

Menu Nutritional Analysis for TRADITIONAL SPRING SUMMER 2025 WEEK 2

Filter



Dishes	30 of 30	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 BBQ Chicken Wraps, Paprika Wedges & Green Beans KS1		338	417 20.8%	11.4 16.3%	4.2 21.1%	60.5 23.3%	7.2 8.0%	18.3 36.5%	6.7 -	1.3 21.0%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 BBQ Veggie Wrap, Paprika Wedges & Green Beans KS1		343	430 21.5%	11.8 16.9%	5.1 25.4%	68.1 26.2%	8.9 9.9%	13.9 27.8%	9.3 -	1.3 22.2%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Bangers & Mash, Carrots & Green Beans KS1		239	277 13.8%	10.1 14.4%	3.3 16.7%	36.2 13.9%	5.3 5.9%	9.7 19.5%	4.2 -	1.9 31.0%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Veggie Bangers, Mash, Carrots & Green Beans Beans KS1		233	222 11.1%	4.8 6.8%	1.3 6.5%	33.2 12.8%	3.4 3.8%	10.7 21.3%	5.6 -	1.7 28.0%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 BBQ Chicken Wraps, Paprika Wedges & Green Beans KS2		388	457 22.8%	12.1 17.3%	4.4 22.0%	66.5 25.6%	7.9 8.8%	20.7 41.3%	7.8 -	1.4 22.9%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 BBQ Veggie Wrap, Paprika Wedges & Green Beans KS2		403	472 23.6%	12.0 17.2%	5.1 25.5%	76.6 29.5%	10.3 11.5%	15.6 31.3%	11.3 -	1.4 23.7%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Bangers & Mash, Carrots & Green Beans KS2		310	371 18.5%	14.5 20.7%	4.9 24.4%	45.7 17.6%	7.0 7.7%	13.7 27.5%	5.3 -	2.2 37.4%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Veggie Bangers, Mash, Carrots & Green Beans KS2		275	254 12.7%	5.3 7.5%	1.4 7.0%	39.1 15.0%	4.1 4.6%	11.4 22.7%	6.5 -	1.7 28.3%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Veggie Pasta Bolognese, Peas & Sweetcorn KS1		243	355 17.8%	3.4 4.9%	0.5 2.5%	61.8 23.8%	7.9 8.8%	17.6 35.1%	12.9 -	0.3 5.6%

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TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Veggie Pasta Bolognese, Peas & Sweetcorn KS2	303	444	4.3	0.6	77.3	9.9	21.9	16.1	0.4	
		22.2%	6.1%	3.1%	29.7%	11.0%	43.9%	-	7.0%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Battered Fish, Chips & Baked Beans KS1	210	251	6.8	2.0	34.4	2.3	10.2	5.2	0.9	
		12.5%	9.8%	10.0%	13.2%	2.5%	20.5%	-	14.8%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Homemade Cheese & Onion Burger, Chips & Baked Beans KS1	291	458	12.0	5.7	70.2	5.1	17.0	6.4	1.7	
		22.9%	17.1%	28.7%	27.0%	5.7%	34.0%	-	28.8%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Battered Fish, Chips & Baked Beans KS2	230	267	6.9	2.0	36.9	3.0	11.2	6.1	1.0	
		13.4%	9.9%	10.1%	14.2%	3.3%	22.4%	-	16.6%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Homemade Cheese & Onion Burger, Chips & Baked Beans KS2	329	510	13.6	6.6	76.8	6.1	19.5	7.5	2.0	
		25.5%	19.4%	32.8%	29.5%	6.7%	39.0%	-	33.1%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Roast Gammon, Skin on Roasties, Mixed Greens & Gravy KS1	223	256	12.1	2.1	22.6	2.6	13.4	4.2	1.5	
		12.8%	17.3%	10.3%	8.7%	2.9%	26.9%	-	24.9%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Roast Gammon, Skin on Roasties, Mixed Greens & Gravy KS2	252	282	13.2	2.4	23.4	3.1	16.3	4.8	1.8	
		14.1%	18.9%	12.1%	9.0%	3.4%	32.6%	-	29.9%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Apple Sponge Cake KS1	65	139	6.8	2.6	17.7	10.7	1.8	0.8	0.2	
		7.0%	9.8%	12.8%	6.8%	11.9%	3.6%	-	2.9%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Apple Sponge Cake KS2	73	158	7.8	2.9	20.1	12.1	2.1	0.9	0.2	
		7.9%	11.1%	14.5%	7.7%	13.5%	4.1%	-	3.3%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Vanilla Cookie KS1	41	178	7.3	2.8	26.7	11.8	1.7	0.8	0.2	
		8.9%	10.4%	14.0%	10.3%	13.2%	3.4%	-	3.5%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Vanilla Cookie KS2	51	219	9.0	3.4	32.8	14.6	2.1	0.9	0.3	
		10.9%	12.9%	17.2%	12.6%	16.2%	4.1%	-	4.3%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Watermelon Wedge KS1	83	27	0.3	0.1	5.8	5.8	0.4	0.1	0.0	
		1.4%	0.4%	0.4%	2.2%	6.4%	0.8%	-	0.1%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Watermelon Wedges KS2	107	35	0.3	0.1	7.4	7.4	0.5	0.1	0.0	
		1.8%	0.5%	0.5%	2.8%	8.3%	1.1%	-	0.2%	
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Jam Sponge & Custard KS1	132	231	8.9	3.6	33.3	21.7	4.7	0.4	0.3	
		11.6%	12.8%	18.1%	12.8%	24.1%	9.3%	-	4.5%	

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TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Jam Sponge & Custard KS2		142	266 13.3%	10.6 15.1%	4.2 21.1%	37.9 14.6%	24.6 27.4%	5.1 10.2%	0.5 -	0.3 5.2%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Maple Roasted Sweet Potato Filo Pie, Skin on Roasties, Mixed Greens KS1		289	459 22.9%	19.1 27.3%	5.9 29.3%	61.2 23.5%	9.3 10.3%	11.6 23.2%	6.2 -	1.1 18.2%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Maple Roasted Sweet Potato Filo Pie, Skin on Roasties, Mixed Greens KS2		328	522 26.1%	21.4 30.6%	6.9 34.6%	70.0 26.9%	11.0 12.3%	13.7 27.3%	7.2 -	1.3 21.7%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Whole Grain Pasta Bolognese, Peas & Sweetcorn KS2		291	444 22.2%	10.4 14.8%	3.2 15.9%	62.7 24.1%	9.3 10.3%	22.1 44.2%	11.3 -	0.1 2.2%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Whole Grain Pasta Bolognese, Peas & Sweetcorn KS1		233	355 17.8%	8.3 11.8%	2.5 12.7%	50.1 19.3%	7.4 8.2%	17.7 35.4%	9.0 -	0.1 1.7%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Oaty Cornflake Crunch Bars KS1		44	198 9.9%	8.7 12.4%	3.2 16.1%	27.9 10.7%	14.1 15.7%	1.8 3.6%	0.9 -	0.2 2.6%
TRADITIONAL SPRING SUMMER 2025 WEEK 2 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Oaty Cornflake Crunch Bars KS2		51	231 11.6%	10.1 14.4%	3.8 18.8%	32.6 12.5%	16.5 18.3%	2.1 4.2%	1.1 -	0.2 3.0%