

## 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	%
VLG CHILDRENS M1 Cheddar Cheese (V) - Extra PROMO	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
VLG M1 Children's Battered Chicken Burger Bar	856.2	43	3588.1	43	32.9	47	9.7	48	301.9	116	17.6	20	35.5	71	14.0	58	3.0	50
VLG M1 Children's Beef Burger Bar	725.3	36	3039.9	36	26.1	37	8.0	40	291.0	112	17.5	19	29.1	58	13.5	56	2.9	49
VLG M1 Children's Cheesy Pasta Suprise (V)	771.9	39	3232.8	38	30.4	43	9.5	47	100.6	39	21.6	24	22.0	44	14.0	58	3.2	53
VLG M1 Children's Chicken Burger Bar	740.8	37	3109.4	37	23.1	33	5.8	29	291.1	112	18.3	20	39.6	79	13.5	56	2.9	48
VLG M1 Children's Chicken Dinner	847.1	42	3541.0	42	39.2	56	9.1	45	81.7	31	17.5	19	40.3	81	12.2	51	3.4	57
VLG M1 Children's Chicken Tortilla Factory	1029.0	51	4316.1	51	37.5	54	14.0	70	119.2	46	31.8	35	49.1	98	15.8	66	4.3	72
VLG M1 Children's Chocolate Brownie (V)	357.8	18	1492.8	18	16.7	24	3.5	17	45.2	17	29.3	33	6.0	12	1.4	6	0.5	8
VLG M1 Children's Cluck-a-doodle doo Dippers	808.6	40	3370.9	40	43.9	63	11.1	56	78.0	30	15.3	17	23.4	47	12.1	50	2.7	45
VLG M1 Children's Corn on the Cob (V)	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
VLG M1 Children's Donut Dipper (V)	290.6	15	1216.9	14	15.4	22	8.3	42	35.4	14	19.1	21	3.7	7	1.3	5	0.4	7
VLG M1 Children's Extra - Baked Beans (Ve)	112.5	6	469.5	6	0.5	1	0.2	1	20.6	8	5.4	6	7.4	15	5.4	23	0.9	15
VLG M1 Children's Extra - Carrots (Ve)	29.6	1	123.7	1	0.0	0	0.0	0	5.7	2	5.5	6	0.3	1	2.7	11	0.4	7
VLG M1 Children's Extra - Chips (Ve)	250.2	13	1046.2	12	11.3	16	4.4	22	30.9	12	1.5	2	3.9	8	4.5	19	0.1	1
VLG M1 Children's Extra - Garlic Bread (Ve)	112.8	6	473.0	6	4.8	7	1.8	9	14.5	6	1.3	1	2.4	5	1.0	4	0.3	4
VLG M1 Children's Extra - Mash (V)	136.9	7	577.0	7	3.3	5	1.9	10	25.2	10	0.9	1	3.1	6	2.5	11	0.2	3
VLG M1 Children's Extra - Peas (Ve)	59.4	3	248.7	3	0.3	0	0.1	0	7.7	3	2.7	3	4.5	9	4.0	16	0.4	7
VLG M1 Children's Extra - Salad Sticks (Ve)	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
VLG M1 Children's Extra - Sweetcorn (Ve)	102.1	5	430.3	5	1.1	2	0.1	0	19.1	7	2.2	2	2.6	5	2.8	12	0.4	7
VLG M1 Children's Extra - Waffles (Ve)	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
VLG M1 Children's Garlic Bread (Ve)	175.2	9	738.2	9	4.9	7	1.8	9	28.7	11	14.9	17	2.9	6	1.3	6	1.1	18
VLG M1 Children's Ice Cream Sundae (V)	261.8	13	1096.2	13	11.9	17	7.2	36	34.6	13	26.8	30	3.7	7	0.5	2	0.2	4
VLG M1 Children's Jelly	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
VLG M1 Children's Jelly and Ice Cream	116.6	6	485.0	6	5.9	8	3.5	18	13.9	5	12.0	13	1.6	3	0.1	0	0.3	5
VLG M1 Children's Lemon Drizzle (V)	360.3	18	1514.9	18	14.1	20	11.2	56	53.3	20	38.0	42	5.9	12	0.5	2	0.5	9
VLG M1 Children's Milk (V)	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
VLG M1 Children's Nachos Starter (V)	208.3	10	871.8	10	10.5	15	3.3	16	21.2	8	2.0	2	6.1	12	1.7	7	1.1	18
VLG M1 Children's Orange Boats (Ve)	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
VLG M1 Children's Pizza Party (V)	830.4	42	3472.1	41	27.8	40	12.2	61	102.3	39	12.7	14	44.2	88	12.5	52	4.3	71
VLG M1 Children's Pizza Topping - Ham	33.5	2	140.0	2	1.5	2	0.5	3	0.2	0	0.4	0	4.6	9	0.0	0	1.1	18

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VLG M1 Children's Pizza Topping - Mixed Peppers (Ve)	12.8	1	53.6	1	0.2	0	0.0	0	2.6	1	2.4	3	0.4	1	0.9	4	0.0	0
VLG M1 Children's Pizza Topping - Mushroom (Ve)	6.5	0	27.5	0	0.3	0	0.1	0	0.2	0	0.1	0	0.9	2	0.7	3	0.0	0
VLG M1 Children's Pizza Topping - Pineapple (Ve)	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
VLG M1 Children's Pizza Topping - Red Onion (Ve)	18.0	1	75.0	1	0.1	0	0.0	0	4.0	2	2.8	3	0.6	1	0.9	4	0.0	0
VLG M1 Children's Pizza Topping - Sausage	280.3	14	1169.1	14	16.7	24	5.6	28	21.7	8	2.6	3	10.2	20	1.2	5	1.4	23
VLG M1 Children's Pizza Topping - Sweetcorn (Ve)	102.1	5	430.3	5	1.1	2	0.1	0	19.1	7	2.2	2	2.6	5	2.8	12	0.4	7
VLG M1 Children's Pork Super Sausages	777.2	39	3246.9	39	36.4	52	10.9	55	86.0	33	17.5	19	24.0	48	12.9	54	3.3	56
VLG M1 Children's Quorn Super Sausages (V)	625.8	31	2620.8	31	23.4	33	5.8	29	74.3	29	15.9	18	25.8	52	15.6	65	3.0	50
VLG M1 Children's Salad Sticks (V)	97.9	5	405.1	5	8.1	12	0.6	3	5.9	2	3.8	4	0.5	1	1.7	7	0.5	8
VLG M1 Children's Secret Pasta Ships (V)	751.2	38	3143.4	37	27.6	39	8.4	42	98.6	38	21.6	24	23.4	47	15.2	63	2.8	47
VLG M1 Children's Spongebob Chocolate Tub (V)	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
VLG M1 Children's Spongebob Strawberry Tub (V)	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
VLG M1 Children's Spongebob Vanilla Tub (V)	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
VLG M1 Children's Submarine Strips	680.8	34	2848.1	34	27.6	39	6.0	30	81.1	31	15.8	18	24.7	49	12.5	52	2.7	45
VLG M1 Children's Surf's Up Fish	876.9	44	3684.8	44	41.3	59	9.2	46	103.0	40	14.9	17	30.7	61	13.8	57	3.5	59
VLG M1 Children's Veggie Tortilla Factory (V)	944.2	47	3958.3	47	35.7	51	13.7	68	123.3	47	35.5	39	28.5	57	18.0	75	4.0	66
VLG M1 KID Yorkshire Pudding (V) Fresh - Side	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
VLG M1 Rasher of Back Bacon - Child Extra	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