

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 | % |
| CCM M1 Cheesy Garlic Bread 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 |
| CCM M1 Garlic Bread Starter | 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 |
| CCM M1 Prawn Cocktail | 375.1 | 19 | 1566.1 | 19 | 22.2 | 32 | 5.4 | 27 | 25.2 | 10 | 6.4 | 7 | 18.4 | 37 | 2.4 | 10 | 1.5 | 24 |
| CCM M1 NGCI Prawn Cocktail | 354.8 | 18 | 1477.0 | 18 | 22.5 | 32 | 5.2 | 26 | 22.0 | 8 | 7.1 | 8 | 14.2 | 28 | 3.7 | 15 | 1.4 | 23 |
| CCM M1 Soup of the Day | 307.8 | 15 | 1287.8 | 15 | 17.1 | 24 | 9.3 | 46 | 30.5 | 12 | 10.1 | 11 | 7.5 | 15 | 3.5 | 14 | 1.8 | 30 |
| CCM M1 NGCI Soup of the Day | 287.5 | 14 | 1198.7 | 14 | 17.4 | 25 | 9.0 | 45 | 27.3 | 10 | 10.9 | 12 | 3.2 | 6 | 4.7 | 20 | 1.7 | 29 |
| CCM M1 Golden Breaded Mushrooms | 441.2 | 22 | 1861.1 | 22 | 21.7 | 31 | 4.2 | 21 | 50.4 | 19 | 16.9 | 19 | 9.0 | 18 | 4.8 | 20 | 2.3 | 39 |
| CCM M1 Crispy Buttermilk Chicken | 608.9 | 30 | 2542.2 | 30 | 35.6 | 51 | 12.5 | 63 | 38.3 | 15 | 14.9 | 17 | 32.4 | 65 | 0.4 | 2 | 2.5 | 41 |
| CCM M1 Dirty Chilli | 393.5 | 20 | 1642.4 | 20 | 20.6 | 29 | 8.1 | 41 | 35.9 | 14 | 17.8 | 20 | 15.2 | 30 | 2.5 | 11 | 1.7 | 28 |
| CCM M1 Mexican Nachos | 616.2 | 31 | 2570.6 | 31 | 35.9 | 51 | 15.5 | 78 | 51.5 | 20 | 6.6 | 7 | 19.1 | 38 | 3.8 | 16 | 3.6 | 60 |
| CCM M1 NGCI Mexican Nachos | 616.2 | 31 | 2570.6 | 31 | 35.9 | 51 | 15.5 | 78 | 51.5 | 20 | 6.6 | 7 | 19.1 | 38 | 3.8 | 16 | 3.6 | 60 |
| CCM M1 VGN Mexican Nachos | 329.2 | 16 | 1379.2 | 16 | 12.9 | 18 | 1.0 | 5 | 46.1 | 18 | 5.2 | 6 | 4.7 | 9 | 3.4 | 14 | 2.2 | 36 |
| CCM M1 Mexican Nachos Sharer | 1232.5 | 62 | 5141.2 | 61 | 71.8 | 103 | 31.1 | 155 | 103.0 | 40 | 13.2 | 15 | 38.2 | 76 | 7.5 | 31 | 7.2 | 120 |
| CCM M1 NGCI Mexican Nachos Sharer | 1162.5 | 58 | 4850.0 | 58 | 67.5 | 96 | 28.4 | 142 | 97.1 | 37 | 10.2 | 11 | 36.9 | 74 | 6.6 | 28 | 6.4 | 107 |
| CCM M1 VGN Mexican Nachos Sharer | 658.5 | 33 | 2758.4 | 33 | 25.7 | 37 | 2.1 | 10 | 92.3 | 35 | 10.5 | 12 | 9.4 | 19 | 6.8 | 28 | 4.4 | 73 |
| CCM M1 Mexican Nachos Dirty Chilli | 899.4 | 45 | 3753.0 | 45 | 50.5 | 72 | 21.6 | 108 | 75.3 | 29 | 23.7 | 26 | 32.9 | 66 | 5.7 | 24 | 5.0 | 83 |
| CCM M1 Cheese Crispy Potato Skins | 226.4 | 11 | 945.8 | 11 | 11.0 | 16 | 6.6 | 33 | 21.8 | 8 | 3.5 | 4 | 8.5 | 17 | 3.7 | 15 | 0.6 | 10 |
| CCM M1 NGCI Cheese Crispy Potato Skins | 226.4 | 11 | 945.8 | 11 | 11.0 | 16 | 6.6 | 33 | 21.8 | 8 | 3.5 | 4 | 8.5 | 17 | 3.7 | 15 | 0.6 | 10 |
| CCM M1 Cheese and Bacon Crispy Potato Skins | 326.1 | 16 | 1362.1 | 16 | 15.9 | 23 | 8.7 | 44 | 24.8 | 10 | 4.0 | 4 | 19.1 | 38 | 4.2 | 17 | 2.4 | 40 |
| CCM M1 NGCI Cheese & Bacon Crispy Potato Skins | 326.1 | 16 | 1362.1 | 16 | 15.9 | 23 | 8.7 | 44 | 24.8 | 10 | 4.0 | 4 | 19.1 | 38 | 4.2 | 17 | 2.4 | 40 |
| CCM M1 VGN Crispy Potato Skins | 220.0 | 11 | 923.9 | 11 | 5.3 | 8 | 0.3 | 2 | 36.8 | 14 | 13.0 | 14 | 4.0 | 8 | 5.2 | 22 | 0.8 | 13 |
| CCM M1 Halloumi Fries | 509.1 | 25 | 2105.5 | 25 | 33.3 | 48 | 20.3 | 102 | 23.4 | 9 | 4.1 | 5 | 29.6 | 59 | 1.6 | 7 | 3.5 | 58 |
| CCM M1 Bacon Popcorn | 399.4 | 20 | 1661.6 | 20 | 22.1 | 32 | 6.6 | 33 | 36.2 | 14 | 18.7 | 21 | 12.9 | 26 | 1.4 | 6 | 1.9 | 32 |
| CCM M1 Buffalo Chicken Wings | 878.1 | 44 | 3650.9 | 43 | 62.8 | 90 | 12.3 | 61 | 16.4 | 6 | 14.9 | 17 | 60.7 | 121 | 0.6 | 3 | 3.0 | 51 |
| CCM M1 NGCI Buffalo Chicken Wings | 617.9 | 31 | 2569.9 | 31 | 43.6 | 62 | 8.5 | 42 | 13.9 | 5 | 12.7 | 14 | 41.6 | 83 | 0.5 | 2 | 2.2 | 36 |
| CCM M1 VGN Buffalo Cauliflower Wings | 269.2 | 13 | 1131.8 | 13 | 8.6 | 12 | 1.7 | 8 | 43.6 | 17 | 22.0 | 24 | 4.7 | 9 | 3.2 | 14 | 1.9 | 31 |
| CCM M1 Giant Mediterranean Cheese Bite | 299.9 | 15 | 1252.7 | 15 | 15.8 | 23 | 4.3 | 22 | 33.0 | 13 | 5.4 | 6 | 8.4 | 17 | 3.8 | 16 | 1.7 | 29 |
| CCM M1 NGCI Giant Mediterranean Cheese Bite | 299.9 | 15 | 1252.7 | 15 | 15.8 | 23 | 4.3 | 22 | 33.0 | 13 | 5.4 | 6 | 8.4 | 17 | 3.8 | 16 | 1.7 | 29 |
| CCM M1 Beef Lasagne | 451.8 | 23 | 1881.5 | 22 | 20.8 | 30 | 7.5 | 38 | 50.7 | 20 | 10.8 | 12 | 15.8 | 32 | 21.4 | 89 | 1.6 | 26 |
| CCM M1 Lentil & Vegetable Lasagne | 632.7 | 32 | 2648.9 | 32 | 28.0 | 40 | 10.3 | 52 | 73.5 | 28 | 12.5 | 14 | 22.1 | 44 | 8.3 | 35 | 2.9 | 48 |
| CCM M1 Lentil & Vegetable Lasagne Vegan | 518.5 | 26 | 2174.6 | 26 | 18.6 | 27 | 4.5 | 22 | 72.7 | 28 | 12.5 | 14 | 15.3 | 31 | 8.3 | 35 | 2.4 | 39 |
| CCM M1 Topper Chilli Cheese | 402.7 | 20 | 1677.1 | 20 | 26.2 | 37 | 14.0 | 70 | 20.0 | 8 | 13.5 | 15 | 21.5 | 43 | 1.5 | 6 | 1.9 | 31 |

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 | % |
| CCM M1 Yorkshire Stack | 1331.2 | 67 | 5544.3 | 66 | 77.7 | 111 | 21.8 | 109 | 119.1 | 46 | 24.8 | 28 | 35.5 | 71 | 16.3 | 68 | 4.8 | 80 |
| CCM M1 Yorkshire Stack Quorn | 1096.7 | 55 | 4570.7 | 54 | 58.2 | 83 | 14.0 | 70 | 99.6 | 38 | 25.2 | 28 | 36.7 | 73 | 20.4 | 85 | 4.0 | 66 |
| CCM M1 Beer Battered Fish and Chips | 1257.6 | 63 | 5238.6 | 62 | 72.1 | 103 | 22.0 | 110 | 85.2 | 33 | 8.9 | 10 | 59.1 | 118 | 12.5 | 52 | 2.7 | 45 |
| CCM M1 NGCI Chicken Tikka Masala | 826.5 | 41 | 3481.2 | 41 | 30.3 | 43 | 8.2 | 41 | 106.5 | 41 | 23.1 | 26 | 34.6 | 69 | 7.4 | 31 | 2.8 | 47 |
| CCM M1 All Day Breakfast | 1102.7 | 55 | 4595.9 | 55 | 65.0 | 93 | 18.3 | 92 | 81.7 | 31 | 10.2 | 11 | 44.3 | 89 | 11.8 | 49 | 4.1 | 68 |
| CCM M1 NGCI All Day Breakfast | 1102.7 | 55 | 4595.9 | 55 | 65.0 | 93 | 18.3 | 92 | 81.7 | 31 | 10.2 | 11 | 44.3 | 89 | 11.8 | 49 | 4.1 | 68 |
| CCM M1 Battered Halloumi | 1108.4 | 55 | 4604.6 | 55 | 62.4 | 89 | 31.2 | 156 | 85.5 | 33 | 11.3 | 13 | 45.9 | 92 | 12.4 | 52 | 5.2 | 87 |
| CCM M1 Chicken and Waffles | 1279.7 | 64 | 5362.6 | 64 | 54.4 | 78 | 23.2 | 116 | 158.6 | 61 | 61.1 | 68 | 35.3 | 71 | 8.6 | 36 | 2.3 | 39 |
| CCM M1 All Day Breakfast Pie | 1271.0 | 64 | 5293.1 | 63 | 77.7 | 111 | 25.6 | 128 | 107.7 | 41 | 9.6 | 11 | 33.0 | 66 | 11.8 | 49 | 3.0 | 50 |
| CCM M1 VGN Button Mushroom Pie | 1108.3 | 55 | 4647.0 | 55 | 54.0 | 77 | 22.1 | 110 | 134.5 | 52 | 16.0 | 18 | 21.0 | 42 | 18.8 | 78 | 3.1 | 52 |
| CCM M1 Wholetails of Breaded Scampi | 1587.6 | 79 | 3078.2 | 37 | 45.3 | 65 | 14.1 | 71 | 90.6 | 35 | 11.4 | 13 | 25.9 | 52 | 14.1 | 59 | 2.5 | 41 |
| CCM M1 Hunters Chicken | 1001.0 | 50 | 4194.3 | 50 | 42.5 | 61 | 20.2 | 101 | 80.0 | 31 | 33.1 | 37 | 71.1 | 142 | 8.7 | 36 | 5.4 | 91 |
| CCM M1 Steak and Ale Pie | 1161.5 | 58 | 4855.9 | 58 | 52.0 | 74 | 22.2 | 111 | 133.2 | 51 | 10.4 | 12 | 32.8 | 66 | 13.5 | 56 | 3.1 | 51 |
| CCM M1 Chicken Gammon & Mustard Pie | 1338.2 | 67 | 5588.1 | 67 | 70.6 | 101 | 31.0 | 155 | 132.5 | 51 | 16.0 | 18 | 39.0 | 78 | 14.4 | 60 | 3.9 | 66 |
| CCM M1 Deep South | 675.7 | 34 | 2828.2 | 34 | 28.8 | 41 | 9.7 | 48 | 53.6 | 21 | 6.9 | 8 | 48.1 | 96 | 9.1 | 38 | 2.5 | 42 |
| CCM M1 Deep South under 400 | 319.9 | 16 | 1339.6 | 16 | 13.5 | 19 | 3.5 | 18 | 7.5 | 3 | 4.7 | 5 | 43.0 | 86 | 2.4 | 10 | 2.4 | 40 |
| CCM M1 Button Mushroom Pie | 1157.0 | 58 | 4851.7 | 58 | 55.9 | 80 | 23.3 | 117 | 142.3 | 55 | 16.2 | 18 | 21.2 | 42 | 19.0 | 79 | 4.1 | 68 |
| CCM M1 NGCI Hunters Chicken | 1001.0 | 50 | 4194.3 | 50 | 42.5 | 61 | 20.2 | 101 | 80.0 | 31 | 33.1 | 37 | 71.1 | 142 | 8.7 | 36 | 5.4 | 91 |
| CCM M1 NGCI Deep South | 675.7 | 34 | 2828.2 | 34 | 28.8 | 41 | 9.7 | 48 | 53.6 | 21 | 6.9 | 8 | 48.1 | 96 | 9.1 | 38 | 2.5 | 42 |
| CCM M1 NGCI Deep South < 400 | 319.9 | 16 | 1339.6 | 16 | 13.5 | 19 | 3.5 | 18 | 7.5 | 3 | 4.7 | 5 | 43.0 | 86 | 2.4 | 10 | 2.4 | 40 |
| CCM M1 NGCI All Day Breakfast | 1102.7 | 55 | 4595.9 | 55 | 65.0 | 93 | 18.3 | 92 | 81.7 | 31 | 10.2 | 11 | 44.3 | 89 | 11.8 | 49 | 4.1 | 68 |
| CCM M1 Lentil & Vegetable Lasagne Under 500 | 419.0 | 21 | 1754.7 | 21 | 17.0 | 24 | 7.0 | 35 | 50.1 | 19 | 10.8 | 12 | 17.8 | 36 | 6.3 | 26 | 2.3 | 39 |
| CCM M1 Lentil & Vegetable Lasagne Vegan Under 500 | 304.7 | 15 | 1280.4 | 15 | 7.6 | 11 | 1.1 | 5 | 49.3 | 19 | 10.8 | 12 | 11.0 | 22 | 6.3 | 26 | 1.8 | 31 |
| CCM M1 Beef Lasagne Under 500 | 402.7 | 20 | 1673.0 | 20 | 17.4 | 25 | 6.9 | 35 | 45.8 | 18 | 13.0 | 14 | 17.3 | 35 | 27.3 | 114 | 1.6 | 27 |
| CCM M1 Side Salad Bowl | 31.1 | 2 | 129.5 | 2 | 2.1 | 3 | 0.4 | 2 | 2.6 | 1 | 2.4 | 3 | 0.7 | 1 | 1.2 | 5 | 0.0 | 0 |
| CCM M1 Sub Roll & Butter | 401.2 | 20 | 1687.8 | 20 | 14.1 | 20 | 7.4 | 37 | 57.4 | 22 | 3.3 | 4 | 10.1 | 20 | 2.5 | 11 | 1.0 | 17 |
| CCM M1 Chips 227g | 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 |
| CCM M1 Curly Fries 227g | 445.0 | 22 | 1864.3 | 22 | 24.0 | 34 | 4.3 | 22 | 52.6 | 20 | 2.5 | 3 | 4.7 | 9 | 3.6 | 15 | 1.5 | 24 |
| CCM M1 Poppadums & Dips | 502.6 | 25 | 2092.1 | 25 | 35.3 | 50 | 9.2 | 46 | 38.4 | 15 | 13.8 | 15 | 7.7 | 15 | 0.6 | 3 | 2.7 | 44 |
| CCM M1 Side Combo | 421.5 | 21 | 1767.7 | 21 | 23.9 | 34 | 5.3 | 27 | 43.3 | 17 | 4.4 | 5 | 7.3 | 15 | 4.4 | 18 | 1.5 | 25 |
| CCM M1 Rice Long Grain | 262.0 | 13 | 1120.0 | 13 | 0.8 | 1 | 0.2 | 1 | 62.2 | 24 | 0.0 | 0 | 5.6 | 11 | 2.0 | 8 | 0.1 | 1 |
| CCM M1 Garlic Bread | 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 |

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| Recipe Name | Energy | | | | Fat | | Saturates | | Carb | | Sugars | | Protein | | Fibre | | Salt | |
|---------------------------------|--------|----|--------|----|------|----|-----------|----|------|----|--------|----|---------|----|-------|----|------|----|
| | kcal | % | kJ | % | g | % | g | % | g | % | g | % | g | % | g | % | g | % |
| CCM M1 Cheesy Garlic Bread | 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 |
| CCM M1 Mashed Potato 227g | 235.5 | 12 | 983.0 | 12 | 8.9 | 13 | 5.7 | 29 | 33.1 | 13 | 2.2 | 2 | 3.3 | 7 | 4.4 | 18 | 0.7 | 11 |
| CCM M1 Bread & Butter Brown | 315.5 | 16 | 1323.4 | 16 | 14.7 | 21 | 8.0 | 40 | 36.1 | 14 | 1.0 | 1 | 10.1 | 20 | 3.3 | 14 | 1.0 | 16 |
| CCM M1 Bread & Butter White | 311.4 | 16 | 1303.5 | 16 | 13.5 | 19 | 8.0 | 40 | 40.1 | 15 | 0.9 | 1 | 7.7 | 15 | 2.5 | 10 | 1.1 | 18 |
| CCM M1 NGCI Bread & Butter | 274.9 | 14 | 1145.1 | 14 | 15.3 | 22 | 7.5 | 38 | 29.7 | 11 | 2.5 | 3 | 1.6 | 3 | 5.8 | 24 | 0.8 | 14 |
| CCM M1 Onion Bhajis | 105.6 | 5 | 441.6 | 5 | 4.6 | 7 | 1.2 | 6 | 11.3 | 4 | 2.9 | 3 | 3.4 | 7 | 2.9 | 12 | 0.2 | 4 |
| CCM M1 Battered Onion Rings x12 | 499.0 | 25 | 2086.9 | 25 | 29.4 | 42 | 5.8 | 29 | 53.0 | 20 | 8.2 | 9 | 5.8 | 12 | 5.6 | 23 | 2.0 | 33 |
| CCM M1 Fried Onions | 61.5 | 3 | 254.0 | 3 | 4.7 | 7 | 0.5 | 3 | 4.4 | 2 | 3.1 | 3 | 0.7 | 1 | 1.0 | 4 | 0.0 | 0 |
| CCM M1 Topper Beans n Cheese | 226.7 | 11 | 943.8 | 11 | 9.8 | 14 | 6.0 | 30 | 21.3 | 8 | 5.4 | 6 | 14.2 | 28 | 5.4 | 23 | 1.3 | 21 |
| CCM M1 Topper Cheese | 114.2 | 6 | 474.3 | 6 | 9.4 | 13 | 5.9 | 29 | 0.8 | 0 | 0.0 | 0 | 6.8 | 14 | 0.0 | 0 | 0.5 | 8 |
| CCM M1 Topper Chilli Cheese | 402.7 | 20 | 1677.1 | 20 | 26.2 | 37 | 14.0 | 70 | 20.0 | 8 | 13.5 | 15 | 21.5 | 43 | 1.5 | 6 | 1.9 | 31 |
| CCM M1 Topper Chicken | 96.8 | 5 | 404.0 | 5 | 5.9 | 8 | 1.9 | 10 | 6.0 | 2 | 2.4 | 3 | 4.8 | 10 | 0.1 | 0 | 0.3 | 5 |
| CCM M1 Topper Beans | 112.5 | 6 | 469.5 | 6 | 0.5 | 1 | 0.2 | 1 | 20.6 | 8 | 5.4 | 6 | 7.4 | 15 | 5.4 | 23 | 0.8 | 13 |
| CCM M1 Stuffing | 74.4 | 4 | 314.3 | 4 | 1.3 | 2 | 0.7 | 3 | 14.4 | 6 | 0.5 | 1 | 2.0 | 4 | 0.8 | 3 | 0.7 | 12 |
| CCM M1 Sausage Quorn | 62.0 | 3 | 260.0 | 3 | 1.9 | 3 | 0.2 | 1 | 4.4 | 2 | 1.5 | 2 | 5.5 | 11 | 2.0 | 8 | 0.4 | 7 |
| CCM M1 Baked Beans | 63.8 | 3 | 266.1 | 3 | 0.3 | 0 | 0.1 | 0 | 11.6 | 4 | 3.1 | 3 | 4.2 | 8 | 3.1 | 13 | 0.4 | 7 |
| CCM M1 Toast and Butter | 209.8 | 10 | 875.8 | 10 | 13.1 | 19 | 7.7 | 38 | 18.1 | 7 | 0.5 | 1 | 5.1 | 10 | 1.7 | 7 | 0.6 | 10 |
| CCM M1 Dirty Chilli Extra | 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 |
| CCM M1 Extra Pie Veg | 0.1 | 0 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 |
| CCM M1 Grated Cheese 28g | 114.2 | 6 | 474.3 | 6 | 9.4 | 13 | 5.9 | 29 | 0.8 | 0 | 0.0 | 0 | 6.8 | 14 | 0.0 | 0 | 0.5 | 8 |
| CCM M1 Yorkshire Pudding | 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 |
| CCM M1 Pineapple | 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 |
| CCM M1 Chips 150g | 251.2 | 13 | 1050.3 | 13 | 11.4 | 16 | 4.5 | 22 | 31.0 | 12 | 1.5 | 2 | 3.9 | 8 | 4.5 | 19 | 0.1 | 1 |
| CCM M1 Ice Cream Scoop Vanilla | 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 |
| CCM M1 Beef Burger 6oz Extra | 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 |
| CCM M1 Bacon | 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 |
| CCM M1 Bacon x2 | 140.3 | 7 | 586.1 | 7 | 6.9 | 10 | 2.6 | 13 | 0.0 | 0 | 0.0 | 0 | 19.4 | 39 | 0.0 | 0 | 3.5 | 58 |
| CCM M1 Buttermilk Chicken x2 | 273.2 | 14 | 1138.5 | 14 | 17.8 | 25 | 6.3 | 31 | 12.1 | 5 | 0.6 | 1 | 15.9 | 32 | 0.0 | 0 | 0.8 | 14 |
| CCM M1 Sunday Veg | 71.8 | 4 | 300.7 | 4 | 0.8 | 1 | 0.2 | 1 | 9.4 | 4 | 6.1 | 7 | 5.2 | 10 | 5.3 | 22 | 0.8 | 13 |
| CCM M1 Extra 8oz Rump Steak | 478.0 | 24 | 1989.2 | 24 | 32.1 | 46 | 10.9 | 54 | 0.0 | 0 | 0.0 | 0 | 47.0 | 94 | 0.0 | 0 | 1.3 | 22 |
| CCM M1 Chip Shop Curry Sauce | 93.4 | 5 | 394.3 | 5 | 6.5 | 9 | 3.9 | 20 | 7.2 | 3 | 3.6 | 4 | 1.4 | 3 | 0.6 | 2 | 0.7 | 12 |
| CCM M1 Sausage | 140.2 | 7 | 584.5 | 7 | 8.3 | 12 | 2.8 | 14 | 10.8 | 4 | 1.3 | 1 | 5.1 | 10 | 0.6 | 3 | 0.7 | 11 |
| CCM M1 Choice Onion Rings x3 | 124.7 | 6 | 521.7 | 6 | 7.3 | 10 | 1.5 | 7 | 13.2 | 5 | 2.1 | 2 | 1.5 | 3 | 1.4 | 6 | 0.5 | 8 |

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|-----------------------------------------------|--------|----|--------|----|------|-----|-----------|-----|-------|----|--------|----|---------|-----|-------|----|------|-----|
| | kcal | % | kJ | % | g | % | g | % | g | % | g | % | g | % | g | % | g | % |
| CCM M1 Burger Plain Beef | 858.6 | 43 | 3593.9 | 43 | 36.0 | 51 | 13.7 | 68 | 83.1 | 32 | 7.7 | 9 | 45.8 | 92 | 9.3 | 39 | 2.4 | 40 |
| CCM M1 Burger Plain Beef XL | 1144.2 | 57 | 4783.9 | 57 | 52.0 | 74 | 20.5 | 102 | 85.5 | 33 | 7.8 | 9 | 78.6 | 157 | 9.5 | 39 | 3.9 | 65 |
| CCM M1 Burger Plain Buttermilk Chicken | 982.9 | 49 | 4111.6 | 49 | 46.7 | 67 | 16.3 | 82 | 98.9 | 38 | 8.4 | 9 | 36.9 | 74 | 9.1 | 38 | 2.1 | 36 |
| CCM M1 Burger Plain Buttermilk Chicken XL | 1392.7 | 70 | 5819.4 | 69 | 73.4 | 105 | 25.7 | 129 | 117.0 | 45 | 9.4 | 10 | 60.8 | 122 | 9.1 | 38 | 3.4 | 56 |
| CCM M1 Burger Dirty Chilli Cheese | 1216.8 | 61 | 5089.6 | 61 | 56.8 | 81 | 23.6 | 118 | 107.0 | 41 | 24.8 | 28 | 64.2 | 128 | 11.2 | 47 | 4.1 | 69 |
| CCM M1 Burger Dirty Chilli Cheese XL | 1502.4 | 75 | 6279.6 | 75 | 72.8 | 104 | 30.4 | 152 | 109.4 | 42 | 25.0 | 28 | 97.0 | 194 | 11.4 | 47 | 5.6 | 94 |
| CCM M1 Burger Cowboy | 1043.0 | 52 | 4361.2 | 52 | 48.8 | 70 | 20.9 | 104 | 83.9 | 32 | 7.7 | 9 | 62.3 | 125 | 9.3 | 39 | 4.7 | 78 |
| CCM M1 Burger Cowboy XL | 1328.6 | 66 | 5551.2 | 66 | 64.8 | 93 | 27.7 | 138 | 86.3 | 33 | 7.9 | 9 | 95.1 | 190 | 9.5 | 39 | 6.1 | 102 |
| CCM M1 Burger Double Whammy | 1414.4 | 71 | 5917.3 | 70 | 69.7 | 100 | 28.9 | 145 | 109.4 | 42 | 22.0 | 24 | 81.2 | 162 | 9.7 | 40 | 6.5 | 109 |
| CCM M1 Burger VGN Move Mountain | 1002.5 | 50 | 4190.3 | 50 | 48.3 | 69 | 27.7 | 138 | 106.4 | 41 | 19.9 | 22 | 31.4 | 63 | 15.5 | 65 | 3.0 | 50 |
| CCM M1 Burger Chippy Tea | 1351.7 | 68 | 5109.3 | 61 | 55.7 | 80 | 19.9 | 99 | 125.1 | 48 | 13.1 | 15 | 49.9 | 100 | 16.3 | 68 | 3.5 | 58 |
| CCM M1 Burger Cajun Chicken Fajita | 944.3 | 47 | 3953.5 | 47 | 39.7 | 57 | 9.7 | 49 | 87.9 | 34 | 12.5 | 14 | 55.4 | 111 | 11.4 | 48 | 3.3 | 55 |
| CCM M1 Burger Buffalo Crispy Chicken | 1031.3 | 52 | 4315.4 | 51 | 48.5 | 69 | 16.4 | 82 | 106.6 | 41 | 15.6 | 17 | 37.0 | 74 | 9.4 | 39 | 2.4 | 40 |
| CCM M1 Burger Buffalo Crispy Chicken XL | 1441.2 | 72 | 6023.2 | 72 | 75.2 | 107 | 25.9 | 129 | 124.7 | 48 | 16.6 | 18 | 60.9 | 122 | 9.4 | 39 | 3.6 | 61 |
| CCM M1 Burger Halloumi | 974.6 | 49 | 4059.5 | 48 | 46.6 | 67 | 23.1 | 116 | 99.3 | 38 | 23.6 | 26 | 35.0 | 70 | 10.5 | 44 | 4.0 | 67 |
| CCM M1 Burger Halloumi XL | 1304.6 | 65 | 5415.5 | 64 | 73.0 | 104 | 39.3 | 197 | 100.9 | 39 | 25.2 | 28 | 56.4 | 113 | 10.5 | 44 | 6.5 | 109 |
| CCM M1 Burger Chippy Tea XL | 1278.2 | 64 | 4936.8 | 59 | 59.6 | 85 | 20.3 | 101 | 102.0 | 39 | 9.8 | 11 | 54.8 | 110 | 12.5 | 52 | 3.3 | 54 |
| CCM M1 Burger Cajun Chicken Fajita XL | 1153.4 | 58 | 4834.1 | 58 | 44.5 | 64 | 10.7 | 54 | 89.6 | 34 | 13.9 | 15 | 96.5 | 193 | 11.4 | 48 | 4.2 | 70 |
| CCM M1 Burger Oozy Floozy | 1139.1 | 57 | 4764.5 | 57 | 51.7 | 74 | 18.0 | 90 | 112.7 | 43 | 10.1 | 11 | 53.3 | 107 | 12.0 | 50 | 3.8 | 63 |
| CCM M1 Burger Oozy Floozy XL | 1424.7 | 71 | 5954.5 | 71 | 67.6 | 97 | 24.8 | 124 | 115.1 | 44 | 10.2 | 11 | 86.1 | 172 | 12.2 | 51 | 5.3 | 88 |
| CCM M1 Burger Skinny Buffalo Crispy Chicken | 479.1 | 24 | 1999.9 | 24 | 28.9 | 41 | 9.7 | 48 | 29.3 | 11 | 11.4 | 13 | 25.0 | 50 | 1.9 | 8 | 1.5 | 25 |
| CCM M1 Burger Skinny Plain Beef | 306.4 | 15 | 1278.3 | 15 | 16.4 | 23 | 6.9 | 35 | 5.8 | 2 | 3.4 | 4 | 33.8 | 68 | 1.8 | 7 | 1.5 | 25 |
| CCM M1 Burger Skinny Plain Buttermilk Chicken | 430.7 | 22 | 1796.0 | 21 | 27.1 | 39 | 9.5 | 48 | 21.6 | 8 | 4.2 | 5 | 24.8 | 50 | 1.6 | 7 | 1.2 | 21 |
| CCM M1 Burger Skinny VGN Move Mountain | 309.1 | 15 | 1283.4 | 15 | 23.3 | 33 | 20.5 | 103 | 9.0 | 3 | 4.0 | 4 | 17.3 | 35 | 6.3 | 26 | 1.4 | 23 |
| CCM M1 Burger Skinny Cajun Chicken Fajita | 392.2 | 20 | 1637.9 | 19 | 20.2 | 29 | 2.9 | 15 | 10.6 | 4 | 8.3 | 9 | 43.3 | 87 | 3.9 | 16 | 2.4 | 40 |
| CCM M1 Burger Skinny Chippy Tea | 729.9 | 36 | 2550.4 | 30 | 33.0 | 47 | 12.0 | 60 | 43.6 | 17 | 8.1 | 9 | 34.6 | 69 | 8.0 | 33 | 2.4 | 40 |
| CCM M1 Burger Skinny Cowboy | 490.8 | 25 | 2045.6 | 24 | 29.2 | 42 | 14.1 | 70 | 6.6 | 3 | 3.5 | 4 | 50.3 | 101 | 1.8 | 7 | 3.8 | 63 |
| CCM M1 Burger Skinny Dirty Chilli Cheese | 664.6 | 33 | 2774.1 | 33 | 37.2 | 53 | 16.8 | 84 | 29.7 | 11 | 20.6 | 23 | 52.1 | 104 | 3.7 | 15 | 3.3 | 54 |
| CCM M1 Burger Skinny Double Whammy | 862.3 | 43 | 3601.8 | 43 | 50.1 | 72 | 22.2 | 111 | 32.1 | 12 | 17.8 | 20 | 69.1 | 138 | 2.2 | 9 | 5.6 | 94 |
| CCM M1 Burger Skinny Halloumi | 422.4 | 21 | 1743.9 | 21 | 27.1 | 39 | 16.4 | 82 | 21.9 | 8 | 19.4 | 22 | 23.0 | 46 | 3.0 | 12 | 3.2 | 53 |
| CCM M1 Burger Skinny Oozy Floozy | 586.9 | 29 | 2448.9 | 29 | 32.1 | 46 | 11.2 | 56 | 35.4 | 14 | 5.9 | 7 | 41.3 | 83 | 4.5 | 19 | 2.9 | 48 |
| CCM M1 NGCI Burger Skinny Cajun Chicken | 392.2 | 20 | 1637.9 | 19 | 20.2 | 29 | 2.9 | 15 | 10.6 | 4 | 8.3 | 9 | 43.3 | 87 | 3.9 | 16 | 2.4 | 40 |
| CCM M1 NGCI Burger Skinny Cowboy | 490.8 | 25 | 2045.6 | 24 | 29.2 | 42 | 14.1 | 70 | 6.6 | 3 | 3.5 | 4 | 50.3 | 101 | 1.8 | 7 | 3.8 | 63 |

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 | % |
| CCM M1 NGCI Burger Skinny Halloumi | 422.4 | 21 | 1743.9 | 21 | 27.1 | 39 | 16.4 | 82 | 21.9 | 8 | 19.4 | 22 | 23.0 | 46 | 3.0 | 12 | 3.2 | 53 |
| CCM M1 NGCI Burger Skinny Oozy Floozy | 586.9 | 29 | 2448.9 | 29 | 32.1 | 46 | 11.2 | 56 | 35.4 | 14 | 5.9 | 7 | 41.3 | 83 | 4.5 | 19 | 2.9 | 48 |
| CCM M1 NGCI Burger Skinny Plain Beef | 306.4 | 15 | 1278.3 | 15 | 16.4 | 23 | 6.9 | 35 | 5.8 | 2 | 3.4 | 4 | 33.8 | 68 | 1.8 | 7 | 1.5 | 25 |
| CCM M1 NGCI Steak Rump Skinny Under 500 | 492.4 | 25 | 2051.5 | 24 | 32.1 | 46 | 10.7 | 53 | 4.4 | 2 | 4.2 | 5 | 46.6 | 93 | 2.0 | 8 | 1.3 | 21 |
| CCM M1 NGCI Steak Sirloin Skinny Under 600 | 566.4 | 28 | 2356.5 | 28 | 38.8 | 55 | 13.9 | 69 | 4.6 | 2 | 4.4 | 5 | 49.7 | 99 | 2.1 | 9 | 1.4 | 23 |
| CCM M1 Steak Ribeye 10oz | 1364.1 | 68 | 5683.9 | 68 | 81.9 | 117 | 30.9 | 155 | 69.7 | 27 | 8.8 | 10 | 81.5 | 163 | 12.9 | 54 | 2.3 | 39 |
| CCM M1 NGCI Steak Ribeye 10oz | 1239.4 | 62 | 5162.2 | 61 | 74.5 | 106 | 29.5 | 147 | 56.5 | 22 | 6.7 | 7 | 80.0 | 160 | 11.5 | 48 | 1.8 | 31 |
| CCM M1 Steak Rump 8oz | 1043.4 | 52 | 4355.6 | 52 | 56.2 | 80 | 18.8 | 94 | 69.7 | 27 | 8.8 | 10 | 59.2 | 118 | 12.9 | 54 | 2.4 | 39 |
| CCM M1 Steak Rump Skinny Under 600 | 509.7 | 25 | 2123.5 | 25 | 33.2 | 47 | 11.1 | 55 | 4.6 | 2 | 4.4 | 5 | 48.2 | 96 | 2.1 | 9 | 1.3 | 22 |
| CCM M1 Gammon Steak 8oz | 962.9 | 48 | 4015.5 | 48 | 55.2 | 79 | 18.4 | 92 | 55.7 | 21 | 5.1 | 6 | 56.0 | 112 | 10.7 | 45 | 7.1 | 119 |
| CCM M1 NGCI Gammon Steak 8oz | 962.9 | 48 | 4015.5 | 48 | 55.2 | 79 | 18.4 | 92 | 55.7 | 21 | 5.1 | 6 | 56.0 | 112 | 10.7 | 45 | 7.1 | 119 |
| CCM M1 NGCI Steak Rump Skinny Under 500 | 492.4 | 25 | 2051.5 | 24 | 32.1 | 46 | 10.7 | 53 | 4.4 | 2 | 4.2 | 5 | 46.6 | 93 | 2.0 | 8 | 1.3 | 21 |
| CCM M1 Mixed Grill | 1421.4 | 71 | 5932.1 | 71 | 80.2 | 115 | 24.6 | 123 | 82.1 | 32 | 11.3 | 13 | 87.4 | 175 | 13.5 | 56 | 6.2 | 103 |
| CCM M1 NGCI Mixed Grill | 1287.6 | 64 | 5372.5 | 64 | 72.4 | 103 | 23.0 | 115 | 68.4 | 26 | 9.2 | 10 | 85.3 | 171 | 12.0 | 50 | 5.7 | 94 |
| CCM M1 Mega Melt Stack | 1369.3 | 68 | 5728.7 | 68 | 64.5 | 92 | 28.7 | 144 | 87.3 | 34 | 33.6 | 37 | 104.7 | 209 | 11.4 | 48 | 10.5 | 176 |
| CCM M1 Steak Sirloin 8oz | 1100.2 | 55 | 4588.6 | 55 | 61.8 | 88 | 21.7 | 108 | 69.7 | 27 | 8.8 | 10 | 60.7 | 121 | 12.9 | 54 | 2.4 | 40 |
| CCM M1 NGCI Steak Sirloin 8oz | 975.4 | 49 | 4066.9 | 48 | 54.5 | 78 | 20.2 | 101 | 56.5 | 22 | 6.7 | 7 | 59.3 | 119 | 11.5 | 48 | 1.9 | 31 |
| CCM M1 Steak Sirloin Skinny Under 600 | 566.4 | 28 | 2356.5 | 28 | 38.8 | 55 | 13.9 | 69 | 4.6 | 2 | 4.4 | 5 | 49.7 | 99 | 2.1 | 9 | 1.4 | 23 |
| CCM M1 NGCI Steak Rump 8oz | 918.7 | 46 | 3833.9 | 46 | 48.9 | 70 | 17.4 | 87 | 56.5 | 22 | 6.7 | 7 | 57.7 | 115 | 11.5 | 48 | 1.9 | 31 |
| CCM M1 NGCI Steak Sirloin Skinny Under 600 | 566.4 | 28 | 2356.5 | 28 | 38.8 | 55 | 13.9 | 69 | 4.6 | 2 | 4.4 | 5 | 49.7 | 99 | 2.1 | 9 | 1.4 | 23 |
| CCM M1 Scampi Pieces x5 | 456.2 | 23 | 424.8 | 5 | 9.6 | 14 | 3.1 | 15 | 13.7 | 5 | 1.8 | 2 | 6.6 | 13 | 1.6 | 7 | 0.7 | 11 |
| CCM M1 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 |
| CCM M1 Fried Egg | 156.1 | 8 | 646.4 | 8 | 14.2 | 20 | 2.5 | 12 | 0.0 | 0 | 0.2 | 0 | 7.1 | 14 | 0.0 | 0 | 0.2 | 4 |
| CCM M1 LB Gloucester Cheese and Hobgoblin Chutney Tart | 589.4 | 29 | 2461.9 | 29 | 30.3 | 43 | 13.1 | 65 | 63.7 | 24 | 28.8 | 32 | 12.3 | 25 | 6.5 | 27 | 1.0 | 16 |
| CCM M1 LB Mini Fish and Chips | 759.6 | 38 | 3164.8 | 38 | 42.8 | 61 | 12.6 | 63 | 55.9 | 22 | 7.9 | 9 | 32.8 | 66 | 9.5 | 40 | 1.8 | 29 |
| CCM M1 LB Gammon 4oz | 656.4 | 33 | 2735.8 | 33 | 38.3 | 55 | 11.8 | 59 | 39.2 | 15 | 4.3 | 5 | 34.7 | 69 | 8.4 | 35 | 3.9 | 65 |
| CCM M1 LB Ham and Eggs | 683.1 | 34 | 2845.7 | 34 | 44.9 | 64 | 11.2 | 56 | 32.2 | 12 | 2.1 | 2 | 35.0 | 70 | 4.5 | 19 | 2.1 | 35 |
| CCM M1 LB Hunters Chicken | 636.1 | 32 | 2662.1 | 32 | 29.4 | 42 | 12.8 | 64 | 48.4 | 19 | 17.5 | 19 | 41.5 | 83 | 5.4 | 23 | 3.6 | 60 |
| CCM M1 LB Quorn Sausage and Mash | 471.2 | 24 | 1971.5 | 23 | 15.6 | 22 | 7.1 | 35 | 51.0 | 20 | 8.8 | 10 | 23.4 | 47 | 13.0 | 54 | 3.1 | 52 |
| CCM M1 LB Sausage and Mash | 705.7 | 35 | 2945.1 | 35 | 35.1 | 50 | 14.9 | 75 | 70.5 | 27 | 8.3 | 9 | 22.2 | 44 | 8.9 | 37 | 3.9 | 65 |
| CCM M1 NGCI LB Gammon 4oz | 656.4 | 33 | 2735.8 | 33 | 38.3 | 55 | 11.8 | 59 | 39.2 | 15 | 4.3 | 5 | 34.7 | 69 | 8.4 | 35 | 3.9 | 65 |
| CCM M1 NGCI LB Ham Egg and Chips | 683.1 | 34 | 2845.7 | 34 | 44.9 | 64 | 11.2 | 56 | 32.2 | 12 | 2.1 | 2 | 35.0 | 70 | 4.5 | 19 | 2.1 | 35 |

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 | % |
| CCM M1 NGCI LB Sausage and Mash | 705.7 | 35 | 2945.1 | 35 | 35.1 | 50 | 14.9 | 75 | 70.5 | 27 | 8.3 | 9 | 22.2 | 44 | 8.9 | 37 | 3.9 | 65 |
| CCM M1 NGCI LB Hunters Chicken | 636.1 | 32 | 2662.1 | 32 | 29.4 | 42 | 12.8 | 64 | 48.4 | 19 | 17.5 | 19 | 41.5 | 83 | 5.4 | 23 | 3.6 | 60 |
| CCM M1 LB Lentil & Vegetable Lasagne | 403.1 | 20 | 1691.4 | 20 | 12.9 | 18 | 2.7 | 14 | 59.8 | 23 | 10.4 | 12 | 12.7 | 25 | 6.6 | 28 | 2.1 | 35 |
| CCM M1 Sandwich Tuna Mayo Melt Sub | 581.7 | 29 | 2444.2 | 29 | 22.4 | 32 | 7.9 | 40 | 65.4 | 25 | 4.3 | 5 | 27.3 | 55 | 5.2 | 22 | 1.7 | 28 |
| CCM M1 Sandwich Buttermilk BBQ Melt Sub | 1070.3 | 54 | 4489.1 | 53 | 44.7 | 64 | 18.0 | 90 | 115.6 | 44 | 19.3 | 21 | 47.0 | 94 | 7.6 | 32 | 4.8 | 79 |
| CCM M1 Sandwich Chicken and Bacon Club | 857.8 | 43 | 3602.5 | 43 | 32.7 | 47 | 8.6 | 43 | 90.1 | 35 | 6.1 | 7 | 49.2 | 98 | 10.1 | 42 | 3.8 | 63 |
| CCM M1 Sandwich Cheese and Onion | 649.5 | 32 | 2708.5 | 32 | 37.6 | 54 | 17.8 | 89 | 52.8 | 20 | 3.6 | 4 | 22.9 | 46 | 6.7 | 28 | 1.6 | 27 |
| CCM M1 Sub Crispy Buffalo Chicken | 1008.5 | 50 | 4229.7 | 50 | 42.5 | 61 | 14.1 | 71 | 114.4 | 44 | 13.1 | 15 | 38.0 | 76 | 7.5 | 31 | 2.4 | 39 |
| CCM M1 Sub Honey BBQ Chicken | 869.7 | 43 | 3664.9 | 44 | 19.0 | 27 | 5.7 | 28 | 116.1 | 45 | 31.5 | 35 | 55.9 | 112 | 7.7 | 32 | 2.7 | 44 |
| CCM M1 Cajun Halloumi Sub | 957.8 | 48 | 3994.8 | 48 | 46.2 | 66 | 21.5 | 107 | 95.4 | 37 | 9.9 | 11 | 36.5 | 73 | 9.3 | 39 | 4.8 | 80 |
| CCM M1 NGCI Sandwich Cheese & Onion | 714.5 | 36 | 2977.8 | 35 | 39.9 | 57 | 17.7 | 88 | 64.4 | 25 | 5.6 | 6 | 19.4 | 39 | 10.9 | 45 | 1.8 | 30 |
| CCM M1 NGCI Sandwich Chicken & Bacon Club | 796.9 | 40 | 3335.2 | 40 | 33.6 | 48 | 7.8 | 39 | 80.5 | 31 | 8.4 | 9 | 36.4 | 73 | 13.9 | 58 | 3.6 | 59 |
| CCM M1 NGCI Sandwich Tuna Mayo Melt Sub | 695.3 | 35 | 2909.1 | 35 | 32.9 | 47 | 11.3 | 56 | 64.6 | 25 | 5.4 | 6 | 30.0 | 60 | 10.7 | 45 | 2.2 | 37 |
| CCM M1 NGCI Sub Honey BBQ Chicken | 743.5 | 37 | 3122.2 | 37 | 20.2 | 29 | 5.8 | 29 | 88.4 | 34 | 30.8 | 34 | 47.4 | 95 | 11.1 | 46 | 2.5 | 41 |
| CCM M1 NGCI Cajun Halloumi Sub | 831.5 | 42 | 3452.2 | 41 | 47.4 | 68 | 21.6 | 108 | 67.6 | 26 | 9.2 | 10 | 28.0 | 56 | 12.6 | 53 | 4.6 | 76 |
| CCM M1 Jacket Plain | 292.1 | 15 | 1225.1 | 15 | 12.1 | 17 | 7.3 | 37 | 42.8 | 16 | 2.8 | 3 | 5.5 | 11 | 4.7 | 20 | 0.3 | 5 |
| CCM M1 Jacket Cheese & Beans | 595.6 | 30 | 2486.7 | 30 | 31.1 | 44 | 19.2 | 96 | 58.0 | 22 | 6.5 | 7 | 24.0 | 48 | 8.3 | 35 | 1.8 | 30 |
| CCM M1 Jacket Tuna Mayo | 451.2 | 23 | 1892.7 | 23 | 20.5 | 29 | 8.0 | 40 | 46.1 | 18 | 4.2 | 5 | 23.3 | 47 | 5.1 | 21 | 1.3 | 22 |
| CCM M1 NGCI Jacket Cheese & Beans | 595.6 | 30 | 2486.7 | 30 | 31.1 | 44 | 19.2 | 96 | 58.0 | 22 | 6.5 | 7 | 24.0 | 48 | 8.3 | 35 | 1.8 | 30 |
| CCM M1 NGCI Jacket Plain | 292.1 | 15 | 1225.1 | 15 | 12.1 | 17 | 7.3 | 37 | 42.8 | 16 | 2.8 | 3 | 5.5 | 11 | 4.7 | 20 | 0.3 | 5 |
| CCM M1 NGCI Jacket Tuna Mayo | 451.2 | 23 | 1892.7 | 23 | 20.5 | 29 | 8.0 | 40 | 46.1 | 18 | 4.2 | 5 | 23.3 | 47 | 5.1 | 21 | 1.3 | 22 |
| CCM M1 Cheesy Mashed Potato 227g | 471.2 | 24 | 1961.8 | 23 | 27.9 | 40 | 17.7 | 88 | 35.6 | 14 | 2.4 | 3 | 17.1 | 34 | 4.5 | 19 | 1.7 | 28 |
| CCM M1 Yorkshire Pudding Bowl | 1224.1 | 61 | 5088.4 | 61 | 95.3 | 136 | 14.9 | 74 | 64.4 | 25 | 9.5 | 11 | 30.9 | 62 | 3.0 | 13 | 1.6 | 26 |
| CCM M1 Pigs in Blankets x 3 | 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 |
| CCM M1 Pigs in Blankets x 10 | 1275.0 | 64 | 5334.6 | 64 | 115.6 | 165 | 44.9 | 224 | 13.6 | 5 | 0.0 | 0 | 44.5 | 89 | 0.7 | 3 | 9.7 | 161 |
| CCM M1 Sunday Veg | 71.8 | 4 | 300.7 | 4 | 0.8 | 1 | 0.2 | 1 | 9.4 | 4 | 6.1 | 7 | 5.2 | 10 | 5.3 | 22 | 0.8 | 13 |
| CCM M1 Cauliflower Cheese | 97.2 | 5 | 406.1 | 5 | 4.0 | 6 | 2.3 | 11 | 10.3 | 4 | 2.8 | 3 | 5.0 | 10 | 2.6 | 11 | 0.7 | 11 |
| CCM M1 Mashed Potato 227g | 235.5 | 12 | 983.0 | 12 | 8.9 | 13 | 5.7 | 29 | 33.1 | 13 | 2.2 | 2 | 3.3 | 7 | 4.4 | 18 | 0.7 | 11 |
| CCM M1 NGCI Sunday Roast Beef | 943.8 | 47 | 3937.6 | 47 | 46.3 | 66 | 18.7 | 94 | 76.7 | 29 | 19.4 | 22 | 49.9 | 100 | 15.4 | 64 | 4.5 | 74 |
| CCM M1 NGCI Sunday Roast Beef Child | 337.7 | 17 | 1409.9 | 17 | 16.3 | 23 | 6.4 | 32 | 30.1 | 12 | 8.7 | 10 | 15.7 | 31 | 5.5 | 23 | 2.1 | 36 |
| CCM M1 NGCI Sunday Roast Beef Large | 1137.4 | 57 | 4742.7 | 56 | 59.9 | 86 | 24.0 | 120 | 76.7 | 29 | 19.4 | 22 | 67.8 | 136 | 15.4 | 64 | 4.6 | 77 |
| CCM M1 Sunday Cauliflower Cheese Tart | 1285.5 | 64 | 5367.3 | 64 | 68.4 | 98 | 22.1 | 111 | 129.2 | 50 | 20.9 | 23 | 34.7 | 69 | 19.3 | 80 | 5.6 | 93 |
| CCM M1 Sunday Cauliflower Cheese Tart Child | 769.2 | 38 | 3210.3 | 38 | 44.8 | 64 | 13.6 | 68 | 70.1 | 27 | 10.2 | 11 | 20.5 | 41 | 8.6 | 36 | 3.2 | 53 |

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 | % |
| CCM M1 Sunday Roast Beef | 1211.7 | 61 | 5055.6 | 60 | 63.3 | 90 | 21.8 | 109 | 99.8 | 38 | 21.4 | 24 | 56.8 | 114 | 16.6 | 69 | 5.4 | 89 |
| CCM M1 Sunday Roast Beef Child | 544.7 | 27 | 2273.4 | 27 | 29.6 | 42 | 9.1 | 45 | 46.2 | 18 | 10.1 | 11 | 22.4 | 45 | 6.3 | 26 | 2.8 | 46 |
| CCM M1 Sunday Roast Beef Large | 1609.3 | 80 | 6708.5 | 80 | 92.8 | 133 | 29.5 | 148 | 110.5 | 43 | 23.0 | 26 | 79.8 | 160 | 17.1 | 71 | 5.8 | 96 |
| CCM M1 Roast Potatoes | 252.7 | 13 | 1059.9 | 13 | 10.4 | 15 | 1.2 | 6 | 37.4 | 14 | 1.3 | 1 | 4.6 | 9 | 3.8 | 16 | 0.1 | 2 |
| CCM M1 NGCI Sunday Chicken Child | 330.3 | 17 | 1383.3 | 16 | 11.2 | 16 | 4.5 | 22 | 32.5 | 12 | 6.8 | 8 | 22.9 | 46 | 6.5 | 27 | 1.8 | 31 |
| CCM M1 Sunday Roast Chicken Child | 556.5 | 28 | 2327.3 | 28 | 25.6 | 37 | 7.1 | 35 | 52.0 | 20 | 8.5 | 9 | 28.7 | 57 | 7.4 | 31 | 2.6 | 43 |
| CCM M1 NGCI Sunday Roast Chicken | 1169.9 | 58 | 4885.9 | 58 | 56.9 | 81 | 19.9 | 100 | 71.3 | 27 | 14.3 | 16 | 88.6 | 177 | 16.8 | 70 | 5.2 | 87 |
| CCM M1 Sunday Roast Chicken | 1437.8 | 72 | 6003.8 | 71 | 74.0 | 106 | 23.0 | 115 | 94.4 | 36 | 16.3 | 18 | 95.4 | 191 | 18.0 | 75 | 6.1 | 102 |
| CCM M1 Sunday Roast Turkey | 1114.0 | 56 | 4664.1 | 56 | 49.6 | 71 | 16.3 | 82 | 101.1 | 39 | 21.4 | 24 | 61.9 | 124 | 16.6 | 69 | 6.4 | 107 |
| CCM M1 Sunday Roast Turkey Child | 671.1 | 34 | 2808.1 | 33 | 29.8 | 43 | 8.0 | 40 | 66.2 | 25 | 14.5 | 16 | 33.0 | 66 | 9.0 | 37 | 4.0 | 67 |
| CCM M1 Sunday Roast Turkey Large | 1406.4 | 70 | 5885.7 | 70 | 66.5 | 95 | 19.1 | 95 | 111.9 | 43 | 23.0 | 26 | 86.9 | 174 | 17.1 | 71 | 6.9 | 115 |
| CCM M1 Chocolate Fudge Cake | 690.4 | 35 | 2897.7 | 34 | 29.5 | 42 | 6.2 | 31 | 99.9 | 38 | 82.1 | 91 | 7.3 | 15 | 3.5 | 15 | 0.4 | 7 |
| CCM M1 NGCI Chocolate Fudge Cake | 690.4 | 35 | 2897.7 | 34 | 29.5 | 42 | 6.2 | 31 | 99.9 | 38 | 82.1 | 91 | 7.3 | 15 | 3.5 | 15 | 0.4 | 7 |
| CCM M1 Red Velvet Cake | 1054.1 | 53 | 4390.1 | 52 | 75.4 | 108 | 42.7 | 214 | 84.3 | 32 | 60.6 | 67 | 11.1 | 22 | 2.0 | 8 | 1.3 | 21 |
| CCM M1 Melt in the Middle Chocolate Pudding | 776.5 | 39 | 3243.9 | 39 | 43.2 | 62 | 8.3 | 41 | 86.4 | 33 | 60.7 | 67 | 9.2 | 18 | 1.1 | 5 | 0.9 | 16 |
| CCM M1 Retro Strawberry & Vanilla Lolly Slice | 783.8 | 39 | 3263.0 | 39 | 57.5 | 82 | 34.6 | 173 | 58.8 | 23 | 37.8 | 42 | 6.8 | 14 | 1.3 | 6 | 0.2 | 3 |
| CCM M1 Banoffee Cheesecake | 593.3 | 30 | 2480.7 | 30 | 35.9 | 51 | 19.3 | 97 | 62.0 | 24 | 45.2 | 50 | 6.1 | 12 | 1.2 | 5 | 0.6 | 10 |
| CCM M1 Smoffle | 974.0 | 49 | 4090.3 | 49 | 46.5 | 66 | 19.8 | 99 | 124.9 | 48 | 86.8 | 96 | 12.0 | 24 | 4.3 | 18 | 1.2 | 19 |
| CCM M1 Raspberry and White Chocolate Cookie Club Sandwich | 641.4 | 32 | 2696.6 | 32 | 28.8 | 41 | 14.9 | 75 | 91.8 | 35 | 66.0 | 73 | 8.8 | 18 | 1.8 | 7 | 0.6 | 10 |
| CCM M1 VGN Raspberry Jam Donut Pudding | 488.2 | 24 | 1996.8 | 24 | 24.3 | 35 | 3.6 | 18 | 70.9 | 27 | 34.9 | 39 | 8.5 | 17 | 8.9 | 37 | 0.9 | 16 |
| CCM M1 Bramley Apple Pie | 456.1 | 23 | 1918.0 | 23 | 17.2 | 25 | 7.1 | 36 | 68.8 | 26 | 30.9 | 34 | 6.8 | 14 | 2.3 | 10 | 0.2 | 3 |
| CCM M1 VGN Bramley Apple Pie | 566.2 | 28 | 2373.5 | 28 | 24.3 | 35 | 11.9 | 59 | 79.3 | 31 | 33.2 | 37 | 5.3 | 11 | 6.5 | 27 | 0.0 | 1 |
| CCM M1 VGN Ice Cream Sundae | 332.6 | 17 | 1395.8 | 17 | 11.9 | 17 | 10.4 | 52 | 49.2 | 19 | 34.7 | 39 | 1.3 | 3 | 8.8 | 37 | 0.1 | 1 |
| CCM M1 Jam Donut Sundae | 657.0 | 33 | 2758.2 | 33 | 31.9 | 46 | 18.5 | 92 | 85.5 | 33 | 61.0 | 68 | 7.8 | 16 | 1.8 | 7 | 0.7 | 11 |
| CCM M1 Jam Donut Sundae Giant | 1404.4 | 70 | 5895.9 | 70 | 68.3 | 98 | 39.5 | 197 | 182.8 | 70 | 130.4 | 145 | 16.6 | 33 | 3.8 | 16 | 1.5 | 24 |
| CCM M1 Plain and Simple Ice Cream | 259.0 | 13 | 1087.3 | 13 | 11.9 | 17 | 5.9 | 30 | 33.2 | 13 | 33.2 | 37 | 4.8 | 10 | 0.3 | 1 | 0.3 | 5 |
| CCM M1 NGCI Plain and Simple Ice Cream | 259.0 | 13 | 1087.3 | 13 | 11.9 | 17 | 5.9 | 30 | 33.2 | 13 | 33.2 | 37 | 4.8 | 10 | 0.3 | 1 | 0.3 | 5 |
| CCM M1 Honeycomb Sundae Giant | 1367.7 | 68 | 5742.2 | 68 | 61.7 | 88 | 38.4 | 192 | 187.6 | 72 | 164.4 | 183 | 14.0 | 28 | 2.1 | 9 | 1.1 | 19 |
| CCM M1 NGCI Honeycomb Sundae Giant | 1361.2 | 68 | 5713.9 | 68 | 62.3 | 89 | 38.7 | 194 | 185.0 | 71 | 164.0 | 182 | 13.8 | 28 | 2.0 | 8 | 1.1 | 19 |
| CCM M1 NGCI Rocky Road Sundae Giant | 1136.6 | 57 | 4780.5 | 57 | 49.4 | 71 | 30.2 | 151 | 153.3 | 59 | 139.3 | 155 | 17.9 | 36 | 3.6 | 15 | 0.8 | 13 |
| CCM M1 Rocky Road Sundae Giant | 1266.8 | 63 | 5312.3 | 63 | 58.3 | 83 | 28.9 | 145 | 164.5 | 63 | 140.7 | 156 | 18.8 | 38 | 4.5 | 19 | 1.0 | 17 |
| CCM M1 Honeycomb Sundae | 683.9 | 34 | 2871.1 | 34 | 30.9 | 44 | 19.2 | 96 | 93.8 | 36 | 82.2 | 91 | 7.0 | 14 | 1.0 | 4 | 0.6 | 10 |

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 | % |
| CCM M1 NGCI Honeycomb Sundae | 680.6 | 34 | 2856.9 | 34 | 31.1 | 44 | 19.4 | 97 | 92.5 | 36 | 82.0 | 91 | 6.9 | 14 | 1.0 | 4 | 0.6 | 10 |
| CCM M1 Rocky Road Sundae | 640.4 | 32 | 2685.6 | 32 | 29.5 | 42 | 14.9 | 74 | 82.8 | 32 | 70.8 | 79 | 9.8 | 20 | 2.4 | 10 | 0.5 | 9 |
| CCM M1 NGCI Rocky Road Sundae | 509.3 | 25 | 2142.1 | 26 | 22.2 | 32 | 13.8 | 69 | 68.3 | 26 | 62.0 | 69 | 8.2 | 16 | 1.8 | 7 | 0.3 | 6 |
| CCM M1 Mega Fish Platter | 2075.1 | 104 | 6288.5 | 75 | 93.9 | 134 | 30.8 | 154 | 113.3 | 44 | 14.4 | 16 | 70.8 | 142 | 14.9 | 62 | 4.5 | 75 |
| CCM M1 Mega Steak Rump 8oz | 1521.4 | 76 | 6344.8 | 76 | 88.3 | 126 | 29.7 | 148 | 69.8 | 27 | 8.8 | 10 | 106.2 | 212 | 12.9 | 54 | 3.7 | 61 |
| CCM M1 All Day Breakfast Mega | 1515.5 | 76 | 6317.7 | 75 | 85.7 | 122 | 25.4 | 127 | 114.1 | 44 | 15.5 | 17 | 68.1 | 136 | 15.9 | 66 | 7.6 | 126 |
| CCM M1 NGCI All Day Breakfast Mega | 1509.1 | 75 | 6291.2 | 75 | 85.4 | 122 | 25.3 | 127 | 113.6 | 44 | 15.5 | 17 | 67.8 | 136 | 15.8 | 66 | 7.5 | 126 |
| CCM M1 Mixed Grill Mega | 2226.4 | 111 | 9287.2 | 111 | 131.1 | 187 | 40.0 | 200 | 94.3 | 36 | 13.2 | 15 | 163.2 | 326 | 14.2 | 59 | 11.4 | 191 |
| CCM M1 NGCI Mixed Grill Mega | 2101.6 | 105 | 8765.2 | 104 | 123.7 | 177 | 38.5 | 193 | 81.0 | 31 | 11.2 | 12 | 161.8 | 324 | 12.8 | 53 | 10.9 | 182 |
| CCM M1 NGCI Mega Melt Stack | 1244.4 | 62 | 5198.4 | 62 | 64.4 | 92 | 28.7 | 144 | 59.0 | 23 | 6.3 | 7 | 103.6 | 207 | 10.7 | 45 | 8.9 | 148 |
| CCM M1 NGCI Mega Steak Rump 16oz | 1396.7 | 70 | 5823.1 | 69 | 81.0 | 116 | 28.2 | 141 | 56.5 | 22 | 6.7 | 7 | 104.7 | 209 | 11.5 | 48 | 3.2 | 53 |
| CCM M1 Grilled Halloumi Salad | 524.4 | 26 | 2162.1 | 26 | 38.0 | 54 | 18.0 | 90 | 22.7 | 9 | 19.9 | 22 | 23.1 | 46 | 3.2 | 13 | 3.1 | 52 |
| CCM M1 Honey Bbq Salad | 399.1 | 20 | 1675.0 | 20 | 11.7 | 17 | 2.2 | 11 | 31.5 | 12 | 30.1 | 33 | 42.9 | 86 | 2.2 | 9 | 1.8 | 30 |
| CCM M1 V BBQ Cauliflower Wings Salad | 248.0 | 12 | 1036.4 | 12 | 11.7 | 17 | 2.5 | 13 | 31.4 | 12 | 11.1 | 12 | 5.5 | 11 | 4.3 | 18 | 1.3 | 21 |
| CCM M1 Salad Chicken & Bacon | 430.9 | 22 | 1803.1 | 21 | 18.5 | 26 | 4.8 | 24 | 5.9 | 2 | 5.1 | 6 | 61.7 | 123 | 1.8 | 7 | 4.4 | 74 |
| CCM M1 NGCI Halloumi Sweet Chilli Salad | 524.4 | 26 | 2162.1 | 26 | 38.0 | 54 | 18.0 | 90 | 22.7 | 9 | 19.9 | 22 | 23.1 | 46 | 3.2 | 13 | 3.1 | 52 |
| CCM M1 NGCI Honey Bbq Salad | 399.1 | 20 | 1675.0 | 20 | 11.7 | 17 | 2.2 | 11 | 31.5 | 12 | 30.1 | 33 | 42.9 | 86 | 2.2 | 9 | 1.8 | 30 |
| CCM M1 NGCI Salad Chicken & Bacon Under 500 | 430.9 | 22 | 1803.1 | 21 | 18.5 | 26 | 4.8 | 24 | 5.9 | 2 | 5.1 | 6 | 61.7 | 123 | 1.8 | 7 | 4.4 | 74 |
| CCM M1 Chicken Tikka Masala | 1000.7 | 50 | 4214.4 | 50 | 34.3 | 49 | 8.6 | 43 | 135.2 | 52 | 24.5 | 27 | 39.4 | 79 | 9.6 | 40 | 3.3 | 55 |
| CCM M1 Vegetable Jalfrezi | 1014.3 | 51 | 4255.2 | 51 | 38.4 | 55 | 5.5 | 28 | 147.8 | 57 | 29.9 | 33 | 19.3 | 39 | 12.3 | 51 | 4.1 | 69 |
| CCM M1 Beef Madras | 1092.5 | 55 | 4588.4 | 55 | 42.1 | 60 | 10.3 | 51 | 139.3 | 54 | 28.6 | 32 | 37.3 | 75 | 10.6 | 44 | 4.3 | 72 |
| CCM M1 Lamb Saag Masala | 1109.5 | 55 | 4659.8 | 55 | 49.6 | 71 | 10.3 | 51 | 130.8 | 50 | 21.4 | 24 | 37.0 | 74 | 9.9 | 41 | 4.0 | 66 |
| CCM M1 Chicken Pathia Curry | 1039.3 | 52 | 4380.8 | 52 | 34.3 | 49 | 6.3 | 31 | 136.7 | 53 | 28.4 | 32 | 50.2 | 100 | 8.5 | 35 | 3.8 | 64 |
| CCM M1 Onion Bhajis | 105.6 | 5 | 441.6 | 5 | 4.6 | 7 | 1.2 | 6 | 11.3 | 4 | 2.9 | 3 | 3.4 | 7 | 2.9 | 12 | 0.2 | 4 |
| CCM M1 Vegetable Samosa | 51.3 | 3 | 214.8 | 3 | 2.2 | 3 | 0.8 | 4 | 6.6 | 3 | 1.1 | 1 | 0.9 | 2 | 0.7 | 3 | 0.2 | 4 |
| CCM M1 VGN Vegetable Jalfrezi | 720.2 | 36 | 3024.0 | 36 | 25.1 | 36 | 2.3 | 11 | 112.5 | 43 | 28.5 | 32 | 12.2 | 24 | 10.0 | 41 | 3.2 | 54 |
| CCM M1 NGCI Beef Madras | 918.3 | 46 | 3855.2 | 46 | 38.1 | 54 | 9.9 | 50 | 110.6 | 43 | 27.2 | 30 | 32.6 | 65 | 8.4 | 35 | 3.9 | 65 |
| CCM M1 NGCI Chicken Tikka Masala | 826.5 | 41 | 3481.2 | 41 | 30.3 | 43 | 8.2 | 41 | 106.5 | 41 | 23.1 | 26 | 34.6 | 69 | 7.4 | 31 | 2.8 | 47 |
| CCM M1 NGCI Chicken Pathia Curry | 865.1 | 43 | 3647.6 | 43 | 30.3 | 43 | 5.9 | 30 | 108.0 | 42 | 27.0 | 30 | 45.5 | 91 | 6.3 | 26 | 3.4 | 56 |
| CCM M1 Toasties | 690.1 | 35 | 2884.8 | 34 | 28.9 | 41 | 12.2 | 61 | 86.8 | 33 | 10.7 | 12 | 24.6 | 49 | 14.2 | 59 | 2.2 | 36 |