

Menu Nutritional Analysis for TRADITIONAL SPRING SUMMER 2025 WEEK 3

Filter



| Dishes | 32 of 32 | Weight (g) | Energy (kcal) | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Fibre (g) | Salt (g) |
|--|----------|------------|---------------|---------------|---------------|------------------|---------------|---------------|-----------|--------------|
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Cheesy Meatball Bake Topped with Mash, Green Beans KS1 | | 327 | 310 15.5% | 10.7 15.3% | 4.3 21.6% | 36.8 14.2% | 7.1 7.8% | 15.8 31.7% | 5.1 - | 1.2 19.3% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Veggie Cottage Pie, Green Beans KS1 | | 279 | 330 16.5% | 6.5 9.2% | 0.8 4.2% | 52.8 20.3% | 5.9 6.5% | 14.7 29.4% | 5.4 - | 1.0 16.0% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Cheesy Meatball Bake Topped with Mash, Green Beans KS2 | | 411 | 393 19.7% | 13.5 19.3% | 5.4 27.1% | 46.5 17.9% | 8.9 9.8% | 20.4 40.8% | 6.3 - | 1.5 25.2% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Veggie Cottage Pie, Green Beans KS2 | | 346 | 412 20.6% | 8.1 11.5% | 1.0 5.2% | 65.9 25.3% | 7.3 8.1% | 18.3 36.6% | 6.6 - | 1.2 20.0% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Lasagne & Sweetcorn KS1 | | 277 | 367 18.3% | 12.4 17.7% | 5.4 26.8% | 44.6 17.1% | 9.8 10.9% | 19.1 38.2% | 4.5 - | 0.7 11.5% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Vegetable Ratatouille, Wholegrain Rice & Sweetcorn KS1 | | 233 | 287 14.4% | 4.1 5.8% | 0.7 3.5% | 57.8 22.2% | 5.1 5.7% | 8.7 17.3% | 5.0 - | 0.0 0.2% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Lasagne & Sweetcorn KS2 | | 346 | 458 22.9% | 15.5 22.1% | 6.7 33.6% | 55.8 21.5% | 12.3 13.6% | 23.9 47.8% | 5.6 - | 0.9 14.4% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Vegetable Ratatouille, Wholegrain Rice & Sweetcorn KS2 | | 291 | 359 18.0% | 5.1 7.3% | 0.9 4.4% | 72.2 27.8% | 6.4 7.1% | 10.8 21.6% | 6.3 - | 0.0 0.3% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Hot Homemade Tomato Sauce, Pasta & Cheese KS1 | | 138 | 273 13.6% | 8.4 12.1% | 3.8 18.8% | 42.5 16.3% | 4.9 5.5% | 10.0 20.0% | 2.7 - | 0.8 12.9% |

| | 32 of 32 | Weight (g) | Energy (kcal) | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Fibre (g) | Salt (g) |
|--|----------|------------|---------------|---------|---------------|------------------|------------|-------------|-----------|----------|
| Dishes | | | | | | | | | | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Hot Homemade Tomato Sauce, Pasta & Cheese KS2 | 153 | 327 | 10.2 | 4.7 | 50.7 | 5.3 | 12.0 | 3.0 | 0.9 | |
| | | 16.3% | 14.6% | 23.4% | 19.5% | 5.9% | 23.9% | - | 15.0% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Fish Fingers, Chips & Baked Beans KS1 | 200 | 244 | 5.9 | 2.0 | 33.8 | 2.5 | 11.5 | 5.2 | 0.8 | |
| | | 12.2% | 8.4% | 10.0% | 13.0% | 2.7% | 22.9% | - | 13.8% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Fish Fingers, Chips & Baked Beans KS2 | 245 | 304 | 7.3 | 2.2 | 40.7 | 3.4 | 15.8 | 6.6 | 1.1 | |
| | | 15.2% | 10.4% | 10.9% | 15.6% | 3.8% | 31.6% | - | 18.1% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Roast Chicken, Stuffing, Gravy, Skin on Roasties, Carrots & Peas KS1 | 236 | 327 | 14.3 | 2.3 | 33.3 | 3.7 | 16.1 | 5.2 | 1.0 | |
| | | 16.3% | 20.4% | 11.5% | 12.8% | 4.1% | 32.2% | - | 16.2% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Cheese & Potato Pie, Gravy, Skin on Roasties, Carrots & Peas KS1 | 440 | 563 | 26.5 | 10.2 | 64.9 | 9.2 | 15.1 | 7.5 | 1.1 | |
| | | 28.1% | 37.8% | 51.0% | 25.0% | 10.2% | 30.2% | - | 17.6% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Roast Chicken, Stuffing, Gravy, Skin on Roasties, Carrots & Peas KS2 | 266 | 365 | 15.8 | 2.7 | 35.9 | 4.3 | 19.5 | 5.9 | 1.1 | |
| | | 18.3% | 22.6% | 13.5% | 13.8% | 4.8% | 39.0% | - | 18.4% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Cheese & Potato Pie, Gravy, Skin on Roasties, Carrots & Peas KS2 | 522 | 665 | 31.2 | 12.6 | 76.3 | 11.2 | 18.4 | 8.8 | 1.3 | |
| | | 33.2% | 44.5% | 63.0% | 29.3% | 12.5% | 36.8% | - | 20.8% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 BBQ Corn Pizza Slice, Wedges & Green Salad KS1 | 274 | 406 | 10.0 | 4.7 | 66.2 | 6.2 | 15.0 | 5.7 | 1.3 | |
| | | 20.3% | 14.3% | 23.4% | 25.4% | 6.9% | 30.0% | - | 22.1% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 BBQ Corn Pizza Slice, Wedges & Green Salad KS2 | 336 | 492 | 12.1 | 5.6 | 80.5 | 7.5 | 18.1 | 7.0 | 1.6 | |
| | | 24.6% | 17.2% | 28.1% | 31.0% | 8.3% | 36.3% | - | 26.5% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Vegetable Fingers, Chips & Beans KS1 | 207 | 263 | 7.9 | 2.0 | 38.7 | 3.4 | 6.7 | 5.3 | 1.1 | |
| | | 13.2% | 11.3% | 9.9% | 14.9% | 3.8% | 13.3% | - | 17.9% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Vegetable Fingers, Chips & Beans KS2 | 256 | 334 | 10.3 | 2.2 | 48.1 | 4.9 | 8.6 | 6.8 | 1.5 | |
| | | 16.7% | 14.7% | 10.8% | 18.5% | 5.4% | 17.2% | - | 24.3% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 American Style Macaroni Cheese & Green Salad KS2 | 154 | 377 | 11.1 | 4.9 | 61.0 | 9.0 | 12.6 | 2.5 | 1.0 | |
| | | 18.9% | 15.9% | 24.6% | 23.5% | 10.0% | 25.3% | - | 15.9% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 American Style Macaroni Cheese & Green Salad KS1 | 124 | 302 | 8.9 | 3.9 | 48.8 | 7.2 | 10.1 | 2.1 | 0.8 | |
| | | 15.1% | 12.7% | 19.7% | 18.8% | 8.0% | 20.2% | - | 12.7% | |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Jacket Potato 40 & Assorted Toppings KS1 | 226 | 250 | 4.1 | 2.0 | 45.6 | 3.4 | 9.1 | 5.7 | 0.5 | |
| | | 12.5% | 5.8% | 10.0% | 17.5% | 3.8% | 18.2% | - | 7.7% | |

| Dishes | 32 of 32 | Weight (g) | Energy (kcal) | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Fibre (g) | Salt (g) |
|--|----------|------------|---------------|---------------|---------------|------------------|---------------|---------------|-----------|--------------|
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Jacket Potato 40 & Assorted Toppings KS2 | | 240 | 276 13.8% | 5.7 8.2% | 2.9 14.5% | 46.9 18.0% | 3.8 4.2% | 10.5 21.1% | 6.0 - | 0.6 10.6% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Strawberry Frozen Yoghurt KS1 & KS2 | | 80 | 141 7.0% | 6.6 9.5% | 3.3 16.7% | 17.0 6.5% | 15.0 16.7% | 3.3 6.6% | 0.0 - | 0.2 3.3% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Brookie (Brownie & Cookie) KS1 | | 38 | 179 8.9% | 8.9 12.7% | 1.9 9.3% | 23.7 9.1% | 12.7 14.1% | 1.5 3.0% | 1.0 - | 0.1 2.3% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Coconut Cookies KS1 | | 42 | 187 9.3% | 8.3 11.8% | 3.6 18.1% | 26.7 10.3% | 11.9 13.3% | 1.8 3.5% | 1.0 - | 0.2 3.5% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Coconut Cookies KS2 | | 52 | 230 11.5% | 10.2 14.6% | 4.5 22.3% | 32.9 12.7% | 14.7 16.3% | 2.2 4.3% | 1.3 - | 0.3 4.3% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Peach & Pineapple Fruit Jelly KS1 & KS2 | | 27 | 60 3.0% | 0.0 0.0% | 0.0 0.0% | 13.8 5.3% | 13.6 15.2% | 1.0 2.1% | 0.1 - | 0.1 1.8% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Toffee Apple Crumble KS1 | | 78 | 179 8.9% | 7.4 10.5% | 2.7 13.7% | 25.7 9.9% | 12.3 13.7% | 2.1 4.1% | 1.2 - | 0.0 0.6% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Toffee Apple Crumble KS2 | | 94 | 215 10.7% | 8.8 12.6% | 3.3 16.4% | 30.8 11.9% | 14.8 16.4% | 2.5 5.0% | 1.5 - | 0.0 0.7% |
| TRADITIONAL SPRING SUMMER 2025 WEEK 3 \ 001 TRADITIONAL PRIMARY CORE MENU SPRING SUMMER 2025 Brookie (Brownie & Cookie) KS2 | | 46 | 218 10.9% | 10.8 15.5% | 2.3 11.4% | 28.9 11.1% | 15.5 17.2% | 1.8 3.7% | 1.2 - | 0.2 2.8% |