

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	%		
241 LN BBQ Sauce (V) - Add On	56.0	3	237.4	3	0.1	0	0.0	0	12.9	5	10.5	12	0.2	0	0.2	1	0.8	14
241 LN Crispy Bacon - Add On	70.2	4	293.0	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
241 LN Garlic Bread (V)	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
241 LN Grilled Field Mushroom - Add On	7.8	0	33.0	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
241 LN Stilton Cheese (V) - Add On	92.3	5	382.1	5	7.9	11	5.2	26	0.0	0	0.0	0	5.3	11	0.0	0	0.4	7
Adult Carvery - Milestone	1019.2	51	4283.4	51	31.3	45	12.5	62	133.9	51	25.1	28	51.9	104	20.9	87	5.3	89
Adult Carvery Large Plate - Milestone	1378.3	69	5795.2	69	41.0	59	15.8	79	184.3	71	31.2	35	70.8	142	27.0	112	7.1	119
Adult Carvery Veg Village/Milestone	471.2	24	1982.0	24	10.3	15	4.6	23	80.1	31	16.0	18	14.8	30	17.7	74	0.9	14
Adult Sunday Carvery - Milestone	1063.6	53	4470.0	53	32.1	46	12.7	63	139.1	54	27.9	31	54.9	110	20.7	86	5.3	88
Adult Sunday Carvery Large Plate - Milestone	1434.8	72	6032.3	72	42.0	60	16.1	80	190.9	73	34.7	39	74.5	149	26.7	111	7.1	118
Adult Vegetarian Carvery (V) - Milestone	1295.9	65	5433.1	65	54.2	77	18.7	93	168.8	65	29.8	33	34.6	69	23.8	99	5.7	96
Adult Vegetarian Carvery Large Plate - Milestone	1576.1	79	6614.3	79	59.8	85	20.4	102	219.2	84	35.9	40	42.8	86	29.9	124	7.1	118
Adult Vegetarian Sunday Carvery (V) - Milestone	1344.1	67	5635.5	67	55.4	79	19.1	95	174.0	67	32.6	36	37.5	75	23.6	98	5.7	95
Adult Vegetarian Sunday Carvery Large Plate - Milestone	1636.4	82	6867.0	82	61.3	88	20.9	104	225.7	87	39.4	44	46.5	93	29.6	123	7.1	118
Apple Pie (V).	460.1	23	1935.0	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
Baby Back BBQ Ribs - Whole Rack 16oz	1750.4	88	7335.0	87	83.8	120	27.3	136	174.0	67	91.0	101	74.0	148	16.0	67	5.2	87
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
BBQ Chicken - Light Bite	463.9	23	1927.0	23	17.5	25	5.7	28	46.4	18	11.5	13	26.2	52	5.1	21	1.3	21
Beef Burger 7oz - Add On	285.6	14	1190.0	14	16.0	23	6.8	34	2.4	1	0.2	0	32.8	66	0.2	1	1.5	25
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
Beef Madras - Large Naan	1233.7	62	5168.5	62	48.8	70	16.1	81	144.9	56	33.3	37	42.7	85	18.8	79	4.7	78
Beer Battered Fish and Chips	1265.6	63	5272.2	63	72.1	103	21.9	110	86.7	33	10.0	11	59.6	119	13.2	55	2.8	46
Beer Battered Fish and Chips - Light Bite	1079.6	54	4475.0	53	68.8	98	20.5	103	73.1	28	7.3	8	35.1	70	10.0	42	2.5	42
Beer Battered Onion Rings Side Order (V)	265.5	13	1107.4	13	16.5	24	3.1	16	25.3	10	2.5	3	3.0	6	2.0	8	1.2	20
Bread Cutting Guide	1580.1	79	6683.5	80	19.7	28	5.3	27	286.9	110	6.6	7	66.6	133	21.9	91	5.8	96
British Beef and Pedigree Ale Pie - Light Bite - Milestone	945.4	47	3930.8	47	48.3	69	19.2	96	96.0	37	6.0	7	25.7	51	10.1	42	2.0	34
British Beef and Pedigree Ale Pie - Milestone	1601.6	80	6693.5	80	80.1	114	33.6	168	165.3	64	12.6	14	47.2	94	15.9	66	3.9	66
Buttermilk Chicken Burger - Extra	520.8	26	2175.5	26	31.4	45	11.5	58	29.5	11	2.4	3	30.1	60	3.7	16	1.5	25
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
Carrots Fresh 85g	24.4	1	101.8	1	0.2	0	0.1	0	5.5	2	5.2	6	0.4	1	2.2	9	1.0	17

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Carvery Bap - Beef and Horseradish - MSC LN16	699.0	35	2922.7	35	35.1	50	9.7	49	65.2	25	10.1	11	30.8	62	5.4	23	2.5	42
Carvery Bap - Ham and English Mustard - MSC LN16	653.1	33	2738.3	33	30.6	44	9.1	46	66.4	26	10.3	11	27.3	55	4.6	19	6.0	100
Carvery Baps - Turkey and Stuffing - MSC LN16	610.2	31	2569.1	31	15.8	23	4.1	20	80.4	31	7.3	8	37.1	74	5.6	23	3.0	50
Cauliflower Cheese Batch Recipe	80.6	4	338.0	4	2.9	4	1.8	9	8.8	3	2.1	2	3.5	7	2.8	12	0.6	10
Chana Masala (V) - Side Order	274.0	14	1144.0	14	14.4	21	1.0	5	23.8	9	6.6	7	9.6	19	6.4	27	1.8	30
CHD Salad Sticks - Kids Extra - Childrens 2016	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
CHD Veggie Tortilla Factory - Childrens 2016	617.1	31	2581.6	31	27.3	39	10.2	51	73.7	28	14.3	16	16.4	33	8.1	34	2.2	37
Cheese and Bacon Jacket Potato	886.0	44	3691.3	44	57.5	82	27.2	136	57.5	22	10.9	12	37.6	75	8.4	35	4.5	75
Cheese and Baked Beans Jacket Potato (V)	890.9	45	3711.3	44	54.3	78	26.0	130	71.2	27	14.5	16	32.8	66	12.0	50	3.4	56
Cheese Sprinkle	228.5	11	948.6	11	18.7	27	11.8	59	1.5	1	0.1	0	13.6	27	0.0	0	1.0	17
Cheesy Garlic Bread (V)	549.1	27	2290.0	27	35.2	50	16.8	84	36.6	14	2.6	3	20.1	40	3.0	12	1.8	30
Cheesy Garlic Bread (V) - Starter	549.1	27	2290.0	27	35.2	50	16.8	84	36.6	14	2.6	3	20.1	40	3.0	12	1.8	30
Chicken and Bacon Salad	491.2	25	2053.4	24	24.2	35	4.3	22	8.7	3	7.7	9	61.2	122	2.9	12	3.3	55
Chicken and Gammon Pie - Milestone	1307.0	65	5456.8	65	69.7	100	30.3	152	127.2	49	15.9	18	38.7	77	14.1	59	3.3	55
Chicken Burger Bar - Childrens 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 Burger Bar (Buttermilk) - Childrens	1034.1	52	4328.6	52	46.1	66	22.5	112	305.9	118	10.3	11	45.8	92	14.8	62	3.1	51
Chicken Dippers - Children's	637.2	32	2663.1	32	26.2	37	7.9	39	76.1	29	6.7	7	21.0	42	11.3	47	1.5	25
Chicken Gravy - Side	36.8	2	156.0	2	1.6	2	0.4	2	4.3	2	0.9	1	1.6	3	0.0	0	0.7	12
Chicken Jalfrezi - Large Naan	1065.0	53	4494.5	54	25.7	37	5.7	29	171.4	66	27.6	31	48.0	96	14.4	60	4.2	71
Chicken Tikka Masala - Large Naan - Milestone	1088.6	54	4595.6	55	28.0	40	9.1	46	163.2	63	27.3	30	45.3	91	14.0	58	3.6	59
Chicken Tikka Samosas - Side Order	197.1	10	821.7	10	8.0	11	2.2	11	20.3	8	3.0	3	10.8	22	1.3	5	0.5	9
Chicken Tortilla Factory - Children's 2016	693.9	35	2906.2	35	29.1	42	10.4	52	67.8	26	9.3	10	36.7	73	5.5	23	2.6	43
Childrens Potato Accompaniment	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
Childrens Vegetable Accompaniment	84.0	4	350.6	4	0.3	0	0.1	1	15.3	6	4.0	4	5.5	11	4.0	17	0.7	11
Child's Carvery - Milestone	715.9	36	3008.5	36	21.6	31	8.1	41	95.7	37	20.8	23	35.8	72	15.0	62	3.8	64
Child's Sunday Carvery - Milestone	2037.2	102	8561.1	102	60.2	86	22.0	110	272.5	105	59.7	66	104.9	210	41.7	174	10.7	178
Child's Sunday Vegetarian Carvery - Milestone	2707.0	135	11338.2	135	123.0	176	39.8	199	328.3	126	64.7	72	74.5	149	44.1	184	11.6	193
Child's Vegetarian Carvery (V) - Milestone	1073.5	54	4497.0	54	48.8	70	16.0	80	130.6	50	25.6	28	29.0	58	17.9	75	4.7	78
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
Chips 140g	230.1	12	962.2	11	10.1	14	4.0	20	29.0	11	1.4	2	3.6	7	4.2	18	0.1	1

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Chips 140g - Extra	238.3	12	996.1	12	11.0	16	4.3	22	29.0	11	1.4	2	3.6	7	4.2	17	0.1	1
Chips 227g (V)	367.0	18	1535.5	18	15.7	22	6.3	32	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
Chocolate Eclair Cake	1031.2	52	4318.7	51	51.9	74	20.9	104	123.8	48	109.8	122	16.7	33	1.7	7	1.7	28
Chocolate Indulgence Sundae (V)	722.9	36	3014.8	36	47.2	67	28.9	144	65.0	25	58.7	65	8.7	17	1.8	8	0.4	7
Chocolate Orange Stack	753.5	38	3145.0	37	45.3	65	14.8	74	78.2	30	65.9	73	8.0	16	0.8	3	0.6	10
Corn on the Cob	81.1	4	341.9	4	3.3	5	1.4	7	11.3	4	1.4	2	2.4	5	1.7	7	0.0	1
Corn on the Cob (V)	81.1	4	341.9	4	3.3	5	1.4	7	11.3	4	1.4	2	2.4	5	1.7	7	0.0	1
Custard - Extra	89.0	4	378.0	5	1.8	3	1.1	6	15.4	6	11.0	12	2.9	6	0.0	0	0.1	2
Diane Sauce	75.8	4	318.8	4	6.3	9	3.8	19	3.5	1	1.7	2	1.2	2	0.2	1	0.6	10
DN15 Cheese and Caramelised Onion Chutney Ciabatta	557.1	28	2278.0	27	36.2	52	14.1	70	34.2	13	9.0	10	21.1	42	2.9	12	1.8	30
DN15 Cheese and Caramelised Onion Chutney Sandwich	770.8	39	3220.1	38	44.7	64	23.9	119	54.3	21	9.3	10	38.1	76	4.6	19	3.0	51
DN15 Rump Steak and Red Onion Ciabatta	530.0	27	2132.6	25	14.3	20	5.2	26	60.1	23	6.4	7	34.3	69	3.9	16	1.3	21
DN15 Rump Steak and Red Onion Sandwich	550.2	28	2306.9	27	21.6	31	7.0	35	52.5	20	6.3	7	37.3	75	5.9	25	1.2	20
DN15 Tuna Melt Ciabatta	712.1	36	2893.8	34	29.9	43	12.9	64	57.7	22	2.8	3	47.0	94	2.6	11	3.4	56
DN15 Tuna Melt Sandwich	732.3	37	3068.2	37	37.2	53	14.6	73	50.1	19	2.7	3	50.0	100	4.6	19	3.3	55
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
Double Cream - Extra	265.6	13	1093.6	13	28.8	41	17.9	89	0.9	0	0.9	1	0.9	2	0.0	0	0.0	0
Fish Fingers - Childrens	641.5	32	2682.8	32	24.7	35	7.3	37	79.2	30	7.2	8	22.3	45	11.7	49	1.5	26
Fish Frying Guide - Pedigree Ale Batter	27.2	1	115.4	1	0.1	0	0.0	0	5.5	2	0.1	0	0.7	1	0.3	1	0.1	2
Fried Egg (V) - Extra	165.0	8	682.8	8	15.2	22	2.8	14	0.0	0	0.0	0	7.1	14	0.0	0	0.2	3
Gammon Steak - 10oz	1058.7	53	4416.0	53	60.8	87	20.9	104	58.1	22	8.8	10	65.6	131	10.6	44	8.6	143
Gammon Steak - Childrens	696.1	35	2906.6	35	32.4	46	12.6	63	63.1	24	6.3	7	35.5	71	10.8	45	4.9	82
Gammon Steak 5oz - Light Bite	735.3	37	3048.2	36	43.3	62	15.3	76	41.9	16	3.5	4	39.8	80	8.1	34	4.5	76
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
Garlic Bread (V) - Starter	315.9	16	1321.7	16	16.3	23	5.0	25	34.6	13	2.5	3	6.4	13	2.9	12	0.8	13
Giant Flaky Chocolate Cheesecake	1140.1	57	4735.2	56	91.3	130	52.2	261	65.0	25	42.8	48	14.7	29	1.7	7	0.9	14
Giant Red Velvet Cheesecake	1093.3	55	4542.4	54	80.0	114	41.3	207	111.3	43	39.9	44	8.4	17	1.7	7	0.8	13
Giant Terribly Delicious Carrot Cake	1588.9	79	6623.5	79	107.1	153	40.8	204	144.3	55	99.4	110	13.0	26	2.6	11	1.0	17
Golden Breaded Mushrooms (V)	361.4	18	1527.6	18	17.3	25	2.9	14	41.4	16	7.4	8	8.4	17	4.0	17	1.9	32

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Golden Breaded Scampi	1007.9	50	4214.6	50	49.3	70	15.4	77	104.6	40	10.4	12	32.3	65	15.6	65	4.3	71
Golden Breaded Scampi- Light Bite	671.9	34	2791.6	33	33.3	48	9.8	49	68.8	26	7.4	8	19.7	39	10.6	44	2.5	41
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
Ham, Egg and Chips - Carvery	910.4	46	3803.6	45	55.7	80	18.7	94	54.7	21	11.3	13	44.1	88	6.9	29	5.3	88
Homemade Kale Slaw - Chicken Inclusive	187.6	9	778.0	9	14.0	20	1.0	5	13.7	5	9.2	10	2.3	5	4.1	17	1.0	16
Homemade Kale Slaw - Side	187.6	9	778.0	9	14.0	20	1.0	5	13.7	5	9.2	10	2.3	5	4.1	17	1.0	16
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
Jacket Potato & Butter (V)	232.1	12	977.3	12	6.2	9	3.6	18	41.3	16	1.5	2	5.1	10	4.2	17	0.2	3
Jacket Potato Half - Kids Extra	142.1	7	595.7	7	6.0	9	3.6	18	20.7	8	0.8	1	2.6	5	2.1	9	0.1	2
Jam Roly Poly Pudding (V)	496.1	25	2085.7	25	22.3	32	15.4	77	68.5	26	39.8	44	6.5	13	1.5	6	0.5	9
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
Jumbo Fish Finger - Children's - MS	644.7	32	2701.0	32	23.1	33	7.1	36	82.1	32	6.8	8	24.2	48	11.4	48	1.6	26
Keep it Simple	279.8	14	1174.9	14	13.0	19	7.6	38	34.6	13	34.3	38	5.8	12	0.7	3	0.3	5
Kids - Glass Milk	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
Kids Vegetable Sticks	146.2	7	601.8	7	11.6	17	0.9	5	9.4	4	6.6	7	1.1	2	2.6	11	0.8	14
Lasagne	626.9	31	2608.9	31	30.1	43	10.6	53	68.2	26	13.7	15	21.4	43	28.8	120	2.1	35
Lasagne (500 Calories)	426.6	21	1770.5	21	20.1	29	7.4	37	45.7	18	12.8	14	17.4	35	27.2	113	1.6	27
Leeks in Cheese Sauce - Batch Recipe	69.0	3	289.0	3	3.0	4	1.8	9	8.2	3	1.7	2	2.3	5	2.1	9	0.6	9
Mascapone & Beetroot Tart (V) - Light Bite	419.3	21	1753.0	21	22.2	32	9.7	49	44.8	17	19.2	21	8.9	18	2.3	10	0.9	15
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
Melt in the Middle Chocolate Pudding (V)	960.0	48	3993.3	48	68.1	97	24.2	121	77.2	30	51.6	57	8.5	17	1.1	4	0.9	14
Mini Potato Waffles (Ve) - Kids Extra	190.0	9	791.8	9	11.0	16	1.5	8	19.8	8	0.6	1	2.2	4	1.5	6	0.7	11
Mixed Grill - 20oz	1396.6	70	5820.2	69	77.5	111	30.8	154	59.5	23	6.8	8	110.1	220	12.1	51	5.3	89
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
MSC 3pc Stuffing	85.8	4	363.3	4	0.8	1	0.3	2	18.1	7	0.6	1	2.5	5	1.0	4	0.9	15
MSC Bacon Camembert Yorkie (V)	1370.3	69	5723.2	68	76.2	109	43.3	217	79.9	31	31.9	35	90.6	181	5.0	21	10.2	169
MSC BBQ Burnt Ends Burger	1162.5	58	4858.6	58	59.4	85	17.9	90	95.5	37	23.6	26	57.8	116	11.0	46	4.8	80
MSC BBQ Chicken Melt Ciabatta	532.6	27	2184.1	26	29.9	43	9.2	46	36.0	14	7.9	9	27.5	55	3.2	13	1.9	31
MSC BBQ Chicken Melt Sandwich	755.2	38	3164.8	38	34.0	49	15.7	78	59.6	23	8.1	9	52.4	105	4.7	20	3.2	53
MSC Camembert Yorkie (V)	1558.3	78	6482.9	77	113.9	163	54.4	272	50.2	19	18.8	21	87.6	175	3.6	15	6.9	114
MSC Carnivore Burger	1307.2	65	5450.8	65	86.6	124	25.1	125	59.9	23	10.5	12	72.0	144	8.1	34	5.4	89

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	%		
MSC Carrot Cake Wedge	1188.2	59	4963.8	59	71.2	102	30.6	153	124.3	48	95.8	106	12.6	25	2.5	11	0.8	13
MSC Carvery Meat Salad - Beef	499.9	25	2074.7	25	37.4	53	8.6	43	15.1	6	11.1	12	26.2	52	5.1	21	1.1	18
MSC Carvery Meat Salad - Gammon	474.7	24	1975.0	24	36.5	52	8.3	41	15.6	6	11.6	13	21.3	43	5.1	21	4.3	72
MSC Carvery Meat Salad - Mixed	400.2	20	1666.3	20	25.6	37	4.0	20	14.7	6	10.8	12	28.2	56	5.0	21	1.3	22
MSC Carvery Meat Salad - Pork (Sunday Only)	378.6	19	1576.2	19	23.0	33	2.7	13	14.9	6	11.0	12	28.4	57	5.1	21	1.2	19
MSC Carvery Meat Salad - Turkey	375.9	19	1567.3	19	21.6	31	2.2	11	15.0	6	11.1	12	30.8	62	5.1	21	1.0	17
MSC Chicken Tikka Masala	1106.3	55	4670.5	56	28.5	41	9.3	46	165.8	64	27.7	31	46.0	92	14.3	59	3.6	60
MSC Chocolate Brownie Sundae (V)	882.4	44	3674.3	44	54.6	78	26.3	132	86.1	33	68.0	76	10.4	21	3.1	13	0.7	11
MSC Classic Beef Burger	1126.2	56	4705.9	56	57.1	82	15.0	75	104.3	40	18.9	21	44.9	90	13.5	56	4.3	72
MSC Classic Chicken Burger	1084.6	54	4539.9	54	52.2	75	13.3	66	115.3	44	19.2	21	35.0	70	14.9	62	3.8	63
MSC Crispy Piri Piri Chicken Burger	1177.0	59	4924.3	59	58.4	83	19.8	99	119.4	46	24.5	27	40.1	80	15.5	65	4.2	70
MSC Dirty Chili - Side	283.2	14	1182.4	14	14.6	21	6.1	30	23.8	9	17.1	19	13.8	28	1.9	8	1.4	23
MSC Flaky Chocolate Cheesecake Wedge	1121.6	56	4673.1	56	77.7	111	44.8	224	89.5	34	70.3	78	15.7	31	2.2	9	0.9	14
MSC Grains and Beets (V)	825.6	41	3366.1	40	44.0	63	15.0	75	84.6	33	14.3	16	24.2	48	11.0	46	3.7	62
MSC Half Roast Chicken	545.0	27	2279.0	27	28.6	41	9.5	48	25.1	10	1.1	1	48.2	96	3.5	14	1.5	24
MSC Lemon and Blueberry Sponge	590.6	30	2485.1	30	22.3	32	4.3	22	88.7	34	56.2	62	8.8	18	2.5	10	0.5	8
MSC M1 Classic Combo Sharer (old)	1341.5	67	5637.6	67	70.9	101	14.3	72	121.2	47	13.6	15	53.9	108	11.1	46	3.6	60
MSC M1 Cookie Fondant	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
MSC M1 KID Fisherman's Burger	663.8	33	2782.0	33	22.4	32	5.0	25	86.4	33	10.6	12	26.6	53	10.2	42	2.2	36
MSC M1 Praline Chocolate Tart	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
MSC M2 Beef Drip and Dip Burger	1094.6	55	4580.9	55	53.0	76	16.5	82	104.3	40	22.0	24	46.3	93	9.8	41	6.9	115
MSC M2 Buttermilk Chicken Goujons x 4 (Starter)	675.7	34	2823.8	34	37.8	54	9.9	50	53.5	21	21.5	24	30.2	60	3.2	13	6.6	110
MSC M2 Carvery - Family Upgrade	1373.4	69	5755.3	69	61.2	87	20.6	103	143.9	55	28.3	31	62.7	125	21.2	88	8.1	135
MSC M2 Carvery Large - Family Upgrade	1657.0	83	6940.3	83	77.4	111	24.2	121	166.5	64	30.8	34	75.3	151	23.5	98	8.9	149
MSC M2 Carvery Veg - Family Upgrade	1530.1	77	6404.7	76	71.5	102	22.1	110	180.1	69	34.6	38	38.7	77	24.4	101	9.3	154
MSC M2 Carvery Veg Large - Family Upgrade	1984.1	99	8304.5	99	94.2	135	27.6	138	230.6	89	42.8	48	51.4	103	30.7	128	11.2	186
MSC M2 Classic Burger Soya Vegan	1272.7	64	5330.9	63	55.0	79	11.1	56	145.9	56	26.4	29	42.1	84	14.6	61	7.6	127
MSC M2 Classic Combo Sharer	1758.4	88	7357.1	88	96.1	137	22.6	113	174.5	67	29.3	33	48.5	97	14.4	60	9.8	164
MSC M2 Creamed Greens	307.5	15	1282.5	15	19.7	28	12.1	61	19.8	8	8.1	9	13.7	27	5.8	24	1.5	25
MSC M2 Cumberland Sausage and Smoked Bacon Croquettes	426.1	21	1784.0	21	33.0	47	9.7	49	31.0	12	5.9	7	13.3	27	1.8	8	2.6	43

Recipes with Nutritional Reference Intake

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
MSC M2 English Mustard and Cheddar Yorkie Popovers	389.6	19	1639.8	20	18.4	26	5.1	25	43.4	17	6.8	8	14.9	30	2.0	8	4.0	66
MSC M2 Giant Big Bad Burger Cake	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
MSC M2 Giant Fairground Feast Cake	1085.6	54	4015.5	48	61.5	88	28.5	143	98.6	38	59.5	66	8.0	16	3.6	15	1.0	17
MSC M2 Giant Freakshake Cake	1115.9	56	4647.2	55	76.3	109	33.7	169	98.9	38	67.7	75	6.9	14	2.0	8	1.0	17
MSC M2 Giant Raspberry Ripple Cake	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
MSC M2 KID Banana Cheesecake	316.8	16	1321.3	16	15.8	23	9.9	50	43.3	17	38.0	42	2.2	4	1.1	5	0.2	3
MSC M2 KID Pasta Melt 10 Veg	767.9	38	3213.2	38	30.4	43	7.2	36	98.1	38	24.6	27	23.4	47	9.9	41	6.9	114
MSC M2 KID Pizza Pie	607.5	30	2539.8	30	28.2	40	6.3	31	73.8	28	20.3	23	17.1	34	8.0	33	6.4	107
MSC M2 KID Quorn Dippers	1696.3	85	2571.1	31	34.7	50	6.5	32	91.1	35	21.1	23	31.4	63	14.3	60	6.4	107
MSC M2 KID Toad in the Hole	1020.4	51	4257.1	51	52.5	75	15.7	78	100.8	39	23.7	26	32.6	65	11.8	49	8.1	136
MSC M2 LB Chicken Melt NGCI	502.4	25	2100.9	25	22.9	33	5.0	25	47.1	18	14.1	16	24.8	50	4.6	19	4.3	71
MSC M2 Mac and Cheese Side	266.2	13	1118.1	13	11.4	16	6.8	34	30.5	12	2.7	3	8.9	18	3.5	15	1.1	19
MSC M2 Orange and Passionfruit Tartlet	682.3	34	2850.4	34	33.5	48	18.6	93	86.9	33	40.4	45	7.8	16	2.0	8	0.4	6
MSC M2 Salted Caramel Sundae	597.5	30	2511.3	30	30.0	43	16.5	83	78.6	30	75.2	84	6.3	13	0.6	3	1.1	18
MSC M2 Shroom Burger	1227.3	61	5138.2	61	57.3	82	15.9	79	142.4	55	25.4	28	30.6	61	12.5	52	7.6	127
MSC M2 Yorkie Pud Wrap 2018	1872.9	94	7823.0	93	98.1	140	22.8	114	173.5	67	43.0	48	67.4	135	22.4	93	10.9	182
MSC M2 Yorkie Pud Wrap Veggie	1799.3	90	7516.8	89	91.0	130	18.7	94	194.7	75	47.3	53	43.8	88	24.9	104	10.1	168
MSC Mushroom Pate	449.4	22	1829.1	22	25.3	36	14.8	74	41.9	16	13.1	15	10.1	20	2.1	9	2.5	42
MSC Pedigree Fried Chicken	2266.2	113	9435.9	112	152.6	218	49.0	245	92.6	36	3.1	3	131.5	263	10.2	43	4.5	75
MSC Red Velvet Cheesecake Wedge	1170.9	59	4880.1	58	75.2	107	40.2	201	130.2	50	73.4	82	12.2	24	2.4	10	0.8	14
MSC Sautéed Mushroom Camembert Yorkie (V)	1273.0	64	5315.7	63	73.3	105	43.3	216	81.7	31	32.6	36	71.3	143	6.7	28	6.3	106
MSC Smoked haddock Fishcake	275.6	14	1148.7	14	17.6	25	3.0	15	17.5	7	2.2	2	11.7	23	2.8	12	1.6	26
MSC The Classic Club Sandwich	844.4	42	3545.5	42	32.5	46	6.3	32	83.4	32	6.2	7	56.5	113	8.3	35	4.8	80
MSC Whole Pedigree Fried Chicken	2280.1	114	9499.3	113	149.2	213	46.7	234	63.6	24	2.4	3	171.4	343	8.7	36	5.5	92
MSC Whole Roast Chicken	617.2	31	2578.2	31	34.8	50	11.0	55	16.4	6	0.8	1	60.6	121	2.9	12	1.8	30
MSC Yee-Ha Beef Burger	1464.1	73	6116.0	73	76.7	110	27.0	135	126.2	49	34.3	38	62.9	126	15.5	65	5.4	90
MSC Yorkie Dippers	122.2	6	513.7	6	3.8	5	0.7	4	19.0	7	2.2	2	2.8	6	1.0	4	0.6	10
MSC Yorky Buttermilk Chicken	1324.8	66	5556.3	66	62.9	90	19.5	97	110.1	42	14.6	16	79.8	160	10.9	46	6.5	108
MSG 17 Rump Steak - 8oz (500 Calories) 123 Menu	453.4	23	1892.0	23	26.5	38	10.4	52	4.7	2	4.3	5	49.3	99	2.9	12	0.4	6
MSG 17 Towering Beer Battered Onion Rings (V)	813.4	41	3397.4	40	46.7	67	8.8	44	86.0	33	19.0	21	8.7	17	5.8	24	4.3	72

Recipes with Nutritional Reference Intake

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
123 Menu																		
MSG DN17 Chicken Gravy - Top It	36.8	2	156.0	2	1.6	2	0.4	2	4.3	2	0.9	1	1.6	3	0.0	0	0.7	12
MSR DN17 Veg Pasta Shells	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
MSR LN18 Hunter's - Top It 2Course	423.1	21	1763.7	21	22.2	32	13.1	65	31.7	12	22.6	25	23.8	48	0.2	1	3.3	55
MSR LN18 Piri Piri - Top It	89.8	4	379.0	5	2.0	3	0.1	1	16.8	6	13.4	15	1.1	2	1.9	8	1.4	24
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
Mushroom Poppers - Children's 2016	172.2	9	730.4	9	6.2	9	0.7	3	23.9	9	6.3	7	4.2	8	2.0	8	1.2	19
Nachos (V) for One	564.1	28	2352.2	28	35.1	50	14.2	71	46.2	18	7.6	8	14.3	29	3.3	14	2.9	48
Nachos (V) to Share	575.8	29	2401.1	29	35.8	51	14.5	72	47.1	18	7.7	9	14.6	29	3.3	14	2.9	49
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
New Potatoes 227g (V)	193.5	10	816.2	10	6.4	9	3.8	19	32.6	13	2.7	3	3.5	7	2.7	11	0.4	7
Non-TFO CHD 16 Spaghetti Hoops - Kids Extra	52.6	3	223.3	3	0.2	0	0.0	0	10.7	4	3.8	4	1.7	3	0.5	2	0.3	5
Onion Bhajis (V) - Side Order	158.4	8	662.4	8	6.8	10	1.8	9	17.0	7	4.3	5	5.0	10	4.3	18	0.3	6
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
Peas 85g (V)	58.6	3	245.6	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.1	1
Peppercorn Sauce	71.3	4	300.8	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
Pickled Onions - Side	6.5	0	27.3	0	0.0	0	0.0	0	1.2	0	1.1	1	0.3	1	0.3	1	0.2	3
Pigs in Blankets 3pc - MSC LN16	382.5	19	1600.4	19	34.7	50	13.5	67	4.1	2	0.0	0	13.4	27	0.2	1	2.9	48
Pigs in Blankets 6pc - Side	765.0	38	3200.8	38	69.4	99	26.9	135	8.2	3	0.0	0	26.7	53	0.4	2	5.8	97
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
Pineapple (V) - Extra	30.0	1	127.5	2	0.0	0	0.0	0	7.8	3	7.8	9	0.2	0	0.3	1	0.0	0
Piri Piri - Add On	50.3	3	212.2	3	1.1	2	0.1	0	9.4	4	7.5	8	0.6	1	1.1	4	0.8	13
Pizza Extra - Sausages- Children's	228.5	11	948.6	11	18.7	27	11.8	59	1.5	1	0.1	0	13.6	27	0.0	0	1.0	17
Poppadum - Extra (V)*	119.9	6	498.0	6	9.3	13	2.9	14	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
Poppadums and Dips (V)	266.3	13	1115.0	13	13.3	19	3.3	16	29.1	11	7.0	8	7.4	15	0.6	2	2.0	34
Pork Super Sausages - Childrens LN16	781.3	39	3268.7	39	34.5	49	12.3	61	92.5	36	7.6	8	19.3	39	11.6	48	2.0	34
Potato Option 227g Mash	288.2	14	1206.1	14	12.6	18	8.4	42	38.6	15	1.2	1	3.7	7	3.0	12	0.7	11
Prawn Cocktail Sundae	418.0	21	1747.1	21	22.9	33	5.6	28	31.1	12	7.0	8	22.6	45	3.3	14	1.6	27
Pulled Pork and Beef Chilli Jacket Potato	756.3	38	3157.8	38	40.5	58	14.4	72	79.1	30	28.0	31	21.2	42	10.3	43	2.6	44
Pulled Pork and Beef Nachos for One	514.4	26	2145.7	26	30.2	43	12.3	62	42.5	16	14.5	16	16.8	34	3.1	13	2.6	43
Pulled Pork and Beef Nachos to Share	1510.4	76	6299.6	75	90.8	130	37.0	185	124.3	48	33.6	37	45.0	90	9.0	38	7.6	127

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Quorn Sausages - Children's	599.4	30	2509.8	30	20.9	30	7.5	37	74.5	29	7.4	8	23.4	47	14.9	62	2.1	35
Raspberry Yorky Sundae (V)	962.1	48	4025.5	48	52.3	75	30.0	150	113.7	44	95.6	106	9.1	18	1.2	5	0.8	13
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
Roasted Chicken Fillet - Extra	209.2	10	881.1	10	4.8	7	1.0	5	1.7	1	1.4	2	41.2	82	0.0	0	1.0	16
Roasted Vegetable Jalfrezi - Large Naan	1102.2	55	4636.4	55	32.1	46	6.1	30	175.8	68	32.7	36	25.2	50	16.7	70	4.4	73
Rump Steak - 8oz	912.6	46	3809.1	45	48.5	69	17.3	86	55.2	21	6.8	8	58.6	117	12.2	51	0.8	13
Rustic Bread and Butter (V)	434.6	22	1825.6	22	18.3	26	9.7	48	53.3	20	1.4	2	14.9	30	4.9	20	1.4	23
Saag Aloo (V) - Side Order	224.0	11	940.0	11	13.2	19	1.0	5	20.4	8	5.2	6	4.4	9	4.0	17	1.2	21
Salad Bowl (V).	72.5	4	300.6	4	5.4	8	0.6	3	5.3	2	4.1	5	1.0	2	1.8	8	0.2	4
Salted Caramel and Pecan Brownie - Milestone	886.0	44	3713.2	44	42.8	61	20.0	100	112.0	43	102.4	114	11.0	22	3.7	16	0.5	8
Sandwich Garnish	95.8	5	396.6	5	6.8	10	1.2	6	7.1	3	6.1	7	2.0	4	2.9	12	0.0	1
Sauteed Flat Mushrooms (V)	102.5	5	423.8	5	10.0	14	6.0	30	0.6	0	0.4	0	2.7	5	2.1	9	0.2	4
Savoy Cabbage 85g	22.9	1	96.9	1	0.4	1	0.1	0	3.3	1	3.2	4	1.8	4	3.5	15	1.0	17
Scampi 5pc - Add On	102.8	5	436.5	5	0.5	1	0.3	1	17.0	7	0.9	1	7.9	16	-	-	1.2	20
Scoop Vanilla Ice Cream - Coke Float	86.4	4	362.5	4	4.0	6	2.0	10	11.1	4	11.1	12	1.6	3	0.1	0	0.1	2
Self Serve Ice Cream Machine	984.8	49	4137.4	49	27.0	39	14.7	74	173.8	67	146.7	163	10.0	20	1.2	5	1.3	22
Side Salad - Side	18.8	1	78.2	1	1.1	2	0.2	1	1.7	1	1.5	2	0.5	1	0.8	3	0.0	0
Sirloin Steak - 8oz	906.1	45	3771.7	45	57.0	81	20.6	103	14.7	6	6.8	8	80.7	161	8.4	35	1.0	17
Sirloin Steak - 8oz (500 Calories)	510.1	26	2124.9	25	32.1	46	13.2	66	4.7	2	4.3	5	50.9	102	2.9	12	0.4	6
Small Plate Carvery - Milestone	2016.5	101	8474.7	101	60.9	87	22.9	115	269.5	104	58.5	65	100.9	202	42.2	176	10.8	180
Small Plate Sunday Carvery - Milestone	2109.3	105	8865.7	106	61.8	88	22.6	113	282.0	108	64.3	71	107.5	215	41.7	174	10.6	177
Small Plate Sunday Vegetarian Carvery - Milestone	1086.7	54	4552.3	54	48.8	70	15.8	79	132.1	51	27.0	30	30.1	60	17.3	72	4.5	75
Small Plate Vegetarian Carvery (V) - Milestone	735.6	37	3095.9	37	16.9	24	6.4	32	127.2	49	24.7	27	20.3	41	20.7	86	3.2	54
Standard Vegetable Accompaniment - Milestone Carvery	85.8	4	359.8	4	0.5	1	0.1	1	12.6	5	7.7	9	5.4	11	6.8	28	1.4	23
Sweet Potato Fries Side Order (V)	562.9	28	2350.9	28	37.2	53	4.6	23	49.9	19	17.7	20	3.9	8	6.8	28	1.1	18
Sweetcorn - Pizza Topping, Childrens	120.0	6	506.0	6	1.3	2	0.1	1	22.4	9	2.6	3	3.0	6	3.3	14	0.5	8
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
Sweetcorn 85g	62.9	3	265.2	3	1.2	2	0.3	2	9.9	4	6.9	8	2.1	4	2.1	9	0.0	0
Today's Soup (V)	434.8	22	1789.6	21	23.2	33	9.1	46	45.5	18	10.6	12	10.9	22	5.4	23	1.5	25
Topped Roasties - Cheese, BBQ & Mushroom	512.1	26	2147.4	26	22.6	32	12.2	61	58.8	23	17.3	19	19.6	39	4.9	21	2.3	38

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	%		
Topped Roasties - Piri Piri	701.2	35	2926.5	35	41.5	59	20.0	100	43.7	17	5.0	6	40.8	82	4.6	19	3.5	59
Topped Roasties - Pulled Pork & Beef Chilli	818.3	41	3413.8	41	47.9	68	25.2	126	65.2	25	20.6	23	33.6	67	5.7	24	2.5	41
Tortilla Factory (buttermilk) TILL ONLY	797.3	40	3338.6	40	36.4	52	14.0	70	82.8	32	9.7	11	31.6	63	7.5	31	3.0	49
Triple Carvery Bap - MSC LN16	655.2	33	2745.6	33	28.7	41	8.9	45	62.1	24	4.5	5	38.7	77	4.0	17	3.9	64
Tuna Mayonnaise Jacket Potato	657.0	33	2748.5	33	34.5	49	9.0	45	58.5	23	12.3	14	31.2	62	8.8	37	2.5	42
Two Fried Eggs (V)	229.4	11	952.7	11	19.3	28	3.9	19	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
Two Yorkshire Puddings - Side	140.0	7	588.6	7	4.3	6	0.4	2	21.7	8	2.9	3	3.6	7	1.2	5	0.4	6
Upgrade King Prawn Skewers	36.8	2	155.8	2	0.2	0	0.0	0	0.1	0	0.0	0	8.5	17	0.0	0	0.2	4
Upgrade Sweet Potato Fries (V)	383.1	19	1600.0	19	25.3	36	3.1	16	34.0	13	12.1	13	2.6	5	4.6	19	0.7	12
Vegetable Lasagne (V) (TILL ONLY)	611.9	31	2407.2	29	28.7	41	7.6	38	60.3	23	13.8	15	12.8	26	6.6	28	2.5	42
Vegetable Lasagne (V) 500 Calories (TILL ONLY)	411.6	21	1568.7	19	18.7	27	4.4	22	37.8	15	12.9	14	8.8	18	5.0	21	2.0	33
Vegetable Samosas (V) - Side Order	166.5	8	697.5	8	7.2	10	2.6	13	21.4	8	3.6	4	2.9	6	2.2	9	0.8	13
VLG M1 18 Naan Bread - Extra (V)	344.5	17	1453.4	17	6.9	10	3.8	19	56.7	22	4.2	5	10.7	21	6.6	28	0.7	12
Yorkshire Pudding - Extra	208.8	10	867.7	10	16.2	23	2.6	13	11.1	4	1.3	1	5.3	11	0.5	2	0.1	2