

Chartwells Primary Menu Nutrient Counts – Spring/Summer 2022

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Recipe Code	Meat Mains	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
BEEF							
93102798	BEEF BOLOGNESE	111	83	348	3	10	5
		100	75	314	3	9	5
93123661	BEEF BURGER	107	306	1282	15	19	23
		100	286	1198	14	18	22
93126433	ROAST BEEF	54	55	232	2	10	0
		100	102	429	3	18	0
93140484	MILD BEEF CHILLI CON CARNE	280	330	1,383	7	14	57
		100	118	495	2	5	20
CHICKEN/TURKEY							
93157665	MEXICAN SPICED CHICKEN	88	96	404	4	11	5
		100	109	456	4	13	5
93126432	ROAST TURKEY	31	37	155	0	8	0
		100	121	506	1	27	1
PORK							
93182054	PORK SAUSAGE	83	210	881	10	20	10
		100	255	1067	12	24	13
93163959	ROAST GAMMON	43	87	364	5	10	0
		100	204	853	12	23	0
FISH							
93122943	FISH FILLET	60	60	250	0	14	0
		100	100	418	1	24	0
93036883	FISH FINGERS	58	112	467	5	6	10
		100	192	804	8	11	18
93203163	TUNA AND BROCCOLI RAGU	212	136	571	9	9	7
		100	64	269	4	4	3

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Recipe Code	Vegetarian Mains	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93175011	BBQ BEANS	164	115	481	3	5	16
		100	70	294	2	3	10
93181134	ALLEGRA BROCCOLI CAULIFLOWER CHEESE PIE	240	355	1487	22	15	25
		100	148	620	9	6	10
93175250	CREAMY VEGETABLE PIE WITH A CHEESY PASTRY TOPPER	200	397	1659	25	14	31
		100	198	828	12	7	16
93036834	CHEESE AND TOMATO PIZZA	56	141	588	4	6	20
		100	250	1046	8	11	36
93163647	CHEESE AND TOMATO QUICHE	83	164	684	10	6	13
		100	197	824	12	7	16
93170541	OMELETTE	100	140	586	11	9	2
		100	140	586	11	9	2
93143005	CHEESE AND TOMATO PASTA	188	161	673	5	8	23
		100	85	357	2	4	12
93140224	CREAMY VEGETABLE PASTA	306	354	1480	11	19	49
		100	116	483	4	6	16
93037069	MAC N CHEESE	224	234	979	10	11	25
		100	105	438	5	5	11
93109692	MILD CHICKPEA AND POTATO CURRY	166	104	435	3	5	16
		100	63	262	2	3	10
93170541	OMELETTE	100	140	586	11	9	2
		100	140	586	11	9	2
93162778	QUORN BURGER	100	173	724	2	12	25
		100	173	724	2	12	25
93037125	QUORN SAUSAGES	86	107	446	3	10	7
		100	124	519	4	12	9
93161349	QUORN DIPPERS	70	128	536	7	7	8
		100	183	766	9	10	12
93042807	VEGGIE HOTDOG	110	235	983	9	12	25
		100	214	893	8	11	23
93180871 93035268	VEGGIE MINCE	164	90	378	3	7	9
		100	55	231	2	4	6
93204806	VEGGIE LASAGNE	163	215	900	9	10	24
		100	132	554	6	6	15

Code	Jacket Potatoes	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93034839	JACKET POTATO WITH BAKED BEANS	224	189	790	0	7	39
		100	84	353	0	3	18
93041021	JACKET POTATO WITH CHEESE	171	261	1,093	11	11	32
		100	153	641	6	7	19
93040562	JACKET POTATO WITH TUNA MAYONNAISE	189	195	816	3	11	33
		100	103	433	2	6	18

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Recipe Code	Vegetables and Salad	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93036011	BAKED BEANS	70	44	185	0	3	6
		100	63	264	0	4	9
93166469	BABY CARROTS	52	18	76	0	0	4
		100	35	146	0	0	7
93146567	CARROTS	38	11	47	0	0	2
		100	29	121	0	0	6
93126572	CHERRY TOMATOES	40	9	37	0	0	1
		100	22	92	1	1	4
93165533	COUNTRY VEGETABLES	60	23	95	0	2	3
		100	38	159	1	3	6
93146563	CUCUMBER	51	7	30	0	1	1
		100	14	59	1	1	1
93110557	MIXED SALAD	48	8	34	0	0	1
		100	17	72	1	1	2
93035013	PEAS	56	39	164	0	3	6
		100	70	293	1	5	11
93146566	PEPPERS	54	10	41	0	1	1
		100	18	75	0	1	3
93035221	SWEETCORN	56	34	140	1	2	5
		100	60	251	2	3	8

Code	Carbohydrate Sides	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93040525	CHIPPED POTATOES (OVEN BAKED)	75	210	879	12	2	25
		100	280	1172	16	3	34
93037002	HOMEMADE BREAD BEST OF BOTH	69	142	593	1	5	31
		100	206	862	1	7	45
93108780	PASTA WHOLEMEAL	100	160	668	2	7	32
		100	159	665	2	7	32
93035026	RICE 1/2 WHOLEGRAIN	92	127	533	1	3	29
		100	139	583	1	3	32
93035127	ROAST POTATOES	75	121	505	4	2	20
		100	161	674	6	3	26
93120547	SAUTE POTATOES	75	73	304	0	2	17
		100	97	406	0	3	23

Code	Other Additional Items	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93034775	GRAVY	45	10	43	0	0	2
		100	23	95	0	0	5

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Recipe Code	Pack Lunch Mains	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
BAGUETTES, ROLLS, SANDWHICHES AND WRAPS							
93176033	BBQ CHICKEN AND SALAD WRAP	135	312	1304	11	17	37
		100	231	967	8	13	27
93145777	CHEESE AND TOMATO WRAP	95	247	1035	10	9	30
		100	261	1092	10	9	32
93175999	CHEESE ROLL	89	270	1131	13	12	26
		100	304	1271	15	14	29
93121871	CHEESE SANDWICH	113	338	1413	14	16	34
		100	299	1250	13	14	30
93175997	CHEESE WRAP	111	354	1482	19	12	36
		100	319	1335	17	11	32
93158316	CHICKEN AND SWEETCORN WRAP	151	355	1485	16	17	37
		100	236	986	10	12	25
93114854	CHICKEN MAYO BAGUETTE	149	349	1460	13	19	37
		100	234	980	9	12	25
93114858	CREAM CHEESE AND CUCUMBER SANDWICH	95	204	853	4	10	33
		100	215	900	4	10	34
93132066	EGG MAYO AND CRESS SANDWICH	143	311	1300	14	13	30
		100	217	909	10	9	21
93115190	EGG MAYO BAGUETTE	130	296	1239	10	12	36
		100	229	957	8	10	28
93140794	EGG MAYO SANDWICH	58	143	599	1	6	25
		100	246	1029	3	11	42
93175927	HAM, LETTUCE AND TOMATO ROLL	161	245	1025	8	14	28
		100	152	637	5	9	17
93116134	HAM SANDWICH	135	279	1167	7	17	34
		100	207	864	5	13	26
93175255	HUMMUS AND VEGETABLE WRAP	89	244	1022	9	6	33
		100	273	1144	11	7	37
93168577	TUNA AND SWEETCORN BAGUETTE	129	268	1121	6	16	37
		100	207	868	5	12	28
93150427	TUNA AND SWEETCORN ROLL	110	226	947	6	14	26
		100	206	861	5	12	24
93140793	TUNA MAYO SANDWICH	98	216	903	5	11	26
		100	220	920	6	11	27
93178926	VEGGIE BALLS, SALSA, LETTUCE WRAP	127	304	1272	9	15	39
		100	239	1001	7	12	30
RICE AND PASTA SALADS							
93202137	FALAFEL & RICE SALAD	194	241	1007	7	7	35
		100	124	519	4	4	18
93150394	ONION BHAJI'S & RICE SALAD	175	265	1108	11	8	33
		100	151	633	6	4	19
GLUTEN FREE PASTA SALADS							
93156412	GF PASTA SALAD	222	253	1058	4	11	46
		100	114	476	2	5	21
93168076	GF TUNA SWEETCORN PASTA SALAD	272	390	1630	8	22	62
		100	143	599	3	8	23

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GLUTEN FREE BAGUETTES, ROLLS, SANDWICHES AND WRAPS							
93202138	GF CHEESE AND TOMATO WRAP	114	239	1001	7	8	37
		100	210	880	6	7	32
93156385	GF CHEESE SANDWICH	105	258	1081	10	12	27
		100	246	1030	9	11	26
93140809	GF CHICKEN AND BBQ WRAP	80	177	740	2	3	38
		100	221	925	2	4	48
93150428	GF CREAM CHEESE AND CUCUMBER SANDWICH	189	372	1557	11	10	53
		100	197	824	6	6	28
93156387	GF EGG SANDWICH	130	249	1041	8	10	29
		100	191	801	6	8	23
93157076	GF HAM AND SALAD SANDWICH	60	49	204	2	7	1
		100	81	339	3	12	1
93157489	GF SALMON AND CUCUMBER ROLL	175	269	1125	13	8	28
		100	154	644	7	5	16
93168076	GF TUNA SWEETCORN PASTA SALAD	272	390	1630	8	22	62
		100	143	599	3	8	23
93178927	GF VEGGIE BALLS, SALSA, LETTUCE WRAP	147	296	1238	7	14	45
		100	201	842	5	9	31

Code	Desserts	Portion Size	Calories (Kcal)	Energy (KJ)	Total Fat (g)	Protein (g)	Carbohydrate (g)
93041624	APPLE	139	71	297	1	1	16
		100	51	213	1	1	12
93164814	APPLE AND MANGO SPONGE	40	111	466	5	1	16
		100	278	1166	12	3	40
93164817	BANANA AND APPLE MUFFIN	60	178	743	9	2	24
		100	296	1238	15	3	39
93165027	BANANA MARBLE SPONGE	45	161	67	8	2	20
		100	357	1494	18	4	44
93178610	BLUEBERRY COOKIE	30	124	521	5	1	17
		100	414	1737	18	5	58
VMC 129317	CHOCOLATE DIPPED SHORTBREAD	30	160	668	9	2	18
		100	533	2228	30	6	59
VMC 184889	CHOCOLATE MANDARIN CAKE	50	149	622	8	2	19
		100	298	1244	16	4	37
93034685	CUSTARD	94	81	340	1	2	16
		100	86	360	1	2	17
93165030	GINGERBREAD COOKIE	40	180	756	7	2	26
		100	450	1890	18	6	65
93165026	ICED CARROT CAKE	50	178	744	8	2	23
		100	355	1448	17	5	46
93174058	JAM SPONGE	50	165	690	8	2	21
		100	329	1380	16	4	42
VMC 184892	LEMON MUFFIN	55	211	882	11	3	26
		100	383	1603	19	5	46
93140798	ORANGE	66	24	100	0	1	5
		100	36	151	0	1	8

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93158312	PEAR	102	45	188	0	0	12
		100	44	184	0	0	11
93163696	RASPBERRY SLICE	50	138	576	7	2	17
		100	275	1152	14	4	35
93040617	SEASONAL FRUIT	86	43	178	0	1	10
		100	49	207	0	1	12
93203162	STICKY PINEAPPLE SPONGE	50	142	594	6	2	20
		100	284	1188	12	4	40
93035307	YOGHURT	120	94	392	1	5	16
		100	78	326	1	4	14
93158257	YOGHURT FRUBE	40	41	171	1	2	5
		100	102	427	3	5	13
93136477	YOGHURT POT/TUB	74	59	248	1	3	8
		100	80	335	2	5	11

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