

## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
BXD BS Cheesy Roast Potatoes	489.9	24	2055.4	24	20.7	30	10.6	53	60.5	23	2.1	2	18.9	38	6.0	25	0.9	15
VLG XMS Pigs in Blankets (Bowl of 10)	1283.3	64	5368.6	64	116.5	166	45.0	225	13.6	5	0.0	0	44.5	89	0.7	3	9.7	161
XMS BS Cauliflower Cheese Side Order	135.8	7	569.1	7	5.6	8	3.5	18	15.1	6	2.4	3	4.8	10	3.0	13	1.2	20
XMS BSD Caramel Clotted Cream Cheesecake	1325.5	66	5483.0	65	118.1	169	66.4	332	58.1	22	37.1	41	6.7	13	1.4	6	0.8	13
XMS BSD Caramel Clotted Cream Cheesecake - Children's	1325.5	66	5483.0	65	118.1	169	66.4	332	58.1	22	37.1	41	6.7	13	1.4	6	0.8	13
XMS BSD Cheese and Biscuits	905.2	45	3769.4	45	62.1	89	39.0	195	53.0	20	26.6	30	32.6	65	3.1	13	3.2	53
XMS BSD Cheese and Biscuits Child	948.4	47	3951.2	47	63.6	91	39.6	198	59.5	23	26.8	30	33.4	67	3.5	15	3.3	55
XMS BSD Christmas Ice Cream - Under 5's	211.9	11	891.8	11	6.6	9	3.7	18	35.0	13	29.3	33	2.7	5	0.8	3	0.1	2
XMS BSD Christmas Pudding	606.0	30	1497.6	18	15.5	22	7.1	35	60.8	23	52.1	58	4.6	9	1.8	8	0.3	5
XMS BSD Christmas Pudding Child	599.1	30	1474.7	18	15.4	22	7.1	35	59.6	23	51.0	57	4.6	9	1.8	8	0.3	5
XMS BSD Croxton Manor Bake	907.8	45	3768.7	45	66.9	96	37.3	187	50.5	19	44.7	50	25.1	50	3.5	15	6.1	102
XMS BSD Croxton Manor Bake - Children's	907.8	45	3768.7	45	66.9	96	37.3	187	50.5	19	44.7	50	25.1	50	3.5	15	6.1	102
XMS BSD Duck with Gravy Child	357.0	18	1499.8	18	19.6	28	5.7	28	51.8	20	16.7	19	15.5	31	7.3	30	2.2	36
XMS BSD Duck with Posh Port Gravy	713.8	36	2998.6	36	37.2	53	10.5	52	103.5	40	36.5	41	31.0	62	15.9	66	3.3	55
XMS BSD Fiery Golden Ginger Tart au Chocolate	1189.4	59	4939.9	59	94.8	135	58.8	294	75.8	29	50.5	56	6.6	13	3.8	16	0.4	7
XMS BSD Fiery Golden Ginger Tart au Chocolate - Children's	1189.4	59	4939.9	59	94.8	135	58.8	294	75.8	29	50.5	56	6.6	13	3.8	16	0.4	7
XMS BSD Hot Smoked Mackerel	398.2	20	1650.1	20	33.7	48	6.0	30	8.0	3	6.4	7	16.5	33	1.8	8	2.9	49
XMS BSD Hot Smoked Mackerel - Children's	398.2	20	1650.1	20	33.7	48	6.0	30	8.0	3	6.4	7	16.5	33	1.8	8	2.9	49
XMS BSD Nut Roast and Melting Brie Pot with Orange and Cranberry Glaze Child	529.7	26	2218.0	26	25.9	37	8.6	43	59.7	23	22.8	25	14.4	29	9.4	39	2.5	41
XMS BSD Nut Roast and Melting Brie Pot with Orange and Cranberry Glaze Under 5	488.2	24	2044.1	24	23.9	34	7.8	39	54.6	21	21.3	24	13.4	27	8.8	37	2.2	36
XMS BSD Nut Roast and Melting Brie Pud with Orange and Cranberry Glaze	873.6	44	3662.2	44	38.1	54	12.5	63	109.5	42	37.3	41	23.6	47	19.4	81	3.4	57
XMS BSD Onion & Ruby Port Soup	549.1	27	2303.5	27	20.6	29	11.3	57	69.2	27	18.7	21	14.5	29	9.9	41	5.9	99
XMS BSD Onion & Ruby Port Soup - Children's	549.1	27	2303.5	27	20.6	29	11.3	57	69.2	27	18.7	21	14.5	29	9.9	41	5.9	99
XMS BSD Pork, Brandy & Wild Mushroom Pate	451.5	23	1886.6	22	24.5	35	10.5	52	36.3	14	11.4	13	18.8	38	5.6	23	2.4	40
XMS BSD Pork, Brandy & Wild Mushroom Pate - Children's	451.5	23	1886.6	22	24.5	35	10.5	52	36.3	14	11.4	13	18.8	38	5.6	23	2.4	40
XMS BSD Ribeye Steak Child	2598.6	130	2894.9	34	65.0	93	24.2	121	71.0	27	20.9	23	66.6	133	15.0	63	5.7	95
XMS BSD Ribeye Steak with Merlot and Beef Dripping Sauce	2934.9	147	3760.6	45	76.3	109	27.1	136	93.8	36	32.9	37	77.7	155	21.2	88	6.8	114

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
XMS BSD Roast Turkey Dinner	959.0	48	4034.7	48	35.0	50	12.8	64	97.3	37	32.4	36	67.5	135	18.1	75	4.8	80
XMS BSD Roast Turkey Dinner Child	566.4	28	2383.2	28	22.8	33	8.7	44	55.8	21	18.7	21	36.5	73	8.1	34	3.8	64
XMS BSD Roast Turkey Dinner Under 5's	596.9	30	2511.5	30	24.0	34	9.2	46	58.8	23	19.7	22	38.5	77	8.5	36	4.0	67
XMS BSD Seabass Papillote	851.0	43	3561.9	42	38.1	54	16.7	84	75.4	29	27.1	30	48.8	98	19.7	82	3.4	57
XMS BSD Seabass Papillote - Children's	851.0	43	3561.9	42	38.1	54	16.7	84	75.4	29	27.1	30	48.8	98	19.7	82	3.4	57
XMS BSD Stollen Bite	47.9	2	200.5	2	2.2	3	1.0	5	6.2	2	4.1	5	0.6	1	0.3	1	0.0	0
XMS BSD Stollen Bite - Children's	47.9	2	200.5	2	2.2	3	1.0	5	6.2	2	4.1	5	0.6	1	0.3	1	0.0	0
XMS BSD Tarte Au Pomme	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
XMS BSD Tarte Au Pomme - Children's	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
XMS BSD Vegan Candied Nut Roast	860.5	43	3615.3	43	34.9	50	5.7	28	115.3	44	45.9	51	68.1	136	23.7	99	3.5	58
XMS BSD Vegan Praline Chocolate Tart	559.8	28	2338.3	28	32.5	46	17.8	89	55.3	21	26.5	29	6.5	13	4.8	20	0.1	2
XMS BSF Celeriac, Apple and Mulled Cider Soup	347.6	17	1247.3	15	10.7	15	5.0	25	42.1	16	4.3	5	7.7	15	5.5	23	3.1	52
XMS BSF Cheese and Biscuits	922.0	46	3841.2	46	61.8	88	38.5	192	57.9	22	26.1	29	32.4	65	3.4	14	3.2	54
XMS BSF Christmas Ice Cream - Under 5's	211.9	11	891.8	11	6.6	9	3.7	18	35.0	13	29.3	33	2.7	5	0.8	3	0.1	2
XMS BSF Christmas Pudding	599.1	30	1474.7	18	15.4	22	7.1	35	59.6	23	51.0	57	4.6	9	1.8	8	0.3	5
XMS BSF Cranberry Bread & Butter pudding	703.5	35	2955.9	35	30.3	43	7.7	39	94.2	36	62.1	69	13.8	28	1.7	7	1.0	17
XMS BSF Duck with Saffron and Mandarin Sauce	766.1	38	3221.5	38	38.8	55	10.2	51	114.7	44	45.5	51	30.4	61	14.8	62	2.7	45
XMS BSF Maple Glazed Shallot Tarte Tatin	1332.9	67	5564.6	66	79.7	114	39.6	198	135.5	52	86.2	96	13.3	27	10.8	45	6.0	101
XMS BSF Orange Chocolate Fondant	750.7	38	3136.3	37	47.2	67	18.6	93	62.5	24	45.6	51	12.6	25	3.9	16	0.5	8
XMS BSF Parsnip and Brie Gratin	1436.5	72	4654.8	55	63.5	91	34.8	174	118.0	45	36.9	41	30.8	62	22.9	95	5.9	98
XMS BSF Parsnip and Brie Gratin - Under 5's	1151.8	58	3458.3	41	54.6	78	31.3	157	74.8	29	23.2	26	22.6	45	13.8	57	5.1	86
XMS BSF Prawn Cocktail	370.5	19	1548.5	18	19.1	27	4.6	23	29.6	11	7.1	8	19.8	40	4.8	20	2.4	39
XMS BSF Prosecco & Passionfruit Meringue Pie	545.9	27	2291.4	27	21.0	30	10.7	54	81.3	31	61.3	68	6.8	14	1.0	4	0.5	8
XMS BSF Roast Turkey Dinner	843.4	42	3551.2	42	28.1	40	11.1	55	86.6	33	28.1	31	61.7	123	14.2	59	4.2	70
XMS BSF Roast Turkey Dinner Under 5's	560.7	28	2360.6	28	21.5	31	8.6	43	55.6	21	18.4	20	37.0	74	7.1	29	3.8	64
XMS BSF Salmon and Beetroot Wellington	1121.4	56	4684.4	56	54.6	78	25.3	127	115.6	44	28.4	32	41.1	82	18.2	76	3.9	65
XMS BSF Three Game Birds' and Redcurrant Pate	392.7	20	1643.5	20	18.4	26	7.9	40	32.2	12	7.6	8	22.1	44	4.4	18	2.4	40
XMS BSF Vegan Candied Nut Roast	790.1	40	3320.4	40	31.1	44	5.2	26	106.9	41	42.1	47	66.9	134	19.6	82	3.4	57
XMS BSF Vegan Garlic Bread Bruschetta	132.6	7	556.1	7	5.3	8	0.9	5	16.9	7	4.4	5	3.8	8	3.5	15	1.3	21
XMS BSF Vegan Praline Chocolate Tart	559.8	28	2338.3	28	32.5	46	17.8	89	55.3	21	26.5	29	6.5	13	4.8	20	0.1	2