3	81	78.0	30	20.8	23	65.8	132	17.8	74	3.6	61
VLG LN NGCI Roasted Red Pepper and Tomato Soup Homemade (V)	259.7	13	1080.8	13	15.7	22	7.8	39	25.5	10	10.0	11	3.3	7	5.7	24	0.7	12
VLG LN NGCI Roasted Vegetable Jalfrezi (V)	789.1	39	3305.9	39	26.0	37	2.5	13	118.0	45	29.2	32	16.7	33	10.5	44	4.1	68
VLG LN NGCI Sausage & Mash	815.4	41	3401.0	40	43.4	62	16.1	80	75.4	29	11.1	12	28.6	57	15.5	65	2.0	33
VLG LN NGCI Simply Delicious (V)	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
VLG LN NGCI Steak & Onion Sandwich	745.2	37	3099.8	37	49.0	70	14.1	70	40.8	16	10.2	11	32.1	64	7.6	31	2.1	35
VLG LN NGCI Sunday Best Sunday Lunch	1324.3	66	5533.5	66	69.0	99	20.6	103	78.1	30	21.0	23	98.0	196	18.6	77	4.7	79
VLG LN NGCI Vegetable Soup Homemade (V)	328.6	16	1369.2	16	18.6	27	9.1	46	35.8	14	7.6	8	4.2	8	8.3	35	0.9	14
VLG LN NGCI Wiltshire Ham & Mustard Sandwich	380.5	19	1597.1	19	13.2	19	3.0	15	34.5	13	6.7	7	27.9	56	7.3	30	4.5	75
VLG LN Pea and Ham Soup Homemade	438.4	22	1834.5	22	16.5	24	8.8	44	44.3	17	12.1	13	25.4	51	12.3	51	2.6	43
VLG LN Pea and Ham Soup S/W Accompaniment	100.6	5	421.5	5	1.5	2	0.5	3	10.8	4	5.7	6	9.5	19	5.1	21	0.9	16
VLG LN Pedigree Ale Beef Lasagne	734.5	37	3098.2	37	33.6	48	14.1	71	69.1	27	18.0	20	37.4	75	5.8	24	2.9	49
VLG LN 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
VLG LN Pesto Chicken	610.6	31	2552.5	30	26.8	38	11.3	57	43.0	17	18.5	21	47.0	94	11.0	46	3.2	54
VLG LN Pesto Chicken Burger	1217.4	61	5088.1	61	64.9	93	18.7	93	117.1	45	11.5	13	36.9	74	13.9	58	3.2	54
VLG LN Pigs in Blankets (Bowl of 10)	1283.3	64	5368.6	64	116.5	166	45.0	225	13.6	5	0.0	0	44.5	89	0.7	3	9.7	161
VLG LN Pineapple (Ve) - 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
VLG LN Plain Beef Burger	1012.4	51	4236.8	50	44.8	64	16.1	81	98.6	38	8.7	10	49.2	98	11.0	46	2.9	49
VLG LN Plain Jacket (V)	305.3	15	1279.0	15	13.9	20	7.6	38	42.2	16	2.2	2	5.3	11	4.5	19	0.3	5
VLG LN Plain Roasted Chicken Burger	919.6	46	3860.1	46	31.9	46	9.9	49	97.0	37	9.4	10	57.6	115	11.7	49	2.6	43
VLG LN Poppadum - Extra (V)	37.5	2	159.0	2	0.2	0	0.0	0	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
VLG LN Poppadums and Dips (V)	255.2	13	1075.0	13	7.8	11	0.7	4	38.4	15	13.8	15	7.7	15	0.6	3	2.7	44
VLG LN Pork & Apple Sausage Roll	328.8	16	1369.2	16	20.5	29	8.9	44	21.0	8	0.7	1	15.5	31	1.3	6	1.3	22
VLG LN Pork Pie	630.9	32	2627.0	31	42.2	60	16.1	80	40.9	16	3.1	3	20.2	40	3.3	14	3.1	52
VLG LN Rasher of Back Bacon - Extra	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
VLG LN Rice (Ve) - Extra	256.0	13	1084.0	13	1.4	2	0.4	2	54.6	21	0.6	1	5.4	11	2.2	9	0.0	0
VLG LN Roast Beef & Horseradish Crusty Cob	476.3	24	2005.6	24	13.7	20	4.2	21	52.9	20	6.5	7	33.2	66	3.3	14	2.8	47

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	%		
VLG LN Roast Beef Sandwich	736.2	37	3090.8	37	31.9	46	7.2	36	72.6	28	7.5	8	41.0	82	6.6	28	2.6	43
VLG LN Roast Chicken Salad Sandwich	575.5	29	2415.4	29	25.5	36	3.1	16	53.7	21	5.5	6	33.8	68	5.8	24	2.4	40
VLG LN Roast Chicken Sunday Lunch	1758.2	88	7346.8	87	92.7	132	27.3	137	127.0	49	29.0	32	105.3	211	24.5	102	6.8	113
VLG LN Roast Lamb Sandwich	729.1	36	3065.2	36	30.1	43	6.7	33	74.5	29	9.1	10	40.8	82	6.5	27	2.2	37
VLG LN Roast Leg of Welsh Lamb Sunday Lunch	1376.2	69	5754.1	69	72.1	103	22.1	111	105.2	40	25.6	28	76.0	152	20.9	87	4.8	80
VLG LN Roast Pork Sandwich	619.3	31	2605.4	31	20.9	30	3.3	16	75.9	29	9.9	11	33.6	67	6.5	27	1.3	22
VLG LN Roast Potatoes (Ve) Side Order	435.6	22	1815.1	22	28.1	40	3.3	16	43.0	17	1.5	2	5.3	11	4.3	18	0.5	9
VLG LN Roast Shoulder of British Pork Sunday Lunch	1287.3	64	5385.5	64	59.6	85	17.5	87	122.1	47	27.0	30	66.7	133	21.7	90	4.6	77
VLG LN Roast Yorkshire Topside Beef Sunday Lunch	1370.3	69	5727.2	68	72.3	103	22.7	114	103.3	40	24.1	27	76.6	153	21.0	88	5.1	86
VLG LN 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
VLG LN Roasted Red Pepper & Tomato Soup (Ve) S/W Accompaniment	35.1	2	147.1	2	1.1	2	0.2	1	5.3	2	4.3	5	1.2	2	1.4	6	0.1	2
VLG LN Roasted Vegetable Jalfrezi (V)	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
VLG LN Rocket (Ve) - Extra	2.9	0	12.4	0	0.1	0	0.0	0	0.4	0	0.4	0	0.2	0	0.3	1	0.0	0
VLG LN Rsted Red Pepper & Tomato Soup Homemade (V)	307.3	15	1285.6	15	15.8	23	8.2	41	33.4	13	9.3	10	8.8	18	4.9	20	0.9	15
VLG LN Rump Steak 10oz	1015.2	51	4236.4	50	54.4	78	19.9	99	56.5	22	6.5	7	69.3	139	11.5	48	1.0	17
VLG LN Rump Steak Skillet	846.1	42	3531.5	42	51.3	73	22.0	110	48.5	19	13.2	15	46.9	94	7.5	31	2.6	44
VLG LN Sautéed Mushrooms Side Order (V)	71.6	4	296.6	4	6.5	9	3.8	19	0.6	0	0.3	0	2.7	5	2.2	9	0.1	2
VLG LN Scampi - Extra	170.8	9	712.5	8	9.3	13	2.9	14	15.5	6	3.0	3	6.2	12	2.2	9	1.2	19
VLG LN Seasonal Vegetables (Ve) - Extra	117.2	6	490.0	6	1.3	2	0.3	2	16.1	6	10.3	11	8.7	17	9.6	40	0.6	9
VLG LN Simply Delicious (V)	299.6	15	1258.7	15	13.1	19	7.6	38	39.1	15	36.3	40	6.2	12	0.9	4	0.3	6
VLG LN Sirloin Steak 8oz	1001.4	50	4177.5	50	54.2	77	20.3	101	56.5	22	6.5	7	66.5	133	11.5	48	1.0	16
VLG LN Small Portion of 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
VLG LN Smoked BBQ British Chicken Wings	530.9	27	2253.8	27	10.6	15	3.1	15	102.9	40	3.9	4	12.7	25	11.7	49	0.1	2
VLG LN Smothered Wedges (Ve) : Salsa & Guacamole	592.5	30	2515.0	30	11.8	17	3.4	17	114.9	44	4.3	5	14.1	28	13.0	54	0.1	2
VLG LN Smothered Wedges: Cheese & Bacon	629.9	31	2673.9	32	12.5	18	3.7	18	122.1	47	4.6	5	15.0	30	13.9	58	0.1	2
VLG LN Soured Cream (V) - Extra	99.1	5	408.8	5	9.5	14	6.3	31	2.3	1	2.2	2	1.2	2	0.1	0	0.1	1
VLG LN Steak & Onion Sandwich	766.0	38	3203.5	38	41.1	59	9.5	48	56.4	22	8.8	10	43.2	86	5.9	25	2.3	38
VLG LN Steak, Cheese & Marston's Ale Pie	1291.8	65	5403.8	64	59.1	84	24.5	123	147.6	57	18.4	20	45.4	91	17.6	73	3.5	59

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	%
VLG LN Steamed Chicken Breast - Extra	103.7	5	437.8	5	2.3	3	0.4	2	0.9	0	0.6	1	19.7	39	0.4	2	0.5	8
VLG LN Stilton (V) - Extra	102.5	5	424.5	5	8.8	13	5.8	29	0.0	0	0.0	0	5.9	12	0.0	0	0.5	8
VLG LN Strawberry and Clotted Cream Tower (V)	629.3	31	2619.3	31	45.1	64	27.3	137	49.6	19	48.1	53	6.1	12	0.8	3	0.3	4
VLG LN Stuffing (Ve) - Extra	73.9	4	313.0	4	0.7	1	0.3	1	15.6	6	0.5	1	2.2	4	0.8	4	0.8	13
VLG LN Sunday Best Sunday Lunch	1941.3	97	8108.0	97	107.1	153	30.0	150	129.9	50	25.8	29	117.1	234	23.2	97	7.2	120
VLG LN Sunday Unlimited Vegetables (V)	1.5	0	6.2	0	0.1	0	0.0	0	0.2	0	0.0	0	0.0	0	0.0	0	0.0	0
VLG LN Swap Chips for Side Salad (Ve)	6.9	0	28.4	0	0.5	1	0.1	0	0.5	0	0.4	0	0.1	0	0.2	1	0.0	0
VLG LN Swap Peas for Side Salad (Ve)	24.6	1	101.7	1	1.9	3	0.3	2	1.5	1	1.4	2	0.3	1	0.6	2	0.0	0
VLG LN Sweet Potato Fries Side Order (Ve)	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
VLG LN Sweet Potato Stacker - Four Cheese (V)	774.7	39	3233.1	38	48.8	70	24.1	120	52.8	20	1.5	2	28.6	57	4.5	19	2.1	34
VLG LN Sweet Potato Stacker - Smoky	728.8	36	3053.5	36	31.2	45	9.4	47	82.8	32	30.3	34	25.0	50	5.7	24	2.6	44
VLG LN Sweet Potato Stacker - Sweet & Sour (V)	817.3	41	3408.2	41	36.8	53	16.5	82	110.8	43	50.4	56	8.0	16	5.5	23	2.9	48
VLG LN Three Cheese Rarebit Flatbread (V)	704.4	35	2949.8	35	40.3	58	22.9	115	50.4	19	5.3	6	34.2	68	3.4	14	2.9	48
VLG LN Tomato Salsa (Ve) - Extra	25.8	1	109.8	1	0.2	0	0.1	1	5.0	2	3.4	4	0.6	1	0.7	3	0.8	14
VLG LN Tuna Mayonnaise Jacket	465.8	23	1950.7	23	23.3	33	8.7	44	47.9	18	3.8	4	18.8	38	5.3	22	1.2	20
VLG LN Two Free Range Fried Eggs Side Order (V)	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
VLG LN Ultimate Veggie Burger (V)	1017.3	51	4263.1	51	46.4	66	13.5	67	105.6	41	12.0	13	38.6	77	13.5	56	3.2	53
VLG LN Undressed House Side Salad (Ve)	16.5	1	69.1	1	0.3	0	0.1	0	2.7	1	2.7	3	0.8	2	1.3	5	0.0	0
VLG LN Upgrade Flatbread to Garlic Flatbread (V)	49.1	2	201.8	2	5.4	8	2.3	11	0.1	0	0.1	0	0.0	0	0.0	0	0.1	2
VLG LN Upgrade Garden Peas for Mushy Peas (Ve)	52.6	3	222.4	3	0.3	0	0.1	1	8.0	3	1.2	1	3.3	7	2.4	10	0.3	5
VLG LN Upgrade Sweet Potato Fries (Ve) 150g	177.0	9	740.6	9	7.9	11	1.7	9	23.1	9	0.5	1	2.4	5	2.0	8	0.1	2
VLG LN Upgrade Sweet Potato Fries (Ve) 227g	269.0	13	1125.7	13	12.0	17	2.6	13	35.1	14	0.8	1	3.6	7	3.0	13	0.2	3
VLG LN Vegan Apple Pie (Ve)	199.0	10	836.5	10	7.5	11	3.4	17	30.7	12	16.9	19	2.3	5	1.9	8	0.1	2
VLG LN Vegan Lemon & Lime Sundae (Ve)	246.3	12	1046.8	12	0.6	1	0.5	2	60.4	23	47.9	53	0.2	0	0.5	2	0.1	1
VLG LN Vegan Roasted Vegetable Jalfrezi (Ve)	714.2	36	2988.0	36	25.7	37	2.5	12	104.9	40	29.1	32	12.0	24	10.2	42	3.2	53
VLG LN Vegan Ultimate Veggie Burger (Ve)	942.5	47	3950.7	47	40.2	57	9.6	48	105.6	41	12.1	13	34.0	68	13.5	56	2.8	47
VLG LN Vegetable Skillet (V)	610.7	31	2552.3	30	35.3	50	16.3	82	49.0	19	13.5	15	23.5	47	9.4	39	2.4	39
VLG LN Vegetable Soup Homemade (V)	376.2	19	1574.0	19	18.7	27	9.5	47	43.7	17	6.9	8	9.7	19	7.5	31	1.0	17
VLG LN Vegetable Soup Homemade (V) - S/W Accompaniment	69.5	3	291.3	3	2.6	4	0.9	4	10.5	4	3.1	3	1.7	3	2.7	11	0.2	3

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	%
VLG LN Vegetarian Lasagne (V)	588.9	29	2501.4	30	19.2	27	3.9	20	76.7	30	17.1	19	14.9	30	6.1	26	3.7	62
VLG LN Veggie 1/4lb Burger (Ve) - Extra	248.6	12	1040.7	12	13.4	19	1.0	5	11.1	4	1.9	2	19.5	39	2.7	11	1.1	19
VLG LN Wiltshire Ham - Extra	146.0	7	615.0	7	4.9	7	2.0	10	0.2	0	0.2	0	25.3	51	0.1	0	3.6	60
VLG LN Wiltshire Ham & Mustard Sandwich	479.0	24	2020.0	24	13.8	20	3.7	18	49.6	19	4.4	5	39.3	79	5.5	23	5.4	89
VLG LN Wiltshire Ham & Piccallilli Crusty Cob	409.0	20	1728.2	21	6.3	9	2.1	11	50.3	19	2.6	3	36.2	72	3.5	15	5.0	84
VLG LN Yorkshire Pudding (V) Fresh - Side	205.3	10	853.0	10	16.0	23	2.6	13	10.8	4	1.1	1	6.0	12	0.5	2	0.2	3
White Loaf Bread - Take Away Sales	1564.5	78	6608.4	79	15.0	21	5.0	25	302.3	116	6.3	7	57.6	115	18.8	78	6.1	101
WLW LN Sunday Unlimited Gravy (V)	0.3	0	1.3	0	0.0	0	0.0	0	0.1	0	0.0	0	0.0	0	0.0	0	0.0	0