

# Menu Nutritional Analysis for TRADITIONAL SPRING SUMMER 2025 WEEK 1

Filter



Dishes	29 of 29	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Fish Fingers, Chips & Peas KS1 - Aspens Services		200	241 12.0%	6.2 8.8%	2.1 10.3%	31.8 12.2%	1.9 2.1%	11.9 23.8%	5.7 -	0.6 9.3%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Cheesy Bean Wrap, Chips & Peas PRI - Aspens Services		278	478 23.9%	17.1 24.4%	8.8 43.9%	62.2 23.9%	4.8 5.4%	16.4 32.9%	7.3 -	1.6 27.4%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Cheesy Bean Wrap, Chips & Peas KS2 - Aspens Services		306	516 25.8%	19.0 27.1%	9.8 49.1%	64.9 24.9%	5.5 6.2%	18.6 37.3%	8.4 -	1.8 30.6%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Fish Fingers, Chips & Peas KS2 - Aspens Services		238	294 14.7%	7.6 10.8%	2.3 11.3%	37.2 14.3%	2.4 2.7%	16.0 32.0%	6.9 -	0.7 11.8%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Tomato & Basil Chicken Whole Grain Pasta Bake & Garden Salad KS1 - Aspens Services		215	292 14.6%	7.1 10.1%	2.5 12.6%	41.3 15.9%	6.9 7.7%	14.1 28.3%	6.0 -	0.9 15.3%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Veggie Noodle Stir Fry, Garden Salad KS1 - Aspens Services		211	260 13.0%	6.1 8.7%	0.9 4.5%	39.7 15.3%	6.0 6.7%	11.1 22.3%	4.5 -	1.4 24.1%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Tomato & Basil Chicken Whole Grain Pasta Bake & Garden Salad KS2 - Aspens Services		254	362 18.1%	8.8 12.5%	3.2 15.8%	51.1 19.6%	8.1 9.0%	17.7 35.4%	7.4 -	1.1 19.1%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Veggie Noodle Stir Fry, Garden Salad KS2 - Aspens Services		248	323 16.1%	7.6 10.8%	1.1 5.7%	49.0 18.9%	7.0 7.8%	14.0 27.9%	5.5 -	1.8 30.2%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Classic Trifle KS1 - Aspens Services		49	96 4.8%	4.5 6.4%	2.0 10.2%	12.1 4.7%	8.5 9.5%	2.0 4.0%	0.1 -	0.1 1.9%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Classic Trifle KS2 - Aspens Services		58	116 5.8%	5.3 7.6%	2.5 12.3%	14.5 5.6%	10.2 11.4%	2.4 4.8%	0.2 -	0.1 2.3%

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TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Margherita Pizza, Wedges, Baked Beans KS1 - Aspens Services		257	419	9.9	4.7	67.0	4.8	16.4	7.0	1.4
			21.0%	14.1%	23.3%	25.8%	5.3%	32.9%	-	23.3%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Margherita Pizza, Wedges, Baked Beans KS2 - Aspens Services		325	516	11.9	5.6	82.7	6.2	20.3	9.0	1.7
			25.8%	17.0%	28.0%	31.8%	6.9%	40.6%	-	28.9%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Summer Vegetable & Stuffing Loaf, New Potatoes, Carrots & Cabbage & Gravy KS1 - Aspens Services		264	252	2.1	0.7	49.1	6.5	10.6	9.2	1.2
			12.6%	3.0%	3.5%	18.9%	7.3%	21.2%	-	19.7%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Summer Vegetable & Stuffing Loaf, New Potatoes, Carrots & Cabbage & Gravy KS2 - Aspens Services		330	314	2.6	0.9	61.0	8.1	13.2	11.5	1.4
			15.7%	3.7%	4.4%	23.5%	9.0%	26.4%	-	23.6%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Roast Pork, New Potatoes, Carrots & Cabbage, Gravy KS1 - Aspens Services		232	225	9.1	3.0	23.4	4.2	12.9	4.0	0.4
			11.2%	13.1%	15.0%	9.0%	4.7%	25.8%	-	6.7%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Roast Pork, New Potatoes, Carrots & Cabbage, Gravy KS2 - Aspens Services		289	279	11.4	3.8	28.9	5.3	16.1	5.0	0.4
			14.0%	16.3%	18.8%	11.1%	5.9%	32.2%	-	7.2%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 All Day Breakfast KS1 - Aspens Services		178	253	12.7	5.1	20.7	3.3	12.7	3.0	2.3
			12.7%	18.1%	25.6%	7.9%	3.7%	25.5%	-	38.2%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 All Day Breakfast KS2 - Aspens Services		229	342	17.3	7.0	27.9	4.8	16.7	3.8	3.0
			17.1%	24.8%	35.1%	10.7%	5.4%	33.5%	-	50.2%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Banana & Custard KS1 - Aspens Services		84	70	0.7	0.4	13.8	11.2	1.9	0.6	0.0
			3.5%	1.0%	2.1%	5.3%	12.4%	3.7%	-	0.7%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Banana & Custard KS2 - Aspens Services		105	87	0.9	0.5	17.3	14.0	2.3	0.7	0.1
			4.4%	1.3%	2.6%	6.6%	15.5%	4.6%	-	0.9%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Picnic Sausage Roll Lunch KS2 - Aspens Services		250	519	23.9	9.3	53.1	4.7	21.7	5.9	0.7
			25.9%	34.1%	46.4%	20.4%	5.2%	43.4%	-	12.2%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Picnic Veggie Sausage Roll Lunch KS2 - Aspens Services		239	473	20.2	8.0	52.1	4.6	18.1	7.7	1.0
			23.7%	28.9%	39.8%	20.0%	5.1%	36.2%	-	16.6%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Picnic Sausage Roll Lunch KS1 - Aspens Services		200	415	19.1	7.4	42.5	3.8	17.4	4.7	0.6
			20.7%	27.3%	37.1%	16.3%	4.2%	34.8%	-	9.8%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Picnic Veggie Sausage Roll Lunch KS1 - Aspens Services		192	379	16.2	6.4	41.7	3.7	14.5	6.1	0.8
			18.9%	23.1%	31.8%	16.0%	4.1%	29.0%	-	13.3%

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TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Toffee Biscuit Bars KS1 - Aspens Services		48	207 10.3%	10.1 14.5%	3.7 18.7%	26.5 10.2%	18.1 20.1%	2.0 4.0%	1.0 -	0.1 0.9%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Toffee Biscuit Bars KS2 - Aspens Services		55	238 11.9%	11.7 16.7%	4.3 21.6%	30.6 11.8%	20.9 23.2%	2.3 4.6%	1.1 -	0.1 1.0%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Coconut Crisp Bar KS1 - Aspens Services		38	186 9.3%	11.8 16.9%	5.6 28.0%	19.1 7.3%	5.9 6.5%	1.6 3.2%	1.1 -	0.2 2.8%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Coconut Crisp Bars KS2 - Aspens Services		44	218 10.9%	13.8 19.7%	6.5 32.6%	22.2 8.6%	6.9 7.6%	1.9 3.7%	1.3 -	0.2 3.3%
TRADITIONAL SPRING SUMMER 2025 WEEK 1 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Strawberry & Pineapple Jelly KS1 & KS2 - Aspens Services		27	61 3.0%	0.0 0.0%	0.0 0.0%	14.0 5.4%	13.7 15.2%	1.0 2.1%	0.1 -	0.1 1.8%