

		Per Servings								
Id	Dish Title	Raw Weight (g)	Kcal	Carbohydrates	Sugars	Fibre	Fat	Saturates	Protein	Salt
1295390	Aloo Gobi Traybake KS1	227	210	29	4	5	7	1	7	0
1295394	Aloo Gobi Traybake KS2	283	263	37	5	7	8	1	9	0
1292932	American Style Macaroni Cheese KS1	82	297	48	6	2	9	4	10	1
1292944	American Style Macaroni Cheese KS2	102	372	60	8	2	11	5	12	1
1291948	Anzac Biscuits KS1	41	185	21	11	2	10	6	2	0
1291950	Anzac Biscuits KS2	51	231	26	14	3	13	7	3	0
1292815	Apple Cinnamon Raisin Flapjacks KS1	46	183	23	12	2	9	3	3	0
1292823	Apple Cinnamon Raisin Flapjacks KS2	55	220	28	14	2	11	4	3	0
1290555	Apple Slaw KS1	65	57	5	3	1	4	0	1	0
1290563	Apple Slaw KS2	81	71	6	4	2	5	0	1	0
667023	Baked Beans KS1	50	42	6	2	2	0	0	2	0
667029	Baked Beans KS2	70	58	9	3	3	0	0	3	0
771049	Baked Spanish Omelette KS1	136	135	6	1	1	7	2	11	0
771054	Baked Spanish Omelette KS2	170	168	8	2	1	9	3	14	0
1291987	Banana Muffin KS1 & KS2	95	283	44	22	1	10	1	4	0
979967	Battered Fish KS1 & KS2 (Pre Coated)	60	94	9	0	1	4	0	6	0
1293126	BBQ Corn Pizza KS1	117	304	44	4	3	10	5	12	1
1293140	BBQ Corn Pizza KS2	141	365	53	5	3	12	6	15	2
691035	Bechamel Sauce	98	85	7	5	0	5	2	3	0
630898	Beef & Chicken Lasagne KS1	227	319	36	9	4	11	5	17	1
1291174	Beef & Chicken Lasagne KS2	283	398	45	11	5	14	6	22	1
1287102	Beetroot Burger in a bun KS1 & KS2	137	268	39	7	2	8	4	12	1
628475	Broccoli KS1	50	18	2	1	2	0	0	2	0
628479	Broccoli KS2	60	21	2	1	2	0	0	3	0
1295364	Butter Chicken Wholegrain Pilaf Rice KS1	129	281	41	2	2	9	3	13	1
1295368	Butter Chicken Wholegrain Pilaf Rice KS2	161	351	51	2	3	11	4	16	1
1291111	Butterbean Ratatouille KS1	138	78	13	4	3	2	0	4	0

		Per Servings								
Id	Dish Title	Raw Weight (g)	Kcal	Carbohydrates	Sugars	Fibre	Fat	Saturates	Protein	Salt
1291117	Butterbean Ratatouille KS2	172	98	16	5	4	2	0	5	0
945796	Carrot & Stuffing Pastry Plait KS1	111	316	31	2	2	18	9	9	1
945846	Carrot & Stuffing Pastry Plait KS2	127	361	35	2	2	21	11	10	2
1072344	Carrots & Peas KS1	50	27	4	2	2	0	0	2	0
1156923	Carrots & Peas KS1	50	27	4	2	2	0	0	2	0
1072348	Carrots & Peas KS2	63	34	5	2	2	0	0	2	0
628440	Carrots KS1	50	16	3	3	1	0	0	0	0
628442	Carrots KS2	63	20	4	3	2	0	0	0	0
1292855	Cheese & Tomato Toasted Wrap KS1	131	292	36	4	2	13	7	9	1
1292865	Cheese & Tomato Toasted Wrap KS2	141	311	36	4	2	14	8	10	1
1175795	Cheesy BBQ Chicken (Hunters Chicken) KS1	85	141	5	4	0	8	3	12	1
1288098	Cheesy BBQ Chicken (Hunters Chicken) KS2	106	176	6	5	0	10	4	15	1
1292738	Chicken & Sweetcorn Cobbler KS1	158	344	29	3	2	20	7	13	1
1292743	Chicken & Sweetcorn Cobbler KS2	197	431	36	4	3	25	9	16	1
1295336	Chicken Chimichangas KS1	155	316	43	4	4	11	5	14	1
1295340	Chicken Chimichangas KS2	169	334	44	4	4	11	5	16	1
671568	Chicken Tikka Masala KS1	151	117	7	5	1	6	2	10	0
671572	Chicken Tikka Masala KS2	189	146	9	6	2	7	2	12	1
667475	Chips KS1& KS2	100	115	19	0	2	3	2	2	0
1090058	Chocolate & Sweet Potato Brownie KS1	47	170	22	18	1	8	3	2	0
1156985	Chocolate & Sweet Potato Brownie KS2	56	205	27	21	2	9	4	3	0
1292696	Chocolate Sprinkle Iced Cake KS1	49	185	26	20	1	8	3	2	0
1292700	Chocolate Sprinkle Iced Cake KS2	58	222	31	24	1	10	4	3	0
1291356	Cookie Dough Apple Crumble KS1	83	200	32	16	2	8	3	2	0
1291371	Cookie Dough Apple Crumble KS2	100	240	39	19	2	9	3	2	0
998459	Cottage Pie KS1 (with lentil)	239	325	44	5	7	10	2	15	1
1038193	Cottage Pie KS2 (with lentil)	299	406	55	6	9	13	3	19	1

		Per Servings								
Id	Dish Title	Raw Weight (g)	Kcal	Carbohydrates	Sugars	Fibre	Fat	Saturates	Protein	Salt
1292706	Crispy Onion Cauliflower Cheese KS1	114	125	8	4	1	8	4	5	0
1292710	Crispy Onion Cauliflower Cheese KS2	143	156	10	5	1	10	5	7	0
672784	Custard KS1 & KS2	88	70	12	8	0	1	1	3	0
667483	Fish Fingers KS1	50	88	9	0	1	3	0	7	0
667487	Fish Fingers KS2	75	131	13	1	2	4	1	10	0
1293288	Forest Fruits Jelly KS1 & KS2	35	70	16	15	0	0	0	1	0
673039	Fruit Salad Portion KS1	54	27	6	6	1	0	0	0	0
673033	Fruit Salad Portion KS2	65	32	7	7	1	0	0	0	0
1295419	Fruity Sweet Potato Tagine KS1	172	166	28	13	4	3	0	5	0
1295425	Fruity Sweet Potato Tagine KS2	215	207	35	16	5	4	0	7	0
1291944	Gingerbread Cookie KS1	41	176	26	12	1	7	3	2	0
1291945	Gingerbread Cookie KS2	50	217	32	14	1	9	3	2	0
667340	Gravy KS1 & KS2	2	6	1	0	0	0	0	0	0
1295407	Greek Pitta Pocket with Feta, Hummus & Salads	104	180	18	2	2	9	3	7	1
628432	Green Beans KS1	50	12	2	1	2	0	0	1	0
628438	Green Beans KS2	60	15	2	1	2	0	0	1	0
672978	Green Salad KS1	46	5	1	1	1	0	0	1	0
672982	Green Salad KS2	58	7	1	1	1	0	0	1	0
1295705	Herby Diced Potatoes KS1	121	98	22	1	2	0	0	2	0
1295711	Herby Diced Potatoes KS2	151	122	27	1	3	0	0	3	0
671564	Homemade Curry Sauce KS1 & KS2	87	40	5	4	1	2	0	1	0
667018	Homemade Margherita Pizza KS1	92	281	39	2	3	10	5	12	1
667016	Homemade Margherita Pizza KS2	111	337	47	2	3	11	5	14	1
666884	Homemade Pizza Sauce	21	6	1	1	0	0	0	0	0
628672	Homemade Tomato Sauce KS1	84	40	6	4	1	1	0	2	0
1296251	Homemade Veggie Pepper & Sweetcorn Pizza	111	268	41	3	3	8	4	11	1
1296256	Homemade Veggie Pepper & Sweetcorn Pizza	133	321	49	3	4	9	4	13	1

		Per Servings								
Id	Dish Title	Raw Weight (g)	Kcal	Carbohydrates	Sugars	Fibre	Fat	Saturates	Protein	Salt
758777	Hot Homemade Tomato Sauce Pasta Pot & Ch	154	293	47	5	3	9	4	11	1
758781	Hot Homemade Tomato Sauce Pasta Pot & Ch	169	347	55	6	3	10	5	13	1
1158052	Jacket Potato 40 & Assorted Toppings KS1 (Ch	226	250	46	3	6	4	2	9	0
1158064	Jacket Potato 40 & Assorted Toppings KS2 (Ch	240	276	47	4	6	6	3	11	1
1347979	Jacket Potato 40 & Beans & Cheese KS1	218	239	45	3	6	4	2	0	0
1347984	Jacket Potato 40 & Beans & Cheese KS2	231	264	47	4	6	5	3	0	1
1347978	Jacket Potato 40 & Beans KS1	208	202	45	3	6	0	0	0	0
1347983	Jacket Potato 40 & Beans KS2	216	208	46	4	6	0	0	0	0
1347977	Jacket Potato 40 & Cheese KS1	198	222	43	3	5	4	2	0	0
1347982	Jacket Potato 40 & Cheese KS2	203	241	43	3	5	5	3	0	0
1347975	Jacket Potato 40 & Tuna Filling KS1	196	196	42	3	5	1	0	0	0
1347981	Jacket Potato 40 & Tuna Filling KS2	197	197	42	3	5	1	0	0	0
1291930	Jammy Thumbprint Biscuits KS1	54	206	26	10	1	10	4	3	0
1291933	Jammy Thumbprint Biscuits KS2	68	258	32	13	1	13	5	4	0
1183920	Jerk Chicken Wrap KS1	167	305	37	5	2	11	4	15	1
1183922	Jerk Chicken Wraps KS2	177	317	37	5	2	12	4	17	2
702164	Kachumber Salad KS1	50	8	1	1	0	0	0	0	0
702180	Kachumber Salad KS2	62	10	2	1	1	0	0	1	0
672841	Marble Cake KS1	41	164	18	11	1	9	3	2	0
672848	Marble Cake KS2	51	202	23	13	1	11	4	3	0
754112	Mash KS1	126	119	21	1	2	3	1	2	0
754114	Mash KS2	158	149	27	1	3	3	1	3	0
1296357	Meatballs in Tomato Sauce KS1	144	112	13	5	2	2	0	10	1
1296363	Meatballs in Tomato Sauce KS2	164	136	15	5	3	3	1	12	1
1293279	Orange & Mango Jelly KS1 & KS2	27	61	14	14	0	0	0	1	0
666514	Oven Baked Wedges KS1	120	98	21	1	2	0	0	2	0
666522	Oven Baked Wedges KS2	150	122	27	1	3	0	0	3	0

		Per Servings								
Id	Dish Title	Raw Weight (g)	Kcal	Carbohydrates	Sugars	Fibre	Fat	Saturates	Protein	Salt
1292268	Peas & Sweetcorn KS1	50	38	4	1	3	0	0	3	0
1292273	Peas & Sweetcorn KS2	50	38	4	1	3	0	0	3	0
616702	Peas KS1	50	38	4	1	3	0	0	3	0
616707	Peas KS2	63	48	6	2	3	1	0	4	0
1293305	Pizza Muffin - KS1	92	281	39	2	3	10	5	12	1
1293314	Pizza Muffin - KS2	111	337	47	2	3	11	5	14	1
730494	Plain Rice KS1	45	172	34	0	0	2	0	3	0
730495	Plain Rice KS2	56	215	43	0	0	2	1	4	0
1157320	Quorn Sausages KS1& KS2	50	69	4	0	2	2	1	8	1
1293260	Raspberry Coconut Jelly KS1 & KS2	15	59	12	12	0	1	0	1	0
667068	Roast Chicken & Stuffing KS1	75	145	10	1	1	6	2	13	1
667200	Roast Chicken & Stuffing KS2	93	177	12	1	1	8	2	16	1
671791	Roast Gammon KS1	55	76	0	0	0	4	1	10	1
671796	Roast Gammon KS2	69	95	0	0	0	5	2	12	2
1157868	Roast Pork KS1	55	119	0	0	0	9	3	10	0
1157897	Roast Pork KS2	69	149	0	0	0	11	4	12	0
1292890	Roast Root Veg KS1	52	48	7	3	2	2	0	1	0
1292893	Roast Root Veg KS2	65	59	8	4	2	3	0	1	0
1292790	Roasted Sweet Potato Pastry Roll (Strudel) KS	120	277	38	5	2	11	5	8	1
1292832	Roasted Sweet Potato Pastry Roll (Strudel) KS	144	332	46	6	2	13	6	9	1
667305	Roasties KS1& KS2	108	148	18	1	2	8	1	2	0
1292939	Sausage Casserole KS1	156	200	13	6	2	11	4	8	1
1293235	Sausage Casserole KS2	195	250	16	8	3	14	5	10	2
631067	Short Crust Pastry	33	114	17	0	1	4	1	2	0
1295464	South African Beef Bobotie KS1	124	206	20	8	4	8	3	13	0
1295494	South African Beef Bobotie KS2	155	258	25	11	5	10	4	16	0
1291266	Squash & Lentil Lasagne KS1	249	307	43	11	6	9	4	14	1

		Per Servings								
Id	Dish Title	Raw Weight (g)	Kcal	Carbohydrates	Sugars	Fibre	Fat	Saturates	Protein	Salt
1291281	Squash & Lentil Lasagne KS2	311	383	54	14	8	11	5	17	1
1157982	Steamed Mixed Greens KS1	58	26	3	2	2	0	0	2	0
1157990	Steamed Mixed Greens KS2	72	32	4	2	3	0	0	2	0
1038235	Sticky Chinese Chicken Noodles KS1	126	255	35	3	0	6	2	14	2
1038261	Sticky Chinese Chicken Noodles KS2	158	319	44	3	0	7	2	18	2
628483	Sweetcorn KS1	50	48	9	1	1	1	0	2	0
628484	Sweetcorn KS2	63	60	11	1	1	1	0	2	0
721052	Toffee Apple Sponge KS1	56	161	17	11	1	10	5	2	0
721058	Toffee Apple Sponge KS2	66	187	20	13	1	11	6	2	0
1289477	Toffee Frozen Yoghurt KS1 & KS2	80	137	18	11	0	6	3	3	0
1158046	Tuna Mayo Jacket Filling KS1	87	111	1	0	0	4	0	17	1
1158051	Tuna Mayo Jacket Filling KS2	95	122	1	0	0	5	0	19	1
1295329	Veg Samosa Style Pie KS1	139	201	29	2	5	7	2	7	0
1295330	Veg Samosa Style Pie KS2	167	241	35	2	6	8	2	9	0
742472	Vegetable Fingers KS1	57	107	14	1	1	5	0	2	1
754074	Vegetable Fingers KS2	86	161	21	2	2	7	1	3	1
1292898	Vegetable Pot Pie KS1	209	247	30	7	4	11	3	9	0
1292919	Vegetable Pot Pie KS2	261	309	37	9	4	13	4	12	0
1292080	Veggie Bean Chilli Loaded Wedges KS1	257	233	35	5	5	7	3	8	1
1292086	Veggie Bean Chilli Loaded Wedges KS2	321	291	44	7	7	9	4	11	1
1295354	Veggie Enchiladas KS1	203	322	52	6	5	9	4	10	1
1295356	Veggie Enchiladas KS2	217	339	55	7	5	9	4	11	1
671752	Veggie Wholegrain Pasta Bolognese KS1	204	314	56	7	11	3	0	15	0
671761	Veggie Wholegrain Pasta Bolognese KS2	255	393	70	9	14	3	0	19	0
1292116	Wholegrain Pasta Salad KS1	53	134	21	2	3	4	0	4	0
1292165	Wholegrain Pasta Salad KS2	66	168	26	2	3	5	0	5	0
671580	Wholegrain Rice KS1	45	161	37	1	1	1	0	3	0

		Per Servings								
Id	Dish Title	Raw Weight (g)	Kcal	Carbohydrates	Sugars	Fibre	Fat	Saturates	Protein	Salt
671581	Wholegrain Rice KS2	56	201	46	1	1	2	0	4	0
1292251	Winter Vegetable Crumble KS1	180	306	28	4	6	17	7	8	0
1292692	Winter Vegetable Crumble KS2	225	383	35	5	7	22	9	10	1