

WEEK	DAY	DISH/ RECIPIE TITLE (Per Serving)	RECIPE/DISH ID	Per Portion								
				Raw Weight (g)	Kcal	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Protein (g)	Salt (g)
WEEK 1	1_MON	Cheese & Tomato Pizza, Oven Baked Wedges, Veg Sticks KS1	1092141	252	388	63	4.7	9.82	4.62	5.8	14.38	1.12
WEEK 1	1_MON	Homemade Margherita Pizza KS1	667018	87	280	39.1	1.9	9.5	4.6	2.6	11.7	1.1
WEEK 1	1_MON	Oven Baked Wedges KS1	666514	120	98	21.5	1.1	0.1	0	2.4	2.3	0
WEEK 1	1_MON	Veg Sticks - CARROTS KS1	1292044	20	6	1.8	1.1	0.1	0.02	0.5	0.1	0.02
WEEK 1	1_MON	Veg Sticks - CUCUMBER KS1	1292044	15	2	0.2	0.2	0.1	0	0.1	0.2	0
WEEK 1	1_MON	Veg Sticks - YELLOW PEPPER KS1	1292044	5	1	0.2	0.2	0.01	0	0.1	0.04	0
WEEK 1	1_MON	Veg Sticks - RED PEPPER KS1	1292044	5	1	0.2	0.2	0.01	0	0.1	0.04	0
WEEK 1	1_MON	Cheese & Tomato Pizza, Oven Baked Wedges, Veg Sticks KS2	1092142	311	472	76.1	5.9	11.92	5.53	7	17.5	1.33
WEEK 1	1_MON	Homemade Margherita Pizza KS2	667016	105	337	46.9	2.3	11.5	5.5	3.1	14.1	1.3
WEEK 1	1_MON	Oven Baked Wedges KS2	666522	150	122	26.9	1.4	0.2	0	3	2.9	0
WEEK 1	1_MON	Veg Sticks - CARROTS KS2	1292051	25	8	1.5	1.4	0.1	0.03	0.6	0.2	0.03
WEEK 1	1_MON	Veg Sticks - CUCUMBER KS2	1292051	19	3	0.2	0.2	0.1	0	0.1	0.2	0
WEEK 1	1_MON	Veg Sticks - YELLOW PEPPER KS2	1292051	6	1	0.3	0.3	0.01	0	0.1	0.05	0
WEEK 1	1_MON	Veg Sticks - RED PEPPER KS2	1292051	6	1	0.3	0.3	0.01	0	0.1	0.05	0
WEEK 1	1_MON	Baked Sweetcorn Fritters, Oven Baked Wedges, Veg Sticks KS1	1092137	248	235	43.7	4	3.92	0.72	5.6	8.08	0.32
WEEK 1	1_MON	Baked Sweetcorn Fritters KS1	1538149	83	127	19.8	1.2	3.6	0.7	2.4	5.4	0.3
WEEK 1	1_MON	Oven Baked Wedges KS1	666514	120	98	21.5	1.1	0.1	0	2.4	2.3	0
WEEK 1	1_MON	Veg Sticks - CARROTS KS1	1292044	20	6	1.8	1.1	0.1	0.02	0.5	0.1	0.02
WEEK 1	1_MON	Veg Sticks - CUCUMBER KS1	1292044	15	2	0.2	0.2	0.1	0	0.1	0.2	0
WEEK 1	1_MON	Veg Sticks - YELLOW PEPPER KS1	1292044	5	1	0.2	0.2	0.01	0	0.1	0.04	0
WEEK 1	1_MON	Veg Sticks - RED PEPPER KS1	1292044	5	1	0.2	0.2	0.01	0	0.1	0.04	0
WEEK 1	1_MON	Baked Sweetcorn Fritters, Oven Baked Wedges, Veg Sticks KS2	1092138	310	294	53.9	5.1	4.92	0.83	6.9	10.2	0.43
WEEK 1	1_MON	Baked Sweetcorn Fritters KS2	1538154	104	159	24.7	1.5	4.5	0.8	3	6.8	0.4
WEEK 1	1_MON	Oven Baked Wedges KS2	666522	150	122	26.9	1.4	0.2	0	3	2.9	0
WEEK 1	1_MON	Veg Sticks - CARROTS KS2	1292051	25	8	1.5	1.4	0.1	0.03	0.6	0.2	0.03
WEEK 1	1_MON	Veg Sticks - CUCUMBER KS2	1292051	19	3	0.2	0.2	0.1	0	0.1	0.2	0
WEEK 1	1_MON	Veg Sticks - YELLOW PEPPER KS2	1292051	6	1	0.3	0.3	0.01	0	0.1	0.05	0
WEEK 1	1_MON	Veg Sticks - RED PEPPER KS2	1292051	6	1	0.3	0.3	0.01	0	0.1	0.05	0
WEEK 1	1_MON	Butterfly Pastry Biscuits KS1	1092143	41	161	21.2	9.9	7.4	3.9	0.7	2.1	0.2
WEEK 1	1_MON	Butterfly Pastry Biscuits KS1	1538158	41	161	21.2	9.9	7.4	3.9	0.7	2.1	0.2
WEEK 1	1_MON	Butterfly Pastry Biscuits KS2	1092144	52	201	26.5	12.3	9.2	4.8	0.9	2.6	0.2
WEEK 1	1_MON	Butterfly Pastry Biscuits KS2	1538160	52	201	26.5	12.3	9.2	4.8	0.9	2.6	0.2
WEEK 1	1_TUE	Meatball Marinara & Wholegrain Pasta, Mixed Salad KS1	1092146	199	293	43.8	5.8	6.8	1.25	10.6	21.6	1.02
WEEK 1	1_TUE	Homemade Tomato Sauce KS1	628672	36	19	2.6	1.8	0.6	0.05	0.7	0.8	0.2
WEEK 1	1_TUE	Meatballs KS1	628672	60	95	7	1	5.2	1	5.3	14.6	0.8
WEEK 1	1_TUE	Wholemeal pasta KS1	628672	50	172	33	1.8	0.9	0.2	4	5.8	0.02

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WEEK 1	1_TUE	Mixed Salad KS1	628456	53	7	1.2	1.2	0.1	0	0.6	0.4	0
WEEK 1	1_TUE	Meatball Marinara & Wholegrain Pasta, Mixed Salad KS2	1092150	234	348	52.5	6.6	6.4	1.15	6.9	17.8	0.92
WEEK 1	1_TUE	Homemade Tomato Sauce KS1	628672	36	19	2.6	1.8	0.6	0.05	0.7	0.8	0.2
WEEK 1	1_TUE	Meatballs KS2	1572300	72	114	8.4	1.2	4.5	0.9	0.7	9.7	0.7
WEEK 1	1_TUE	Wholemeal pasta KS2	1572300	60	206	40	2.1	1.1	0.2	4.8	6.9	0.02
WEEK 1	1_TUE	Mixed Salad KS2	1037443	66	9	1.5	1.5	0.2	0	0.7	0.4	0
WEEK 1	1_TUE	Pea Frittata, Wholegrain Pasta Salad, Mixed Salad KS1	1092149	213	226	24.1	3.5	8.8	1.9	4.5	12.6	0.2
WEEK 1	1_TUE	Wholegrain Pasta Salad KS1	1292116	40	95	13.8	1.2	3	0.3	1.8	2.5	0
WEEK 1	1_TUE	Pea Frittata KS1	1538190	120	124	9.1	1.1	5.7	1.6	2.1	9.7	0.2
WEEK 1	1_TUE	Mixed Salad KS1	628456	53	7	1.2	1.2	0.1	0	0.6	0.4	0
WEEK 1	1_TUE	Pea Frittata, Wholegrain Pasta Salad, Mixed Salad KS2	1092152	266	282	30.1	4.3	11	2.3	5.6	15.6	0.3
WEEK 1	1_TUE	Wholegrain Pasta Salad KS2	1292165	50	118	17.2	1.5	3.7	0.3	2.3	3.1	0
WEEK 1	1_TUE	Pea Frittata KS2	1538194	150	155	11.4	1.3	7.1	2	2.6	12.1	0.3
WEEK 1	1_TUE	Mixed Salad KS2	1037443	66	9	1.5	1.5	0.2	0	0.7	0.4	0
WEEK 1	1_TUE	Strawberry & Pineapple Jelly KS1 & KS2	996421	28	61	13.9	13.7	0	0	0.1	1.04	0.1
WEEK 1	1_TUE	Strawberry & Pineapple Jelly KS1 & KS2 - STRAWBERRY JELLY	1413384	15	55	12.4	12.2	0	0	0	1	0.1
WEEK 1	1_WED	Strawberry & Pineapple Jelly KS1 & KS2 - PINEAPPLE	1413384	13	6	1.5	1.5	0	0	0.1	0.04	0
WEEK 1	1_WED	Roast Chicken & Stuffing, Skin on Roasties, Gravy, Carrots & Cabbage KS1	1092157	240	314	32.16	4.36	14.06	2.34	5	15.4	1.04
WEEK 1	1_WED	Roast Chicken & Stuffing KS1 - ROAST CHICKEN	667068	60	93	0.06	0.06	5.5	1.3	0.3	11	0.1
WEEK 1	1_WED	Roast Chicken & Stuffing KS1 - STUFFING	667068	15	51	10.1	0.7	0.8	0.4	0.9	1.5	0.6
WEEK 1	1_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 1	1_WED	Carrots & Cabbage KS1 - CABBAGE	1400643	30	8	1.2	1.2	0.06	0.01	1.2	0.7	0.01
WEEK 1	1_WED	Carrots & Cabbage KS1 - CARROTS	1400643	25	8	1.5	1.4	0.1	0.03	0.6	0.2	0.03
WEEK 1	1_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 1	1_WED	Roast Chicken & Stuffing, Skin on Roasties, Gravy, Carrots & Cabbage KS2	1092163	272	351	34.48	5.08	15.58	2.65	6.3	19.6	1.14
WEEK 1	1_WED	Roast Chicken & Stuffing KS2 - ROAST CHICKEN	667200	75	117	0.08	0.08	6.8	1.6	0.4	13.8	0.2
WEEK 1	1_WED	Roast Chicken & Stuffing KS2 - STUFFING	667200	18	60	11.8	0.8	0.9	0.4	1.1	1.7	0.6
WEEK 1	1_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 1	1_WED	Carrots & Cabbage KS2 - CABBAGE	1400644	38	10	1.5	1.5	0.08	0.02	2	1.9	0.01
WEEK 1	1_WED	Carrots & Cabbage KS2 - CARROTS	1400644	31	10	1.8	1.7	0.2	0.03	0.8	0.2	0.03
WEEK 1	1_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 1	1_WED	Roasted Vegetable Strudel, Skin on Roasties, Gravy, Carrots & Cabbage KS1	1092159	276	419	53.1	8	19.16	5.84	6.3	10.7	1.34
WEEK 1	1_WED	Roasted Vegetable Strudel KS1	1541596	111	249	31.1	4.4	11.4	5.2	2.5	7.8	1

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WEEK 1	1_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 1	1_WED	Carrots & Cabbage KS1 - CABBAGE	1400643	30	8	1.2	1.2	0.06	0.01	1.2	0.7	0.01
WEEK 1	1_WED	Carrots & Cabbage KS1 - CARROTS	1400643	25	8	1.5	1.4	0.1	0.03	0.6	0.2	0.03
WEEK 1	1_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 1	1_WED	Roasted Vegetable Strudel, Skin on Roasties, Gravy, Carrots & Cabbage KS2	1092165	313	473	59.9	9.5	21.58	6.85	7.8	13.4	1.54
WEEK 1	1_WED	Roasted Vegetable Strudel KS2 - Aspens Services	1541597	134	299	37.3	5.3	13.7	6.2	3	9.3	1.2
WEEK 1	1_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 1	1_WED	Carrots & Cabbage KS2 - CABBAGE	1400644	38	10	1.5	1.5	0.08	0.02	2	1.9	0.01
WEEK 1	1_WED	Carrots & Cabbage KS2 - CARROTS	1400644	31	10	1.8	1.7	0.2	0.03	0.8	0.2	0.03
WEEK 1	1_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 1	1_WED	Banana Bread & Custard KS1	1092429	136	219	31.2	19.8	9.6	3.9	0.5	4.6	0.2
WEEK 1	1_WED	Banana Bread KS1	1551408	48	160	19.7	11.8	8.2	3.1	0.5	1.9	0.1
WEEK 1	1_WED	Custard KS1 & KS2	672784	88	59	11.5	8	1.4	0.8	0	2.7	0.1
WEEK 1	1_WED	Banana Bread & Custard KS2	1092432	144	246	34.5	21.8	11	4.4	0.6	4.9	0.3
WEEK 1	1_WED	Banana Bread KS2	1551415	56	187	23	13.8	9.6	3.6	0.6	2.2	0.2
WEEK 1	1_WED	Custard KS1 & KS2	672784	88	59	11.5	8	1.4	0.8	0	2.7	0.1
WEEK 1	1_THU	Bangers & Gravy, Mash, Mixed Greens KS1	1092200	242.5	274	33.1	4.7	10.45	3.38	4.8	10.8	1.1
WEEK 1	1_THU	Bangers & Gravy KS1 - SAUSAGES	1541608	57	123	7.1	1.9	7.6	2.8	0.3	6.6	0.7
WEEK 1	1_THU	Bangers & Gravy KS1 - GRAVY KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 1	1_THU	Mash KS1	754112	126	119	21.5	1.1	2.5	0.5	2.4	2.3	0.1
WEEK 1	1_THU	Steamed Mixed Greens KS1 - CABBAGE	1157982	17.5	6	0.7	0.7	0.07	0.02	0.4	0.3	0
WEEK 1	1_THU	Steamed Mixed Greens KS1 - GREEN BEANS	1157982	20	5	0.6	0.4	0.08	0.02	0.7	0.4	0
WEEK 1	1_THU	Steamed Mixed Greens KS1 - PEAS	1157982	20	15	1.8	0.5	0.2	0.04	1	1.1	0
WEEK 1	1_THU	Bangers & Gravy, Mash, Mixed Greens KS2	1092216	317	372	42.8	6.5	15	4.99	6.1	15.2	1.5
WEEK 1	1_THU	Bangers & Gravy KS2 - SAUSAGES	1541610	85	185	10.6	2.9	11.4	4.3	0.4	9.9	1.1
WEEK 1	1_THU	Bangers & Gravy KS1 - GRAVY KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 1	1_THU	Mash KS2	754114	158	149	26.9	1.4	3.2	0.6	3	2.9	0.1
WEEK 1	1_THU	Steamed Mixed Greens KS2 - CABBAGE	1157990	22	7	0.9	0.9	0.1	0.02	0.5	0.4	0
WEEK 1	1_THU	Steamed Mixed Greens KS2 - GREEN BEANS	1157990	25	6	0.8	0.6	0.1	0.02	0.9	0.5	0
WEEK 1	1_THU	Steamed Mixed Greens KS2 - PEAS	1157990	25	19	2.2	0.6	0.2	0.05	1.3	1.4	0
WEEK 1	1_THU	Veggie Bangers & Gravy, Mash, Mixed Greens KS1	1092210	236	220	30.1	2.85	5.15	1.38	6.2	11.7	0.9
WEEK 1	1_THU	Veggie Bangers & Gravy KS1 - VEGGIE SAUSAGES	1541629	50	69	4.1	0.05	2.3	0.8	1.7	7.5	0.5
WEEK 1	1_THU	Veggie Bangers & Gravy KS1 - GRAVY KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 1	1_THU	Mash KS1	754112	126	119	21.5	1.1	2.5	0.5	2.4	2.3	0.1
WEEK 1	1_THU	Steamed Mixed Greens KS1 - CABBAGE	1157982	18	6	0.7	0.7	0.07	0.02	0.4	0.3	0

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WEEK 1	1_THU	Steamed Mixed Greens KS1 - GREEN BEANS	1157982	20	5	0.6	0.4	0.08	0.02	0.7	0.4	0
WEEK 1	1_THU	Steamed Mixed Greens KS1 - PEAS	1157982	20	15	1.8	0.5	0.2	0.04	1	1.1	0
WEEK 1	1_THU	Veggie Bangers & Gravy, Mash, Mixed Greens KS2	1092212	282	256	36.3	3.65	5.9	1.49	7.4	12.8	0.9
WEEK 1	1_THU	Veggie Bangers & Gravy KS2 - VEGGIE SAUSAGES	1541629	50	69	4.1	0.05	2.3	0.8	1.7	7.5	0.5
WEEK 1	1_THU	Veggie Bangers & Gravy KS2 - GRAVY KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 1	1_THU	Mash KS2	754114	158	149	26.9	1.4	3.2	0.6	3	2.9	0.1
WEEK 1	1_THU	Steamed Mixed Greens KS2 - CABBAGE	1157990	22	7	0.9	0.9	0.1	0.02	0.5	0.4	0
WEEK 1	1_THU	Steamed Mixed Greens KS2 - GREEN BEANS	1157990	25	6	0.8	0.6	0.1	0.02	0.9	0.5	0
WEEK 1	1_THU	Steamed Mixed Greens KS2 - PEAS	1157990	25	19	2.2	0.6	0.2	0.05	1.3	1.4	0
WEEK 1	1_THU	Apple Cinnamon Buns KS1	1092238	57	161	30	4.7	2.8	0.8	1.8	5	0.4
WEEK 1	1_THU	Apple Cinnamon Bun KS1	1551243	57	161	30	4.7	2.8	0.8	1.8	5	0.4
WEEK 1	1_THU	Apple Cinnamon Buns KS2	1092239	64	179	33.3	5.2	3.1	0.8	2	5.6	0.4
WEEK 1	1_THU	Apple Cinnamon Buns KS2	1551244	64	179	33.3	5.2	3.1	0.8	2	5.6	0.4
WEEK 1	1_FRI	Fish Fingers, Chips & Peas KS1	457319	200	241	31.8	2	6.2	2.1	5.7	12	0.6
WEEK 1	1_FRI	Fish Fingers KS1	667483	50	88	8.8	0.5	2.6	0.4	1.3	6.8	0.3
WEEK 1	1_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 1	1_FRI	Peas KS1	616702	50	38	4.4	1.3	0.5	0.1	2.6	2.9	0
WEEK 1	1_FRI	Fish Fingers, Chips & Peas KS2	515699	238	323	38.1	2.5	10.8	2.5	5.8	15.7	1.1
WEEK 1	1_FRI	Fish Fingers KS2	667487	75	160	14	0.7	7.1	0.8	0.8	9.8	0.8
WEEK 1	1_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 1	1_FRI	Peas KS2	616707	63	48	5.5	1.6	0.6	0.1	3.2	3.6	0
WEEK 1	1_FRI	Cheesy Bean Wrap, Chips & Peas KS1	457326	278	477	62.2	4.9	17.1	8.8	7.4	16.5	1.7
WEEK 1	1_FRI	Cheesy Bean Wrap KS1	671614	128	324	39.2	3.4	13.5	7.1	3	11.3	1.4
WEEK 1	1_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 1	1_FRI	Peas KS1	616702	50	38	4.4	1.3	0.5	0.1	2.6	2.9	0
WEEK 1	1_FRI	Cheesy Bean Wrap, Chips & Peas KS2	457332	306	517	64.9	5.6	19	9.8	8.4	18.7	1.9
WEEK 1	1_FRI	Cheesy Bean Wrap KS2	671616	143	354	40.8	3.8	15.3	8.1	3.4	12.8	1.6
WEEK 1	1_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 1	1_FRI	Peas KS2	616707	63	48	5.5	1.6	0.6	0.1	3.2	3.6	0
WEEK 1	1_FRI	Lemon Drizzle Cake (Mashed Potato) KS1	1092263	48	146	18.6	11.1	7.1	2.6	0.4	2.1	0.2
WEEK 1	1_FRI	Lemon Drizzle Cake (Mashed Potato) KS1	1551246	48	146	18.6	11.1	7.1	2.6	0.4	2.1	0.2
WEEK 1	1_FRI	Lemon Drizzle Cake (Mashed Potato) KS2	1092265	58	176	22.3	13.3	8.5	3.2	0.5	2.5	0.3
WEEK 1	1_FRI	Lemon Drizzle Cake (Mashed Potato) KS2	1551247	58	176	22.3	13.3	8.5	3.2	0.5	2.5	0.3
WEEK 2	2_MON	Vegetable Lasagne, Sweetcorn KS1	1101640	299	355	51.7	12.2	9.6	4.2	6.9	15.7	0.7
WEEK 2	2_MON	Squash & Lentil Lasagne KS1	1291266	249	307	43.1	11.2	8.7	4	6.1	14	0.7
WEEK 2	2_MON	Sweetcorn KS1	628483	50	48	8.6	1	0.9	0.2	0.8	1.7	0

WEEK	DAY	DISH/ RECIPIE TITLE (Per Serving)	RECIPE/DISH ID	Per Portion								
				Raw Weight (g)	Kcal	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Protein (g)	Salt (g)
WEEK 2	2_MON	Vegetable Lasagne, Sweetcorn KS2	1101643	374	443	64.5	15.2	11.9	5.3	8.6	19.5	0.8
WEEK 2	2_MON	Squash & Lentil Lasagne KS2	1291281	311	383	53.8	14	10.8	5	7.7	17.4	0.8
WEEK 2	2_MON	Sweetcorn KS2	628484	63	60	10.7	1.2	1.1	0.3	0.9	2.1	0
WEEK 2	2_MON	Green Veg & Butterbean Pie, Oven Baked Wedges, Sweetcorn KS1	1092441	306	420	63.4	4.5	14	5	8.1	11.4	0.4
WEEK 2	2_MON	Green Veg & Butterbean Pie KS1	1552102	136	274	33.3	2.4	13	4.8	4.9	7.4	0.4
WEEK 2	2_MON	Oven Baked Wedges KS1	666514	120	98	21.5	1.1	0.1	0	2.4	2.3	0
WEEK 2	2_MON	Sweetcorn KS1	628483	50	48	8.6	1	0.9	0.2	0.8	1.7	0
WEEK 2	2_MON	Green Veg & Butterbean Pie, Oven Baked Wedges, Sweetcorn KS2	1092447	383	525	79.2	5.6	17.5	6.3	10	14.2	0.4
WEEK 2	2_MON	Green Veg & Butterbean Pie KS2	1552104	170	343	41.6	3	16.2	6	6.1	9.2	0.4
WEEK 2	2_MON	Oven Baked Wedges KS2	666522	150	122	26.9	1.4	0.2	0	3	2.9	0
WEEK 2	2_MON	Sweetcorn KS2	628484	63	60	10.7	1.2	1.1	0.3	0.9	2.1	0
WEEK 2	2_MON	Chocolate Popcorn Bars KS1	1062763	18	67	10.8	10.4	2.2	0.9	0.9	0.6	0.1
WEEK 2	2_MON	Choco Popcorn Dessert Bars AF14 KS1	1517376	18	67	10.8	10.4	2.2	0.9	0.9	0.6	0.1
WEEK 2	2_MON	Choco Popcorn Dessert Bars AF14 KS2	1072246	21	81	13	12.5	2.6	1.1	1	0.7	0.1
WEEK 2	2_MON	Choco Popcorn Dessert Bars AF14 KS2	1531200	21	81	13	12.5	2.6	1.1	1	0.7	0.1
WEEK 2	2_TUE	Creamy Chicken & Sweetcorn Wholegrain Pasta, Broccoli KS1	1092388	227	363	44.3	6.1	11.2	3.9	6.5	19.2	0.5
WEEK 2	2_TUE	Creamy Chicken & Sweetcorn Wholegrain Pasta Bake KS1	754117	177	345	42.7	5.1	10.9	3.8	4.5	17	0.5
WEEK 2	2_TUE	Broccoli KS1	628475	50	18	1.6	1	0.3	0.1	2	2.2	0
WEEK 2	2_TUE	Creamy Chicken & Sweetcorn Wholegrain Pasta, Broccoli KS2	1092397	281	452	55.3	7.5	14.1	4.8	8	23.8	0.6
WEEK 2	2_TUE	Creamy Chicken & Sweetcorn Wholegrain Pasta Bake KS2	754133	221	431	53.4	6.4	13.7	4.7	5.6	21.2	0.6
WEEK 2	2_TUE	Broccoli KS2	628479	60	21	1.9	1.1	0.4	0.1	2.4	2.6	0
WEEK 2	2_TUE	Veggie Wholegrain Pasta Bolognese, Broccoli KS1	8191117	243	330	56.9	7.8	3	0.5	13.3	17.5	0.3
WEEK 2	2_TUE	Veggie Wholegrain Pasta Bolognese KS1	671752	193	312	55.3	6.8	2.7	0.4	11.3	15.3	0.3
WEEK 2	2_TUE	Broccoli KS1	628475	50	18	1.6	1	0.3	0.1	2	2.2	0
WEEK 2	2_TUE	Veggie Wholegrain Pasta Bolognese, Broccoli KS2	819126	301	411	71	9.6	3.8	0.5	16.5	21.7	0.4
WEEK 2	2_TUE	Veggie Wholegrain Pasta Bolognese KS2	671761	241	390	69.1	8.5	3.4	0.4	14.1	19.1	0.4
WEEK 2	2_TUE	Broccoli KS2	628479	60	21	1.9	1.1	0.4	0.1	2.4	2.6	0
WEEK 2	2_TUE	Orange & Peach Jelly KS1 & KS2	996865	28	60	13.6	13.4	0	0	0.1	1.04	0.11
WEEK 2	2_TUE	Orange Jelly KS1 & KS2	1390053	15	55	12.4	12.4	0	0	0	1	0.11
WEEK 2	2_TUE	Peach Slices KS1 & KS2	1390053	13	5	1.2	1	0	0	0.1	0.04	0
WEEK 2	2_WED	Roast Gammon, Skin on Roasties, Carrots & Peas & Gravy KS1	1092420	215	257	23	3	12	2.08	3.9	13.2	1.53
WEEK 2	2_WED	Roast Gammon KS1	671791	55	76	0	0	4.1	1.4	0	9.6	1.2
WEEK 2	2_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 2	2_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3

WEEK	DAY	DISH/ RECIPIE TITLE (Per Serving)	RECIPE/DISH ID	Per Portion								
				Raw Weight (g)	Kcal	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Protein (g)	Salt (g)
WEEK 2	2_WED	Carrots & Peas KS1 - CARROTS	1156923	25	8	1.5	1.4	0.1	0.03	0.6	0.2	0.03
WEEK 2	2_WED	Carrots & Peas KS1 - PEAS	1156923	25	19	2.2	0.6	0.2	0.05	1.3	1.4	0
WEEK 2	2_WED	Roast Gammon, Skin on Roasties, Carrots & Peas & Gravy KS2	1092424	241	283	23.9	3.5	13.3	2.39	4.4	16	1.83
WEEK 2	2_WED	Roast Gammon KS2	671796	69	95	0	0	5.2	1.7	0	12	1.5
WEEK 2	2_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 2	2_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 2	2_WED	Carrots & Peas KS2 - CARROTS	1072348	31	10	1.8	1.7	0.2	0.03	0.8	0.2	0.03
WEEK 2	2_WED	Carrots & Peas KS2 - PEAS	1072348	31	24	2.8	0.8	0.3	0.06	1.6	1.8	0
WEEK 2	2_WED	Cheddar & Broccoli Crustless Quiche, Skin on Roasties, Carrots & Peas & Gravy KS1	1092422	233	278	25.3	4.4	14.9	3.98	4.6	10.2	0.83
WEEK 2	2_WED	Cheddar & Broccoli Crustless Quiche KS1	1551318	73	97	2.3	1.4	7	3.3	0.7	6.6	0.5
WEEK 2	2_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 2	2_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 2	2_WED	Carrots & Peas KS1 - CARROTS	1156923	25	8	1.5	1.4	0.1	0.03	0.6	0.2	0.03
WEEK 2	2_WED	Carrots & Peas KS1 - PEAS	1156923	25	19	2.2	0.6	0.2	0.05	1.3	1.4	0
WEEK 2	2_WED	Cheddar & Broccoli Crustless Quiche, Skin on Roasties, Carrots & Peas & Gravy KS2	1092425	260	305	26.7	5.2	16.4	4.69	5.2	11.9	0.83
WEEK 2	2_WED	Cheddar & Broccoli Crustless Quiche KS2	1551327	88	117	2.8	1.7	8.3	4	0.8	7.9	0.5
WEEK 2	2_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 2	2_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 2	2_WED	Carrots & Peas KS2 - CARROTS	1072348	31	10	1.8	1.7	0.2	0.03	0.8	0.2	0.03
WEEK 2	2_WED	Carrots & Peas KS2 - PEAS	1072348	31	24	2.8	0.8	0.3	0.06	1.6	1.8	0
WEEK 2	2_WED	Apple Tea Cake & Custard KS1	1092411	133	161	24.2	12.6	6.5	1.3	0.7	4.3	0.2
WEEK 2	2_WED	Apple Tea Cake KS1	1551287	45	102	12.7	4.6	5.1	0.5	0.7	1.6	0.1
WEEK 2	2_WED	Custard KS1 & KS2	672784	88	59	11.5	8	1.4	0.8	0	2.7	0.1
WEEK 2	2_WED	Apple Tea Cake & Custard KS2	1092413	141	178	26.4	13.4	7.3	1.4	0.8	4.6	0.3
WEEK 2	2_WED	Apple Tea Cake KS2	1551303	53	119	14.9	5.4	5.9	0.6	0.8	1.9	0.2
WEEK 2	2_WED	Custard KS1 & KS2	672784	88	59	11.5	8	1.4	0.8	0	2.7	0.1
WEEK 2	2_THU	Mild Chilli Con Carne, Rice, Mixed Greens KS1	1092346	242	347	46.3	5.0	10.3	3.4	4.7	15.6	0.1
WEEK 2	2_THU	Beef Chilli Con Carne KS1	1393196	139	149	9.1	3.4	8.3	2.9	2.4	10.5	0.1
WEEK 2	2_THU	Plain Rice KS1	730494	45	172	34.1	0	1.6	0.4	0.2	3.3	0
WEEK 2	2_THU	Steamed Mixed Greens KS1 - CABBAGE	1157982	17.5	6	0.7	0.7	0.07	0.02	0.4	0.3	0
WEEK 2	2_THU	Steamed Mixed Greens KS1 - GREEN BEANS	1157982	20	5	0.6	0.4	0.1	0.02	0.7	0.4	0
WEEK 2	2_THU	Steamed Mixed Greens KS1 - PEAS	1157982	20	15	1.8	0.5	0.2	0.04	1	1.1	0
WEEK 2	2_THU	Mild Chilli Con Carne, Rice, Mixed Greens KS2	1092355	301	434	57.9	6.5	12.8	4.29	5.9	19.5	0.2
WEEK 2	2_THU	Beef Chilli Con Carne KS2	1393341	173	187	11.4	4.3	10.4	3.7	3	13.1	0.2

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WEEK 2	2_THU	Plain Rice KS2	730495	56	215	42.6	0.1	2	0.5	0.2	4.1	0
WEEK 2	2_THU	Steamed Mixed Greens KS2 - CABBAGE	1157990	22	7	0.9	0.9	0.1	0.02	0.5	0.4	0
WEEK 2	2_THU	Steamed Mixed Greens KS2 - GREEN BEANS	1157990	25	6	0.8	0.6	0.1	0.02	0.9	0.5	0
WEEK 2	2_THU	Steamed Mixed Greens KS2 - PEAS	1157990	25	19	2.2	0.6	0.2	0.05	1.3	1.4	0
WEEK 2	2_THU	Vegetable Bean Chilli, Rice, Mixed Greens KS1	1092354	240	361	50.5	5.2	12.4	1.28	6.6	9.8	0
WEEK 2	2_THU	Mixed Bean Chilli KS1	1393348	137	163	13.3	3.6	10.4	0.8	4.3	4.7	0
WEEK 2	2_THU	Plain Rice KS1	730494	45	172	34.1	0	1.6	0.4	0.2	3.3	0
WEEK 2	2_THU	Steamed Mixed Greens KS1 - CABBAGE	1157982	17.5	6	0.7	0.7	0.07	0.02	0.4	0.3	0
WEEK 2	2_THU	Steamed Mixed Greens KS1 - GREEN BEANS	1157982	20	5	0.6	0.4	0.1	0.02	0.7	0.4	0
WEEK 2	2_THU	Steamed Mixed Greens KS1 - PEAS	1157982	20	15	1.8	0.5	0.2	0.04	1	1.1	0
WEEK 2	2_THU	Vegetable Bean Chilli, Rice, Mixed Greens KS2	1092364	299	451	63.1	6.7	15.4	1.6	8.3	12.2	0.1
WEEK 2	2_THU	Mixed Bean Chilli KS2	1393359	171	204	16.6	4.5	13	1	5.4	5.8	0.1
WEEK 2	2_THU	Plain Rice KS2	730495	56	215	42.6	0.1	2	0.5	0.2	4.1	0
WEEK 2	2_THU	Steamed Mixed Greens KS2 - CABBAGE	1157990	22	7	0.9	0.9	0.1	0.02	0.5	0.4	0
WEEK 2	2_THU	Steamed Mixed Greens KS2 - GREEN BEANS	1157990	25	6	0.8	0.6	0.1	0.02	0.9	0.5	0
WEEK 2	2_THU	Steamed Mixed Greens KS2 - PEAS	1157990	25	19	2.2	0.6	0.2	0.05	1.3	1.4	0
WEEK 2	2_THU	Iced Vanilla Sponge (Pea) Cake KS1	1092172	51	162	21.9	12.7	7.3	2.7	0.9	2.5	0.2
WEEK 2	2_THU	Iced Vanilla Sponge (Pea) Cake KS1	1541599	51	162	21.9	12.7	7.3	2.7	0.9	2.5	0.2
WEEK 2	2_THU	Iced Vanilla Sponge (Pea) Cake KS2	1092173	58	185	25	14.6	8.3	3.1	1.1	2.9	0.3
WEEK 2	2_THU	Iced Vanilla Sponge (Pea) Cake KS2	1541603	58	185	25	14.6	8.3	3.1	1.1	2.9	0.3
WEEK 2	2_FRI	Fish Fingers, Chips & Baked Beans KS1	458278	200	245	33.8	2.5	5.9	2	5.2	11.5	0.9
WEEK 2	2_FRI	Fish Fingers KS1	667483	50	88	8.8	0.5	2.6	0.4	1.3	6.8	0.3
WEEK 2	2_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 2	2_FRI	Baked Beans KS1	667023	50	42	6.4	1.8	0.2	0	2.1	2.4	0.3
WEEK 2	2_FRI	Fish Fingers, Chips & Baked Beans KS2	458279	245	333	41.6	3.4	10.5	2.5	5.5	15.5	1.5
WEEK 2	2_FRI	Fish Fingers KS2	667487	75	160	14	0.7	7.1	0.8	0.8	9.8	0.8
WEEK 2	2_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 2	2_FRI	Baked Beans KS2	667029	70	58	9	2.5	0.3	0.1	2.9	3.4	0.4
WEEK 2	2_FRI	BBQ Veggie Wrap, Chips & Baked Beans KS1	1092462	322	474	69.6	8.6	14.7	6.6	8.8	15.1	1.9
WEEK 2	2_FRI	BBQ Veggie Wrap KS1	1389725	172	317	44.6	6.6	11.4	5	4.9	10.4	1.3
WEEK 2	2_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 2	2_FRI	Baked Beans KS1	667023	50	42	6.4	1.8	0.2	0	2.1	2.4	0.3
WEEK 2	2_FRI	BBQ Veggie Wrap, Chips & Baked Beans KS2	1092464	362	505	74.8	10.2	14.9	6.7	10.5	17.1	2.1
WEEK 2	2_FRI	BBQ Veggie Wrap KS2	1389726	192	332	47.2	7.5	11.5	5	5.8	11.4	1.4
WEEK 2	2_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 2	2_FRI	Baked Beans KS2	667029	70	58	9	2.5	0.3	0.1	2.9	3.4	0.4

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WEEK 2	2_FRI	Carrot Peeling Carrot Cake KS1	818729	48	189	20.5	12.5	11.4	1.8	0.6	1.6	0.2
WEEK 2	2_FRI	Carrot Peeling Carrot Cake KS1	1157117	48	189	20.5	12.5	11.4	1.8	0.6	1.6	0.2
WEEK 2	2_FRI	Carrot Peeling Carrot Cake KS2	1092467	55	220	23.9	14.5	13.3	2.1	0.7	1.9	0.2
WEEK 2	2_FRI	Carrot Peeling Carrot Cake KS2	1552115	55	220	23.9	14.5	13.3	2.1	0.7	1.9	0.2
WEEK 3	3_MON	Cheese & Tomato Pizza, Oven Baked Wedges, Veg Sticks KS1	1092141	252	388	63	4.7	9.82	4.62	5.8	14.38	1.12
WEEK 3	3_MON	Homemade Margherita Pizza KS1	667018	87	280	39.1	1.9	9.5	4.6	2.6	11.7	1.1
WEEK 3	3_MON	Oven Baked Wedges KS1	666514	120	98	21.5	1.1	0.1	0	2.4	2.3	0
WEEK 3	3_MON	Veg Sticks - CARROTS KS1	1292044	20	6	1.8	1.1	0.1	0.02	0.5	0.1	0.02
WEEK 3	3_MON	Veg Sticks - CUCUMBER KS1	1292044	15	2	0.2	0.2	0.1	0	0.1	0.2	0
WEEK 3	3_MON	Veg Sticks - YELLOW PEPPER KS1	1292044	5	1	0.2	0.2	0.01	0	0.1	0.04	0
WEEK 3	3_MON	Veg Sticks - RED PEPPER KS1	1292044	5	1	0.2	0.2	0.01	0	0.1	0.04	0
WEEK 3	3_MON	Cheese & Tomato Pizza, Oven Baked Wedges, Veg Sticks KS2	1092142	311	472	76.1	5.9	11.92	5.53	7	17.5	1.33
WEEK 3	3_MON	Homemade Margherita Pizza KS2	667016	105	337	46.9	2.3	11.5	5.5	3.1	14.1	1.3
WEEK 3	3_MON	Oven Baked Wedges KS2	666522	150	122	26.9	1.4	0.2	0	3	2.9	0
WEEK 3	3_MON	Veg Sticks - CARROTS KS2	1292051	25	8	1.5	1.4	0.1	0.03	0.6	0.2	0.03
WEEK 3	3_MON	Veg Sticks - CUCUMBER KS2	1292051	19	3	0.2	0.2	0.1	0	0.1	0.2	0
WEEK 3	3_MON	Veg Sticks - YELLOW PEPPER KS2	1292051	6	1	0.3	0.3	0.01	0	0.1	0.05	0
WEEK 3	3_MON	Veg Sticks - RED PEPPER KS2	1292051	6	1	0.3	0.3	0.01	0	0.1	0.05	0
WEEK 3	3_MON	Macaroni Cheese, Veg Sticks KS1	1092528	127	307	50.4	8.2	8.92	3.92	2.3	9.98	0.82
WEEK 3	3_MON	American Style Macaroni Cheese KS1	1292932	82	297	48	6.5	8.7	3.9	1.5	9.6	0.8
WEEK 3	3_MON	Veg Sticks - CARROTS KS1	1292044	20	6	1.8	1.1	0.1	0.02	0.5	0.1	0.02
WEEK 3	3_MON	Veg Sticks - CUCUMBER KS1	1292044	15	2	0.2	0.2	0.1	0	0.1	0.2	0
WEEK 3	3_MON	Veg Sticks - YELLOW PEPPER KS1	1292044	5	1	0.2	0.2	0.01	0	0.1	0.04	0
WEEK 3	3_MON	Veg Sticks - RED PEPPER KS1	1292044	5	1	0.2	0.2	0.01	0	0.1	0.04	0
WEEK 3	3_MON	Macaroni Cheese, Veg Sticks KS2	1092539	158	385	62.3	10.3	11.12	4.93	2.8	12.6	0.93
WEEK 3	3_MON	American Style Macaroni Cheese KS2	1292944	102	372	60	8.1	10.9	4.9	1.9	12.1	0.9
WEEK 3	3_MON	Veg Sticks - CARROTS KS2	1292051	25	8	1.5	1.4	0.1	0.03	0.6	0.2	0.03
WEEK 3	3_MON	Veg Sticks - CUCUMBER KS2	1292051	19	3	0.2	0.2	0.1	0	0.1	0.2	0
WEEK 3	3_MON	Veg Sticks - YELLOW PEPPER KS2	1292051	6	1	0.3	0.3	0.01	0	0.1	0.05	0
WEEK 3	3_MON	Veg Sticks - RED PEPPER KS2	1292051	6	1	0.3	0.3	0.01	0	0.1	0.05	0
WEEK 3	3_MON	Sweet Potato Brownie KS1	819659	47	170	22.2	17.7	7.7	3	1.4	2.4	0.1
WEEK 3	3_MON	Chocolate & Sweet Potato Brownie KS1	1090058	47	170	22.2	17.7	7.7	3	1.4	2.4	0.1
WEEK 3	3_MON	Sweet Potato Brownie KS2	819663	56	205	26.8	21.2	9.3	3.6	1.7	2.9	0.1
WEEK 3	3_MON	Chocolate & Sweet Potato Brownie KS2	1156985	56	205	26.8	21.2	9.3	3.6	1.7	2.9	0.1
WEEK 3	3_TUE	Lasagne & Sweetcorn KS1	996885	277	367	44.6	9.9	12.4	5.4	4.6	19.1	0.7
WEEK 3	3_TUE	Beef & Chicken Lasagne KS1	630898	227	319	36	8.9	11.5	5.2	3.8	17.4	0.7

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				Raw Weight (g)	Kcal	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Protein (g)	Salt (g)
WEEK 3	3_TUE	Sweetcorn KS1	628483	50	48	8.6	1	0.9	0.2	0.8	1.7	0
WEEK 3	3_TUE	Lasagne & Sweetcorn KS2	996899	346	458	55.8	12.3	15.5	6.8	5.7	23.9	0.9
WEEK 3	3_TUE	Beef & Chicken Lasagne KS2	1291174	283	398	45.1	11.1	14.4	6.5	4.8	21.8	0.9
WEEK 3	3_TUE	Sweetcorn KS2	628484	63	60	10.7	1.2	1.1	0.3	0.9	2.1	0
WEEK 3	3_TUE	Vegetable Ratatouille, Wholegrain Rice & Sweetcorn KS1	1092588	233	288	57.8	5.2	4.1	0.7	5.1	8.6	0
WEEK 3	3_TUE	Butterbean Ratatouille KS1	1291111	138	79	12.6	3.6	1.9	0.2	3.4	3.9	0
WEEK 3	3_TUE	Wholegrain Rice KS1	671580	45	161	36.6	0.6	1.3	0.3	0.9	3	0
WEEK 3	3_TUE	Sweetcorn KS1	628483	50	48	8.6	1	0.9	0.2	0.8	1.7	0
WEEK 3	3_TUE	Vegetable Ratatouille, Wholegrain Rice & Sweetcorn KS2	1092590	291	359	72.2	6.4	5.1	0.9	6.3	10.8	0
WEEK 3	3_TUE	Butterbean Ratatouille KS2	1291117	172	98	15.8	4.5	2.4	0.2	4.3	4.9	0
WEEK 3	3_TUE	Wholegrain Rice KS2	671581	56	201	45.7	0.7	1.6	0.4	1.1	3.8	0
WEEK 3	3_TUE	Sweetcorn KS2	628484	63	60	10.7	1.2	1.1	0.3	0.9	2.1	0
WEEK 3	3_TUE	Jelly Selection KS1	1028126	45	164	37.2	36.7	0	0	0	3	0.3
WEEK 3	3_TUE	Orange Jelly KS1	1038091	15	55	12.4	12.4	0	0	0	1	0.1
WEEK 3	3_TUE	Raspberry Jelly KS1	1475946	15	54	12.4	12.1	0	0	0	1	0.1
WEEK 3	3_TUE	Strawberry Jelly KS1	1039006	15	55	12.4	12.2	0	0	0	1	0.1
WEEK 3	3_TUE	Jelly Selection KS2	1028529	54	197	44.6	43.9	0	0	0	3.6	0.3
WEEK 3	3_TUE	Orange Jelly KS2	1038095	18	66	14.9	14.8	0	0	0	1.2	0.1
WEEK 3	3_TUE	Raspberry Jelly KS2	1475954	18	65	14.8	14.5	0	0	0	1.2	0.1
WEEK 3	3_TUE	Strawberry Jelly KS2	1039008	18	66	14.9	14.6	0	0	0	1.2	0.1
WEEK 3	3_WED	Roast Pork, Roasties, Gravy, Roasted Roots KS1	1092837	215	321	26	3.9	18.6	3.7	2.7	12.2	0.42
WEEK 3	3_WED	Roast Pork KS1	1157868	55	119	0	0	8.8	2.9	0	9.9	0.1
WEEK 3	3_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 3	3_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 3	3_WED	Roast Root Veg KS1 - CARROTS	1292890	20	12	1.2	1.1	0.8	0.1	0.5	0.1	0.02
WEEK 3	3_WED	Roast Root Veg KS1 - ONIONS	1292890	10	10	0.7	0.5	0.7	0.05	0.1	0.1	0
WEEK 3	3_WED	Roast Root Veg KS1 - PARSNIPS	1292890	20	26	4.8	1.3	0.7	0.05	0.1	0.1	0
WEEK 3	3_WED	Roast Pork, Roasties, Gravy, Roasted Roots KS2	1092840	241.5	357	27.7	4.7	21.4	4.5	4.3	15.1	0.46
WEEK 3	3_WED	Roast Pork KS2	1157897	69	149	0	0	11	3.6	0	12.4	0.1
WEEK 3	3_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 3	3_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 3	3_WED	Roast Root Veg KS2 - CARROTS	1292893	25	15	1.5	1.4	1	0.1	0.6	0.2	0.03
WEEK 3	3_WED	Roast Root Veg KS2 - ONIONS	1292893	12.5	7	0.9	0.7	0.9	0.1	0.1	0.1	0
WEEK 3	3_WED	Roast Root Veg KS2 - PARSNIPS	1292893	25	32	6	1.6	0.9	0.1	1.6	0.4	0.03
WEEK 3	3_WED	Carrot & Stuffing Plait, Roasties, Gravy, Roasted Roots KS1	1092838	259	482	53.4	5.7	25.9	9.2	4.5	10.4	1.62
WEEK 3	3_WED	Carrot & Stuffing Pastry Plait KS1	945796	99	280	27.4	1.8	16.1	8.4	1.8	8.1	1.3

WEEK	DAY	DISH/ RECIPIE TITLE (Per Serving)	RECIPE/DISH ID	Per Portion								
				Raw Weight (g)	Kcal	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Protein (g)	Salt (g)
WEEK 3	3_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 3	3_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 3	3_WED	Roast Root Veg KS1 - CARROTS	1292890	20	12	1.2	1.1	0.8	0.1	0.5	0.1	0.02
WEEK 3	3_WED	Roast Root Veg KS1 - ONIONS	1292890	10	10	0.7	0.5	0.7	0.05	0.1	0.1	0
WEEK 3	3_WED	Roast Root Veg KS1 - PARSNIPS	1292890	20	26	4.8	1.3	0.7	0.05	0.1	0.1	0
WEEK 3	3_WED	Carrot & Stuffing Plait, Roasties, Gravy, Roasted Roots KS2	1092839	283.5	523	58.5	6.7	28.6	10.3	6.3	11.8	1.86
WEEK 3	3_WED	Carrot & Stuffing Pastry Plait KS2	945846	111	315	30.8	2	18.2	9.4	2	9.1	1.5
WEEK 3	3_WED	Skin on Roasties KS1 & KS2	1388632	108	148	17.9	0.9	7.6	0.6	2	1.9	0
WEEK 3	3_WED	Gravy KS1 & KS2	667340	2	6	1.4	0.1	0	0	0	0.1	0.3
WEEK 3	3_WED	Roast Root Veg KS2 - CARROTS	1292893	25	15	1.5	1.4	1	0.1	0.6	0.2	0.03
WEEK 3	3_WED	Roast Root Veg KS2 - ONIONS	1292893	12.5	7	0.9	0.7	0.9	0.1	0.1	0.1	0
WEEK 3	3_WED	Roast Root Veg KS2 - PARSNIPS	1292893	25	32	6	1.6	0.9	0.1	1.6	0.4	0.03
WEEK 3	3_WED	Eve's Apple Pudding & Custard KS1	1092552	148	187	28.7	19.1	7.2	3	0.6	4.3	0.2
WEEK 3	3_WED	Eve's Apple Pudding KS1	1552117	60	128	17.2	11.1	5.8	2.2	0.6	1.6	0.1
WEEK 3	3_WED	Custard KS1 & KS2	672784	88	59	11.5	8	1.4	0.8	0	2.7	0.1
WEEK 3	3_WED	Eve's Apple Pudding & Custard KS2	1092554	158	209	31.6	21	8.2	3.3	0.7	4.6	0.2
WEEK 3	3_WED	Eve's Apple Pudding KS2	1552169	70	150	20.1	13	6.8	2.5	0.7	1.9	0.1
WEEK 3	3_WED	Custard KS1 & KS2	672784	88	59	11.5	8	1.4	0.8	0	2.7	0.1
WEEK 3	3_THU	Creamy Chicken & Sweetcorn Pie, Mash, Peas KS1	1092843	312	451	52.3	4.5	17.8	4.9	6.9	19.1	0.8
WEEK 3	3_THU	Chicken & Sweetcorn Pie KS1	771191	136	294	26.4	2.1	14.8	4.3	1.9	13.9	0.7
WEEK 3	3_THU	Mash KS1	754112	126	119	21.5	1.1	2.5	0.5	2.4	2.3	0.1
WEEK 3	3_THU	Peas KS1	616702	50	38	4.4	1.3	0.5	0.1	2.6	2.9	0
WEEK 3	3_THU	Creamy Chicken & Sweetcorn Pie, Mash, Peas KS2	1092846	391	564	65.4	5.6	22.3	6.1	8.6	23.9	1
WEEK 3	3_THU	Chicken & Sweetcorn Pie KS2	771063	170	367	33	2.6	18.5	5.4	2.4	17.4	0.9
WEEK 3	3_THU	Mash KS2	754114	158	149	26.9	1.4	3.2	0.6	3	2.9	0.1
WEEK 3	3_THU	Peas KS2	616707	63	48	5.5	1.6	0.6	0.1	3.2	3.6	0
WEEK 3	3_THU	Root Veg & Bean Stew, Mash, Peas KS1	1092845	348	277	45.8	8.7	5.2	0.9	11.8	11	0.4
WEEK 3	3_THU	Bean & Roots Stew KS1	1157954	172	120	19.9	6.3	2.2	0.3	6.8	5.8	0.3
WEEK 3	3_THU	Mash KS1	754112	126	119	21.5	1.1	2.5	0.5	2.4	2.3	0.1
WEEK 3	3_THU	Peas KS1	616702	50	38	4.4	1.3	0.5	0.1	2.6	2.9	0
WEEK 3	3_THU	Root Veg & Bean Stew, Mash, Peas KS2	1092848	421	337	55.7	10.4	6.4	1	14.2	13.2	0.4
WEEK 3	3_THU	Bean & Roots Stew KS2	1157973	200	140	23.3	7.4	2.6	0.3	8	6.7	0.3
WEEK 3	3_THU	Mash KS2	754114	158	149	26.9	1.4	3.2	0.6	3	2.9	0.1
WEEK 3	3_THU	Peas KS2	616707	63	48	5.5	1.6	0.6	0.1	3.2	3.6	0
WEEK 3	3_THU	Muesli Bars KS1	1092684	48	215	26.3	16.8	10.7	3.5	1.9	2.6	0
WEEK 3	3_THU	Muesli Bars KS1	1552713	48	215	26.3	16.8	10.7	3.5	1.9	2.6	0

WEEK	DAY	DISH/ RECIPIE TITLE (Per Serving)	RECIPE/DISH ID	Per Portion								
				Raw Weight (g)	Kcal	Carbohydrates (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Protein (g)	Salt (g)
WEEK 3	3_THU	Muesli Bars KS2	1092686	56	251	30.7	19.6	12.5	4.1	2.2	3.1	0
WEEK 3	3_THU	Muesli Bars KS2	1552723	56	251	30.7	19.6	12.5	4.1	2.2	3.1	0
WEEK 3	3_FRI	Fish Fingers, Chips & Baked Beans KS1	458278	200	245	33.8	2.5	5.9	2	5.2	11.5	0.9
WEEK 3	3_FRI	Fish Fingers KS1	667483	50	88	8.8	0.5	2.6	0.4	1.3	6.8	0.3
WEEK 3	3_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 3	3_FRI	Baked Beans KS1	667023	50	42	6.4	1.8	0.2	0	2.1	2.4	0.3
WEEK 3	3_FRI	Fish Fingers, Chips & Baked Beans KS2	458279	245	333	41.6	3.4	10.5	2.5	5.5	15.5	1.5
WEEK 3	3_FRI	Fish Fingers KS2	667487	75	160	14	0.7	7.1	0.8	0.8	9.8	0.8
WEEK 3	3_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 3	3_FRI	Baked Beans KS2	667029	70	58	9	2.5	0.3	0.1	2.9	3.4	0.4
WEEK 3	3_FRI	Vegetable Fingers, Chips & Baked Beans KS1	906671									
WEEK 3	3_FRI	Vegetable Fingers KS1	742472	57	107	13.7	1.4	4.6	0.3	1.4	1.9	0.5
WEEK 3	3_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 3	3_FRI	Baked Beans KS1	667023	50	42	6.4	1.8	0.2	0	2.1	2.4	0.3
WEEK 3	3_FRI	Vegetable Fingers, Chips & Baked Beans KS2	906675									
WEEK 3	3_FRI	Vegetable Fingers KS2	754074	86	161	20.5	2.1	6.9	0.5	2.1	2.9	0.8
WEEK 3	3_FRI	Chips KS1 & KS2	667475	100	115	18.6	0.2	3.1	1.6	1.8	2.3	0.3
WEEK 3	3_FRI	Baked Beans KS2	667029	70	58	9	2.5	0.3	0.1	2.9	3.4	0.4
WEEK 3	3_FRI	Vanilla Cookie KS1	578912	41	178	26.7	11.8	7.3	2.8	0.8	1.7	0.2
WEEK 3	3_FRI	Vanilla Cookie KS1	845385	41	178	26.7	11.8	7.3	2.8	0.8	1.7	0.2
WEEK 3	3_FRI	Vanilla Cookie KS2	578914	51	219	32.8	14.6	9	3.4	0.9	2.1	0.3
WEEK 3	3_FRI	Vanilla Cookie KS2	845387	51	219	32.8	14.6	9	3.4	0.9	2.1	0.3
WEEKLY	DAILY	Hot Homemade Tomato Sauce Pasta Pot & Cheese KS1	579255									
WEEKLY	DAILY	Penne KS1	758777	45	161	35.7	1.3	0.9	0.1	1.3	5	0
WEEKLY	DAILY	Cheese KS1	758777	20	74	1	0.1	6.3	3.5	0	3.5	0
WEEKLY	DAILY	Homemade Tomato Sauce KS1 & KS2	628672	73	38	5.8	3.5	1.2	0.1	1.4	1.5	0.3
WEEKLY	DAILY	Hot Homemade Tomato Sauce Pasta Pot & Cheese KS2	579258									
WEEKLY	DAILY	Penne KS2	758781	55	196	43.6	1.6	1.2	0.2	1.6	6.1	0
WEEKLY	DAILY	Cheese KS2	758781	25	93	1.3	0.2	7.9	4.4	0	4.4	0.6
WEEKLY	DAILY	Homemade Tomato Sauce KS1 & KS2	628672	73	38	5.8	3.5	1.2	0.1	1.4	1.5	0.3