

## 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	%
ROT DN Cheesy Nachos	1203.0	60	5025.6	60	62.0	89	16.6	83	131.3	50	8.1	9	24.1	48	8.4	35	5.0	83
ROT DN Cheesy Nachos Sharer	2440.8	122	10197.0	121	126.3	180	33.6	168	265.6	102	17.8	20	48.6	97	17.3	72	10.3	171
ROT DN Todays Soup	405.8	20	1701.5	20	19.0	27	8.5	42	48.7	19	11.3	13	9.2	18	4.1	17	2.4	39
ROT DN Todays Soup Vegan	301.6	15	1273.2	15	7.5	11	1.2	6	48.7	19	11.2	12	9.1	18	4.1	17	2.3	38
ROT DN NGCI Todays Soup	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.9	31
ROT DN King Prawn Cocktail	397.6	20	1664.5	20	22.2	32	5.3	27	32.9	13	6.9	8	16.9	34	3.3	14	4.1	69
ROT DN NGCI King Prawn Cocktail	337.1	17	1405.2	17	21.9	31	4.9	25	22.8	9	7.5	8	10.7	21	3.9	16	4.1	68
ROT DN Breaded Mushrooms	434.2	22	1831.7	22	21.6	31	4.2	21	49.1	19	15.8	18	8.8	18	4.3	18	2.3	39
ROT DN Baked Camembert Sharer	987.1	49	4115.9	49	62.7	90	38.2	191	47.1	18	14.3	16	58.0	116	4.3	18	5.2	86
ROT DN Garlic Ciabatta Starter	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
ROT DN Cheesy Garlic Ciabatta Starter	458.0	23	1909.8	23	28.8	41	15.4	77	30.1	12	2.6	3	18.8	38	1.9	8	1.6	26
ROT DN Beer Battered Onion Rings Sharer	896.6	45	3750.9	45	46.9	67	8.5	42	104.2	40	34.8	39	10.1	20	6.7	28	5.3	88
ROT DN Rotisserie Chicken Wings Sharer x8	1281.9	64	5360.3	64	66.4	95	18.7	93	57.1	22	54.7	61	110.5	221	1.7	7	5.6	94
ROT DN NGCI Rotisserie Chicken Wings Sharer x8	1281.9	64	5360.3	64	66.4	95	18.7	93	57.1	22	54.7	61	110.5	221	1.7	7	5.8	97
ROT DN Rotisserie Chicken Wings Sharer x16	2563.8	128	10720.7	128	132.8	190	37.4	187	114.1	44	109.3	121	221.0	442	3.4	14	11.3	188
ROT DN NGCI Rotisserie Chicken Wings Sharer x16	2563.8	128	10721.0	128	132.8	190	37.4	187	114.1	44	109.3	121	221.0	442	3.4	14	11.4	191
ROT DN Ploughmans Lunch	836.7	42	3493.5	42	50.7	72	28.2	141	61.3	24	14.0	16	32.8	66	4.8	20	3.7	62
ROT DN Ploughmans Lunch Sharer	1562.8	78	6527.5	78	92.3	132	50.3	251	122.4	47	27.8	31	58.6	117	9.6	40	6.9	114
ROT DN Crispy Potato Skins Cheese and Bacon	556.2	28	2319.4	28	32.4	46	16.1	80	36.8	14	16.0	18	26.6	53	4.2	17	3.8	63
ROT DN NGCI Crispy Potato Skins Cheese and Bacon	556.2	28	2319.4	28	32.4	46	16.1	80	36.8	14	16.0	18	26.6	53	4.2	17	4.0	66
ROT DN Roasted Beetroot Tarte Tatin	386.4	19	1621.8	19	21.4	31	9.4	47	45.3	17	27.2	30	6.4	13	4.0	17	1.7	29
ROT DN VGN Roasted Beetroot Tarte Tatin	358.3	18	1504.1	18	19.1	27	7.7	39	45.0	17	27.1	30	4.9	10	4.0	17	1.5	26
ROT DN Bruschetta	381.5	19	1592.5	19	23.0	33	5.8	29	36.6	14	8.6	10	5.8	12	3.3	14	18.5	308
ROT DN Bruschetta Prosciutto	415.4	21	1734.0	21	25.0	36	6.6	33	36.8	14	8.7	10	9.8	20	-	-	19.3	322
ROT DN Craft Mixed Kefalonia Olives	171.0	9	712.0	8	10.5	15	3.4	17	4.9	2	0.0	0	1.4	3	0.2	1	3.0	50
ROT DN NGCI Craft Mixed Kefalonia Olives	171.0	9	712.0	8	10.5	15	3.4	17	4.9	2	0.0	0	1.4	3	0.2	1	3.0	50
ROT DN Craft Halloumi Fries	576.3	29	2391.6	28	41.1	59	22.9	115	23.1	9	4.6	5	29.7	59	-	-	4.6	76
ROT DN Craft Crispy Buttermilk Chicken Goujons	489.8	24	2042.3	24	30.7	44	11.0	55	22.8	9	1.2	1	30.0	60	0.0	0	1.5	26
ROT DN Craft Rotisserie Chicken Wings	640.9	32	2680.2	32	33.2	47	9.3	47	28.5	11	27.3	30	55.3	111	0.9	4	2.8	47
ROT DN NGCI Craft Rotisserie Chicken Wings	640.9	32	2680.2	32	33.2	47	9.3	47	28.5	11	27.3	30	55.3	111	0.9	4	3.0	50
ROT DN Craft Chip Shop Bites	337.8	17	1416.4	17	16.9	24	3.4	17	36.3	14	9.9	11	6.5	13	4.8	20	1.8	30
ROT DN NGCI Craft Chip Shop Bites	337.8	17	1416.4	17	16.9	24	3.4	17	36.3	14	9.9	11	6.5	13	4.8	20	1.9	32

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT DN Craft Rotisserie Chicken Satay	351.8	18	1132.3	13	23.5	34	10.7	54	10.9	4	4.6	5	10.4	21	1.5	6	1.7	28
ROT DN NGCI Craft Rotisserie Chicken Satay	351.8	18	1132.3	13	23.5	34	10.7	54	10.9	4	4.6	5	10.4	21	1.5	6	1.8	31
ROT DN Craft Buffalo Cauliflower Wings	163.3	8	686.6	8	5.1	7	1.1	5	26.5	10	12.3	14	3.1	6	2.1	9	1.3	22
ROT DN Craft Hunters Chicken Bites	613.6	31	2568.4	31	29.9	43	13.3	66	61.3	24	33.9	38	22.5	45	1.9	8	2.8	47
ROT DN Craft Red Shrimp Tails	677.9	34	644.7	8	8.4	12	2.6	13	32.6	13	12.0	13	11.9	24	1.4	6	1.6	26
ROT DN Craft Roasted Figs	144.8	7	611.5	7	7.4	11	2.4	12	16.9	7	16.5	18	3.7	7	3.4	14	0.3	6
ROT DN NGCI Craft Roasted Figs	144.8	7	611.5	7	7.4	11	2.4	12	16.9	7	16.5	18	3.7	7	3.4	14	0.3	6
ROT DN Craft Pork Crackling	350.9	18	1452.9	17	31.2	45	10.6	53	9.0	3	7.8	9	8.3	17	0.1	0	0.3	5
ROT DN LB Beer Battered Fish and Chips	739.5	37	3100.7	37	26.3	38	4.8	24	81.6	31	7.5	8	38.3	77	11.6	49	2.5	42
ROT DN LB Breaded Scampi	1207.8	60	2976.5	35	38.7	55	8.8	44	86.2	33	9.0	10	23.1	46	12.6	53	2.7	46
ROT DN Sandwich BBQ Chicken & Cheese Melt	896.3	45	3755.4	45	42.3	60	17.8	89	92.9	36	15.2	17	39.7	79	6.5	27	3.8	63
ROT DN NGCI Sandwich BBQ Chicken & Cheese Melt	806.3	40	3370.9	40	43.6	62	17.2	86	72.1	28	16.6	18	31.6	63	9.2	38	3.5	58
ROT DN Sandwich Cheese & Caramelised Onion Chutney	931.3	47	3907.1	47	46.2	66	23.4	117	88.9	34	12.3	14	39.2	78	6.6	28	3.4	57
ROT DN NGCI Sandwich Cheese and Caramelised Onion Chutney	841.3	42	3522.5	42	47.5	68	22.8	114	68.1	26	13.7	15	31.1	62	9.3	39	3.2	53
ROT DN Sandwich The Classic Club	908.0	45	3808.9	45	38.0	54	8.4	42	105.9	41	3.9	4	40.4	81	8.4	35	4.4	74
ROT DN NGCI Sandwich The Classic Club	796.5	40	3331.8	40	41.2	59	7.7	39	77.5	30	8.8	10	28.9	58	13.7	57	4.0	66
ROT DN Sandwich Posh Fish Finger	733.7	37	3083.0	37	21.3	30	4.0	20	95.9	37	5.3	6	37.2	74	7.3	30	2.6	43
ROT DN Sandwich Beet L T	565.7	28	2380.1	28	15.5	22	3.6	18	89.5	34	12.6	14	15.8	32	9.8	41	1.5	26
ROT DN NGCI Sandwich Beet L T	475.7	24	1995.6	24	16.8	24	3.0	15	68.6	26	14.0	16	7.7	15	12.5	52	1.2	21
ROT DN Jacket Cheese and Baked Beans	726.5	36	3029.0	36	40.9	58	22.3	111	60.6	23	7.5	8	31.9	64	9.3	39	5.6	93
ROT DN NGCI Jacket Cheese and Baked Beans	726.5	36	3029.0	36	40.9	58	22.3	111	60.6	23	7.5	8	31.9	64	9.3	39	5.6	93
ROT DN Jacket Wiltshire Ham & Cheddar	553.1	28	2312.3	28	27.5	39	12.2	61	46.7	18	5.5	6	31.3	63	5.7	24	8.2	137
ROT DN NGCI Jacket Wiltshire Ham & Cheddar	553.1	28	2312.3	28	27.5	39	12.2	61	46.7	18	5.5	6	31.3	63	5.7	24	8.2	137
ROT DN Jacket Baked Beans	377.9	19	1583.4	19	12.2	17	4.4	22	59.0	23	7.4	8	10.9	22	9.3	39	4.0	66
ROT DN NGCI Jacket Baked Beans	377.9	19	1583.4	19	12.2	17	4.4	22	59.0	23	7.4	8	10.9	22	9.3	39	4.0	66
ROT DN Jacket Baked Beans Vegan	316.6	16	1332.6	16	2.8	4	0.4	2	64.8	25	12.5	14	10.9	22	9.3	39	4.0	67
ROT DN NGCI Jacket Baked Beans Vegan	316.6	16	1332.6	16	2.8	4	0.4	2	64.8	25	12.5	14	10.9	22	9.3	39	4.0	67
ROT DN Wiltshire Ham and Eggs	931.8	47	3886.4	46	55.7	80	12.0	60	56.5	22	14.0	16	47.1	94	5.2	22	7.6	127
ROT DN NGCI Wiltshire Ham and Eggs	931.8	47	3886.4	46	55.7	80	12.0	60	56.5	22	14.0	16	47.1	94	5.2	22	7.8	130
ROT DN Beef & Pedigree Ale Lasagne	715.7	36	2992.2	36	36.0	51	16.2	81	60.6	23	15.2	17	35.7	71	4.8	20	3.0	49
ROT DN Beef & Pedigree Ale Lasagne <550	600.6	30	2506.2	30	33.0	47	15.2	76	38.4	15	16.3	18	36.5	73	4.1	17	6.3	105

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT DN Breaded Scampi	1848.7	92	3580.4	43	52.3	75	13.1	66	105.7	41	11.9	13	32.5	65	15.1	63	3.7	61
ROT DN Beer Battered Fish and Chips	912.2	46	3828.8	46	27.3	39	5.0	25	96.6	37	8.9	10	62.8	126	13.1	54	3.3	55
ROT DN Beef & Ale Pie	1416.4	71	5920.6	70	69.8	100	25.4	127	147.4	57	16.6	18	43.7	87	16.4	68	4.5	75
ROT DN Curry Rotisserie Chicken Tikka Masala	1162.1	58	4894.4	58	36.8	53	7.9	40	175.7	68	27.6	31	37.5	75	10.8	45	4.9	82
ROT DN NGCI Curry Rotisserie Chicken Tikka Masala	849.2	42	3578.8	43	28.9	41	7.3	37	123.8	48	24.5	27	31.7	63	6.0	25	4.7	79
ROT DN Tacos Rotisserie Chicken	964.0	48	4042.5	48	45.4	65	14.0	70	112.2	43	13.8	15	28.7	57	13.1	55	4.0	67
ROT DN VGN Tacos BBQ Cauliflower	989.6	49	4157.5	49	35.7	51	9.2	46	143.4	55	24.4	27	21.0	42	16.1	67	5.9	98
ROT DN Burrito	1139.7	57	4770.1	57	43.1	62	14.3	72	135.8	52	12.3	14	37.5	75	30.4	127	6.7	111
ROT DN Burrito Chicken	1248.7	62	5226.1	62	52.1	74	16.8	84	135.9	52	12.3	14	49.9	100	30.4	127	7.0	117
ROT DN Burrito Halloumi	1461.7	73	6101.1	73	68.3	98	30.3	152	137.7	53	14.2	16	59.4	119	-	-	9.3	154
ROT DN Burrito Vegan	1023.5	51	4288.3	51	33.5	48	8.4	42	135.2	52	12.3	14	30.5	61	30.4	127	6.1	102
ROT DN Peppered Vegetable Pie	1224.1	61	5109.0	61	61.8	88	30.8	154	137.8	53	23.7	26	24.4	49	19.7	82	5.0	83
ROT DN VGN Peppered Vegetable Pie	1352.1	68	5647.1	67	70.9	101	28.9	144	147.8	57	22.0	24	26.2	52	19.9	83	5.2	87
ROT DN Beef Casserole	795.2	40	3325.8	40	29.3	42	13.7	69	95.6	37	22.9	25	32.9	66	19.9	83	3.5	58
ROT DN Minted Lamb Shank	1065.0	53	4454.5	53	52.0	74	20.4	102	62.6	24	28.7	32	81.3	163	14.2	59	3.3	55
ROT DN Bolognese Pasta	819.4	41	3457.2	41	22.2	32	5.9	30	130.1	50	12.0	13	21.2	42	8.4	35	30.5	508
ROT DN NGCI Bolognese Pasta	593.8	30	2511.1	30	12.6	18	2.4	12	101.1	39	9.4	10	16.4	33	6.4	27	30.2	503
ROT DN Cod and Crispy Bacon Rarebit	726.1	36	3035.6	36	26.3	38	10.4	52	45.5	17	13.0	14	69.0	138	15.5	65	16.5	275
ROT DN NGCI Cod and Crispy Bacon Rarebit	726.1	36	3035.6	36	26.3	38	10.4	52	45.5	17	13.0	14	69.0	138	15.5	65	16.5	275
ROT DN Rotisserie Chicken Smoked Applewood Mash	739.0	37	3092.9	37	28.4	41	13.6	68	87.3	34	34.8	39	33.9	68	15.1	63	3.9	64
ROT DN NGCI Rotisserie Chicken Smoked Applewood Mash	727.9	36	3046.4	36	30.0	43	14.0	70	80.5	31	25.2	28	35.2	70	14.6	61	4.6	76
ROT DN Cambodian Veg Curry	559.1	28	2343.1	28	16.0	23	4.9	25	77.0	30	22.9	25	19.0	38	11.0	46	4.9	81
ROT DN NGCI Cambodian Veg Curry	559.1	28	2343.1	28	16.0	23	4.9	25	77.0	30	22.9	25	19.0	38	11.0	46	4.9	81
ROT DN Cambodian Veg Curry W/ Chicken	668.1	33	2799.1	33	24.9	36	7.4	37	77.1	30	22.9	25	31.4	63	11.0	46	5.2	87
ROT DN NGCI Cambodian Veg Curry W/ Chicken	668.1	33	2799.1	33	24.9	36	7.4	37	77.1	30	22.9	25	31.4	63	11.0	46	5.2	87
ROT DN VGN Cambodian Veg Curry	518.2	26	2167.1	26	16.9	24	5.2	26	68.6	26	23.5	26	14.6	29	11.5	48	4.5	75
ROT DN VGN NGCI Cambodian Veg Curry	480.2	24	2008.5	24	15.6	22	4.8	24	63.6	24	21.8	24	13.6	27	10.7	45	4.2	69
ROT DN Salad Avocado & Cherry Tomato	154.1	8	637.3	8	14.0	20	3.3	16	4.3	2	3.2	4	1.7	3	3.4	14	11.2	187
ROT DN NGCI Salad Avocado & Cherry Tomato	245.1	12	1013.6	12	22.2	32	5.2	26	6.9	3	5.0	6	2.7	5	5.4	23	17.8	297
ROT DN Salad Grilled Salmon	268.7	13	1118.6	13	17.9	26	8.1	40	3.0	1	2.7	3	23.9	48	3.5	15	4.3	72
ROT DN NGCI Salad Grilled Salmon	410.0	20	1707.0	20	27.3	39	12.3	62	4.5	2	4.1	5	36.5	73	5.4	22	6.6	109

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
ROT DN Salad Pulled Rotisserie Chicken	168.8	8	705.9	8	13.3	19	3.5	18	2.7	1	2.3	3	16.8	34	1.1	5	4.5	74
ROT DN NGCI Salad Pulled Rotisserie Chicken	255.7	13	1069.0	13	20.1	29	5.4	27	4.1	2	3.5	4	25.5	51	1.7	7	6.8	113
ROT DN Salad Rump Steak	171.1	9	712.4	8	11.3	16	3.6	18	2.4	1	2.2	2	15.0	30	1.0	4	4.1	69
ROT DN NGCI Salad Rump Steak	276.7	14	1151.6	14	18.2	26	5.8	29	3.9	2	3.5	4	24.3	49	1.6	7	6.7	112
ROT DN Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
ROT DN Wholegrain Mustard Potato Salad	264.9	13	1113.0	13	11.6	17	1.0	5	36.2	14	6.7	7	5.1	10	5.2	22	1.2	20
ROT DN Garlic Ciabatta	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
ROT DN Slaw	179.8	9	744.0	9	14.7	21	1.1	6	9.9	4	4.1	5	1.8	4	3.3	14	0.7	12
ROT DN Thai Sweet Chilli Slaw	142.9	7	597.5	7	0.3	0	0.0	0	33.3	13	24.5	27	1.7	3	3.6	15	1.5	24
ROT DN Roasted Vegetables	69.9	3	295.3	4	1.4	2	0.2	1	13.2	5	9.0	10	2.1	4	4.5	19	0.1	2
ROT DN Rotisserie Chicken Half	850.3	43	3531.1	42	58.3	83	16.2	81	0.4	0	0.0	0	80.3	161	0.3	1	2.3	38
ROT DN NGCI Rotisserie Chicken Half	821.6	41	3411.8	41	56.3	80	15.6	78	0.4	0	0.0	0	77.6	155	0.3	1	2.3	39
ROT DN Rotisserie Chicken Whole	1680.7	84	6979.8	83	115.1	164	32.0	160	0.8	0	0.0	0	158.8	318	0.5	2	4.5	74
ROT DN NGCI Rotisserie Chicken Whole	1642.8	82	6822.2	81	112.6	161	31.3	156	0.8	0	0.0	0	155.2	310	0.5	2	4.5	75
ROT DN Thai Chilli Sauce (Batch)	217.3	11	909.4	11	0.0	0	0.0	0	53.8	21	44.8	50	0.2	0	0.9	4	2.5	42
ROT DN Piri Piri Sauce (Batch)	1362.5	68	5600.0	67	125.0	179	8.6	43	26.3	10	21.3	24	7.5	15	27.5	115	45.0	750
ROT DN Hunter's (Batch)	489.9	24	2052.3	24	22.8	33	13.2	66	43.6	17	41.0	46	25.3	51	1.1	5	5.3	89
ROT DN Tomato & Rosemary Sauce (Batch)	33.0	2	140.0	2	0.7	1	0.0	0	6.1	2	4.1	5	1.4	3	1.3	5	0.9	14
ROT DN Garlic Mushroom Sauce (Batch)	74.0	4	325.0	4	5.2	7	2.1	11	3.5	1	0.8	1	3.3	7	0.9	4	0.6	11
ROT DN Thai Sweet Chilli Slaw	142.9	7	597.5	7	0.3	0	0.0	0	33.3	13	24.5	27	1.7	3	3.6	15	1.5	24
ROT DN Chicken Gravy x 2 (Batch)	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
ROT DN Slaw	179.8	9	744.0	9	14.7	21	1.1	6	9.9	4	4.1	5	1.8	4	3.3	14	0.7	12
ROT DN Side Salad (Batch)	25.9	1	107.1	1	2.0	3	0.3	2	1.5	1	1.3	1	0.5	1	0.7	3	2.9	49
ROT DN Roasted Vegetables	69.9	3	295.3	4	1.4	2	0.2	1	13.2	5	9.0	10	2.1	4	4.5	19	0.1	2
ROT DN Vegetables Peas and Carrots and Broccoli (Batch)	120.4	6	504.6	6	1.3	2	0.3	2	15.9	6	10.2	11	8.7	17	8.8	37	0.6	10
ROT DN 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
ROT DN 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	1.0	16
ROT DN Vegetable Mash 200g	182.0	9	760.0	9	7.0	10	1.0	5	24.0	9	1.8	2	3.4	7	4.0	17	0.8	14
ROT DN Mashed Potato 227g	242.8	12	1013.2	12	9.2	13	5.9	30	34.1	13	2.3	3	3.4	7	4.5	19	0.7	12
ROT DN Jacket Potato	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
ROT DN Cous Cous Sunshine (Batch)	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
ROT DN Steak Sirloin 8oz	924.4	46	3854.3	46	56.5	81	17.8	89	46.3	18	2.8	3	55.3	111	6.6	27	2.1	36

## 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	%
ROT DN NGCI Steak Sirloin 8oz	924.4	46	3854.3	46	56.5	81	17.8	89	46.3	18	2.8	3	55.3	111	6.6	27	2.3	39
ROT DN Steak Sirloin 8oz Under 600	579.5	29	2410.2	29	40.3	58	14.1	71	3.8	1	3.4	4	50.6	101	2.5	10	4.3	72
ROT DN NGCI Steak Sirloin 8oz Under 600	579.5	29	2410.2	29	40.3	58	14.1	71	3.8	1	3.4	4	50.6	101	2.5	10	4.5	74
ROT DN Steak Rump 8oz	867.7	43	3621.3	43	50.9	73	15.0	75	46.3	18	2.8	3	53.8	108	6.6	27	2.1	35
ROT DN NGCI Steak Rump 8oz	867.7	43	3621.3	43	50.9	73	15.0	75	46.3	18	2.8	3	53.8	108	6.6	27	2.3	38
ROT DN Steak Rump 8oz Under 550	522.8	26	2177.2	26	34.6	49	11.3	57	3.8	1	3.4	4	49.0	98	2.5	10	4.3	71
ROT DN NGCI Steak Rump 8oz Under 550	522.8	26	2177.2	26	34.6	49	11.3	57	3.8	1	3.4	4	49.0	98	2.5	10	4.4	74
ROT DN Steak British Ribeye 10oz	1482.8	74	6172.8	73	97.9	140	29.8	149	65.1	25	7.1	8	81.0	162	10.0	42	2.4	40
ROT DN NGCI Steak British Ribeye 10oz	1188.4	59	4949.6	59	76.5	109	27.1	135	46.3	18	2.8	3	76.1	152	6.6	27	2.3	38
ROT DN Mixed Grill	1705.2	85	7113.5	85	101.7	145	33.7	169	59.0	23	5.7	6	135.1	270	8.1	34	6.9	116
ROT DN NGCI Mixed Grill	1705.2	85	7113.5	85	101.7	145	33.7	169	59.0	23	5.7	6	135.1	270	8.1	34	7.1	118
ROT DN Sticky BBQ Baby Back Ribs 8oz Half Rack	1149.7	57	4814.3	57	58.5	84	18.2	91	114.3	44	51.0	57	39.6	79	9.3	39	3.8	63
ROT DN Sticky BBQ Baby Back Ribs 16oz Whole Rack	1838.8	92	7705.4	92	91.3	130	31.9	160	179.5	69	99.3	110	73.1	146	12.3	51	6.4	106
ROT DN Chicken & Steak	1689.2	84	7032.7	84	107.2	153	30.6	153	46.7	18	2.8	3	131.4	263	6.8	28	4.3	72
ROT DN NGCI Chicken & Steak	1689.2	84	7032.7	84	107.2	153	30.6	153	46.7	18	2.8	3	131.4	263	6.8	28	4.5	74
ROT DN Steak Gammon 10oz	1117.9	56	4685.5	56	48.1	69	12.2	61	62.8	24	14.4	16	103.8	208	10.7	45	8.5	142
ROT DN NGCI Steak Gammon 10oz	1117.9	56	4685.5	56	48.1	69	12.2	61	62.8	24	14.4	16	103.8	208	10.7	45	8.7	145
ROT DN Steak Gammon 10oz (Lunch Time)	961.8	48	4039.2	48	33.8	48	9.7	49	62.8	24	14.2	16	96.7	193	10.7	45	8.3	138
ROT DN NGCI Steak Gammon 10oz (Lunch Time)	961.8	48	4039.2	48	33.8	48	9.7	49	62.8	24	14.2	16	96.7	193	10.7	45	8.5	141
ROT DN Burger Bacon & Cheddar Cheese	1195.2	60	5006.3	60	55.2	79	16.4	82	104.2	40	9.1	10	66.8	134	9.6	40	6.2	103
ROT DN Burger Bacon & Cheddar Cheese XL	1424.7	71	5973.6	71	61.8	88	18.9	95	111.6	43	9.2	10	101.8	204	9.7	41	7.6	127
ROT DN Burger Buttermilk Chicken	1492.3	75	6237.2	74	80.9	116	25.1	126	123.9	48	11.1	12	63.3	127	9.4	39	7.0	117
ROT DN Burger Buttermilk Chicken XL	1982.1	99	8279.5	99	111.6	159	36.1	180	146.7	56	12.3	14	93.3	187	9.4	39	8.6	143
ROT DN Burger Classic Chicken	1269.2	63	5306.4	63	66.3	95	17.5	87	119.1	46	10.2	11	45.0	90	9.4	39	4.0	67
ROT DN Burger Classic Chicken XL	1759.0	88	7348.6	87	97.0	139	28.5	142	141.9	55	11.4	13	75.0	150	9.4	39	5.6	93
ROT DN Burger Classic Beef	1008.9	50	4231.4	50	42.2	60	9.1	46	103.7	40	9.1	10	50.1	100	9.6	40	3.9	65
ROT DN Burger Classic Beef XL	1238.4	62	5198.7	62	48.8	70	11.7	58	111.1	43	9.2	10	85.1	170	9.7	41	5.4	89
ROT DN Burger Lamb & Mint	1140.7	57	4777.2	57	66.5	95	14.9	74	110.1	42	12.5	14	41.2	82	9.5	40	4.8	81
ROT DN Burger Lamb & Mint XL	1436.0	72	6014.1	72	92.4	132	22.8	114	119.6	46	12.5	14	67.0	134	9.5	40	6.7	111
ROT DN Burger Two Way Chicken	1470.4	74	6141.7	73	83.2	119	24.9	125	120.2	46	10.7	12	58.4	117	10.0	42	5.7	96
ROT DN Burger Two Way Chicken XL	1960.2	98	8183.9	97	113.9	163	35.9	179	143.0	55	11.9	13	88.4	177	10.0	42	7.3	121
ROT DN Burger Classic Plant Based	1028.0	51	4304.8	51	49.0	70	7.6	38	107.3	41	10.9	12	34.6	69	12.1	50	3.6	60



## 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	%
ROT DN Burger Classic Plant Based XL	1276.6	64	5345.5	64	62.5	89	8.6	43	118.4	46	12.8	14	54.1	108	14.8	62	4.7	79
ROT DN Burger Classic Plant Based VGN	1018.8	51	4268.2	51	45.4	65	7.3	36	113.2	44	16.0	18	34.6	69	12.2	51	3.8	63
ROT DN Burger Classic Plant Based VGN XL	1267.3	63	5308.9	63	58.9	84	8.3	41	124.3	48	17.9	20	54.1	108	14.9	62	4.9	82
ROT DN Burger Bologna	1113.7	56	4668.2	56	48.9	70	8.0	40	123.6	48	19.3	21	39.2	78	14.3	60	4.6	76
ROT DN Burger Bologna XL	1362.3	68	5708.9	68	62.4	89	9.0	45	134.6	52	21.2	24	58.7	117	17.0	71	5.7	95
ROT DN Burger Chicken Fajita	1083.6	54	4525.7	54	63.2	90	11.6	58	101.0	39	12.5	14	30.7	61	11.0	46	3.4	57
ROT DN Burger Chicken Fajita XL	1214.4	61	5072.8	60	74.0	106	14.5	73	101.1	39	12.5	14	45.5	91	11.1	46	3.8	64
ROT DN Burger Halloumi & Red Pepper	1066.3	53	4451.8	53	56.1	80	19.4	97	103.8	40	15.7	17	33.2	66	-	-	4.7	79
ROT DN Burger Halloumi & Red Pepper XL	1323.9	66	5516.6	66	76.3	109	32.2	161	105.3	41	17.2	19	50.8	102	-	-	6.8	114
ROT DN Burger Classic Rotisserie Chicken	910.2	46	3811.3	45	46.3	66	9.5	48	96.4	37	9.0	10	29.9	60	9.4	39	2.9	48
ROT DN Burger Classic Rotisserie Chicken XL	1041.0	52	4358.5	52	57.1	82	12.5	63	96.5	37	9.0	10	44.7	89	9.5	40	3.3	55
ROT DN Sunday Beef	1146.6	57	4785.5	57	63.1	90	14.8	74	89.4	34	26.9	30	52.6	105	16.3	68	4.7	78
ROT DN NGCI Sunday Beef	942.6	47	3937.4	47	47.2	67	12.4	62	78.7	30	25.3	28	47.4	95	15.8	66	4.6	76
ROT DN Sunday Beef Kids	711.4	36	2966.6	35	42.7	61	8.9	44	52.2	20	15.9	18	29.0	58	8.8	37	2.7	44
ROT DN NGCI Sunday Beef Kids	507.4	25	2118.5	25	26.8	38	6.4	32	41.5	16	14.3	16	23.9	48	8.3	35	2.6	43
ROT DN Sunday Beef Large	1537.4	77	6409.8	76	92.0	131	22.4	112	100.2	39	28.5	32	74.9	150	16.8	70	5.0	84
ROT DN Sunday Pork	1252.2	63	5232.1	62	67.3	96	17.4	87	107.0	41	31.8	35	51.8	104	16.2	67	5.0	83
ROT DN NGCI Sunday Pork	981.8	49	4103.5	49	50.2	72	14.3	72	83.4	32	29.8	33	44.8	90	15.0	62	4.2	71
ROT DN Sunday Pork Kids	746.3	37	3117.7	37	41.6	59	9.9	50	63.4	24	20.6	23	28.5	57	8.4	35	2.6	44
ROT DN NGCI Sunday Pork Kids	509.1	25	2129.3	25	25.1	36	7.2	36	46.2	18	18.8	21	22.4	45	7.5	31	2.2	37
ROT DN Sunday Pork Large	1746.9	87	7292.2	87	102.2	146	26.8	134	130.6	50	33.8	38	74.8	150	17.4	72	6.1	101
ROT DN Sunday Chicken	1624.8	81	6778.4	81	88.0	126	20.6	103	107.3	41	32.6	36	97.3	195	16.5	69	6.9	114
ROT DN NGCI Sunday Chicken	1354.3	68	5649.6	67	71.0	101	17.5	87	83.7	32	30.6	34	90.3	181	15.4	64	6.1	102
ROT DN Sunday Chicken Kids	932.3	47	3889.4	46	52.0	74	11.5	58	63.4	24	21.4	24	51.2	102	8.6	36	3.6	60
ROT DN NGCI Sunday Chicken Kids	695.1	35	2901.0	35	35.5	51	8.7	44	46.3	18	19.7	22	45.2	90	7.7	32	3.1	52
ROT DN Sunday Chicken Large	2306.0	115	9612.8	114	133.3	190	31.5	157	131.1	50	34.6	38	143.0	286	17.9	74	8.9	148
ROT DN Sunday Mixed Roast	1865.3	93	7775.1	93	113.0	161	27.0	135	113.2	44	28.9	32	97.2	194	17.6	73	6.7	112
ROT DN NGCI Sunday Mixed Roast	1390.9	70	5798.5	69	80.0	114	21.4	107	78.9	30	25.3	28	85.1	170	15.9	66	5.7	95
ROT DN Sunday Veggie Roast	1532.6	77	6402.1	76	81.9	117	28.9	144	166.1	64	34.6	38	29.8	60	21.8	91	7.0	116
ROT DN VGN Sunday Veggie Roast	1320.6	66	5520.5	66	65.6	94	26.4	132	154.4	59	33.0	37	24.5	49	21.1	88	6.7	112
ROT DN Sunday Veggie Roast Kids	612.5	31	2562.0	31	28.6	41	5.3	26	55.5	21	14.1	16	29.4	59	13.0	54	3.5	59
ROT DN VGN Sunday Veggie Roast Kids	404.5	20	1697.2	20	12.5	18	2.8	14	44.2	17	12.5	14	24.2	48	12.4	52	3.3	54
ROT DN Sunday Lamb Shank	1497.2	75	6270.8	75	74.4	106	23.4	117	115.0	44	46.7	52	87.6	175	17.0	71	6.5	109

## 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	%
ROT DN Sweet Potato Fries 227g	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
ROT DN Beer Battered Onion Rings x6	308.7	15	1288.2	15	18.7	27	3.4	17	30.4	12	3.0	3	3.6	7	2.4	10	1.4	24
ROT DN Beer Battered Onion Rings Sharer Side	896.6	45	3750.9	45	46.9	67	8.5	42	104.2	40	34.8	39	10.1	20	6.7	28	5.3	88
ROT DN House Salad	51.7	3	214.1	3	4.0	6	0.7	3	3.0	1	2.7	3	1.0	2	1.4	6	5.9	98
ROT DN Cauliflower Cheese	354.7	18	1475.0	18	24.8	35	15.4	77	14.7	6	1.7	2	18.1	36	1.5	6	2.2	36
ROT DN Slaw	179.8	9	744.0	9	14.7	21	1.1	6	9.9	4	4.1	5	1.8	4	3.3	14	0.7	12
ROT DN Thai Sweet Chilli Slaw	142.9	7	597.5	7	0.3	0	0.0	0	33.3	13	24.5	27	1.7	3	3.6	15	1.5	24
ROT DN Pigs in Blankets x6	297.8	15	1236.7	15	23.0	33	8.3	41	7.8	3	1.1	1	14.8	30	0.6	2	2.1	34
ROT DN Pigs in Blankets x3	198.5	10	824.4	10	15.3	22	5.5	28	5.2	2	0.7	1	9.9	20	0.4	2	1.4	23
ROT DN Crispy Onion Cluster	294.4	15	1223.1	15	21.4	31	2.8	14	18.8	7	4.3	5	4.9	10	3.5	14	0.3	5
ROT DN Chicken Gravy	73.5	4	312.0	4	3.2	5	0.8	4	8.6	3	1.8	2	3.2	6	0.0	0	1.4	24
ROT DN Gravy	57.2	3	240.1	3	0.0	0	0.0	0	13.6	5	0.3	0	0.7	1	0.0	0	1.7	29
ROT DN Roasted Vegetables	69.9	3	295.3	4	1.4	2	0.2	1	13.2	5	9.0	10	2.1	4	4.5	19	0.1	2
ROT DN Side Vegetables	120.4	6	504.6	6	1.3	2	0.3	2	15.9	6	10.2	11	8.7	17	8.8	37	0.7	12
ROT DN Sauteed 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
ROT DN Cheesy Garlic Ciabatta	458.0	23	1909.8	23	28.8	41	15.4	77	30.1	12	2.6	3	18.8	38	1.9	8	1.6	26
ROT DN Garlic Ciabatta	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
ROT DN 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
ROT DN Poppadum	68.0	3	288.6	3	0.3	0	0.1	0	11.9	5	0.1	0	4.3	9	0.3	1	0.9	14
ROT DN Poppadums & Dips	346.8	17	1463.8	17	8.1	12	0.8	4	54.5	21	13.9	15	13.5	27	1.0	4	3.8	64
ROT DN 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	1.0	16
ROT DN Loaded Chips Cheese & Bacon	673.3	34	2808.0	33	40.9	58	17.2	86	45.1	17	0.7	1	28.9	58	4.8	20	3.6	60
ROT DN Bread & Butter Brown	395.9	20	1663.8	20	16.0	23	8.3	42	49.7	19	1.3	1	13.9	28	4.6	19	1.2	21
ROT DN Bread & Butter White	364.9	18	1529.6	18	14.0	20	8.1	41	50.5	19	1.1	1	9.7	19	3.1	13	1.3	21
ROT DN 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
ROT DN 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
ROT DN Rotisserie Chicken Wings x2	258.0	13	1074.9	13	16.5	24	4.7	23	0.1	0	0.0	0	27.1	54	0.1	0	0.6	9
ROT DN Extra Sunday Beef	186.7	9	776.0	9	13.1	19	5.0	25	0.0	0	0.0	0	17.2	34	0.0	0	0.1	2
ROT DN Extra Sunday Chicken	410.8	21	1705.8	20	28.1	40	7.8	39	0.2	0	0.0	0	38.8	78	0.1	1	1.1	18
ROT DN Extra Sunday Pork	224.2	11	931.2	11	17.8	25	6.2	31	0.0	0	0.0	0	16.1	32	0.0	0	0.2	3
ROT DN 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
ROT DN Stuffing	199.2	10	841.8	10	3.6	5	1.9	9	38.6	15	1.2	1	5.4	11	2.1	9	2.0	33
ROT DN Wholegrain Mustard Potato Salad	264.9	13	1113.0	13	11.6	17	1.0	5	36.2	14	6.7	7	5.1	10	5.2	22	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	%	g	%
ROT DN Halloumi Fries	576.3	29	2391.6	28	41.1	59	22.9	115	23.1	9	4.6	5	29.7	59	-	-	4.6	76
ROT DN Loaded Chips Pizza	636.2	32	2655.0	32	38.1	54	15.9	80	51.2	20	4.8	5	20.6	41	6.1	25	2.7	45
ROT DN Extra Smoky Cheese Sauce	155.3	8	648.8	8	11.3	16	7.3	36	4.6	2	0.0	0	8.3	17	0.2	1	0.9	15
ROT DN Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
ROT DN New Potatoes 227g	196.1	10	829.4	10	4.8	7	2.8	14	36.6	14	3.0	3	3.9	8	3.0	13	1.1	19
ROT DN 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
ROT DN Cheese Brie	85.4	4	354.2	4	7.0	10	4.9	25	0.3	0	0.3	0	5.3	11	0.0	0	0.4	7
ROT DN Cream	241.3	12	993.2	12	26.2	37	16.3	82	1.4	1	1.4	2	0.9	2	0.0	0	0.1	1
ROT DN Buttermilk Chicken Goujons x2	326.5	16	1361.5	16	20.5	29	7.3	37	15.2	6	0.8	1	20.0	40	0.0	0	1.0	17
ROT DN Buttermilk Chicken Goujons x3	489.8	24	2042.3	24	30.7	44	11.0	55	22.8	9	1.2	1	30.0	60	0.0	0	1.5	26
ROT DN Ice Cream Scoop Chocolate	100.4	5	421.8	5	4.7	7	2.9	14	12.2	5	11.9	13	2.3	5	0.5	2	0.1	2
ROT DN Ice Cream Scoop Strawberry	93.0	5	390.6	5	4.4	6	2.7	14	11.4	4	11.3	13	2.0	4	0.2	1	0.1	2
ROT DN Ice Cream Scoop Vanilla	84.2	4	352.6	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
ROT DN Peas	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7
ROT DN Extra Beef Burgers	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
ROT DN 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
ROT DN Veggie Sausage	80.0	4	335.5	4	2.7	4	1.0	5	3.8	1	0.8	1	9.0	18	2.5	10	0.6	10
ROT DN 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
ROT DN Naan Bread	380.9	19	1604.2	19	8.2	12	0.7	3	63.8	25	3.3	4	10.1	20	5.1	21	1.0	17
ROT DN Cheese Monterey Jack	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
ROT DN Cheese Stilton	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
ROT DN Garlic Mushroom Sauce	74.0	4	325.0	4	5.2	7	2.1	11	3.5	1	0.8	1	3.3	7	0.9	4	0.6	11
ROT DN Piri Piri Sauce 112g	122.1	6	501.8	6	11.2	16	0.8	4	2.4	1	1.9	2	0.7	1	2.5	10	4.0	67
ROT DN 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
ROT DN Red Hot Chilli Pepper Sauce 112g	156.8	8	667.5	8	0.0	0	0.0	0	34.7	13	31.4	35	1.7	3	0.0	0	1.9	32
ROT DN Satay Sauce	203.0	10	845.0	10	17.0	24	8.7	44	8.2	3	4.2	5	4.0	8	1.3	5	1.4	23
ROT DN Sweet Chilli Sauce 112g	217.3	11	909.4	11	0.0	0	0.0	0	53.8	21	44.8	50	0.2	0	0.9	4	2.5	42
ROT DN Buffalo Sauce 112g	193.8	10	815.4	10	7.2	10	0.6	3	30.8	12	28.8	32	0.4	1	1.2	5	1.1	18
ROT DN BBQ Sauce 112g	249.8	12	1060.6	13	0.2	0	0.0	0	56.7	22	54.7	61	2.1	4	1.5	6	3.4	56
ROT DN Cheese Halloumi 50g	161.0	8	665.5	8	12.6	18	8.0	40	1.0	0	1.0	1	11.0	22	-	-	1.3	22
ROT DN Cheddar Cheese	232.4	12	963.8	11	19.2	27	11.9	60	1.1	0	0.1	0	14.0	28	0.0	0	1.1	18
ROT DN 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
ROT DN Grilled Mushroom	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



## 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	%
ROT DN 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
ROT DN Jacket Potato	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
ROT DN Baked Beans	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
ROT DN Fried Egg x1	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
ROT DN 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
ROT DN Extra Scampi 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
ROT DN Avocado	200.3	10	825.6	10	19.9	28	4.8	24	1.9	1	0.5	1	1.6	3	3.4	14	0.0	0
ROT DN Cherry Tomatoes	7.1	0	31.0	0	0.1	0	0.0	0	1.0	0	1.0	1	0.3	1	0.4	2	11.8	196
ROT DN Mashed Potato 227g	242.8	12	1013.2	12	9.2	13	5.9	30	34.1	13	2.3	3	3.4	7	4.5	19	0.7	12
ROT DN Hash Browns x3	353.6	18	1473.3	18	20.8	30	8.8	44	35.4	14	1.1	1	3.8	8	4.7	20	0.9	15
ROT DN Ice Cream Scoop Vegan	84.3	4	352.3	4	4.0	6	3.5	17	9.8	4	6.6	7	0.4	1	2.9	12	0.0	0
ROT DN Vegetable Mash 200g	182.0	9	760.0	9	7.0	10	1.0	5	24.0	9	1.8	2	3.4	7	4.0	17	0.8	14
ROT DN Tomato & Rosemary Sauce	33.0	2	140.0	2	0.7	1	0.0	0	6.1	2	4.1	5	1.4	3	1.3	5	0.9	14
ROT DN Bolognese	95.0	5	400.0	5	3.5	5	0.8	4	10.4	4	3.3	4	4.6	9	2.1	9	0.8	13
ROT DN Rotisserie Chicken Breast	130.8	7	547.2	7	10.8	15	3.0	15	0.1	0	0.0	0	14.8	30	0.1	0	0.4	7
ROT DN Smoked Cheese	19.0	1	80.2	1	1.3	2	0.8	4	1.5	1	0.7	1	0.3	1	0.1	1	0.1	2
ROT DN Cheese Feta	140.5	7	588.5	7	11.7	17	8.3	42	1.6	1	0.2	0	7.4	15	0.0	0	0.8	14
ROT DN Cheese Halloumi 100g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
ROT DN Onion Bhajis - 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	0.5	8
ROT DN Vegetable Samosas - 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	1.0	16
ROT DN Sweet Potato Fries Upgrade 140g	276.7	14	1139.2	14	15.4	22	3.1	16	29.6	11	9.6	11	2.0	4	4.0	17	0.5	9
ROT DN Sweet Potato Fries Upgrade 227g	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
ROT DN Loaded Chips Cheese & Bacon Upgrade	302.6	15	1256.8	15	22.6	32	13.2	66	1.1	0	0.1	0	23.7	47	0.0	0	2.8	47
ROT DN Loaded Chips Pizza Upgrade	265.4	13	1103.8	13	19.9	28	11.9	60	7.2	3	4.2	5	15.4	31	1.3	5	1.9	32
ROT DN Sundae Chocolate Brownie	802.2	40	3353.3	40	40.0	57	16.6	83	96.8	37	75.4	84	11.9	24	3.5	14	0.7	12
ROT DN Sticky Toffee Pudding	566.6	28	2387.0	28	17.5	25	10.7	53	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
ROT DN NGCI Sticky Toffee Pudding	566.6	28	2387.0	28	17.5	25	10.7	53	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
ROT DN 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
ROT DN Apple Pie Vegan	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
ROT DN Melt in the Middle Chocolate Pudding	935.8	47	3892.9	46	65.5	94	22.6	113	77.7	30	52.1	58	8.6	17	1.1	4	0.9	15
ROT DN Sundae Keep it Simple	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
ROT DN NGCI Sundae Keep it Simple	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
ROT DN Sundae Keep it Simple Vegan	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

## 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	%
ROT DN NGCI Sundae Keep it Simple Vegan	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
ROT DN Jam Roly Poly	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
ROT DN Sundae Berry Citrus NEW	423.6	21	1775.4	21	23.1	33	13.9	69	46.9	18	43.3	48	5.6	11	2.5	10	0.3	5
ROT DN NGCI Sundae Berry Citrus	423.6	21	1775.4	21	23.1	33	13.9	69	46.9	18	43.3	48	5.6	11	2.5	10	0.3	5
ROT DN VGN Sundae Berry Citrus	318.4	16	1332.2	16	13.0	19	10.8	54	41.5	16	30.9	34	1.6	3	10.7	45	0.0	0
ROT DN NGCI Sundae Berry Citrus Vegan	318.4	16	1332.2	16	13.0	19	10.8	54	41.5	16	30.9	34	1.6	3	10.7	45	0.0	0
ROT DN Baked Lotus Biscoff Cheesecake	903.4	45	3753.1	45	68.9	98	37.1	185	60.8	23	38.0	42	11.0	22	0.7	3	0.9	15
ROT DN Cookie Cup	690.2	35	2901.4	35	30.8	44	14.3	72	94.7	36	65.6	73	8.2	16	3.3	14	0.5	8
ROT DN Pear Whisky Caramel Pudding	729.6	36	3075.8	37	26.2	37	7.0	35	110.5	42	73.5	82	9.4	19	1.7	7	1.2	20
ROT DN Very Berry Acai Crumble	481.8	24	2023.8	24	17.0	24	5.6	28	72.4	28	40.8	45	7.4	15	4.8	20	0.1	2
ROT DN VGN Very Berry Acai Crumble	477.1	24	1998.1	24	19.2	27	7.9	40	66.8	26	36.4	40	4.9	10	7.7	32	0.0	0
ROT DN Cheese and Biscuits	665.9	33	2780.2	33	43.0	61	23.9	120	43.5	17	18.9	21	25.0	50	2.8	12	2.2	37
ROT DN Christmas Pudding	389.8	19	1647.0	20	7.1	10	4.4	22	75.6	29	33.8	38	4.0	8	4.1	17	0.3	4
ROT DN Brunch Smashed Avocado on Toast	425.7	21	1774.6	21	26.8	38	6.7	34	29.6	11	3.6	4	15.2	30	7.0	29	1.3	21
ROT DN Brunch Smashed Avocado on Toast Bacon	561.0	28	2338.8	28	33.6	48	9.3	46	28.7	11	2.7	3	34.3	69	6.6	28	4.7	79
ROT DN Brunch Smashed Avocado on Toast Vegan	347.3	17	1446.4	17	21.7	31	5.3	26	28.7	11	2.5	3	7.9	16	6.6	28	0.9	16
ROT DN Brunch Pancake Stack	665.2	33	2782.6	33	11.2	16	4.7	24	130.8	50	65.8	73	8.7	17	2.2	9	1.0	16
ROT DN Brunch Pancake Stack Kids	334.6	17	1399.8	17	5.6	8	2.4	12	65.9	25	33.4	37	4.4	9	1.1	5	0.5	8
ROT DN Brunch	822.4	41	3431.9	41	44.8	64	10.7	54	70.4	27	7.7	9	32.4	65	9.8	41	4.1	68
ROT DN Brunch Veggie	772.0	39	3225.4	38	38.4	55	8.5	43	67.1	26	7.9	9	35.5	71	14.2	59	2.9	49
ROT DN Brunch Breakfast Big	1610.1	81	6709.7	80	95.9	137	28.6	143	118.7	46	12.1	13	66.3	133	14.3	60	8.6	143
ROT DN Brunch Breakfast Big Veggie	1337.5	67	5577.1	66	75.8	108	21.4	107	99.7	38	10.4	12	58.2	116	21.5	89	4.7	78
ROT DN Brunch Breakfast Big Vegan	1123.3	56	4696.7	56	50.5	72	17.5	87	105.6	41	12.7	14	54.6	109	25.7	107	4.9	82
ROT DN Brunch Breakfast Classic	794.9	40	3312.9	39	45.5	65	14.6	73	59.1	23	9.3	10	37.1	74	9.0	38	4.8	80
ROT DN Brunch Breakfast Classic Veggie	644.8	32	2689.3	32	34.3	49	10.5	53	46.9	18	8.1	9	33.9	68	13.4	56	2.8	46
ROT DN Brunch Breakfast Classic Vegan	568.7	28	2378.5	28	22.8	33	9.0	45	50.7	19	8.6	10	35.7	71	15.9	66	3.2	53
ROT DN Brunch Breakfast Kids	540.5	27	2249.7	27	33.2	47	9.6	48	32.9	13	4.6	5	26.8	54	4.9	20	3.5	58
ROT DN Brunch Breakfast Kids Veggie	490.2	25	2043.2	24	26.8	38	7.4	37	29.6	11	4.8	5	29.9	60	9.3	39	2.3	38
ROT DN Brunch Breakfast Kids Vegan	452.0	23	1887.9	22	19.5	28	7.9	39	41.4	16	5.0	6	24.1	48	10.8	45	2.4	40
ROT DN Brunch Breakfast Buttie Bacon	471.2	24	1980.5	24	12.9	18	4.7	24	50.4	19	1.0	1	38.7	77	3.1	13	6.4	107
ROT DN Brunch Breakfast Buttie Black Pudding	460.2	23	1935.5	23	12.2	17	4.7	23	68.0	26	3.9	4	22.3	45	3.1	13	3.0	50
ROT DN Brunch Breakfast Buttie Fried Eggs	572.9	29	2394.1	29	31.0	44	5.8	29	50.4	19	1.5	2	23.7	47	3.1	13	1.6	27

## 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	%
ROT DN Brunch Breakfast Buttie Sausage	681.3	34	2855.0	34	27.5	39	9.3	46	82.9	32	5.0	6	24.9	50	5.0	21	3.2	53
ROT DN Brunch Breakfast Buttie Sausage Veggie	500.7	25	2107.9	25	10.6	15	3.7	18	61.6	24	3.3	4	36.4	73	10.6	44	3.1	51
ROT DN Brunch Eggs Your Way	573.2	29	2395.3	29	31.0	44	5.8	29	50.4	19	1.5	2	23.7	47	3.2	13	1.6	27
ROT DN KID Garlic Ciabatta Starter	124.8	6	523.7	6	5.0	7	1.8	9	17.1	7	3.2	4	2.5	5	1.5	6	0.4	7
ROT DN KID Corn on the Cob Starter	149.1	7	625.9	7	7.8	11	3.9	20	17.1	7	2.1	2	3.7	7	2.5	11	0.1	2
ROT DN KID Nachos Starter	242.0	12	1008.7	12	14.5	21	6.4	32	18.4	7	2.1	2	8.7	17	1.4	6	1.2	21
ROT DN 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
ROT DN KID Burger Rotisserie Chicken	490.6	25	2060.2	25	19.0	27	4.4	22	63.1	24	7.7	9	16.5	33	7.4	31	1.1	19
ROT DN KID Crispy Dippers	608.8	30	2535.8	30	37.2	53	8.7	43	50.2	19	5.1	6	15.1	30	5.8	24	1.4	23
ROT DN KID Gammon Steak	683.2	34	2864.5	34	26.6	38	7.0	35	53.1	20	4.9	5	53.0	106	9.5	40	4.9	82
ROT DN KID Burger Bar Beef	550.8	28	2315.8	28	17.8	25	4.4	22	66.7	26	7.7	9	27.8	56	7.5	31	1.7	28
ROT DN KID Super Pork Sausages	577.5	29	2411.9	29	29.8	43	8.5	43	58.2	22	7.3	8	15.7	31	6.6	27	2.0	33
ROT DN KID Super Veggie Sausage	457.1	23	1913.8	23	18.5	26	4.8	24	44.0	17	6.2	7	23.4	47	10.3	43	1.9	32
ROT DN KID Fish Fingers	555.3	28	2318.2	28	29.3	42	6.1	31	53.3	21	5.6	6	16.4	33	6.2	26	1.4	23
ROT DN KID Burger Bar Crispy Buttermilk Chicken Goujons	762.6	38	3193.7	38	35.0	50	10.4	52	78.2	30	8.5	9	30.3	61	7.4	31	2.0	33
ROT DN KID Cheesy Tomato Pasta	514.9	26	2158.0	26	19.7	28	5.0	25	67.2	26	9.7	11	13.9	28	7.0	29	1.8	29
ROT DN KID Tacos Rotisserie Chicken	593.7	30	2484.1	30	29.5	42	10.5	53	61.9	24	16.4	18	20.7	41	4.8	20	2.8	46
ROT DN KID Tacos Buttermilk Chicken Goujons	865.7	43	3617.6	43	45.4	65	16.6	83	77.0	30	17.2	19	34.5	69	4.7	20	3.5	58
ROT DN KID Tacos Vegan	460.7	23	1931.8	23	15.9	23	3.4	17	69.0	27	23.1	26	8.6	17	7.8	32	2.1	35
ROT DN KID Tacos Veggie	576.9	29	2413.7	29	25.4	36	9.4	47	69.6	27	23.1	26	15.6	31	7.8	32	2.7	44
ROT DN KID Burger Bar Veggie	515.6	26	2167.2	26	16.3	23	3.7	19	69.0	27	8.9	10	19.2	38	9.6	40	1.4	24
ROT DN KID Ice Cream Sundae	208.4	10	875.0	10	8.1	12	4.1	20	29.2	11	22.8	25	4.5	9	0.5	2	0.2	3
ROT DN KID Jelly & Ice Cream	89.9	4	374.4	4	4.0	6	2.0	10	11.2	4	10.0	11	2.0	4	0.1	0	0.3	4
ROT DN KID Chocolate Brownie	353.0	18	1467.4	17	18.9	27	4.4	22	39.8	15	27.2	30	5.2	10	1.5	6	0.4	7
ROT DN KID Donut Dippers	270.1	14	1132.2	13	12.7	18	6.7	33	36.9	14	19.0	21	3.1	6	1.5	6	0.4	7
ROT DN KID Ice Cream Sundae Vegan	188.8	9	790.6	9	8.0	11	6.9	35	24.4	9	16.6	18	0.9	2	5.9	25	0.0	0
ROT DN KID Jam Roly Poly	290.4	15	1222.8	15	12.0	17	8.2	41	41.4	16	24.9	28	4.7	9	0.7	3	0.3	6
ROT DN KID Extra Corn on the Cob	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
ROT DN KID Extra Salad Sticks	16.5	1	68.3	1	0.3	0	0.0	0	3.2	1	2.9	3	0.5	1	1.7	7	0.0	1
ROT DN KID Mini Potato Waffles	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
ROT DN KID Jacket Potato	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
ROT DN KID Mash	140.3	7	586.0	7	4.9	7	3.2	16	20.5	8	1.4	2	2.1	4	2.7	11	0.4	7

## 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	%
ROT DN KID Peas	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7
ROT DN KID Baked Beans	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
ROT DN KID Carrots	29.7	1	123.9	1	0.3	0	0.1	0	6.7	3	6.3	7	0.5	1	2.7	11	0.2	3
ROT DN KID 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
ROT DN KID Chips	231.7	12	969.1	12	11.6	17	2.6	13	27.2	10	0.4	0	3.2	6	2.9	12	0.5	8
ROT DN KID 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
ROT DN KID Cheese	116.2	6	481.9	6	9.6	14	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	9
ROT DN Curry Rotisserie Chicken Jalfrezi	1278.1	64	5372.8	64	42.4	61	5.5	27	188.4	72	31.9	35	39.0	78	15.3	64	5.5	91
ROT DN NGCI Curry Rotisserie Chicken Jalfrezi	965.2	48	4057.1	48	34.5	49	4.9	24	136.4	52	28.7	32	33.1	66	10.5	44	5.3	88
ROT DN Curry Vegetable Jalfrezi	1169.1	58	4916.8	59	33.4	48	3.0	15	188.3	72	31.9	35	26.6	53	15.3	64	5.1	85
ROT DN NGCI Curry Vegetable Jalfrezi	856.2	43	3601.2	43	25.5	36	2.4	12	136.3	52	28.7	32	20.8	42	10.5	44	4.9	82
ROT DN Curry Beef Madras	1247.3	62	5250.0	62	37.2	53	7.7	39	179.8	69	30.5	34	44.6	89	13.6	57	5.3	89
ROT DN NGCI Curry Beef Madras	934.4	47	3934.4	47	29.3	42	7.2	36	127.8	49	27.4	30	38.8	78	8.8	37	5.1	86
ROT DN Curry Rotisserie Chicken Bhuna	1107.1	55	4664.4	56	32.3	46	4.4	22	173.2	67	26.4	29	35.8	72	11.5	48	4.8	80
ROT DN NGCI Curry Rotisserie Chicken Bhuna	794.2	40	3348.8	40	24.4	35	3.8	19	121.3	47	23.2	26	29.9	60	6.7	28	4.6	77
ROT DN Curry Rotisserie Chicken Tikka Masala	1162.1	58	4894.4	58	36.8	53	7.9	40	175.7	68	27.6	31	37.5	75	10.8	45	4.9	82
ROT DN NGCI Curry Rotisserie Chicken Tikka Masala	849.2	42	3578.8	43	28.9	41	7.3	37	123.8	48	24.5	27	31.7	63	6.0	25	4.7	79
ROT DN Cambodian Veg Curry	559.1	28	2343.1	28	16.0	23	4.9	25	77.0	30	22.9	25	19.0	38	11.0	46	4.9	81
ROT DN NGCI Cambodian Veg Curry	559.1	28	2343.1	28	16.0	23	4.9	25	77.0	30	22.9	25	19.0	38	11.0	46	4.9	81
ROT DN Cambodian Veg Curry W/ Chicken	668.1	33	2799.1	33	24.9	36	7.4	37	77.1	30	22.9	25	31.4	63	11.0	46	5.2	87
ROT DN NGCI Cambodian Veg Curry W/ Chicken	668.1	33	2799.1	33	24.9	36	7.4	37	77.1	30	22.9	25	31.4	63	11.0	46	5.2	87
ROT DN VGN Cambodian Veg Curry	518.2	26	2167.1	26	16.9	24	5.2	26	68.6	26	23.5	26	14.6	29	11.5	48	4.5	75
ROT DN VGN NGCI Cambodian Veg Curry	480.2	24	2008.5	24	15.6	22	4.8	24	63.6	24	21.8	24	13.6	27	10.7	45	4.2	69
ROT DN Breaded Mushrooms - Lunch Menu	434.2	22	1831.7	22	21.6	31	4.2	21	49.1	19	15.8	18	8.8	18	4.3	18	2.3	39
ROT DN Bruschetta - Lunch Menu	381.5	19	1592.5	19	23.0	33	5.8	29	36.6	14	8.6	10	5.8	12	3.3	14	18.7	311
ROT DN Todays Soup - Lunch Menu	405.8	20	1701.5	20	19.0	27	8.5	42	48.7	19	11.3	13	9.2	18	4.1	17	2.4	39
ROT DN NGCI Todays Soup - Lunch Menu	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.9	31
ROT DN Todays Soup Vegan - Lunch Menu	301.6	15	1273.2	15	7.5	11	1.2	6	48.7	19	11.2	12	9.1	18	4.1	17	2.3	38
ROT DN Greens and Pepper Salad FP	249.4	12	1033.6	12	20.6	29	2.3	12	11.2	4	10.5	12	4.8	10	3.3	14	15.0	250
ROT DN NGCI Greens & Pepper Salad - Lunch Menu	249.4	12	1033.6	12	20.6	29	2.3	12	11.2	4	10.5	12	4.8	10	3.3	14	15.0	250
ROT DN Extra Pulled Rotisserie Chicken - Lunch Menu	109.0	5	456.0	5	9.0	13	2.5	12	0.1	0	0.0	0	12.4	25	0.0	0	0.3	6

## 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	%
ROT DN Extra Cheese Halloumi 100g - Lunch Menu	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
ROT DN Wiltshire Ham and Eggs Fixed Price	931.8	47	3886.6	46	55.7	80	12.0	60	56.5	22	14.0	16	47.1	94	5.2	22	7.6	127
ROT DN NGCI Wiltshire Ham and Eggs Fixed Price	931.8	47	3886.6	46	55.7	80	12.0	60	56.5	22	14.0	16	47.1	94	5.2	22	7.6	127
ROT DN Ploughmans Lunch Fixed Price	836.8	42	3493.9	42	50.7	72	28.2	141	61.3	24	14.0	16	32.8	66	4.8	20	3.7	62
ROT DN Steak and Chips Fixed Price	823.9	41	3437.1	41	49.7	71	13.8	69	44.2	17	1.0	1	47.5	95	4.9	20	2.3	39
ROT DN NGCI Steak and Chips FP	823.9	41	3437.1	41	49.7	71	13.8	69	44.2	17	1.0	1	47.5	95	4.9	20	2.5	42
ROT DN Fish and Chips Fixed Price	671.6	34	2813.1	33	25.8	37	4.7	23	70.2	27	7.2	8	34.0	68	9.9	41	2.4	41
ROT DN Burrito Fixed Price	1139.7	57	4770.1	57	43.1	62	14.3	72	135.8	52	12.3	14	37.5	75	30.4	127	6.7	111
ROT DN Burrito Vegan Fixed Price	1023.5	51	4288.3	51	33.5	48	8.4	42	135.2	52	12.3	14	30.5	61	30.4	127	6.1	102
ROT DN Apple Pie FP	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
ROT DN VGN Apple Pie FP	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
ROT DN Cookie Cup - FP	690.2	35	2901.4	35	30.8	44	14.3	72	94.7	36	65.6	73	8.2	16	3.3	14	0.5	8
ROT DN Sticky Toffee Pudding - Lunch Menu	566.6	28	2387.0	28	17.5	25	10.7	53	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
ROT DN NGCI Sticky Toffee Pudding - Lunch Menu	566.6	28	2387.0	28	17.5	25	10.7	53	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
ROT DN Mediteranean Salad	283.7	14	1186.0	14	14.0	20	4.0	20	23.2	9	13.7	15	4.4	9	6.8	28	9.2	153
ROT DN Cheese Feta Salad Topper	281.0	14	1177.0	14	23.3	33	16.7	83	3.1	1	0.3	0	14.7	29	0.0	0	1.7	28
ROT DN Pulled Rotisserie Chicken Salad Topper	109.0	5	456.0	5	9.0	13	2.5	12	0.1	0	0.0	0	12.4	25	0.0	0	0.3	6
ROT DN Rump Steak Salad Topper	77.8	4	323.8	4	5.2	7	1.8	9	0.0	0	0.0	0	7.7	15	0.0	0	0.2	4
ROT DN Cauliflower Wings - salad topper	172.3	9	724.1	9	5.0	7	1.4	7	28.2	11	7.6	8	4.5	9	2.6	11	1.3	22
ROT DN Sunday Roast Beef	1319.0	66	5508.4	66	58.7	84	18.4	92	151.1	58	25.9	29	49.7	99	14.7	61	14.4	239
ROT DN NGCI Sunday Roast Beef	1115.0	56	4660.5	55	42.8	61	15.9	80	140.3	54	24.3	27	44.5	89	14.2	59	14.1	235
ROT DN Sunday Roast Beef Child	900.9	45	3765.1	45	33.6	48	9.0	45	122.7	47	10.8	12	29.1	58	6.3	26	12.5	208
ROT DN NGCI Sunday Roast Beef Child	696.9	35	2917.0	35	17.7	25	6.5	33	111.9	43	9.2	10	23.9	48	5.8	24	12.2	203
ROT DN Sunday Roast Pork Leg	1697.5	85	7070.3	84	94.8	135	29.7	149	156.1	60	27.9	31	57.8	116	15.7	65	14.0	234
ROT DN NGCI Sunday Roast Pork Leg	1080.0	54	4515.1	54	39.8	57	14.0	70	142.2	55	23.5	26	41.1	82	14.3	60	13.0	217
ROT DN Sunday Roast Pork Leg Child	1311.2	66	5458.4	65	73.0	104	21.5	108	125.9	48	13.8	15	39.1	78	7.2	30	13.2	221
ROT DN NGCI Sunday Roast Pork Leg Child	810.8	41	3394.0	40	22.5	32	7.2	36	130.1	50	15.4	17	24.8	50	10.8	45	12.5	208
ROT DN Sunday Roast Pork & Beef	2069.8	103	8617.3	103	121.6	174	39.6	198	155.7	60	28.8	32	90.9	182	16.0	66	14.9	249
ROT DN NGCI Sunday Roast Pork & Beef	1452.3	73	6062.2	72	66.5	95	23.9	119	141.8	55	24.3	27	74.2	148	14.6	61	13.9	232
ROT DN Sunday Roast Chicken	1146.2	57	4793.1	57	47.1	67	13.4	67	157.0	60	31.7	35	32.0	64	15.3	64	13.6	227
ROT DN NGCI Sunday Roast Chicken	843.3	42	3535.7	42	23.3	33	8.3	41	143.2	55	27.3	30	23.6	47	14.0	58	12.9	216
ROT DN Sunday Roast Chicken Child	868.6	43	3630.2	43	33.4	48	8.1	40	124.4	48	12.4	14	22.0	44	6.4	26	12.9	215



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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT DN NGCI Sunday Roast Chicken Child	572.4	29	2400.8	29	9.8	14	3.0	15	111.8	43	9.0	10	13.7	27	5.7	24	12.2	203
ROT DN Sunday Mushroom Parsnip & Hazelnut Tart	1507.2	75	6286.9	75	72.6	104	29.1	146	186.2	72	25.7	29	31.1	62	18.4	77	14.2	237
ROT DN Sunday Roast Lamb	1242.6	62	5196.8	62	51.1	73	16.7	83	152.8	59	27.2	30	45.8	92	14.9	62	14.0	233
ROT DN NGCI Sunday Roast Lamb	1038.6	52	4348.9	52	35.2	50	14.2	71	142.1	55	25.6	28	40.6	81	14.4	60	13.7	228
ROT DN Sunday Roast Lamb Child	523.3	26	2181.2	26	31.3	45	8.4	42	39.5	15	9.2	10	22.6	45	6.3	26	2.0	33
ROT DN NGCI Sunday Roast Lamb Child	788.3	39	3301.1	39	20.1	29	7.3	37	130.2	50	15.5	17	24.3	49	10.8	45	12.5	208
ROT DN Cake Blueberry Muffin	433.1	22	1813.7	22	19.8	28	2.0	10	58.1	22	31.7	35	5.2	10	0.6	2	0.4	6
ROT DN Cake Chocolate Muffin	447.2	22	1872.7	22	20.3	29	4.5	22	57.9	22	34.8	39	6.4	13	3.5	15	0.2	4
ROT DN Cake Caramel Shortcake	406.6	20	1703.4	20	23.1	33	16.4	82	46.7	18	33.5	37	3.8	8	0.7	3	0.5	8
ROT DN Cake Flapjack	328.8	16	1373.8	16	17.7	25	13.6	68	37.8	15	19.2	21	4.8	10	3.0	12	0.4	6
ROT DN Cake Lemon Drizzle Cake	271.3	14	1136.9	14	12.3	18	10.1	50	37.9	15	27.0	30	3.0	6	0.5	2	0.4	7
ROT DN Cake Salted Caramel & Fudge Brownie	587.5	29	2458.3	29	31.1	44	14.2	71	68.9	26	62.1	69	6.1	12	3.1	13	0.1	2
ROT DN Cake Victoria Sponge	427.0	21	1789.0	21	21.8	31	9.3	47	54.4	21	38.5	43	4.3	9	0.7	3	0.8	13