

## 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	%
Bacon - Extra	107.5	5	445.5	5	8.3	12	3.1	16	0.0	0	0.0	0	8.3	17	0.0	0	1.9	32
Baked Beans - Kids Extra	74.4	4	310.6	4	0.3	0	0.1	0	13.6	5	3.6	4	4.9	10	3.6	15	0.6	10
Beef Burger Bar - Children's LN16	1041.2	52	4355.7	52	49.8	71	25.4	127	299.5	115	7.9	9	43.3	87	12.3	51	3.0	50
Carrots - Kids Extra	34.2	2	142.8	2	0.3	0	0.1	0	7.7	3	7.2	8	0.6	1	3.1	13	1.4	24
Cheese and Tomato Pizza - LN16	784.2	39	3285.2	39	26.8	38	9.8	49	110.5	43	10.0	11	20.6	41	13.7	57	1.1	19
Cheesy Tomato Pasta Melt - Children's	776.0	39	3254.6	39	28.4	41	10.8	54	107.2	41	11.8	13	17.3	35	12.7	53	1.9	31
Chicken Burger Bar - Children's 2016	832.9	42	3686.0	44	24.2	35	8.2	41	298.8	115	9.5	11	59.7	119	13.9	58	1.8	31
Chicken Burger Bar - Children's LN16	974.3	49	4083.2	49	39.8	57	18.9	94	299.4	115	8.6	10	48.7	97	12.2	51	2.5	42
Chicken Dinner - Children's 2016	704.3	35	2955.0	35	23.0	33	7.8	39	86.3	33	7.4	8	32.3	65	11.0	46	1.7	29
Chicken Dippers - Children's 2016	668.7	33	2799.8	33	26.6	38	7.8	39	83.6	32	5.4	6	18.1	36	10.7	45	1.3	22
Chicken Tortilla Factory - Children's 2016	666.1	33	2790.3	33	27.5	39	10.2	51	64.9	25	9.2	10	36.4	73	5.3	22	2.5	41
Children's Potato Accompaniment - 2016	373.5	19	1562.0	19	16.4	23	6.5	33	47.0	18	2.3	3	5.9	12	6.8	28	0.1	2
Children's Vegetable Accompaniment - 2016	127.5	6	537.6	6	1.4	2	0.1	1	23.8	9	2.8	3	3.2	6	3.5	15	0.5	9
Chips - Kids Extra	373.5	19	1562.0	19	16.4	23	6.5	33	47.0	18	2.3	3	5.9	12	6.8	28	0.1	2
Chocolate Brownie (Childs)	352.3	18	1465.4	17	18.7	27	4.3	22	40.6	16	29.2	32	4.7	9	1.5	6	0.4	7
Corn on the Cob - Children's Starter	149.1	7	625.9	7	7.8	11	3.9	20	17.1	7	2.1	2	3.7	7	2.5	11	0.1	2
Donut Dipper (V) - Children's	315.7	16	1325.1	16	13.5	19	7.2	36	46.3	18	26.4	29	3.3	7	1.5	6	0.4	7
Fish and Chips - children's 2016	798.6	40	3367.5	40	30.2	43	7.7	39	109.6	42	5.0	6	26.0	52	12.5	52	2.2	37
Fish Fingers - Children's 2016	685.0	34	2869.9	34	25.7	37	7.3	36	87.6	34	6.0	7	20.0	40	11.2	47	1.4	23
Gammon Steak - Children's 2016	729.7	36	3052.2	36	33.0	47	12.4	62	70.6	27	5.0	6	32.8	66	10.2	42	4.7	78
Garlic Bread - Children's Starter	134.9	7	565.8	7	5.5	8	1.7	8	18.1	7	6.1	7	2.3	5	1.1	4	0.7	11
GGE M1 Salad Sticks Starter (V)	82.5	4	341.4	4	4.1	6	0.3	2	10.7	4	9.4	10	0.8	2	1.8	8	0.5	9
Ham - Pizza Topping, Childrens	119.7	6	502.7	6	5.0	7	1.7	9	1.2	0	0.2	0	17.0	34	0.0	0	1.6	26
Ice Cream Sundae (V) - Children's	212.8	11	894.8	11	8.1	12	4.1	20	31.3	12	27.2	30	3.6	7	0.5	2	0.2	4
Jelly - Children's 2016	5.8	0	21.9	0	0.0	0	0.0	0	1.2	0	1.2	1	0.0	0	0.0	0	0.2	3
Jelly and Ice Cream - Children's	92.1	5	384.3	5	4.0	6	2.0	10	12.2	5	12.2	14	1.6	3	0.1	0	0.3	5
Lemon Drizzle - Children's	360.3	18	1514.8	18	14.1	20	11.2	56	53.3	20	38.0	42	5.9	12	0.5	2	0.5	9
Mashed Potato - Kids Extra	314.7	16	1314.7	16	15.8	23	10.5	52	38.0	15	1.2	1	3.6	7	2.9	12	0.7	12
Milk - Children's 2016	151.9	8	641.3	8	5.1	7	3.4	17	15.2	6	15.2	17	11.5	23	0.0	0	0.3	6
Mini Potato Waffles (Ve) - Kids Extra	162.2	8	675.9	8	9.4	13	1.3	6	16.9	6	0.5	1	1.9	4	1.3	5	0.6	10
Mixed Peppers - Pizza Topping, Childrens	11.6	1	48.8	1	0.1	0	0.0	0	2.3	1	2.2	2	0.4	1	0.8	3	0.0	0

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Mushroom - Pizza Topping, Childrens	5.0	0	21.3	0	0.2	0	0.0	0	0.2	0	0.1	0	0.7	1	0.6	2	0.0	0
Nachos Starter (V) - Children's 2016	253.5	13	1057.3	13	14.9	21	6.3	32	19.9	8	1.6	2	8.6	17	1.4	6	1.0	17
New Potatoes - Kids Extra	247.7	12	1041.0	12	10.9	16	6.7	34	35.7	14	3.0	3	3.8	8	3.0	12	0.3	5
Orange Boats - Children's 2016	36.4	2	156.8	2	0.1	0	0.0	0	8.3	3	8.3	9	1.1	2	2.2	9	0.0	0
Peas - Kids Extra	67.7	3	283.4	3	0.3	0	0.1	0	8.8	3	3.0	3	5.1	10	4.5	19	1.2	20
Pineapple - Pizza Topping, Childrens	37.8	2	161.1	2	0.0	0	0.0	0	9.7	4	9.7	11	0.3	1	0.4	2	0.0	0
Pork Super Sausages - Children's LN16	756.4	38	3163.1	38	33.9	48	12.7	64	82.9	32	7.8	9	20.7	41	12.0	50	2.2	37
Quorn Sausages - Children's	568.0	28	2382.5	28	20.8	30	7.4	37	69.8	27	7.1	8	19.6	39	11.4	47	1.7	28
Red Onion - Pizza Topping, Childrens	18.3	1	76.4	1	0.1	0	0.0	0	4.0	2	2.9	3	0.6	1	1.0	4	0.0	0
Salad Sticks - Kids Extra	18.2	1	75.4	1	0.3	0	0.1	0	3.5	1	3.3	4	0.6	1	1.9	8	0.1	1
Spongebob Chocolate Tub	99.6	5	417.0	5	3.8	5	2.2	11	12.4	5	9.1	10	3.7	7	0.3	1	0.2	3
Spongebob Strawberry Tub	88.2	4	370.2	4	3.1	4	1.6	8	11.9	5	11.9	13	3.2	6	0.1	1	0.1	2
Spongebob Vanilla Tub	88.2	4	372.0	4	3.1	4	1.6	8	11.8	5	11.8	13	3.1	6	0.1	1	0.1	2
Sweetcorn - Pizza Topping, Childrens	100.8	5	425.0	5	1.1	2	0.1	0	18.8	7	2.2	2	2.5	5	2.8	12	0.4	7
Sweetcorn (V) - Kids Extra	102.0	5	430.1	5	1.1	2	0.1	0	19.0	7	2.2	2	2.6	5	2.8	12	0.4	7
Veg Pasta Shells - LN16	755.4	38	3165.2	38	25.7	37	9.7	49	105.2	40	11.8	13	18.7	37	13.9	58	1.5	26
Veggie Tortilla Factory - Children's 2016	589.3	29	2465.7	29	25.7	37	9.9	50	70.8	27	14.2	16	16.1	32	7.9	33	2.1	35
Yorkshire Pudding - Frozen	70.0	4	294.3	4	2.1	3	0.2	1	10.9	4	1.4	2	1.8	4	0.6	3	0.2	3