

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	%
MSC M1 Today's Soup	436.6	22	1796.2	21	21.9	31	9.0	45	50.2	19	10.5	12	9.7	19	4.9	21	1.6	26
MSC LN Golden Breaded Mushrooms	400.2	20	1687.0	20	21.6	31	4.2	21	41.4	16	7.4	8	8.4	17	4.0	17	1.9	32
MSC M1 Prawn Cocktail Sundae	421.1	21	1758.9	21	22.1	32	5.5	28	35.7	14	7.0	8	20.0	40	3.0	12	1.7	28
MSC LN Homebaked Nachos for One	579.1	29	2419.2	29	32.7	47	17.2	86	51.5	20	9.9	11	18.0	36	5.0	21	2.8	47
MSC LN Buttermilk Chicken Goujons x 4 (Starter)	575.9	29	2401.6	29	35.6	51	12.6	63	30.8	12	6.7	7	32.0	64	0.2	1	2.1	34
MSC LN Buffalo Wings - Chicken	793.9	40	3307.5	39	49.9	71	11.8	59	20.8	8	16.3	18	64.7	129	2.5	10	3.7	61
MSC M1 VGN Buffalo Wings - Cauliflower	213.2	11	896.3	11	7.0	10	1.2	6	34.4	13	19.6	22	3.3	7	2.5	10	1.4	24
MSC LN Homemade Yorkshire Pudding with Beef (Starter)	348.7	17	1451.4	17	24.7	35	6.4	32	16.6	6	1.8	2	15.4	31	0.6	3	1.1	19
MSC LN Double Gloucester Tart (Starter)	379.5	19	1586.3	19	18.9	27	8.6	43	42.5	16	36.6	41	8.4	17	2.0	8	0.9	15
MSC LN Black Pudding Bon Bons (Side)	427.1	21	1780.1	21	25.3	36	9.2	46	32.3	12	4.7	5	21.0	42	0.3	1	3.0	50
MSC LN Brie Dippers (Starter)	598.7	30	2495.5	30	39.7	57	16.1	81	46.1	18	14.2	16	13.6	27	0.9	4	2.7	46
MSC M1 NGCI Buffalo Wings - Chicken	793.9	40	3307.5	39	49.9	71	11.8	59	20.8	8	16.3	18	64.7	129	2.5	10	3.7	61
MSC M1 NGCI Today's Soup	291.5	15	1184.7	14	18.6	27	8.2	41	26.5	10	9.7	11	3.0	6	5.5	23	0.7	12
MSC M1 NGCI Prawn Cocktail Sundae	363.5	18	1513.3	18	22.7	32	5.2	26	22.9	9	7.7	9	15.5	31	4.2	17	1.4	23
MSC M1 VGN Homebaked Nachos for One	333.9	17	1403.6	17	11.4	16	3.8	19	48.9	19	8.4	9	7.1	14	5.0	21	2.0	34
MSC M1 Onion Rings Sharer	719.7	36	3006.0	36	41.3	59	7.8	39	76.1	29	16.8	19	7.7	15	5.2	22	3.8	64
MSC LN Classic Combo Sharer	1610.8	81	6733.8	80	92.4	132	24.7	124	144.0	55	14.3	16	49.4	99	10.7	44	5.2	87
MSC M1 Turkey Caesar Salad	439.4	22	1841.4	22	20.8	30	5.0	25	31.4	12	18.8	21	31.7	63	3.3	14	1.5	25
MSC M1 Sweet Chilli Salmon Salad	561.0	28	2340.4	28	25.7	37	12.0	60	45.3	17	38.4	43	37.3	75	6.3	26	2.0	33
MSC LN Carvery Salad Beef	465.5	23	1937.8	23	27.4	39	9.3	46	22.7	9	18.9	21	32.5	65	3.6	15	0.8	14
MSC LN Carvery Salad Gammon	430.1	22	1797.5	21	26.1	37	8.8	44	23.4	9	19.6	22	26.0	52	3.5	15	5.1	85
MSC LN Carvery Salad Mixed Meat	496.8	25	2074.8	25	26.2	37	9.0	45	22.7	9	18.9	21	43.1	86	3.5	15	0.8	13
MSC LN Carvery Salad Turkey	301.3	15	1265.9	15	6.5	9	0.9	4	22.7	9	18.9	21	38.5	77	3.6	15	0.8	14
MSC LN Chicken and Bacon Salad	362.9	18	1524.5	18	8.8	13	2.4	12	20.1	8	17.4	19	52.4	105	2.5	10	2.9	48
MSC M1 NGCI Rump Steak 8oz Salad	554.6	28	2308.5	27	37.2	53	11.7	59	5.5	2	5.0	6	49.6	99	3.3	14	0.4	6
MSC M1 NGCI Sirloin Steak 8oz Salad	597.9	30	2485.8	30	41.8	60	14.4	72	4.6	2	4.3	5	50.9	102	2.9	12	0.4	6
MSC M1 Rump Steak 8oz Salad	554.6	28	2308.5	27	37.2	53	11.7	59	5.5	2	5.0	6	49.6	99	3.3	14	0.4	6
MSC M1 Sirloin Steak 8oz Salad	611.4	31	2541.5	30	42.9	61	14.6	73	5.5	2	5.0	6	51.1	102	3.3	14	0.4	6
MSC M1 NGCI Chicken and Bacon Salad	362.9	18	1524.5	18	8.8	13	2.4	12	20.1	8	17.4	19	52.4	105	2.5	10	2.9	48
MSC M1 VGN Cauliflower Wings Salad	256.0	13	1074.9	13	5.6	8	1.5	7	46.6	18	23.6	26	6.1	12	5.1	21	1.5	25
MSC M1 NGCI Carvery Salad Beef	455.3	23	1895.8	23	26.4	38	9.2	46	22.1	8	18.6	21	32.8	66	3.7	15	0.7	12
MSC M1 NGCI Carvery Salad Gammon	419.9	21	1755.5	21	25.1	36	8.8	44	22.8	9	19.3	21	26.2	52	3.7	15	5.0	83

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
MSC M1 NGCI Carvery Salad Turkey	291.1	15	1223.9	15	5.5	8	0.8	4	22.1	8	18.6	21	38.7	77	3.7	15	0.7	12
MSC M1 NGCI Carvery Salad Mixed Meat	486.6	24	2032.8	24	25.2	36	8.9	45	22.1	8	18.6	21	43.4	87	3.7	15	0.7	12
MSC M1 NGCI Sweet Chilli Salmon Salad	561.0	28	2340.4	28	25.7	37	12.0	60	45.3	17	38.4	43	37.3	75	6.3	26	2.0	33
MSC LN Crispy Buffalo Chicken Burger	1256.3	63	5251.8	63	61.1	87	22.6	113	126.4	49	22.5	25	44.9	90	12.6	53	3.3	55
MSC M1 Tacos with Carvery Meat	1488.3	74	6175.0	74	98.5	141	21.4	107	86.8	33	23.8	26	60.6	121	9.8	41	2.6	44
MSC M1 Tacos with Cauliflower	1304.8	65	5412.6	64	82.3	118	14.2	71	114.9	44	31.4	35	24.0	48	12.4	52	3.7	61
MSC M1 VGN Moving Mountains B12 Burger	1105.2	55	4622.4	55	47.3	68	27.6	138	129.5	50	30.3	34	35.9	72	19.0	79	3.8	64
MSC LN Classic Burger Beef	981.1	49	4106.8	49	39.2	56	13.8	69	101.9	39	13.5	15	50.3	101	12.5	52	3.1	51
MSC LN Classic Burger Chicken	1105.4	55	4624.6	55	49.9	71	16.5	82	117.6	45	14.3	16	41.3	83	12.3	51	2.8	47
MSC M1 Yee-Ha Burger	1396.7	70	5839.2	70	65.5	94	27.3	136	126.8	49	31.7	35	69.4	139	14.4	60	4.8	81
MSC M1 Yorkie Pud Wrap	1247.6	62	5214.1	62	63.4	91	17.4	87	113.3	44	20.0	22	51.6	103	18.7	78	4.1	68
MSC M1 Yorkie Pud Wrap Veggie	1075.0	54	4493.8	53	51.9	74	12.7	63	119.9	46	20.1	22	28.2	56	19.4	81	2.8	46
MSC LN Brie Burger	1248.7	62	5224.1	62	55.1	79	20.3	101	126.9	49	25.4	28	55.9	112	13.1	55	4.2	70
MSC LN Bacon and Cheese	145.2	7	606.4	7	9.7	14	5.1	26	0.0	0	0.0	0	14.3	29	0.0	0	2.1	35
MSC M1 Sauteed Flat Mushrooms	127.6	6	527.3	6	12.4	18	7.5	37	0.8	0	0.4	0	3.3	7	2.6	11	0.3	5
MSC LN Burger Beef 6oz	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
MSC LN Buttermilk Chicken Goujons x 2	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
MSC LN Extra B12 Burger	288.3	14	1195.2	14	22.8	33	20.4	102	5.6	2	0.7	1	16.3	33	4.7	19	1.4	23
MSC LN Brie Burger XL	1534.3	77	6414.1	76	71.1	102	27.1	135	129.3	50	25.5	28	88.7	177	13.3	55	5.7	95
MSC LN Classic Burger Beef XL	1266.7	63	5296.9	63	55.2	79	20.6	103	104.3	40	13.6	15	83.1	166	12.7	53	4.6	76
MSC LN Classic Burger Chicken XL	1515.2	76	6332.4	75	76.6	109	25.9	129	135.8	52	15.2	17	65.2	130	12.3	51	4.0	67
MSC LN Crispy Buffalo Chicken Burger XL	1711.3	86	7146.3	85	91.6	131	34.6	173	144.6	56	23.5	26	71.3	143	12.6	53	4.8	79
MSC M1 VGN Moving Mountains B12 Burger XL	1393.5	70	5817.6	69	70.1	100	48.0	240	135.1	52	31.0	34	52.3	105	23.6	98	5.2	86
MSC M1 Yee-Ha Burger XL	1682.3	84	7029.3	84	81.5	116	34.1	170	129.2	50	31.9	35	102.3	205	14.6	61	6.3	106
MSC M1 VGN Aubergine Bake	887.3	44	3686.2	44	64.8	93	10.6	53	60.4	23	22.7	25	11.6	23	9.8	41	2.5	42
MSC LN Button Mushroom Bourguignon Pie	1112.3	56	4664.6	56	55.2	79	22.9	114	135.0	52	13.1	15	19.5	39	16.7	70	3.6	60
MSC LN Bearnaise Salmon	1244.8	62	5189.2	62	67.6	97	29.6	148	94.6	36	23.7	26	57.9	116	22.3	93	4.4	74
MSC LN Beer Battered Fish and Chips	1259.0	63	5244.6	62	72.1	103	22.0	110	85.3	33	8.9	10	59.2	118	12.5	52	2.7	45
MSC LN Beef and Pedigree Ale Pie	1230.5	62	5141.2	61	60.2	86	27.6	138	129.3	50	10.7	12	37.4	75	11.3	47	4.3	71
MSC LN Ham Egg and Chips	1017.6	51	4245.8	51	65.4	93	19.7	99	59.0	23	13.9	15	44.3	89	7.3	31	5.1	86
MSC LN Homemade Toad in the Hole	1665.7	83	6951.4	83	94.8	135	33.5	168	137.6	53	26.8	30	57.9	116	20.0	83	9.6	160
MSC LN Homemade Quorn Toad in the hole	1307.1	65	5474.0	65	55.5	79	14.7	73	151.4	58	34.3	38	45.1	90	26.3	110	8.1	135
MSC M1 NGCI Bearnaise Salmon	968.2	48	4036.9	48	48.9	70	25.3	127	75.9	29	20.5	23	49.9	100	19.8	83	3.2	53

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
MSC LN Beef Lasagne	626.9	31	2609.0	31	30.1	43	10.6	53	68.2	26	13.7	15	21.4	43	28.8	120	2.1	35
MSC LN Beef Lasagne Salad	440.1	22	1826.2	22	21.1	30	7.5	38	46.5	18	13.5	15	17.6	35	27.6	115	1.6	27
MSC M1 Veg Lasagne	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
MSC M1 Veg Lasagne Salad	425.1	21	1624.5	19	19.8	28	4.5	23	38.6	15	13.6	15	9.1	18	5.4	23	2.0	33
MSC LN Chicken Tikka Masala	1171.0	59	4934.6	59	37.2	53	12.0	60	163.2	63	27.3	30	45.3	91	14.0	58	3.6	59
MSC LN Breaded Scampi and Chips	1777.3	89	3278.3	39	49.3	70	15.4	77	97.3	37	13.1	15	28.9	58	15.3	64	2.7	46
MSC LN Chicken Gammon and Mustard Pie	1198.6	60	5002.7	60	62.8	90	29.8	149	118.7	46	16.0	18	36.4	73	12.0	50	4.4	74
MSC M1 NGCI Ham Egg and Chips	1017.6	51	4245.8	51	65.4	93	19.7	99	59.0	23	13.9	15	44.3	89	7.3	31	5.1	86
MSC 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
MSC M1 VGN Button Mushroom Bourguignon Pie	1079.6	54	4527.2	54	53.9	77	22.0	110	129.8	50	12.9	14	19.4	39	16.6	69	2.9	49
MSC LN Ciabatta Beef and Horseradish	659.4	33	2709.6	32	32.1	46	8.9	44	62.7	24	5.4	6	29.0	58	4.9	21	2.2	37
MSC LN Ciabatta Turkey and Cranberry	699.8	35	2847.7	34	19.5	28	3.5	18	89.2	34	6.1	7	37.8	76	6.0	25	2.8	46
MSC LN Ciabatta Gammon and English Mustard	612.8	31	2522.2	30	27.5	39	8.3	42	64.0	25	5.6	6	25.5	51	4.1	17	5.7	95
zzz MSC M1 Sandwich Cheese and Red Onion Chutney	1015.3	51	4238.5	50	53.8	77	28.0	140	91.5	35	13.3	15	38.7	77	8.1	34	3.1	51
MSC M1 Sandwich BBQ Chicken Melt	942.6	47	3943.2	47	43.1	62	19.2	96	89.2	34	8.9	10	47.3	95	7.6	32	3.1	52
MSC M1 Sandwich Classic Club	1026.9	51	4304.1	51	42.7	61	10.8	54	110.4	42	7.0	8	49.0	98	10.0	42	4.3	72
MSC M1 NGCI Sandwich Cheese and Chutney	925.3	46	3854.0	46	55.2	79	27.5	137	70.7	27	14.7	16	30.7	61	10.8	45	2.6	44
MSC M1 NGCI Sandwich Classic Club	869.2	43	3628.7	43	42.0	60	9.4	47	79.7	31	8.6	10	36.7	73	13.9	58	3.8	63
MSC M1 LB Gammon Steak 5oz	697.8	35	2909.0	35	42.2	60	11.2	56	37.4	14	3.3	4	38.9	78	7.0	29	5.2	87
MSC M1 NGCI LB Gammon Steak 5oz	697.8	35	2909.0	35	42.2	60	11.2	56	37.4	14	3.3	4	38.9	78	7.0	29	5.2	87
MSC M1 LB BBQ Chicken	433.2	22	1814.2	22	19.5	28	4.2	21	38.3	15	8.3	9	24.3	49	4.0	17	1.4	23
MSC M1 Veg Lasagne	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
MSC M1 LB Golden Whitby Scampi	1016.1	51	2171.3	26	32.4	46	7.5	38	59.7	23	8.4	9	17.0	34	9.2	38	2.2	37
MSC M1 LB Beer Battered Fish and Chips	760.6	38	3169.6	38	43.8	63	10.8	54	54.3	21	6.9	8	32.4	65	8.2	34	2.2	37
MSC M1 LB Double Gloucester Tart (Main)	405.0	20	1691.9	20	20.9	30	8.9	45	44.0	17	38.0	42	8.9	18	2.7	11	0.9	15
ZZZ MSC M1 VGN LB Veg Lasagne	289.6	14	1216.6	14	7.3	10	1.0	5	46.8	18	8.4	9	10.3	21	5.2	22	1.8	31
MSC M1 Jacket Cheese and Beans	760.5	38	3170.7	38	44.7	64	25.3	127	61.8	24	8.2	9	31.0	62	8.9	37	2.6	44
MSC M1 NGCI Jacket Cheese and Beans	750.4	38	3128.8	37	43.8	63	25.3	126	61.1	24	7.9	9	31.2	62	9.1	38	2.5	42
MSC M1 Jacket Potato	284.2	14	1191.5	14	12.0	17	7.3	36	41.4	16	1.5	2	5.1	10	4.2	17	0.3	5
MSC M1 Jacket Pulled Pork and Beef Chilli	626.0	31	2617.2	31	30.9	44	13.7	68	69.6	27	21.6	24	19.4	39	7.3	30	2.0	33
MSC M1 Rump Steak 8oz	1010.6	51	4213.0	50	58.4	83	18.6	93	56.9	22	6.9	8	58.8	118	12.4	52	1.9	31
MSC M1 NGCI Rump Steak 8oz	1010.6	51	4213.0	50	58.4	83	18.6	93	56.9	22	6.9	8	58.8	118	12.4	52	1.9	31

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MSC M1 Sirloin Steak 8oz	1067.4	53	4445.9	53	64.0	91	21.4	107	56.9	22	6.9	8	60.4	121	12.4	52	1.9	32
MSC M1 NGCI Sirloin Steak 8oz	1067.4	53	4445.9	53	64.0	91	21.4	107	56.9	22	6.9	8	60.4	121	12.4	52	1.9	32
MSC LN Gammon Steak 10oz	1212.7	61	5052.5	60	75.4	108	23.3	116	56.2	22	5.3	6	72.6	145	10.7	45	9.1	152
MSC M1 NGCI Gammon Steak 10oz	1212.7	61	5052.5	60	75.4	108	23.3	116	56.2	22	5.3	6	72.6	145	10.7	45	9.1	152
MSC M1 Mixed Grill 20oz	1715.1	86	7159.5	85	96.8	138	33.5	168	68.6	26	10.0	11	136.2	272	12.5	52	7.6	126
MSC M1 Sticky BBQ Baby Back Ribs	1736.1	87	7272.7	87	85.8	123	34.0	170	166.8	64	85.1	95	72.5	145	13.2	55	4.8	80
MSC M1 Pork and Black Pudding	940.9	47	3946.1	47	35.4	51	15.9	80	54.4	21	8.1	9	97.7	195	8.8	37	3.0	49
MSC LN Diane 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
MSC 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
MSC LN Garlic and Herb Sauce	388.6	19	1601.0	19	40.5	58	5.3	26	3.7	1	0.4	0	1.6	3	0.9	4	0.5	9
MSC LN Fried Eggs x2	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
MSC M1 Scampi (5 pieces)	452.6	23	409.7	5	9.6	14	3.0	15	13.1	5	1.2	1	6.4	13	1.2	5	0.7	11
MSC LN Beer Battered Onion Rings	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
MSC LN Garlic Bread (Side)	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
MSC LN Cheesy Garlic Bread (Side)	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
MSC LN Chips 227g	370.8	19	1551.2	18	18.2	26	4.0	20	44.0	17	0.7	1	5.2	10	4.8	20	0.8	13
MSC M1 Sweet Potato Fries	460.1	23	1894.1	23	25.3	36	5.1	25	49.9	19	16.1	18	3.4	7	6.8	28	0.9	15
MSC M1 Salad Bowl with Coleslaw	84.2	4	348.9	4	6.4	9	0.7	3	5.9	2	4.4	5	1.0	2	1.9	8	0.3	5
MSC M1 Vegetables Side	67.0	3	281.0	3	0.4	1	0.1	1	9.8	4	6.0	7	4.3	9	5.3	22	0.1	2
MSC LN Corn on the Cob	298.3	15	1251.8	15	15.6	22	7.9	39	34.2	13	4.2	5	7.4	15	5.1	21	0.3	4
MSC M1 Pigs in Blankets x 6	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
MSC LN Creamed Greens	268.3	13	1118.4	13	12.8	18	8.1	40	22.7	9	5.5	6	12.7	25	7.2	30	1.7	28
MSC LN Coleslaw	229.1	11	949.7	11	17.3	25	1.2	6	17.0	7	11.3	13	1.8	4	4.3	18	1.2	21
MSC M1 Rustic Bread and Butter	390.2	20	1636.3	19	14.3	20	8.2	41	55.3	21	1.2	1	10.6	21	3.4	14	1.4	23
MSC LN Beer Battered Onion Rings	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
MSC M1 Yorkshire Puddings x 2	408.0	20	1696.1	20	31.8	45	5.0	25	21.5	8	3.2	4	10.3	21	1.0	4	0.5	9
MSC LN Giant Carrot Cake	1222.4	61	5098.7	61	80.2	115	30.8	154	116.2	45	81.1	90	9.8	20	1.9	8	0.8	13
MSC M1 NGCI Giant Carrot Cake	1222.4	61	5098.7	61	80.2	115	30.8	154	116.2	45	81.1	90	9.8	20	1.9	8	0.8	13
MSC LN Giant Red Velvet Cheesecake	1055.9	53	4397.6	52	75.4	108	42.8	214	84.4	32	60.6	67	11.3	23	2.2	9	1.2	21
MSC LN Giant Flaky Chocolate Cheesecake	1160.0	58	4819.8	57	91.3	130	52.2	261	69.8	27	46.2	51	14.8	30	1.8	8	0.9	14
MSC LN Giant Chocolate Eclair Cake	1047.0	52	4364.3	52	69.0	99	33.0	165	93.3	36	79.2	88	12.8	26	1.4	6	1.4	23
MSC LN Giant Blueberry Muffin and Pink Lemonade Cake	486.5	24	2045.2	24	19.0	27	9.9	50	73.3	28	45.9	51	7.1	14	1.8	7	0.5	9

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	%
MSC LN Giant Somewhere Over The Rainbow Cake	1141.4	57	4771.4	57	66.2	95	30.1	150	119.7	46	90.8	101	7.3	15	1.4	6	0.9	15
MSC LN Apple Pie	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
MSC M1 VGN Apple Pie	455.4	23	1909.3	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
MSC M1 Salted Caramel Fudge Brownie	718.3	36	3009.6	36	35.1	50	16.2	81	90.6	35	80.9	90	7.9	16	3.5	15	0.2	4
MSC M1 NGCI Salted Caramel Fudge Brownie	718.3	36	3009.6	36	35.1	50	16.2	81	90.6	35	80.9	90	7.9	16	3.5	15	0.2	4
MSC M1 Praline Chocolate Tart	569.2	28	2378.4	28	33.3	48	16.9	85	56.6	22	31.7	35	7.6	15	1.8	8	0.3	4
MSC M1 NGCI Praline Chocolate Tart	569.2	28	2378.4	28	33.3	48	16.9	85	56.6	22	31.7	35	7.6	15	1.8	8	0.3	4
MSC M1 VGN Praline Chocolate Tart	521.5	26	2175.3	26	32.5	46	17.9	89	46.0	18	19.8	22	6.3	13	4.6	19	0.1	2
MSC M1 Melt in the Middle Chocolate Pudding	780.5	39	3260.9	39	43.2	62	8.3	41	87.4	34	61.7	69	9.2	18	1.1	5	0.9	16
MSC M1 Zingy Orange and Passionfruit Tartlet	1012.2	51	4228.8	50	49.8	71	27.6	138	128.9	50	59.9	67	11.6	23	3.0	12	0.5	9
MSC LN Banoffee pie	818.2	41	3404.7	41	61.5	88	35.8	179	61.2	24	42.4	47	5.6	11	1.1	5	0.5	9
MSC M1 Raspberry Jam Donut Pudding	488.9	24	2005.5	24	22.1	32	1.3	6	75.5	29	38.3	43	11.0	22	6.0	25	1.1	18
MSC M1 VGN Raspberry Jam Donut Pudding	484.2	24	1979.8	24	24.3	35	3.6	18	69.9	27	33.9	38	8.5	17	8.9	37	0.9	16
MSC M1 VGN Keep it Simple	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
MSC LN Chocolate Brownie Sundae	810.2	41	3387.8	40	40.1	57	16.6	83	99.2	38	78.6	87	11.5	23	3.5	15	0.7	12
MSC M1 Salted Caramel & Honeycomb 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 M1 Keep it Simple	249.3	12	1046.3	12	11.4	16	5.7	29	31.9	12	31.9	35	4.6	9	0.3	1	0.3	5
MSC M1 NGCI Keep it Simple	249.3	12	1046.3	12	11.4	16	5.7	29	31.9	12	31.9	35	4.6	9	0.3	1	0.3	5
MSC M1 Raspberry Jam Donut Sundae	546.3	27	2293.1	27	26.8	38	15.0	75	70.6	27	50.8	56	6.6	13	1.6	7	0.7	12
MSC M1 Lemon Drizzle Sundae	560.8	28	2352.5	28	27.6	39	18.8	94	71.8	28	60.2	67	6.7	13	0.8	3	0.6	10
MSC LN Chicken Breast	209.1	10	880.6	10	4.8	7	1.0	5	1.7	1	1.4	2	41.1	82	0.0	0	1.0	16
MSC LN 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
MSC LN Fried Eggs x2	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
MSC M1 Naan Bread	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
MSC LN Chocolate Flake	44.6	2	185.8	2	2.5	4	1.6	8	4.7	2	4.6	5	0.7	1	0.1	0	0.0	0
MSC M1 Jacket Potato	284.2	14	1191.5	14	12.0	17	7.3	36	41.4	16	1.5	2	5.1	10	4.2	17	0.3	5
MSC M1 Pineapple Ring	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
MSC M1 Onion Bhajis	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
MSC LN Chicken Tikka Samosas	197.1	10	821.7	10	8.0	11	2.2	11	20.2	8	3.0	3	10.8	22	1.3	5	0.5	9
MSC LN 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
MSC M1 Sauteed Flat Mushrooms	127.6	6	527.3	6	12.4	18	7.5	37	0.8	0	0.4	0	3.3	7	2.6	11	0.3	5
MSC M1 Stilton Cheese 28g	114.8	6	476.0	6	9.8	14	6.4	32	0.0	0	0.0	0	6.6	13	0.0	0	0.6	9

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	%
MSC M1 Stilton Cheese 56g	229.6	11	952.0	11	19.6	28	12.9	64	0.1	0	0.1	0	13.3	27	0.0	0	1.1	18
MSC LN 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
MSC 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
MSC M1 Pigs in Blankets x 6	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
MSC 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
MSC M1 Yorkshire Puddings x 2	408.0	20	1696.1	20	31.8	45	5.0	25	21.5	8	3.2	4	10.3	21	1.0	4	0.5	9
MSC M1 Stuffing Squares	191.6	10	809.7	10	3.5	5	1.8	9	37.1	14	1.2	1	5.2	10	2.0	8	1.9	32
MSC M1 Mashed Potato	227.5	11	950.1	11	7.9	11	5.1	26	33.2	13	2.2	2	3.4	7	4.4	18	0.7	11
MSC LN Cream	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
MSC LN Custard	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
MSC LN Buttermilk Chicken Goujons x 2	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
MSC LN Buttermilk Chicken Goujons x 3	409.9	20	1707.8	20	26.7	38	9.4	47	18.1	7	1.0	1	23.9	48	0.0	0	1.2	20
MSC M1 Pulled Pork and Beef Chilli	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 M1 VGN Buffalo Sauce	48.4	2	203.8	2	1.8	3	0.1	1	7.7	3	7.2	8	0.1	0	0.3	1	0.3	4
MSC M1 Monterey Jack Cheese	75.0	4	313.4	4	6.2	9	3.8	19	0.0	0	0.0	0	4.6	9	0.0	0	0.4	6
MSC LN Garlic and Herb Sauce	388.6	19	1601.0	19	40.5	58	5.3	26	3.7	1	0.4	0	1.6	3	0.9	4	0.5	9
MSC LN BBQ Jackfruit Topper	141.3	7	591.3	7	5.5	8	0.4	2	20.1	8	11.8	13	2.0	4	1.8	7	0.7	12
MSC LN Brie Dippers (Side)	219.8	11	914.9	11	15.8	23	6.4	32	13.9	5	1.4	2	5.3	11	0.1	0	1.1	18
MSC LN Broccoli and Cheddar Wellington	1513.6	76	6332.5	75	76.0	109	32.4	162	182.0	70	28.4	32	35.2	70	25.7	107	8.7	145
MSC LN Carvery Large	1655.8	83	6934.0	83	74.7	107	24.3	122	170.3	65	35.5	39	74.7	149	25.5	106	10.4	173
MSC LN Carvery Medium	1177.3	59	4933.4	59	49.7	71	17.8	89	127.2	49	28.2	31	53.8	108	19.8	82	8.2	137
MSC LN Carvery Small	909.3	45	3809.1	45	39.6	57	12.9	64	98.1	38	22.5	25	39.5	79	15.1	63	5.7	96
MSC LN Carvery Veg	1438.9	72	6022.2	72	69.9	100	28.7	143	176.5	68	32.0	36	33.8	68	25.2	105	8.6	143
MSC LN Carvery Veg Large	1833.5	92	7672.4	91	89.8	128	33.1	166	220.1	85	39.7	44	44.6	89	30.9	129	10.3	171
MSC LN Carvery Veg Small	1259.2	63	5266.8	63	65.1	93	25.8	129	147.4	57	26.4	29	29.6	59	20.5	85	6.6	111
MSC M1 KID Carvery	909.3	45	3809.1	45	39.6	57	12.9	64	98.1	38	22.5	25	39.5	79	15.1	63	5.7	96
MSC M1 KID Carvery Veg	1072.2	54	4487.6	53	48.3	69	17.7	89	129.5	50	30.2	34	28.2	56	16.8	70	5.5	91
MSC M1 Sunday Carvery Large	1656.8	83	6936.4	83	77.5	111	23.3	116	166.6	64	43.1	48	73.9	148	25.4	106	9.7	161
MSC M1 Sunday Carvery Small	907.8	45	3801.7	45	41.1	59	12.2	61	95.9	37	27.1	30	38.9	78	15.1	63	5.4	90
MSC M1 Sunday Carvery Veg	1422.4	71	5953.0	71	70.4	101	27.4	137	173.6	67	38.2	42	32.7	65	25.1	105	8.5	142
MSC M1 Sunday Carvery Veg Large	1808.5	90	7567.8	90	90.3	129	31.5	157	215.9	83	47.0	52	43.2	86	30.8	128	10.2	169
MSC M1 Sunday Carvery Veg Small	1246.8	62	5214.9	62	65.4	93	24.9	124	145.3	56	31.1	35	28.8	58	20.5	85	6.6	110
MSC M1 KID Sunday Veg Carvery	1051.4	53	4401.3	52	48.3	69	16.4	82	127.1	49	53.0	59	26.5	53	16.5	69	5.5	92

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	%
MSC M1 KID Sunday Carvery	907.8	45	3801.7	45	41.1	59	12.2	61	95.9	37	27.1	30	38.9	78	15.1	63	5.4	90
MSC M1 Sunday Carvery Medium	1177.1	59	4930.8	59	51.9	74	16.9	85	124.3	48	34.3	38	53.1	106	19.8	82	7.7	128
MSC LN Half Roast Chicken	1238.7	62	5169.5	62	73.0	104	21.3	107	58.3	22	10.7	12	88.6	177	7.5	31	4.4	74
MSC M1 NGCI Half Roast Chicken	1238.7	62	5169.5	62	73.0	104	21.3	107	58.3	22	10.7	12	88.6	177	7.5	31	4.4	73
MSC LN Family Chicken Sharer	5401.9	270	22539.8	268	305.6	437	93.4	467	307.1	118	36.4	40	352.3	705	40.0	167	20.5	342
MSC M1 KID Yorkie Strips	330.4	17	1374.5	16	24.7	35	4.4	22	20.0	8	2.5	3	7.8	16	0.8	3	0.9	15
MSC M1 KID Garlic Bread	118.9	6	497.7	6	5.6	8	1.7	9	14.3	5	2.8	3	2.3	5	1.5	6	0.4	7
MSC M1 KID Breaded Mushroom Poppers	197.4	10	831.9	10	10.9	16	2.1	11	20.0	8	2.9	3	4.2	8	2.4	10	0.9	15
MSC M1 KID Salad Sticks Starter	28.5	1	119.0	1	0.4	1	0.1	0	5.7	2	4.8	5	0.7	1	2.2	9	0.2	4
MSC M1 KID Creamy Pasta Shells	576.4	29	2411.9	29	20.2	29	5.9	29	77.6	30	11.2	12	18.4	37	10.7	44	1.9	32
MSC M1 KID Gammon Steak 5oz	560.6	28	2340.3	28	27.9	40	8.7	44	44.0	17	4.5	5	32.9	66	7.1	29	5.2	86
MSC M1 KID Fisherman's Burger	774.6	39	3246.9	39	27.0	39	4.2	21	99.7	38	11.1	12	30.7	61	10.6	44	2.8	47
MSC M1 KID Vegetable Lasagne	724.5	36	3031.3	36	28.9	41	9.6	48	90.6	35	12.7	14	25.8	52	12.1	51	3.4	57
MSC M1 KID Pizza Pie	515.1	26	2155.1	26	22.9	33	5.4	27	66.0	25	9.7	11	14.7	29	8.6	36	3.2	53
MSC M1 KID Tortilla Factory Buttermilk Chicken	842.0	42	3517.3	42	44.8	64	16.4	82	75.5	29	5.8	6	31.7	63	6.0	25	2.7	46
MSC M1 KID Tortilla Factory Chicken Breast	698.8	35	2924.5	35	32.0	46	11.2	56	64.4	25	6.2	7	36.0	72	6.0	25	2.4	39
MSC M1 KID VGN Tortilla Factory	511.0	26	2141.7	25	17.9	26	4.3	21	75.3	29	16.2	18	10.0	20	8.6	36	1.8	29
MSC M1 KID Tortilla Factory Vegetable	609.3	30	2547.9	30	27.4	39	10.2	51	72.2	28	12.9	14	16.8	34	9.0	38	2.0	34
MSC M1 KID Carvery	909.3	45	3809.1	45	39.6	57	12.9	64	98.1	38	22.5	25	39.5	79	15.1	63	5.7	96
MSC M1 KID Carvery Veg	1072.2	54	4487.6	53	48.3	69	17.7	89	129.5	50	30.2	34	28.2	56	16.8	70	5.5	91
MSC M1 KID VGN Vegetable Lasagne	610.3	31	2557.0	30	19.5	28	3.7	19	89.9	35	12.7	14	19.0	38	12.1	51	2.9	48
MSC M1 KID Homemade Toad in the Hole	855.1	43	3568.1	42	46.6	67	12.1	61	83.5	32	8.9	10	24.3	49	8.9	37	3.7	61
MSC M1 KID Ice Cream Sundae	273.5	14	1152.5	14	8.2	12	4.2	21	45.7	18	37.4	42	3.9	8	1.0	4	0.2	4
MSC M1 KID Dipping Donuts	310.5	16	1304.0	16	12.7	18	6.7	34	46.6	18	25.8	29	3.3	7	1.8	8	0.4	7
MSC M1 KID Chocolate Brownie	355.2	18	1477.3	18	18.9	27	4.4	22	40.9	16	29.4	33	4.7	9	1.5	6	0.4	7
MSC LN Chicken Tikka Masala	1171.0	59	4934.6	59	37.2	53	12.0	60	163.2	63	27.3	30	45.3	91	14.0	58	3.6	59
MSC LN Chicken Balti	1191.4	60	5016.2	60	39.9	57	8.6	43	158.8	61	24.9	28	48.0	96	14.7	61	5.2	87
MSC M1 Vegetable and Paneer Jalfrezi	1395.6	70	5856.0	70	62.7	90	18.4	92	169.4	65	33.6	37	36.3	73	17.0	71	3.7	62
MSC LN Beef Madras	1262.8	63	5308.6	63	45.0	64	13.7	68	167.3	64	31.4	35	43.3	87	15.0	63	4.6	77
MSC M1 Poppadums and 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
MSC LN Chicken Tikka Samosas	197.1	10	821.7	10	8.0	11	2.2	11	20.2	8	3.0	3	10.8	22	1.3	5	0.5	9
MSC M1 Vegetable Samosas	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
MSC M1 Onion Bhajis	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

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 LN Beer Battered Fish and Chips	1259.0	63	5244.6	62	72.1	103	22.0	110	85.3	33	8.9	10	59.2	118	12.5	52	2.7	45
MSC LN Breaded Scampi and Chips	1777.3	89	3278.3	39	49.3	70	15.4	77	97.3	37	13.1	15	28.9	58	15.3	64	2.7	46
MSC M1 Sausage and Chips	873.0	44	3645.6	43	41.2	59	14.9	74	95.0	37	10.2	11	26.7	53	12.7	53	2.7	45
MSC LN Chip Shop Curry Sauce	7.9	0	32.6	0	0.2	0	0.1	0	1.2	0	0.4	0	0.1	0	0.1	0	0.2	3
MSC LN Chip Shop Baked Beans	84.0	4	350.6	4	0.3	0	0.1	1	15.3	6	4.0	4	5.5	11	4.0	17	0.6	9
MSC LN Chip Shop Gravy	48.7	2	204.7	2	1.8	3	1.3	6	7.8	3	0.2	0	0.2	0	0.1	1	1.0	17
MSC LN Chip Shop Pickled Onions	52.0	3	218.0	3	0.2	0	0.0	0	9.2	4	8.4	9	2.0	4	2.6	11	1.6	27
MSC LN Beer Battered Onion Rings	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
MSC M1 Rustic Bread and Butter	390.2	20	1636.3	19	14.3	20	8.2	41	55.3	21	1.2	1	10.6	21	3.4	14	1.4	23
MSC M1 Veggie Sausage and Chips	638.5	32	2672.0	32	21.7	31	7.0	35	75.6	29	10.7	12	27.9	56	16.9	70	1.9	32
MSC LN Classic Burger Beef	981.1	49	4106.8	49	39.2	56	13.8	69	101.9	39	13.5	15	50.3	101	12.5	52	3.1	51
MSC LN Classic Burger Chicken	1105.4	55	4624.6	55	49.9	71	16.5	82	117.6	45	14.3	16	41.3	83	12.3	51	2.8	47
MSC M1 Yee-Ha Burger	1396.7	70	5839.2	70	65.5	94	27.3	136	126.8	49	31.7	35	69.4	139	14.4	60	4.8	81
MSC LN Crispy Buffalo Chicken Burger	1256.3	63	5251.8	63	61.1	87	22.6	113	126.4	49	22.5	25	44.9	90	12.6	53	3.3	55
MSC M1 VGN Moving Mountains B12 Burger	1105.2	55	4622.4	55	47.3	68	27.6	138	129.5	50	30.3	34	35.9	72	19.0	79	3.8	64
MSC M1 Yorkie Pud Wrap	1247.6	62	5214.1	62	63.4	91	17.4	87	113.3	44	20.0	22	51.6	103	18.7	78	4.1	68
MSC M1 Yorkie Pud Wrap Veggie	1075.0	54	4493.8	53	51.9	74	12.7	63	119.9	46	20.1	22	28.2	56	19.4	81	2.8	46
MSC M1 Tacos with Carvery Meat	1488.3	74	6175.0	74	98.5	141	21.4	107	86.8	33	23.8	26	60.6	121	9.8	41	2.6	44
MSC M1 Tacos with Cauliflower	1304.8	65	5412.6	64	82.3	118	14.2	71	114.9	44	31.4	35	24.0	48	12.4	52	3.7	61
MSC LN Brie Burger	1248.7	62	5224.1	62	55.1	79	20.3	101	126.9	49	25.4	28	55.9	112	13.1	55	4.2	70
MSC M1 Rump Steak 8oz	1010.6	51	4213.0	50	58.4	83	18.6	93	56.9	22	6.9	8	58.8	118	12.4	52	1.9	31
MSC M1 NGCI Rump Steak 8oz	1010.6	51	4213.0	50	58.4	83	18.6	93	56.9	22	6.9	8	58.8	118	12.4	52	1.9	31
MSC M1 Sirloin Steak 8oz	1067.4	53	4445.9	53	64.0	91	21.4	107	56.9	22	6.9	8	60.4	121	12.4	52	1.9	32
MSC M1 NGCI Sirloin Steak 8oz	1067.4	53	4445.9	53	64.0	91	21.4	107	56.9	22	6.9	8	60.4	121	12.4	52	1.9	32
MSC LN Gammon Steak 10oz	1212.7	61	5052.5	60	75.4	108	23.3	116	56.2	22	5.3	6	72.6	145	10.7	45	9.1	152
MSC M1 NGCI Gammon Steak 10oz	1212.7	61	5052.5	60	75.4	108	23.3	116	56.2	22	5.3	6	72.6	145	10.7	45	9.1	152
MSC M1 Sticky BBQ Baby Back Ribs	1736.1	87	7272.7	87	85.8	123	34.0	170	166.8	64	85.1	95	72.5	145	13.2	55	4.8	80
MSC M1 Pork and Black Pudding	940.9	47	3946.1	47	35.4	51	15.9	80	54.4	21	8.1	9	97.7	195	8.8	37	3.0	49
MSC 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
MSC LN Diane 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
MSC LN Garlic and Herb Sauce	388.6	19	1601.0	19	40.5	58	5.3	26	3.7	1	0.4	0	1.6	3	0.9	4	0.5	9
MSC LN Fried Eggs x2	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
MSC LN Beer Battered Onion Rings	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

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 LN Breaded Scampi and Chips	1777.3	89	3278.3	39	49.3	70	15.4	77	97.3	37	13.1	15	28.9	58	15.3	64	2.7	46
MSC M1 Minted Lamb Shank	942.0	47	3928.5	47	45.0	64	21.4	107	62.7	24	21.1	23	66.5	133	9.5	40	2.7	45
MSC M1 Tacos with BBQ Jackfruit	1442.5	72	5977.1	71	98.9	141	25.7	129	105.2	40	34.8	39	29.3	59	10.1	42	3.0	50
MSC M1 Tacos with Buttermilk Chicken	1542.3	77	6396.3	76	104.0	149	22.2	111	104.9	40	24.8	28	43.4	87	9.7	41	3.6	60
MSC M1 Tacos with Dirty Chilli	1584.4	79	6568.3	78	108.0	154	31.4	157	108.9	42	40.1	45	41.0	82	10.2	43	3.6	61
MSC M1 Tacos with Carvery Meat	1488.3	74	6175.0	74	98.5	141	21.4	107	86.8	33	23.8	26	60.6	121	9.8	41	2.6	44
MSC M1 Tacos with Cauliflower	1304.8	65	5412.6	64	82.3	118	14.2	71	114.9	44	31.4	35	24.0	48	12.4	52	3.7	61
ZZZ MSC M1 VGN Cauliflower Tacos	921.6	46	3833.8	46	37.0	53	9.2	46	126.7	49	33.6	37	14.8	30	14.6	61	3.3	55