

**Nutrient Counts Guidance for Autumn/Winter 2024 Primary Menu
Primary Lunch AW24 V1 17.10.24**

What are nutrient counts used for?

The below information can be used for pupils with metabolic conditions whereby they monitor their nutrient intake, such as Diabetes, PKU, Cystic Fibrosis or Prader Willi.

How to use these?

Nutrient Counts provide nutrition data for each recipe served, including Carbohydrate, Fat, Protein and Calories. This data is for the final (cooked) product and is provided per average portion for a primary school pupil and per 100g. Having the per 100g means that the portion can be scaled up or down to meet the pupils needs.

For example, a child with diabetes may need the portion altering, so the supporting adult can calculate the carbohydrates consumed and can administer the correct amount of insulin.

Communication between the kitchen and supporting staff is key to ensure the safety of the child needing to monitor their nutritional intake.

How to maintain accuracy:

- 1) Always use the most up to date version of nutrient counts.
- 2) Ensure the correct recipe is used by cross checking the recipe code (PLU Code) on the nutrient count vs your recipe. Also, ensure that the recipe is followed exactly.
- 3) Follow the portion size exactly as stated on the nutrient counts, for main, sides and desserts.
- 4) Use electronic scales to measure individual ingredients for a recipe. For example, adding extra potatoes to a recipe will increase the carbohydrate content, which is why it is so important to follow the recipe exactly. Also, regularly check the scales are calibrated correctly.
- 5) Ensure when the dishes are complete the agreed portion size of the dish, sides, and dessert is accurately weighed out, note this down on the double checking form. Cover and label the plate/bowl with the pupil's name ahead of service ready to be provided to the pupil when they arrive.

NOTIFICATION OF CHANGES TO THE NUTRIENT COUNTS – Autumn/Winter 2024

This can happen throughout the menu cycle due to several reasons including a change in supplier, a product switch, or a recipe change.

We will ensure that the updated nutrient counts are shared with you and displayed clearly below.

<u>RECIPE CODE</u>	<u>RECIPE NAME</u>	<u>REASON FOR CHANGE</u>				<u>PAGE NUMBER</u>	
Code	Meat and Fish Mains	Portion Size	Calories (Kc)	kj	Total Fat (g)	Protein (g)	Total Carbs (g)
		68 (one fillet)	81	338	2	15	1
93035093	LEMON ROASTED CHICKEN BREAST	100	119	498	3	22	1
		42	49	204	2	8	0
93035118	ROAST BEEF	100	117	490	5	18	0
		65	146	609	6	9	14
93036883	FISH FINGERS	100	223	933	9	14	22
		107	243	1015	8	13	30
93036755	BURGER IN A BUN	100	226	945	7	12	28
		205	413	1726	22	17	35
93041006	CHICKEN AND VEGETABLE PIE	100	201	842	11	9	17
		256	314	1315	11	15	41
93357725	CHEESY MAC BOLOGNESE	100	123	514	4	6	16
		76	211	881	13	13	10
93103825	PORK SAUSAGES FARM ASSURED	100	277	1159	17	17	14
		47	101	421	5	10	3
93173553	ROASTED HONEY GLAZED HAM	100	215	900	11	21	7
		178	117	488	4	11	11
93227270	BEEF BOLOGNESE SAUCE	100	66	275	2	6	6
		170	173	724	8	12	14
93248310	CHICKEN AND VEGETABLE KORMA	100	102	427	5	7	8
		112	279	1165	10	13	34
93248403	CRISPY CHICKEN BURGER	100	249	1043	9	12	31
		186	211	884	10	9	23
93273430	TOMATO AND SWEETCORN PASTA	100	114	476	5	5	12
		106	234	978	7	15	28
93286912	BBQ CHICKEN PIZZA	100	222	927	7	14	27

93041614	COUNTRY BEEF HOT POT	134	110	458	2	10	13
		100	82	342	2	7	9
		172	301	1258	10	16	40
93042798	BAKED CHICKEN FAJITA WRAP	100	174	729	6	9	23
		44	82	345	4	11	1
93146436	JAMAICAN JERK CHICKEN	100	186	779	8	25	2
		52	145	605	7	10	10
93170136	SOUTHERN FRIED CHICKEN GOUJON	100	277	1160	14	19	20
		39	71	297	3	12	0
93173431	ROAST PORK LOIN	100	182	761	7	30	0
		47	101	421	5	10	3
93173553	ROASTED HONEY GLAZED HAM	100	215	900	11	21	7
		155	151	632	8	10	11
93180835	LAMB BOLOGNESE	100	97	407	5	7	7
		134	119	497	6	11	6
93181136	BUTTER CHICKEN	100	89	371	4	9	5
		152	104	434	3	10	11
93207806	SWEET AND SOUR CHICKEN	100	68	286	2	6	7
		239	228	952	5	13	34
93207795	WEST AFRICAN CHICKEN RICE	100	95	398	2	6	14
		224	191	797	6	10	24
93227278	COTTAGE PIE	100	85	355	3	5	11
		191	142	592	4	12	15
93227334	BEEF KEEMA	100	74	310	2	6	8
		122	146	611	7	10	12
93234275	MEXICAN BEEF TORTILLA PIE	100	120	503	6	8	10
		190	160	670	4	13	19
93248300	CHICKEN AND VEG TIKKA MASALA	100	84	352	2	7	10
		112	279	1165	10	13	34
93248403	CRISPY CHICKEN BURGER	100	249	1043	9	12	31
		208	184	768	6	14	20
93276358	CHICKEN AND BROCCOLI PASTA BAKE	100	88	369	3	7	9
		49	88	368	4	11	2
93278107	STICKY BBQ CHICKEN THIGH	100	178	745	9	22	4
		158	103	430	4	10	7
93300541	BEEF BOLOGNESE SAUCE	100	65	273	2	6	4
		57	112	469	7	9	5
93303149	BUN-LESS BEEF BURGER	100	195	818	11	15	8
		60	151	632	9	6	12
93307822	BATTERED FISH	100	252	1054	15	10	19
		231	287	1203	10	12	42
93307824	BBQ BEEF MEATBALL PASTA BAKE	100	125	522	4	5	18
Code	FFL Meat Mains	Portion Size	Calories (Kc)	kj	Total Fat (g)	Protein (g)	Total Carbs (g)
	LEMON ROASTED CHICKEN BREAST FRESH FFL	55 (one fillet)	61	256	1	12	0
93037054		100	112	470	3	22	1
	ROASTED HONEY GLAZED HAM FFL	47	101	421	5	10	3
93173553		100	215	900	11	21	7
	CRISPY CHICKEN BURGER FFL	106	225	941	5	11	33
93248405		100	212	886	5	10	31
	BBQ CHICKEN PIZZA FFL	133	256	1073	6	17	35
93300542		100	193	807	5	13	26
	CHEESY MAC BOLOGNESE FFL	298	402	1681	18	18	44
93359831		100	135	565	6	6	15
	CHEESY MAC BOLOGNESE FFL GOLD	298	409	1712	19	18	45
93359832		100	137	575	6	6	15
	CHEESY MAC BOLOGNESE FFL SILVER	298	402	1681	18	18	45
93359833		100	135	565	6	6	15
	CHICKEN AND BROCCOLI PASTA BAKE FFL	197	225	943	10	15	20
93101161		100	114	479	5	8	10
	LAMB BOLOGNESE FFL	108	100	418	5	9	6
93165630		100	93	388	5	8	5
	SOUTHERN FRIED CHICKEN GOUJON FFL	60	172	720	8	9	14
93170160		100	287	1201	14	15	23
	ROASTED HONEY GLAZED HAM FFL	47	101	421	5	10	3
93173553		100	215	900	11	21	7
	CRISPY CHICKEN BURGER FFL	106	225	941	5	11	33
93248405		100	212	886	5	10	31
Code	Halal Meat Mains	Portion Size	Calories (Kc)	kj	Total Fat (g)	Protein (g)	Total Carbs (g)
	CHICKEN SAUSAGES HALAL	75	112	468	5	12	5
93041660		100	149	623	7	16	6
	ROAST TURKEY HALAL	43	67	278	1	15	0
93100458		100	155	649	2	35	0
	BURGER IN A BUN HALAL	107	265	1111	12	12	26
93100459		100	247	1034	11	11	25
	CHICKEN AND SWEETCORN PIE HALAL	205	404	1691	21	17	35
93147572		100	197	825	10	8	17
	LEMON ROASTED CHICKEN BREAST HALAL	60	72	303	1	15	1
93173148		100	120	502	2	24	1
	CHICKEN AND VEG KORMA HALAL	148	146	611	6	11	12
93248314		100	98	412	4	8	8
	BBQ CHICKEN PIZZA HALAL	94	217	907	6	16	27
93281293		100	231	965	6	17	29
	CHEESY MAC BOLOGNESE HALAL	256	322	1346	12	15	41
93359830		100	126	526	5	6	16
	LAMB BOLOGNESE HALAL	141	128	535	5	11	12
93041665		100	91	390	3	8	9
	COUNTRY BEEF HOT POT HALAL	133	133	555	5	9	12
93041773		100	100	419	4	7	9
	ROAST BEEF HALAL	38	73	304	2	13	0
93084519		100	193	808	6	34	0
	BAKED CHICKEN FAJITA WRAP HALAL	172	294	1228	9	16	40
93146437		100	170	712	5	9	23
	JAMAICAN JERK CHICKEN THIGH HALAL	47	85	356	4	12	0
		100	182	763	9	25	1
93162271	BBQ CHICKEN MEATBALL PASTA BAKE HALAL	220	246	1031	6	11	41

		100	112	468	3	5	19
93170137	SOUTHERN FRIED CHICKEN GOUJON HALAL	52	110	459	5	7	9
		100	210	879	9	14	17
93173148	LEMON ROASTED CHICKEN BREAST HALAL	60 (one fillet)	72	303	1	15	1
		100	120	502	2	24	1
93207807	SWEET AND SOUR CHICKEN HALAL	98	91	380	2	11	8
		100	92	386	2	11	8
93207796	WEST AFRICAN CHICKEN RICE HALAL	92	191	798	2	14	32
		100	207	867	2	15	34
93227271	BEEF BOLOGNESE HALAL	178	141	589	7	10	11
		100	79	331	4	6	6
93227279	COTTAGE PIE HALAL	239	223	934	9	10	27
		100	93	390	4	4	11
93234596	MEXICAN BEEF TORTILLA PIE HALAL	146	193	808	11	11	14
		100	132	554	7	7	10
93234597	BUTTER CHICKEN HALAL	133	108	454	4	12	6
		100	82	341	3	9	5
93248313	CHICKEN AND VEG TIKKA MASALA HALAL	142	124	521	3	11	15
		100	87	366	2	7	10
93248404	CRISPY CHICKEN BURGER HALAL	112	249	1044	8	11	33
		100	223	934	7	9	30
93289772	CHICKEN AND BROCC PASTA BAKE HAL	211	174	728	4	16	20
		100	83	346	2	7	9
93289573	STICKY BBQ CHICKEN THIGH HALAL	49	88	368	4	11	2
		100	178	745	9	22	4
93290444	BEEF KEEMA HALAL	191	162	679	7	11	15
		100	85	355	4	6	8
93303591	BURGER OUT THE BUN HALAL	57	135	565	11	8	1
		100	235	983	19	13	3
Code	Vegetarian Mains	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
		65	90	377	3	9	5
93037125	OVEN BAKED VEGETARIAN SAUSAGES	100	138	577	5	15	8
		258	318	1331	11	15	42
93359835	CHEESY MAC VEGETABLE BOLOGNESE	100	123	516	4	6	16
		181	258	1079	8	10	38
93037069	MACARONI CHEESE	100	142	596	5	6	21
93218018	VEGGIE SUPREME PIZZA	83	184	768	6	8	26
		100	221	925	7	10	7
		222	279	1166	15	10	26
93040513	WINTER VEGETABLE HOTPOT	100	125	525	7	5	12
		50	45	189	1	8	1
93073812	QUORN ROAST	100	90	377	1	15	2
		110	189	792	3	12	28
93075380	QUORN BURGER	100	172	720	2	11	26
		184	307	1283	10	11	45
93140722	VEGETABLE FAJITA	100	167	699	6	6	24
		60	110	462	6	7	6
93161349	QUORN DIPPERS	100	184	770	10	12	10
		69	106	444	7	8	2
93164651	CHEESE & SWEETCORN OMELETTE	100	154	645	11	12	3
		57	111	466	9	2	13
93175226	VEGGIE FINGERS	100	196	820	16	3	23
		225	358	1498	11	14	52
93227333	CHEESY BEAN BURRITO	100	159	667	5	6	23
		146	180	753	9	8	17
93227207	TOMATO PASTA	100	124	517	7	6	12
		101	77	322	1	8	7
93278108	STICKY BBQ QUORN FILLET	100	76	319	1	8	7
		135	183	767	7	4	25
93302652	ROASTED VEGETABLE & CRANBERRY SLICE	100	136	570	6	3	19
		85	204	856	7	11	26
93303921	MEATLESS FEAST CHEESEY PIZZA	100	242	1012	9	12	30
		195	256	1073	4	14	40
93306879	CHINESE VEGETABLE NOODLES	100	131	550	2	7	21
		70	177	739	6	8	24
93036834	CHEESE AND TOMATO PIZZA	100	254	1064	8	11	35
		200	145	605	2	7	26
93037147	POTATO AND LENTIL CURRY	100	72	303	1	3	13
		270	269	1125	4	13	45
93065804	SPANISH VEGETABLE RICE	100	100	417	1	5	17
		247	211	881	5	9	31
93125973	VEGETARIAN SHEPHERDS PIE	100	85	357	2	4	13
		135	148	621	8	6	15
93132800	SPICED RED LENTIL DHAL	100	110	460	6	4	11
		164	115	482	3	5	18
93164644	MILD SWEET POTATO CURRY	100	70	293	2	3	11
		57	111	466	9	2	13
93175226	VEGGIE FINGERS	100	196	820	16	3	23
		109	141	591	9	6	9
93176214	CARIBBEAN CHICKPEA COCONUT CURRY	100	130	543	9	6	8
		267	236	986	4	10	41
93216240	WEST AFRICAN VEGETABLE RICE	100	88	370	2	4	15
		227	158	661	5	11	18
93227274	VEGEMINCE BOLOGNESE	100	70	291	2	5	8
		278	242	1014	7	14	31
93227275	VEGEMINCE LASAGNE	100	87	365	3	5	11
		246	213	893	6	10	29
93228079	VEGETARIAN COTTAGE PIE	100	87	363	2	4	12
		126	154	643	7	9	14
93234276	MEXICAN VEGGIE TORTILLA PIE	100	122	510	6	7	11
		157	141	592	8	5	13
93235470	VEGGIE KORMA	100	90	377	5	3	8
		163	133	556	4	7	18
93248112	CHILLI NO CARNE WITH CRISPY TORTILLA	100	82	342	2	4	11
		170	107	446	3	7	15

93248311	SWEET AND SOUR VEGETABLES	100	63	262	2	4	9
		218	148	620	5	6	21
93289314	CAULIFLOWER & SWEET POTATO MASALA	100	68	284	3	3	10
		110	227	951	6	11	29
93302651	CRISPY QUORN SUB	100	207	865	6	10	26
		60	59	246	1	8	3
93303590	BUN-LESS QUORN BURGER	100	98	411	2	14	5
		186	361	1512	20	8	38
93303772	CREAMY VEG PIE CHEESE SHORTCRUST	100	194	813	11	4	20
		170	121	506	3	9	16
93304313	QUORN AND VEGETABLE TIKKA MASALA	100	71	297	2	5	9
		211	361	1511	11	15	51
93306287	CHEESY BEAN BURRITO BAKE	100	171	717	5	7	24
		191	144	601	5	7	18
93310184	BUTTERNUT SQUASH AND TOMATO BAKE	100	75	315	3	4	9
Code	FFL Vegetarian Mains	Portion Size	Calories (Kc)	kj	Total Fat (g)	Protein (g)	Total Carbs (g)
		223	345	1445	15	13	41
93041608	MACARONI CHEESE FFL	100	155	648	7	6	18
		300	406	1697	18	18	45
93359836	CHEESY MAC VEGETABLE BOLOGNESE FFL	100	135	566	6	6	15
		113	194	810	4	9	32
93109221	VEGETABLE SUPREME PIZZA FFL	100	171	717	4	8	29
		343	436	1826	18	20	51
93359834	CHEESY MAC VEGETABLE BOLOGNESE FFL ORGAN	100	127	532	5	6	15
		113	212	888	5	11	32
93128003	CHEESE TOMATO PIZZA WMEAL FFL	100	188	786	5	10	28
		110	212	886	5	11	32
93321174	MEATLESS FEAST CHEESEY PIZZA FFL	100	193	809	5	10	29
Code	Jacket Potatoes and Toppings	Portion Size	Calories (Kc)	kj	Total Fat (g)	Protein (g)	Total Carbs (g)
		60	77	318	3	10	2
VMC 187200/ 187718/ 124963	TUNA MAYO (42g tuna, 8g mayo, 10g sweetcorn)	100	128	530	5	17	3
		60	32	158	0	2	5
VMC 150344/ 120893	BBQ BEANS. (50g beans, 10g BBQ sauce)	100	63	264	0	4	9
		83	52	218	0	3	7
VMC 120893	BAKED BEANS	100	63	264	0	4	9
		30	124	519	10	8	0
VMC 111925	CHEESE	100	414	1718	34	25	2
		58	87	354	6	12	0
VMC 124374/ 89704	SALMON MAYO (50g salmon, 8g mayo per portion)	100	153	644	7	24	0
		47	115	478	10	5	2
C 124963/ 111925/ 76	CHEESY COLESLAW (10g mayo, 20g cheese, 17g coleslaw veg)	100	244	1017	21	11	4
Code	Carbohydrate Sides	Portion Size	Calories (Kc)	kj	Total Fat (g)	Protein (g)	Total Carbs (g)
		133	120	502	0	3	28
93035026	RICE 1/2 WHOLEGRAIN	100	90	378	0	2	21
		73	82	345	3	1	12
93035127	ROAST POTATOES	100	113	471	5	2	16
		65	139	581	1	5	30
93037002	HOMEMADE BREAD BEST OF BOTH	100	215	898	1	8	46
		73	83	346	3	3	13
93037128	PASTA SALAD	100	114	476	4	4	18
		75	104	433	3	2	16
93040525	CHIPS	100	138	577	4	3	22
		148	144	601	5	3	22
93046790	MASHED POTATOES	100	97	406	4	2	15
		45	60	252	1	2	12
93108780	PASTA WHOLEMEAL	100	134	561	1	5	28
		45	44	183	0	1	10
93156646	POTATO WEDGES 1/2 PORTION	100	97	406	0	3	23
		28	45	189	1	1	7
93162251	PESTO PASTA	100	164	687	5	5	25
		66	85	355	1	3	18
93231781	COUS COUS SALAD	100	129	539	1	4	27
		121	137	575	1	4	30
93231782	RICE SALAD	100	113	474	1	3	25
		53	113	474	1	4	24
93034756	GARLIC BREAD WEDGE	100	215	900	1	8	46
		98	156	653	2	4	32
93065662	RICE AND PEAS	100	160	668	2	4	32
		149	166	694	1	4	37
93276731	RAINBOW RICE	100	111	466	1	3	25
Code	Vegetable Sides and Salads	Portion Size	Calories (Kc)	kj	Total Fat (g)	Protein (g)	Total Carbs (g)
		35	9	39	0	1	1
93034467	CABBAGE	100	27	113	0	2	4
		40	12	49	0	0	2
93034510	CARROTS	100	29	121	1	1	6
		40	10	44	0	1	2
93034783	GREEN BEANS	100	26	109	0	2	4
		40	27	114	0	2	4
93035013	PEAS	100	68	285	1	5	11
		40	31	131	1	1	6
93035221	SWEETCORN	100	78	326	2	3	14
		56	35	147	0	2	5
93036011	BAKED BEANS	100	63	264	0	4	9
		40	14	57	0	0	3
93126571	CARROT BATON	100	34	142	0	1	8
		39	5	23	0	0	0
93146563	SALAD CUCUMBER	100	14	59	1	1	1
		40	6	23	0	0	1
93146564	SALAD TOMATO	100	14	59	0	1	3
		40	31	131	1	1	6
93146565	SALAD SWEETCORN	100	78	326	2	3	14
		34	5	21	0	0	1
93146566	SALAD PEPPERS	100	15	63	0	1	3
		54	16	66	0	0	3
93146567	SALAD CARROT	100	29	121	0	0	6

93146568	SALAD BEETROOT	32	12	48	0	1	2
		100	36	151	0	2	8
93146569	SALAD LETTUCE	33	4	15	0	0	0
		100	11	46	0	1	1
93150135	CRUNCHY COLESLAW HOME MADE	78	92	386	8	1	5
		100	119	497	10	1	6
93278922	CHARTWELLS MIXED SALAD	56	7	31	0	0	1
		100	13	55	0	1	2
Code	Other Additional Items	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93034775	GRAVY	39	10	44	0	0	2
		100	27	113	0	0	6
93034930	MILK DRINK IN A CUP	151	70	291	3	5	7
		100	46	192	2	4	4
Code	Desserts	Portion Size	Calories (Kc)	kJ	Total Fat (g)	Protein (g)	Total Carbs (g)
93035307	YOGHURT	120	100	417	1	4	18
		100	83	347	1	4	15
93041624	APPLES	104	43	182	0	0	11
		100	42	176	0	0	11
93041625	BANANA	120	97	407	0	1	24
		100	81	339	0	1	20
93065473	MANDARIN	50	19	77	0	1	4
		100	37	155	0	1	9
93090621	BREAD AND BUTTER PUDDING	54	84	353	2	3	13
		100	155	649	4	6	24
93158312	PEAR	102	45	188	0	0	12
		100	44	184	0	0	11
93208015	APPLE CRUMBLE	80	195	816	8	3	28
		100	245	1023	10	3	35
93232823	FRUIT PLATTER	138	62	260	0	1	14
		100	45	189	0	1	10
93290177	WIBBLE JELLY RASPBERRY	67	0	2	0	0	0
		100	1	3	0	0	0
93290904	FRUITS WITH FOREST FRUIT JELLY	74	3	14	0	0	1
		100	5	19	0	0	1
93291701	LEMON SICILIAN COOKIE	25	100	417	4	1	15
		100	399	1669	15	6	61
93291702	CHOCOLATE COOKIE	25	100	419	4	1	14
		100	401	1678	17	6	58
93303011	RICE PUDDING WITH JAM OR CHOC SPREAD	113	153	641	3	4	30
		100	136	570	3	4	26
93303597	ORANGE GLAZED STICKY SPONGE PUDDING	66	145	607	4	3	26
		100	219	918	6	5	39
93303634	APPLE AND CINNAMON SPONGE	53	121	508	7	2	15
		100	229	957	12	3	28
93303638	JAM AND COCONUT SPONGE	49	192	801	11	2	21
		100	393	1644	23	5	43
93303652	CHARTWELLS BROWNIE	50	150	626	7	2	18
		100	299	1252	15	5	37
93304314	CHOCOLATE BEET BROWNIE	44	129	538	7	2	15
		100	291	1217	15	5	35
93310775	ORANGE WEDGES 1/2 WEDGES	23	10	41	0	0	2
		100	43	180	0	1	8
93034685	CUSTARD TRADITIONAL	83	81	339	1	2	16
		100	97	406	1	2	20
93037056	LEMON SHORTBREAD BISCUITS	35	156	654	8	2	19
		100	446	1865	23	4	54
93040542	FRESH FRUIT SLICES	46	21	90	0	0	5
		100	47	197	0	1	10
93133103	FROZEN MANGO YOGHURT	80	90	378	1	3	17
		100	113	473	1	4	22
93140303	FRUITY FLAPJACK BAR	42	111	463	3	2	18
		100	264	1103	8	5	44
93146424	FROZEN STRAWBERRY YOGHURT	80	103	432	2	3	19
		100	129	540	2	4	24
93159402	APPLE & BERRY CRUMBLE	80	194	811	8	3	28
		100	243	1016	10	3	35
93162261	CHOCOLATE SHORTBREAD	31	145	606	7	2	18
		100	468	1956	24	6	57
93162694	ICE CREAM BOX VANILLA	83	112	468	4	3	15
		100	135	565	5	3	18
93162802	ICE CREAM BOX STRAWBERRY	83	115	482	5	3	16
		100	139	582	6	3	19
93162803	ICE CREAM BOX CHOCOLATE	83	135	565	6	3	18
		100	163	682	7	3	22
93168190	ORANGE, SULTANA & CARROT SLICE	54	158	662	6	2	24
		100	293	1228	11	3	45
93233391	BANANA & CARROT CAKE	49	156	653	8	1	20
		100	317	1325	16	2	41
93234371	MAGIC APPLE & CINNAMON BAKE	44	111	466	4	1	17
		100	256	1070	10	3	39
93291703	OAT COOKIE	25	94	395	4	1	14
		100	377	1578	15	5	54
93303592	FLAPJACK	43	189	792	11	2	19
		100	443	1855	26	6	44
93303630	ORANGE DRIZZLE CAKE	37	117	488	6	2	14
		100	320	1337	17	4	38
93303634	APPLE AND CINNAMON SPONGE	53	121	508	7	2	15
		100	229	957	12	3	28
93303637	PEACH AND GINGER PUDDING	59	142	595	8	2	17
		100	243	1017	13	3	29
93303639	PINEAPPLE UPSIDE DOWN CAKE	60	163	684	8	2	22
		100	274	1148	13	3	38
93303650	RASPBERRY YOGHURT CAKE	45	134	560	6	2	19
		100	295	1236	13	4	43
		37	125	524	5	2	18

93303651	BANANA LOAF	100	341	1428	15	5	48
		63	215	901	12	3	25
93303654	CHOCOLATE ORANGE DRIZZLE CAKE	100	344	1441	19	5	41
		49	202	844	13	3	20
93306626	CHOCOLATE COCONUT SPONGE	100	414	1731	27	6	40
		67	0	2	0	0	0
93312677	WIBBLE JELLY FORSET FRUITS	100	1	3	0	0	0
		69	81	339	1	2	16
93034685	CUSTARD	100	117	489	2	2	24
		70	120	502	6	2	15
93307825	CRUNCHY WIBBLE MOUSSE	100	172	720	8	3	22