eats. Autumn/Winter 2026/27 Menu

02/11/2026 18/01/2027
23/11/2026 08/02/2027
14/12/2026 08/03/2027

WEEK 1

The traffic light values reflect per portion and the carbohydrate value reflects per 100g.

Monday

Margherita Pizza

ENERGY	FAT	SATURATES	SUGARS	SALT
1,095.67 kJ 259.60 kcal	5.86 g	2.58 g	1.88 g	0.48 g
RI 13.04%	RI 8.38%	RI 12.90%	RI 2.09%	RI 7.93%

PER 105.00 G SERVE

CARBOHYDRATE	39.98g per 100g

Vegetable Supreme Pizza

ENERGY	FAT	SATURATES	SUGARS	SALT
1,122.87 kJ 266.20 kcal	5.96 g	2.61 g	2.71 g	0.48 g
RI 13.37%	RI 8.52%	RI 13.05%	RI 3.01%	RI 7.95%

PER 135.00 G SERVE

CARBOHYDRATE	31.75g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Rustic Potato Wedges

ENERGY	FAT	SATURATES	SUGARS	SALT
863.60 kJ 207.90 kcal	12.20 g	0.86 g	0.20 g	0.10 g
RI 10.28%	RI 17.43%	RI 4.30%	RI 0.22%	RI 1.67%

PER 110.00 G SERVE

CARBOHYDRATE	18.55g per 100g

Fruity Yoghurt

ENERGY	FAT	SATURATES	SUGARS	SALT
211.00 kJ 50.00 kcal	0.50 g	0.50 g	3.60 g	0.12 g
RI 2.51%	RI 0.71%	RI 2.50%	RI 4.00%	RI 2.00%

PER 100.00 G SERVE

CARBOHYDRATE	7.60g per 100g

Tuesday

Planet Hero Burger

ENERGY	FAT	SATURATES	SUGARS	SALT
965.53 kJ 229.17 kcal	6.14 g	2.16 g	2.14 g	0.91 g
RI 11.49%	RI 8.77%	RI 10.80%	RI 2.38%	RI 15.23%

PER 107.00 G SERVE

CARBOHYDRATE	26.09g per 100g

Veggie Power Burger

ENERGY	FAT	SATURATES	SUGARS	SALT
106.93 kJ 25.35 kcal	0.63 g	0.18 g	0.37 g	0.09 g
RI 1.27%	RI 0.90%	RI 0.92%	RI 0.41%	RI 1.55%

PER 10.70 G SERVE

CARBOHYDRATE	37.31g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Garlic Butter Rice

ENERGY	FAT	SATURATES	SUGARS	SALT
868.33 kJ 206.08 kcal	7.76 g	2.77 g	0.40 g	0.11 g
RI 10.34%	RI 11.08%	RI 13.84%	RI 0.44%	RI 1.80%

PER 51.50 G SERVE

CARBOHYDRATE	60.46g per 100g

Mini Corn on the Cob

ENERGY	FAT	SATURATES	SUGARS	SALT
233.81 kJ 55.63 kcal	1.57 g	0.17 g	1.72 g	0.00 g
RI 2.78%	RI 2.25%	RI 0.86%	RI 1.91%	RI 0.00%

PER 143.00 G SERVE

CARBOHYDRATE	4.80g per 100g

Fresh Fruit Salad

ENERGY	FAT	SATURATES	SUGARS
176.05 kJ 41.45 kcal	0.24 g	0.06 g	9.88 g
RI 2.10%	RI 0.34%	RI 0.32%	RI 10.98%

PER 85.00 G SERVE

CARBOHYDRATE	11.62g per 100g

Wednesday

Roast Chicken

ENERGY	FAT	SATURATES	SUGARS	SALT
250.00 kJ 59.50 kcal	2.35 g	0.60 g	0.00 g	0.44 g
RI 2.98%	RI 3.36%	RI 3.00%	RI 0.00%	RI 7.25%

PER 50.00 G SERVE

CARBOHYDRATE	0.00g per 100g

Roast Quorn

ENERGY	FAT	SATURATES	SUGARS	SALT
269.12 kJ 64.38 kcal	1.68 g	0.41 g	0.06 g	0.32 g
RI 3.20%	RI 2.40%	RI 2.03%	RI 0.06%	RI 5.32%

PER 58.00 G SERVE

CARBOHYDRATE	0.30g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Roast Potatoes

ENERGY	FAT	SATURATES	SUGARS	SALT
725.60 kJ 174.90 kcal	10.50 g	0.76 g	0.50 g	0.25 g
RI 8.64%	RI 15.00%	RI 3.80%	RI 0.56%	RI 4.17%

PER 110.00 G SERVE

CARBOHYDRATE	16.27g per 100g

Yorkshire Pudding

ENERGY	FAT	SATURATES	SUGARS	SALT
287.84 kJ 68.60 kcal	2.63 g	0.20 g	0.81 g	0.15 g
RI 3.43%	RI 3.76%	RI 0.98%	RI 0.90%	RI 2.57%

PER 28.00 G SERVE

CARBOHYDRATE	31.80g per 100g

Gravy

ENERGY	FAT	SATURATES	SUGARS	SALT
53.70 kJ 12.79 kcal	0.09 g	0.02 g	0.30 g	0.38 g
RI 0.64%	RI 0.13%	RI 0.08%	RI 0.33%	RI 6.31%

PER 41.25 G SERVE

CARBOHYDRATE	6.82g per 100g

Shortbread Pinwheel

ENERGY	FAT	SATURATES	SUGARS	SALT
562.30 kJ 135.20 kcal	7.17 g	2.65 g	5.47 g	0.10 g
RI 6.69%	RI 10.24%	RI 13.23%	RI 6.08%	RI 1.71%

PER 30.00 G SERVE

CARBOHYDRATE	53.78g per 100g

Thursday

Classic Local Sausages

ENERGY	FAT	SATURATES	SUGARS	SALT
810.92 kJ 194.56 kcal	13.68 g	4.41 g	1.90 g	1.37 g
RI 9.65%	RI 19.54%	RI 22.04%	RI 2.11%	RI 22.80%

PER 76.00 G SERVE

CARBOHYDRATE	13.00g per 100g

Vegan Sausage

ENERGY	FAT	SATURATES	SUGARS	SALT
573.00 kJ 137.00 kcal	8.10 g	1.00 g	0.10 g	0.65 g
RI 6.82%	RI 11.57%	RI 5.00%	RI 0.11%	RI 10.83%

PER 100.00 G SERVE

CARBOHYDRATE	2.70g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Mash Potato

ENERGY	FAT	SATURATES	SUGARS	SALT
383.39 kJ 91.67 kcal	1.97 g	0.84 g	1.01 g	0.22 g
RI 4.56%	RI 2.82%	RI 4.21%	RI 1.12%	RI 3.72%

PER 110.83 G SERVE

CARBOHYDRATE	14.90g per 100g

Gravy

ENERGY	FAT	SATURATES	SUGARS	SALT
53.70 kJ 12.79 kcal	0.09 g	0.02 g	0.30 g	0.38 g
RI 0.64%	RI 0.13%	RI 0.08%	RI 0.33%	RI 6.31%

PER 41.25 G SERVE

CARBOHYDRATE	6.82g per 100g

Delicious Chocolate Sponge

ENERGY	FAT	SATURATES	SUGARS	SALT
818.26 kJ 196.06 kcal	10.80 g	3.89 g	12.80 g	0.42 g
RI 9.74%	RI 15.43%	RI 19.47%	RI 14.22%	RI 7.08%

PER 56.50 G SERVE

CARBOHYDRATE	36.68g per 100g

Chocolate Custard

ENERGY	FAT	SATURATES	SUGARS	SALT
403.22 kJ 94.66 kcal	2.55 g	2.05 g	8.49 g	0.09 g
RI 4.80%	RI 3.65%	RI 10.27%	RI 9.44%	RI 1.42%

PER 107.50 G SERVE

CARBOHYDRATE	13.07g per 100g

Friday

Crispy Battered Fish

ENERGY	FAT	SATURATES	SUGARS	SALT
497.49 kJ 119.01 kcal	6.33 g	0.40 g	0.30 g	0.47 g
RI 5.92%	RI 9.04%	RI 1.98%	RI 0.33%	RI 7.85%

PER 60.00 G SERVE

CARBOHYDRATE	16.30g per 100g

Golden Vegetable Goujons

ENERGY	FAT	SATURATES	SUGARS	SALT
722.40 kJ 172.90 kcal	8.89 g	0.98 g	1.05 g	0.54 g
RI 8.60%	RI 12.70%	RI 4.90%	RI 1.17%	RI 8.98%

PER 70.00 G SERVE

CARBOHYDRATE	28.30g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Chunky Chips

ENERGY	FAT	SATURATES	SUGARS	SALT
515.00 kJ 123.00 kcal	3.00 g	0.40 g	0.40 g	0.25 g
RI 6.13%	RI 4.29%	RI 2.00%	RI 0.44%	RI 4.17%

PER 100.00 G SERVE

CARBOHYDRATE	21.00g per 100g

Baked Beans

ENERGY	FAT	SATURATES	SUGARS	SALT
181.00 kJ 43.00 kcal	0.22 g	0.05 g	2.77 g	0.38 g
RI 2.15%	RI 0.31%	RI 0.23%	RI 3.07%	RI 6.27%

PER 50.00 G SERVE

CARBOHYDRATE	14.47g per 100g

Peas

ENERGY	FAT	SATURATES	SUGARS	SALT
157.00 kJ 37.50 kcal	0.45 g	0.10 g	1.25 g	0.00 g
RI 1.87%	RI 0.64%	RI 0.50%	RI 1.39%	RI 0.00%

PER 50.00 G SERVE

CARBOHYDRATE	8.60g per 100g

Sprinkle Cake

ENERGY	FAT	SATURATES	SUGARS	SALT
1,036.01 kJ 247.49 kcal	10.64 g	3.79 g	25.07 g	0.45 g
RI 12.33%	RI 15.20%	RI 18.95%	RI 27.85%	RI 7.49%

PER 69.83 G SERVE

CARBOHYDRATE	49.43g per 100g

eats. Autumn/Winter 2026/27 Menu

09/11/2026 – 30/11/2026 – 04/01/2027 – 25/01/2027 – 22/02/2027 – 15/03/2027

WEEK 2

The traffic light values reflect per portion and the carbohydrate value reflects per 100g.

Monday

Cheesy Macaroni Bake

ENERGY	FAT	SATURATES	SUGARS	SALT
1,711.56 kJ 408.87 kcal	18.02 g	9.52 g	6.65 g	0.73 g
RI 20.38%	RI 25.75%	RI 47.60%	RI 7.39%	RI 12.24%

PER 190.00 G SERVE

CARBOHYDRATE	23.12g per 100g

Homemade Salmon Parcel

ENERGY	FAT	SATURATES	SUGARS	SALT
2,436.09 kJ 586.70 kcal	33.54 g	13.26 g	3.88 g	0.97 g
RI 29.00%	RI 47.91%	RI 66.28%	RI 4.32%	RI 16.24%

PER 193.00 G SERVE

CARBOHYDRATE	27.05g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Crispy Diced Potatoes

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	15.80g per 100g

Fresh Fruit Salad

ENERGY	FAT	SATURATES	SUGARS
176.05 kJ 41.45 kcal	0.24 g	0.06 g	9.88 g
RI 2.10%	RI 0.34%	RI 0.32%	RI 10.98%

PER 85.00 G SERVE

CARBOHYDRATE	11.62g per 100g

Tuesday

Pepperoni Mini Muffin Melt

ENERGY	FAT	SATURATES	SUGARS	SALT
581.08 kJ 138.29 kcal	4.86 g	2.41 g	1.61 g	0.75 g
RI 6.92%	RI 6.94%	RI 12.05%	RI 1.79%	RI 12.42%

PER 60.00 G SERVE

CARBOHYDRATE	27.42g per 100g

Margherita Mini Muffin Melt

ENERGY	FAT	SATURATES	SUGARS	SALT
508.80 kJ 121.01 kcal	3.34 g	1.81 g	1.50 g	0.65 g
RI 6.06%	RI 4.77%	RI 9.05%	RI 1.67%	RI 10.75%

PER 56.00 G SERVE

CARBOHYDRATE	29.06g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Golden Potato Wedges

ENERGY	FAT	SATURATES	SUGARS	SALT
861.60 kJ 207.90 kcal	12.20 g	0.86 g	0.20 g	0.10 g
RI 10.28%	RI 17.43%	RI 4.30%	RI 0.22%	RI 1.67%

PER 110.00 G SERVE

CARBOHYDRATE	18.55g per 100g

Warm Fruity Crumble

ENERGY	FAT	SATURATES	SUGARS	SALT
815.80 kJ 195.40 kcal	7.37 g	2.69 g	15.34 g	0.10 g
RI 9.71%	RI 10.53%	RI 13.45%	RI 17.04%	RI 1.75%

PER 90.00 G SERVE

CARBOHYDRATE	33.36g per 100g

Custard

ENERGY	FAT	SATURATES	SUGARS	SALT
361.55 kJ 85.15 kcal	2.08 g	1.87 g	10.13 g	0.10 g
RI 4.30%	RI 2.96%	RI 9.35%	RI 11.26%	RI 1.68%

PER 120.00 G SERVE

CARBOHYDRATE	12.81g per 100g

Wednesday

Tender Roast Pork

ENERGY	FAT	SATURATES	SUGARS	SALT
328.44 kJ 78.54 kcal	4.20 g	1.68 g	0.21 g	0.50 g
RI 3.91%	RI 6.00%	RI 8.40%	RI 0.23%	RI 8.40%

PER 42.00 G SERVE

CARBOHYDRATE	0.50g per 100g

Vegetarian Toad in the Hole

ENERGY	FAT	SATURATES	SUGARS	SALT
1,480.74 kJ 354.75 kcal	14.24 g	2.82 g	4.88 g	0.83 g
RI 17.63%	RI 20.34%	RI 14.08%	RI 5.42%	RI 13.83%

PER 216.50 G SERVE

CARBOHYDRATE	17.44g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Crispy Roast Potatoes

ENERGY	FAT	SATURATES	SUGARS	SALT
725.60 kJ 174.90 kcal	10.50 g	0.76 g	0.50 g	0.25 g
RI 8.64%	RI 15.00%	RI 3.80%	RI 0.56%	RI 4.17%

PER 110.00 G SERVE

CARBOHYDRATE	16.27g per 100g

Yorkshire Pudding

ENERGY	FAT	SATURATES	SUGARS	SALT
287.84 kJ 68.60 kcal	2.63 g	0.20 g	0.81 g	0.15 g
RI 3.43%	RI 3.76%	RI 0.98%	RI 0.90%	RI 2.57%

PER 28.00 G SERVE

CARBOHYDRATE	31.80g per 100g

Gravy

ENERGY	FAT	SATURATES	SUGARS	SALT
53.70 kJ 12.79 kcal	0.09 g	0.02 g	0.30 g	0.38 g
RI 0.64%	RI 0.13%	RI 0.08%	RI 0.33%	RI 6.31%

PER 41.25 G SERVE

CARBOHYDRATE	6.82g per 100g

Oaty Flapjack

ENERGY	FAT	SATURATES	SUGARS	SALT
1,006.13 kJ 240.31 kcal	10.85 g	3.58 g	17.75 g	0.15 g
RI 11.98%	RI 15.50%	RI 17.88%	RI 19.72%	RI 2.46%

PER 56.25 G SERVE

CARBOHYDRATE	56.04g per 100g

Thursday

Mighty Mild Chicken Korma

ENERGY	FAT	SATURATES	SUGARS	SALT
639.73 kJ 152.89 kcal	8.32 g	4.14 g	6.01 g	0.55 g
RI 7.62%	RI 11.88%	RI 20.70%	RI 6.68%	RI 9.15%

PER 154.17 G SERVE

CARBOHYDRATE	5.66g per 100g

Cheesy Potato Bake

ENERGY	FAT	SATURATES	SUGARS	SALT
829.47 kJ 197.99 kcal	9.02 g	4.63 g	2.17 g	0.45 g
RI 9.87%	RI 12.89%	RI 23.17%	RI 2.41%	RI 7.55%

PER 151.50 G SERVE

CARBOHYDRATE	14.66g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Rice

ENERGY	FAT	SATURATES	SUGARS	SALT
589.20 kJ 140.80 kcal	0.76 g	0.12 g	0.24 g	0.10 g
RI 7.01%	RI 1.09%	RI 0.60%	RI 0.27%	RI 1.67%

PER 40.00 G SERVE

CARBOHYDRATE	73.90g per 100g

Wibbly Wobbly Fruit Jelly

ENERGY	FAT	SATURATES	SUGARS	SALT
54.15 kJ 13.30 kcal	0.00 g	0.00 g	3.33 g	0.00 g
RI 0.64%	RI 0.00%	RI 0.00%	RI 3.69%	RI 0.08%

PER 104.50 G SERVE

CARBOHYDRATE	7.73g per 100g

Friday

Crispy Chicken Dippers

ENERGY	FAT	SATURATES	SUGARS	SALT
516.00 kJ 123.60 kcal	7.92 g	1.32 g	1.62 g	0.37 g
RI 6.14%	RI 11.31%	RI 6.60%	RI 1.80%	RI 6.10%

PER 60.00 G SERVE

CARBOHYDRATE	7.70g per 100g

Golden Quorn Dippers

ENERGY	FAT	SATURATES	SUGARS	SALT
538.02 kJ 128.52 kcal	1.95 g	0.19 g	1.39 g	0.95 g
RI 6.41%	RI 2.79%	RI 0.95%	RI 1.54%	RI 15.75%

PER 63.00 G SERVE

CARBOHYDRATE	25.60g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Chunky Chips

ENERGY	FAT	SATURATES	SUGARS	SALT
515.00 kJ 123.00 kcal	3.00 g	0.40 g	0.40 g	0.25 g
RI 6.13%	RI 4.29%	RI 2.00%	RI 0.44%	RI 4.17%

PER 100.00 G SERVE

CARBOHYDRATE	21.00g per 100g

Baked Beans

ENERGY	FAT	SATURATES	SUGARS	SALT
181.00 kJ 43.00 kcal	0.22 g	0.05 g	2.77 g	0.38 g
RI 2.15%	RI 0.31%	RI 0.23%	RI 3.07%	RI 6.27%

PER 50.00 G SERVE

CARBOHYDRATE	14.47g per 100g

Peas

ENERGY	FAT	SATURATES	SUGARS	SALT
157.00 kJ 37.50 kcal	0.45 g	0.10 g	1.25 g	0.00 g
RI 1.87%	RI 0.64%	RI 0.50%	RI 1.39%	RI 0.00%

PER 50.00 G SERVE

CARBOHYDRATE	8.60g per 100g

Chocolate Cornflake

ENERGY	FAT	SATURATES	SUGARS	SALT
907.03 kJ 217.15 kcal	9.17 g	3.40 g	17.02 g	0.34 g
RI 10.80%	RI 13.11%	RI 17.00%	RI 18.91%	RI 5.64%

PER 51.50 G SERVE

CARBOHYDRATE	59.17g per 100g

eats. Autumn/Winter 2026/27 Menu

16/11/2026 – 07/12/2026 – 11/01/2027 – 01/02/2027 – 01/03/2027 – 22/03/2027

WEEK 3

The traffic light values reflect per portion and the carbohydrate value reflects per 100g.

Monday

Margherita Pizza

ENERGY	FAT	SATURATES	SUGARS	SALT
1,216.09 kJ 287.21 kcal	3.65 g	1.86 g	10.02 g	0.48 g
RI 14.48%	RI 5.21%	RI 9.28%	RI 11.14%	RI 7.95%

PER 104.50 G SERVE

CARBOHYDRATE	39.98g per 100g

Sweet Barbeque Cheese Pizza

ENERGY	FAT	SATURATES	SUGARS	SALT
793.81 kJ 188.00 kcal	3.82 g	2.03 g	10.21 g	0.77 g
RI 9.45%	RI 5.46%	RI 10.15%	RI 11.34%	RI 12.88%

PER 60.00 G SERVE

CARBOHYDRATE	51.79g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Rustic Potato Wedges

ENERGY	FAT	SATURATES	SUGARS	SALT
863.60 kJ 207.90 kcal	12.20 g	0.86 g	0.20 g	0.10 g
RI 10.28%	RI 17.43%	RI 4.30%	RI 0.22%	RI 1.67%

PER 110.00 G SERVE

CARBOHYDRATE	18.55g per 100g

Banana Mousse

ENERGY	FAT	SATURATES	SUGARS	SALT
250.74 kJ 59.92 kcal	1.74 g	1.58 g	6.26 g	0.02 g
RI 2.99%	RI 2.48%	RI 7.91%	RI 6.95%	RI 0.33%

PER 49.00 G SERVE

CARBOHYDRATE	18.09g per 100g

Caramel Mousse

ENERGY	FAT	SATURATES	SUGARS	SALT
32.20 kJ 7.70 kcal	0.21 g	0.18 g	0.77 g	0.02 g
RI 0.38%	RI 0.30%	RI 0.91%	RI 0.86%	RI 0.33%

PER 49.00 G SERVE

CARBOHYDRATE	2.23g per 100g

Chocolate Mousse

ENERGY	FAT	SATURATES	SUGARS	SALT
32.20 kJ 7.70 kcal	0.21 g	0.18 g	0.77 g	0.02 g
RI 0.38%	RI 0.30%	RI 0.91%	RI 0.86%	RI 0.33%

PER 49.00 G SERVE

CARBOHYDRATE	2.23g per 100g

Tuesday

Tomato Pasta & Meatballs

ENERGY	FAT	SATURATES	SUGARS	SALT
1,359.07 kJ 325.00 kcal	15.20 g	3.27 g	7.00 g	0.95 g
RI 16.18%	RI 21.72%	RI 16.33%	RI 7.78%	RI 15.84%

PER 182.50 G SERVE

CARBOHYDRATE	18.35g per 100g

Ultimate Veggie Bolognaise

ENERGY	FAT	SATURATES	SUGARS	SALT
826.86 kJ 196.76 kcal	5.71 g	0.51 g	6.04 g	0.02 g
RI 9.84%	RI 8.16%	RI 2.55%	RI 6.71%	RI 0.34%

PER 151.67 G SERVE

CARBOHYDRATE	19.27g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Fresh Fruit Salad

ENERGY	FAT	SATURATES	SUGARS
176.05 kJ 41.45 kcal	0.24 g	0.06 g	9.88 g
RI 2.10%	RI 0.34%	RI 0.32%	RI 10.98%

PER 85.00 G SERVE

CARBOHYDRATE	11.62g per 100g

Strawberry Mousse

ENERGY	FAT	SATURATES	SUGARS	SALT
32.76 kJ 7.84 kcal	0.21 g	0.17 g	0.77 g	0.02 g
RI 0.39%	RI 0.30%	RI 0.84%	RI 0.86%	RI 0.37%

PER 49.00 G SERVE

CARBOHYDRATE	2.24g per 100g

Wednesday

Oven Baked Sausages

ENERGY	FAT	SATURATES	SUGARS	SALT
810.92 kJ 194.56 kcal	13.68 g	4.41 g	1.90 g	1.37 g
RI 9.65%	RI 19.54%	RI 22.04%	RI 2.11%	RI 22.80%

PER 76.00 G SERVE

CARBOHYDRATE	13.00g per 100g

Creamy Cauliflower Cheese

ENERGY	FAT	SATURATES	SUGARS	SALT
1,186.90 kJ 285.56 kcal	17.81 g	9.06 g	8.05 g	0.68 g
RI 14.13%	RI 25.44%	RI 45.32%	RI 8.95%	RI 11.25%

PER 245.00 G SERVE

CARBOHYDRATE	6.94g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Crispy Roast Potatoes

ENERGY	FAT	SATURATES	SUGARS	SALT
725.60 kJ 174.90 kcal	10.50 g	0.76 g	0.50 g	0.25 g
RI 8.64%	RI 15.00%	RI 3.80%	RI 0.56%	RI 4.17%

PER 110.00 G SERVE

CARBOHYDRATE	16.27g per 100g

Yorkshire Pudding

ENERGY	FAT	SATURATES	SUGARS	SALT
287.84 kJ 68.60 kcal	2.63 g	0.20 g	0.81 g	0.15 g
RI 3.43%	RI 3.76%	RI 0.98%	RI 0.90%	RI 2.57%

PER 28.00 G SERVE

CARBOHYDRATE	31.80g per 100g

Gravy

ENERGY	FAT	SATURATES	SUGARS	SALT
53.70 kJ 12.79 kcal	0.09 g	0.02 g	0.30 g	0.38 g
RI 0.64%	RI 0.13%	RI 0.08%	RI 0.33%	RI 6.31%

PER 41.25 G SERVE

CARBOHYDRATE	6.82g per 100g

Frozen Fruit Smoothie

ENERGY	FAT	SATURATES	SUGARS	SALT
272.00 kJ 64.00 kcal	0.32 g	0.24 g	14.40 g	0.01 g
RI 3.24%	RI 0.46%	RI 1.20%	RI 16.00%	RI 0.13%

PER 80.00 G SERVE

CARBOHYDRATE	19.00g per 100g

Thursday

Chicken Pasta Bake

ENERGY	FAT	SATURATES	SUGARS	SALT
1,459.76 kJ 344.20 kcal	1.36 g	0.34 g	24.46 g	0.85 g
RI 17.38%	RI 1.94%	RI 1.70%	RI 27.18%	RI 14.20%

PER 160.00 G SERVE

CARBOHYDRATE	38.69g per 100g

Mild Vegetable Curry

ENERGY	FAT	SATURATES	SUGARS	SALT
307.88 kJ 74.11 kcal	4.25 g	1.39 g	2.70 g	0.19 g
RI 3.67%	RI 6.07%	RI 6.96%	RI 3.00%	RI 3.22%

PER 126.00 G SERVE

CARBOHYDRATE	5.81g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Rice

ENERGY	FAT	SATURATES	SUGARS	SALT
589.20 kJ 140.80 kcal	0.76 g	0.12 g	0.24 g	0.10 g
RI 7.01%	RI 1.09%	RI 0.60%	RI 0.27%	RI 1.67%

PER 40.00 G SERVE

CARBOHYDRATE	73.90g per 100g

Jammy Victoria Sponge

ENERGY	FAT	SATURATES	SUGARS	SALT
971.81 kJ 231.00 kcal	10.81 g	3.89 g	21.31 g	0.63 g
RI 11.57%	RI 15.44%	RI 19.47%	RI 23.68%	RI 10.52%

PER 64.35 G SERVE

CARBOHYDRATE	47.20g per 100g

Friday

Golden Fish Fingers

ENERGY	FAT	SATURATES	SUGARS	SALT
487.20 kJ 116.48 kcal	5.10 g	0.39 g	0.50 g	0.49 g
RI 5.80%	RI 7.28%	RI 1.96%	RI 0.56%	RI 8.21%

PER 56.00 G SERVE

CARBOHYDRATE	19.00g per 100g

Quorn Vegan Southern Style Burger

ENERGY	FAT	SATURATES	SUGARS	SALT
1,023.70 kJ 243.00 kcal	6.06 g	0.64 g	2.58 g	0.99 g
RI 12.19%	RI 8.66%	RI 3.20%	RI 2.87%	RI 16.43%

PER 110.00 G SERVE

CARBOHYDRATE	29.82g per 100g

Rich & Tasty Tomato Pasta

ENERGY	FAT	SATURATES	SUGARS	SALT
834.76 kJ 197.35 kcal	1.64 g	0.32 g	3.75 g	0.45 g
RI 9.94%	RI 2.34%	RI 1.60%	RI 4.16%	RI 7.53%

PER 90.00 G SERVE

CARBOHYDRATE	41.64g per 100g

Chunky Chips

ENERGY	FAT	SATURATES	SUGARS	SALT
515.00 kJ 123.00 kcal	3.00 g	0.40 g	0.40 g	0.25 g
RI 6.13%	RI 4.29%	RI 2.00%	RI 0.44%	RI 4.17%

PER 100.00 G SERVE

CARBOHYDRATE	21.00g per 100g

Baked Beans

ENERGY	FAT	SATURATES	SUGARS	SALT
181.00 kJ 43.00 kcal	0.22 g	0.05 g	2.77 g	0.38 g
RI 2.15%	RI 0.31%	RI 0.23%	RI 3.07%	RI 6.27%

PER 50.00 G SERVE

CARBOHYDRATE	14.47g per 100g

Peas

ENERGY	FAT	SATURATES	SUGARS	SALT
157.00 kJ 37.50 kcal	0.45 g	0.10 g	1.25 g	0.00 g
RI 1.87%	RI 0.64%	RI 0.50%	RI 1.39%	RI 0.00%

PER 50.00 G SERVE

CARBOHYDRATE	8.60g per 100g

Vanilla & Chocolate Crunch

ENERGY	FAT	SATURATES	SUGARS	SALT
1,281.26 kJ 307.09 kcal	13.15 g	4.83 g	17.62 g	0.42 g
RI 15.25%	RI 18.79%	RI 24.14%	RI 19.58%	RI 6.92%

PER 74.96 G SERVE

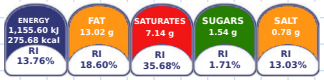
CARBOHYDRATE	56.90g per 100g

eats. Autumn/Winter 2026/27 Menu

PACKED LUNCH VEGETABLES JACKET POTATOS

The traffic light values reflect per portion and the carbohydrate value reflects per 100g.

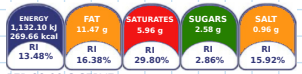
Cheese Wrap



PER 81.00 G SERVE

CARBOHYDRATE	34.80g per 100g

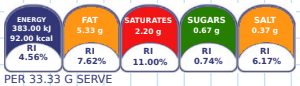
Cheese Roll



PER 88.00 G SERVE

CARBOHYDRATE	33.69g per 100g

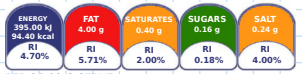
Veg Sausage Roll



PER 33.33 G SERVE

CARBOHYDRATE	24.10g per 100g

Nachos



PER 20.00 G SERVE

CARBOHYDRATE	64.00g per 100g

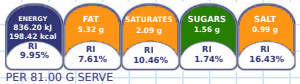
Carrot Sticks



PER 60.00 G SERVE

CARBOHYDRATE	6.00g per 100g

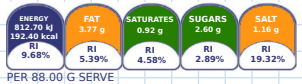
Ham Wrap



PER 81.00 G SERVE

CARBOHYDRATE	34.67g per 100g

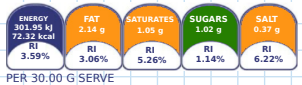
Ham Roll



PER 88.00 G SERVE

CARBOHYDRATE	33.57g per 100g

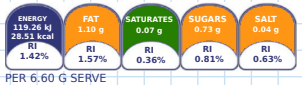
Pizza Finger



PER 30.00 G SERVE

CARBOHYDRATE	33.92g per 100g

Popcorn



PER 6.60 G SERVE

CARBOHYDRATE	60.90g per 100g

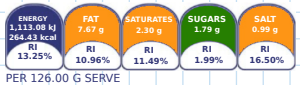
Cucumber Sticks



PER 60.00 G SERVE

CARBOHYDRATE	1.20g per 100g

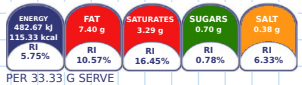
Tuna Wrap



PER 126.00 G SERVE

CARBOHYDRATE	22.69g per 100g

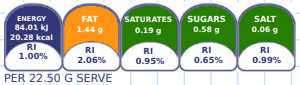
Sausage Roll



PER 33.33 G SERVE

CARBOHYDRATE	29.65g per 100g

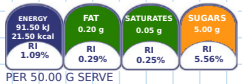
Salad Bar



PER 22.50 G SERVE

CARBOHYDRATE	6.62g per 100g

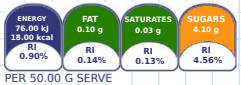
Apple Wedge



PER 50.00 G SERVE

CARBOHYDRATE	10.00g per 100g

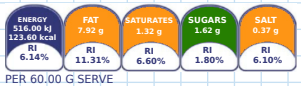
Satsuma



PER 50.00 G SERVE

CARBOHYDRATE	8.20g per 100g

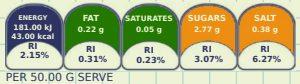
Chicken Bites



PER 60.00 G SERVE

CARBOHYDRATE	7.70g per 100g

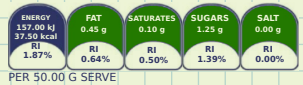
Baked Beans



PER 50.00 G SERVE

CARBOHYDRATE	14.47g per 100g

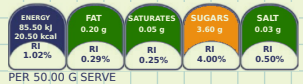
Peas



PER 50.00 G SERVE

CARBOHYDRATE	8.60g per 100g

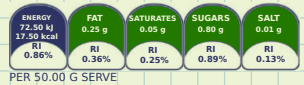
Carrots



PER 50.00 G SERVE

CARBOHYDRATE	7.70g per 100g

Broccoli



PER 50.00 G SERVE

CARBOHYDRATE	2.80g per 100g

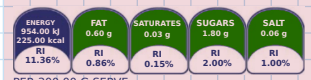
Sweetcorn



PER 50.00 G SERVE

CARBOHYDRATE	15.60g per 100g

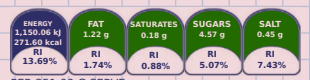
Plain Jkt Potato



PER 300.00 G SERVE

CARBOHYDRATE	17.20g per 100g

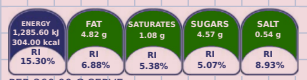
Jkt Potato with Cheese



PER 351.00 G SERVE

CARBOHYDRATE	16.76g per 100g

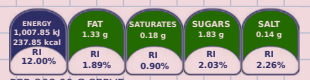
Jkt Potato with Beans



PER 360.00 G SERVE

CARBOHYDRATE	16.34g per 100g

Jkt Potato with Tuna Mayo



PER 308.00 G SERVE

CARBOHYDRATE	16.78g per 100g