

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	553.0	28	2305.1	27	35.7	51	17.0	85	36.2	14	2.6	3	20.4	41	3.0	12	1.8	31
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	352.1	18	1471.8	18	21.6	31	5.2	26	25.3	10	6.4	7	14.0	28	2.4	10	2.5	41
CCM M1 NGCI Prawn Cocktail	331.8	17	1382.7	16	21.9	31	4.9	25	22.1	9	7.1	8	9.8	20	3.7	15	2.4	40
CCM M1 Soup of the Day	285.8	14	1199.8	14	14.9	21	7.9	39	30.5	12	9.7	11	7.1	14	3.5	14	1.8	30
CCM M1 NGCI Soup of the Day	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.7	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	715.5	36	2988.2	36	41.0	59	14.6	73	44.6	17	15.3	17	40.5	81	0.4	2	2.9	48
CCM M1 Dirty Chilli	393.5	20	1642.4	20	20.6	29	8.1	40	35.9	14	17.8	20	15.2	30	2.5	11	1.7	28
CCM M1 Mexican Nachos	620.2	31	2585.7	31	36.4	52	15.7	79	51.0	20	6.6	7	19.5	39	3.8	16	3.7	61
CCM M1 NGCI Mexican Nachos	620.2	31	2585.7	31	36.4	52	15.7	79	51.0	20	6.6	7	19.5	39	3.8	16	3.7	61
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	1240.3	62	5171.4	62	72.7	104	31.4	157	102.1	39	13.2	15	39.0	78	7.5	31	7.3	122
CCM M1 NGCI Mexican Nachos Sharer	1170.3	59	4880.2	58	68.4	98	28.7	144	96.2	37	10.2	11	37.7	75	6.6	28	6.5	109
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 Cheese Crispy Potato Skins	266.4	13	1112.3	13	13.1	19	7.8	39	25.2	10	4.1	5	10.1	20	4.3	18	0.7	12
CCM M1 NGCI Cheese Crispy Potato Skins	266.4	13	1112.3	13	13.1	19	7.8	39	25.2	10	4.1	5	10.1	20	4.3	18	0.7	12
CCM M1 Cheese and Bacon Crispy Potato Skins	336.6	17	1405.3	17	16.5	24	9.0	45	25.2	10	4.1	5	19.8	40	4.3	18	2.5	41
CCM M1 NGCI Cheese & Bacon Crispy Potato Skins	336.6	17	1405.3	17	16.5	24	9.0	45	25.2	10	4.1	5	19.8	40	4.3	18	2.5	41
CCM M1 VGN Crispy Potato Skins	257.0	13	1079.2	13	6.2	9	0.4	2	43.0	17	15.2	17	4.7	9	6.1	25	0.9	15
CCM M1 Halloumi Fries	499.1	25	2074.2	25	31.8	45	20.1	100	23.8	9	4.5	5	30.3	61	-	-	3.6	60
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	721.9	36	3002.3	36	51.0	73	9.9	49	16.2	6	14.8	16	48.6	97	0.6	3	2.5	42
CCM M1 NGCI Buffalo Chicken Wings	721.9	36	3002.3	36	51.0	73	9.9	49	16.2	6	14.8	16	48.6	97	0.6	3	2.5	42
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	616.4	31	2567.2	31	28.4	41	10.3	51	69.2	27	14.7	16	21.6	43	29.3	122	2.1	36
CCM M1 Lentil & Vegetable Lasagne	637.4	32	2663.8	32	26.8	38	10.6	53	69.6	27	12.7	14	26.6	53	8.7	36	2.9	48
CCM M1 Lentil & Vegetable Lasagne Vegan	521.2	26	2181.9	26	17.2	25	4.6	23	69.1	27	12.7	14	19.6	39	8.7	36	2.4	39
CCM M1 Topper Chilli Cheese	515.6	26	2146.2	26	33.7	48	18.0	90	24.9	10	17.2	19	27.8	56	1.9	8	2.4	41
CCM M1 Yorkshire Stack	1315.0	66	5476.3	65	75.9	108	20.6	103	119.0	46	24.7	27	35.7	71	16.1	67	4.8	80

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
CCM M1 Yorkshire Stack Quorn	1080.5	54	4502.7	54	56.4	81	12.7	64	99.5	38	25.2	28	36.9	74	20.3	84	4.0	66
CCM M1 Beer Battered Fish and Chips	1267.4	63	5280.1	63	74.4	106	19.7	98	84.2	32	7.3	8	58.2	116	10.6	44	3.4	56
CCM M1 NGCI Chicken Tikka Masala	826.5	41	3481.2	41	30.2	43	8.2	41	106.5	41	23.1	26	34.6	69	7.4	31	2.8	47
CCM M1 All Day Breakfast	1112.4	56	4636.6	55	67.9	97	16.1	81	79.2	30	8.6	10	43.8	88	9.9	41	4.8	79
CCM M1 NGCI All Day Breakfast	1112.4	56	4636.6	55	67.9	97	16.1	81	79.2	30	8.6	10	43.8	88	9.9	41	4.8	79
CCM M1 Battered Halloumi	1106.3	55	4608.6	55	62.9	90	28.6	143	85.1	33	10.1	11	45.7	91	-	-	6.1	101
CCM M1 Chicken and Waffles	1363.3	68	5712.8	68	61.0	87	22.4	112	160.3	62	59.8	66	40.7	81	6.6	27	3.3	55
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	1112.0	56	4662.7	56	56.6	81	19.7	99	131.6	51	14.4	16	20.3	41	16.8	70	3.8	63
CCM M1 Wholetails of Breaded Scampi	1651.2	83	3148.2	37	49.1	70	12.2	61	89.4	34	10.0	11	26.1	52	12.2	51	3.2	54
CCM M1 Hunters Chicken	1023.8	51	4288.6	51	46.1	66	18.3	92	77.8	30	32.0	36	71.9	144	6.8	28	6.2	104
CCM M1 Steak and Ale Pie	1149.0	57	4803.6	57	52.7	75	18.6	93	130.1	50	8.7	10	32.4	65	11.3	47	3.7	62
CCM M1 Chicken Gammon & Mustard Pie	1325.7	66	5535.8	66	71.3	102	27.4	137	129.5	50	14.3	16	38.5	77	12.2	51	4.6	76
CCM M1 Deep South	690.6	35	2890.8	34	31.7	45	7.5	38	51.5	20	5.4	6	48.2	96	7.2	30	3.2	54
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	1144.6	57	4799.5	57	56.6	81	19.7	99	139.3	54	14.5	16	20.8	42	16.8	70	4.7	79
CCM M1 NGCI Hunters Chicken	1023.8	51	4288.6	51	46.1	66	18.3	92	77.8	30	32.0	36	71.9	144	6.8	28	6.2	104
CCM M1 NGCI Deep South	690.6	35	2890.8	34	31.7	45	7.5	38	51.5	20	5.4	6	48.2	96	7.2	30	3.2	54
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	1112.4	56	4636.6	55	67.9	97	16.1	81	79.2	30	8.6	10	43.8	88	9.9	41	4.8	79
CCM M1 Lentil & Vegetable Lasagne Under 500	423.7	21	1769.6	21	15.8	23	7.2	36	46.2	18	11.0	12	22.3	45	6.8	28	2.4	40
CCM M1 Lentil & Vegetable Lasagne Vegan Under 500	307.5	15	1287.7	15	6.2	9	1.3	6	45.7	18	11.0	12	15.3	31	6.8	28	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	32.7	2	136.2	2	2.2	3	0.4	2	2.7	1	2.5	3	0.8	2	1.3	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	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
CCM M1 Curly Fries 227g	451.0	23	1889.6	22	24.4	35	4.4	22	53.3	21	2.5	3	4.8	10	3.6	15	1.5	25
CCM M1 Poppadums & Dips	502.6	25	2092.1	25	35.2	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
CCM M1 Cheesy Garlic Bread	553.0	28	2305.1	27	35.7	51	17.0	85	36.2	14	2.6	3	20.4	41	3.0	12	1.8	31

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
CCM M1 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
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	2086.8	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	228.7	11	951.4	11	10.0	14	6.1	31	21.1	8	5.4	6	14.3	29	5.4	23	1.3	21
CCM M1 Topper 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
CCM M1 Topper Chilli Cheese	515.6	26	2146.2	26	33.7	48	18.0	90	24.9	10	17.2	19	27.8	56	1.9	8	2.4	41
CCM M1 Topper Chicken	375.0	19	1565.4	19	22.3	32	7.4	37	22.9	9	8.0	9	20.1	40	0.3	1	1.3	22
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	58.1	3	242.9	3	0.3	0	0.1	1	9.4	4	5.9	7	3.2	6	4.4	18	0.6	10
CCM M1 Grated Cheese 28g	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
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	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
CCM M1 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
CCM M1 Beef Burger 6oz Extra	358.7	18	1494.3	18	21.3	30	9.9	49	1.7	1	0.9	1	41.7	83	1.0	4	1.5	26
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	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
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
CCM M1 Burger Plain Beef	935.4	47	3913.9	47	43.8	63	14.4	72	79.5	31	6.7	7	54.0	108	8.1	34	3.1	52

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CCM M1 Burger Plain Beef XL	1294.1	65	5408.2	64	65.0	93	24.3	121	81.2	31	7.6	8	95.6	191	9.1	38	4.6	77
CCM M1 Burger Plain Buttermilk Chicken	1066.5	53	4461.9	53	53.2	76	15.5	78	100.6	39	7.1	8	42.3	85	7.1	29	3.1	52
CCM M1 Burger Plain Buttermilk Chicken XL	1556.3	78	6504.1	77	84.0	120	26.5	132	123.4	47	8.3	9	72.3	145	7.1	29	4.7	78
CCM M1 Burger Dirty Chilli Cheese	1293.6	65	5409.7	64	64.5	92	24.3	122	103.4	40	23.9	27	72.4	145	10.0	42	4.9	81
CCM M1 Burger Dirty Chilli Cheese XL	1652.3	83	6904.0	82	85.8	123	34.2	171	105.1	40	24.8	28	114.0	228	11.0	46	6.4	106
CCM M1 Burger Cowboy	1121.8	56	4688.8	56	56.8	81	21.7	108	80.0	31	6.8	8	70.7	141	8.1	34	5.4	90
CCM M1 Burger Cowboy XL	1480.5	74	6183.1	74	78.1	112	31.5	158	81.7	31	7.6	8	112.3	225	9.1	38	6.9	115
CCM M1 Burger Double Whammy	1544.5	77	6460.4	77	80.2	115	30.7	154	109.0	42	21.3	24	93.4	187	8.5	35	7.5	124
CCM M1 Burger VGN Move Mountain	1006.2	50	4206.0	50	50.9	73	25.4	127	103.5	40	18.3	20	30.7	61	13.5	56	3.7	61
CCM M1 Burger Chippy Tea	1365.5	68	5090.0	61	58.5	84	17.5	87	123.0	47	12.5	14	49.1	98	14.2	59	4.2	69
CCM M1 Burger Cajun Chicken Fajita	948.1	47	3969.2	47	42.2	60	7.4	37	84.9	33	10.9	12	54.7	109	9.4	39	3.9	66
CCM M1 Burger Buffalo Crispy Chicken	1115.0	56	4665.7	56	55.0	79	15.7	78	108.3	42	14.3	16	42.5	85	7.4	31	3.4	56
CCM M1 Burger Buffalo Crispy Chicken XL	1604.8	80	6708.0	80	85.8	123	26.6	133	131.1	50	15.5	17	72.5	145	7.4	31	4.9	82
CCM M1 Burger Halloumi	970.3	49	4050.2	48	48.0	69	20.6	103	96.6	37	22.3	25	34.8	70	-	-	4.8	80
CCM M1 Burger Halloumi XL	1292.3	65	5381.2	64	73.2	105	36.6	183	98.5	38	24.2	27	56.7	113	-	-	7.4	123
CCM M1 Burger Chippy Tea XL	1746.6	87	6674.7	79	83.3	119	25.1	125	136.9	53	12.6	14	73.3	147	15.0	62	5.1	85
CCM M1 Burger Cajun Chicken Fajita XL	1157.1	58	4849.8	58	47.0	67	8.4	42	86.6	33	12.3	14	95.8	192	9.4	39	4.9	81
CCM M1 Burger Oozy Floozy	1215.9	61	5084.5	61	59.4	85	18.7	93	109.1	42	9.2	10	61.5	123	10.8	45	4.5	74
CCM M1 Burger Oozy Floozy XL	1574.6	79	6578.8	78	80.7	115	28.6	143	110.8	43	10.0	11	103.1	206	11.9	49	6.0	100
CCM M1 Burger Skinny Buffalo Crispy Chicken	559.1	28	2334.4	28	33.0	47	11.2	56	33.9	13	11.7	13	31.1	62	1.9	8	1.8	31
CCM M1 Burger Skinny Plain Beef	379.5	19	1582.6	19	21.7	31	10.0	50	5.1	2	4.1	5	42.6	85	2.6	11	1.5	26
CCM M1 Burger Skinny Plain Buttermilk Chicken	510.6	26	2130.6	25	31.2	45	11.1	55	26.2	10	4.5	5	31.0	62	1.6	7	1.6	26
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	809.6	40	2758.7	33	36.4	52	13.0	65	48.6	19	9.8	11	37.7	75	8.8	37	2.6	44
CCM M1 Burger Skinny Cowboy	565.9	28	2357.5	28	34.7	50	17.2	86	5.7	2	4.1	5	59.3	119	2.6	11	3.8	64
CCM M1 Burger Skinny Dirty Chilli Cheese	737.7	37	3078.4	37	42.5	61	19.9	99	29.0	11	21.3	24	61.0	122	4.6	19	3.3	55
CCM M1 Burger Skinny Double Whammy	988.7	49	4129.1	49	58.1	83	26.3	131	34.6	13	18.7	21	82.1	164	3.0	13	5.9	99
CCM M1 Burger Skinny Halloumi	414.4	21	1718.9	20	25.9	37	16.2	81	22.2	9	19.7	22	23.5	47	-	-	3.3	54
CCM M1 Burger Skinny Oozy Floozy	660.0	33	2753.2	33	37.4	53	14.2	71	34.7	13	6.5	7	50.1	100	5.4	22	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	565.9	28	2357.5	28	34.7	50	17.2	86	5.7	2	4.1	5	59.3	119	2.6	11	3.8	64
CCM M1 NGCI Burger Skinny Halloumi	414.4	21	1718.9	20	25.9	37	16.2	81	22.2	9	19.7	22	23.5	47	-	-	3.3	54

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 Oozy Floozy	660.0	33	2753.2	33	37.4	53	14.2	71	34.7	13	6.5	7	50.1	100	5.4	22	2.9	48
CCM M1 NGCI Burger Skinny Plain Beef	379.5	19	1582.6	19	21.7	31	10.0	50	5.1	2	4.1	5	42.6	85	2.6	11	1.5	26
CCM M1 NGCI Steak Rump Skinny Under 500	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 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 Burger VGN Skinny Plain 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 VGN Plain Move Mountain	1006.2	50	4206.0	50	50.9	73	25.4	127	103.5	40	18.3	20	30.7	61	13.5	56	3.7	61
CCM M1 Steak Ribeye 10oz	1367.8	68	5699.7	68	84.4	121	28.6	143	66.8	26	7.2	8	80.8	162	10.9	45	3.0	50
CCM M1 NGCI Steak Ribeye 10oz	1243.1	62	5178.0	62	77.0	110	27.2	136	53.5	21	5.1	6	79.3	159	9.5	39	2.5	42
CCM M1 Steak Rump 8oz	1047.1	52	4371.4	52	58.7	84	16.5	83	66.8	26	7.2	8	58.5	117	10.9	45	3.0	50
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	966.6	48	4031.2	48	57.7	82	16.1	80	52.8	20	3.5	4	55.3	111	8.7	36	7.8	129
CCM M1 NGCI Gammon Steak 8oz	966.6	48	4031.2	48	57.7	82	16.1	80	52.8	20	3.5	4	55.3	111	8.7	36	7.8	129
CCM M1 NGCI Steak Rump Skinny Under 500	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 Mixed Grill	1425.1	71	5947.9	71	82.7	118	22.3	111	79.2	30	9.7	11	86.7	173	11.5	48	6.9	114
CCM M1 NGCI Mixed Grill	1300.4	65	5426.1	65	75.4	108	20.8	104	65.9	25	7.7	9	85.2	170	10.1	42	6.4	106
CCM M1 Mega Melt Stack	1376.9	69	5759.6	69	67.5	96	26.5	133	83.9	32	32.0	36	104.4	209	9.4	39	11.2	187
CCM M1 Steak Sirloin 8oz	1103.9	55	4604.4	55	64.3	92	19.3	97	66.8	26	7.2	8	60.0	120	10.9	45	3.0	51
CCM M1 NGCI Steak Sirloin 8oz	979.1	49	4082.7	49	57.0	81	17.9	89	53.5	21	5.1	6	58.6	117	9.5	39	2.5	42
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	922.4	46	3849.7	46	51.4	73	15.0	75	53.5	21	5.1	6	57.0	114	9.5	39	2.5	42
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	481.2	24	447.5	5	10.2	15	3.2	16	14.4	6	1.9	2	6.9	14	1.6	7	0.7	12
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	586.4	29	2449.9	29	31.4	45	11.4	57	61.7	24	27.7	31	11.9	24	5.1	21	1.4	24
CCM M1 LB Mini Fish and Chips	759.7	38	3165.6	38	43.8	63	10.8	54	55.0	21	6.9	8	32.2	64	8.3	35	2.2	37
CCM M1 LB Gammon 4oz	653.4	33	2723.8	32	39.4	56	10.1	50	37.3	14	3.3	4	34.2	68	7.0	29	4.3	72
CCM M1 LB Ham and Eggs	680.1	34	2833.7	34	45.9	66	9.5	47	30.3	12	1.1	1	34.6	69	3.1	13	2.5	42
CCM M1 LB Hunters Chicken	635.0	32	2657.7	32	30.6	44	11.1	56	46.3	18	16.4	18	41.3	83	4.1	17	4.1	68
CCM M1 LB Quorn Sausage and Mash	455.1	23	1903.6	23	13.8	20	5.8	29	50.9	20	8.7	10	23.6	47	12.9	54	3.1	51
CCM M1 LB Sausage and Mash	689.6	34	2877.1	34	33.3	48	13.7	68	70.4	27	8.2	9	22.4	45	8.8	37	3.9	65
CCM M1 NGCI LB Gammon 4oz	653.4	33	2723.8	32	39.4	56	10.1	50	37.3	14	3.3	4	34.2	68	7.0	29	4.3	72

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	%		
CCM M1 NGCI LB Ham Egg and Chips	680.1	34	2833.7	34	45.9	66	9.5	47	30.3	12	1.1	1	34.6	69	3.1	13	2.5	42
CCM M1 NGCI LB Sausage and Mash	689.6	34	2877.1	34	33.3	48	13.7	68	70.4	27	8.2	9	22.4	45	8.8	37	3.9	65
CCM M1 NGCI LB Hunters Chicken	635.0	32	2657.7	32	30.6	44	11.1	56	46.3	18	16.4	18	41.3	83	4.1	17	4.1	68
CCM M1 LB Lentil & Vegetable Lasagne	405.8	20	1698.7	20	11.5	16	2.9	14	56.1	22	10.6	12	17.0	34	7.0	29	2.1	35
CCM M1 Sandwich Tuna Mayo Melt Sub	820.5	41	3447.3	41	33.0	47	9.5	48	90.2	35	5.1	6	38.3	77	6.1	25	2.9	48
CCM M1 Sandwich Buttermilk BBQ Melt Sub	1122.5	56	4707.7	56	48.7	70	17.4	87	116.5	45	18.4	20	50.8	102	6.2	26	5.4	91
CCM M1 Sandwich Chicken and Bacon Club	935.8	47	3920.5	47	42.6	61	8.6	43	88.2	34	5.1	6	48.9	98	8.8	37	4.4	74
CCM M1 Sandwich Cheese and Onion	650.4	33	2711.6	32	39.1	56	16.2	81	50.4	19	2.6	3	22.9	46	5.4	22	2.1	35
CCM M1 Sub Crispy Buffalo Chicken	1085.4	54	4552.2	54	47.6	68	14.0	70	117.1	45	12.3	14	43.7	87	6.2	26	3.1	52
CCM M1 Sub Honey BBQ Chicken	866.7	43	3652.9	43	20.1	29	3.9	20	114.2	44	30.5	34	55.4	111	6.4	27	3.1	52
CCM M1 Cajun Halloumi Sub	946.8	47	3957.8	47	46.0	66	19.6	98	93.7	36	9.2	10	36.6	73	-	-	5.3	88
CCM M1 NGCI Sandwich Cheese & Onion	715.4	36	2981.0	35	41.4	59	16.1	81	62.0	24	4.6	5	19.3	39	9.6	40	2.3	38
CCM M1 NGCI Sandwich Chicken & Bacon Club	874.9	44	3653.2	43	43.5	62	7.9	39	78.6	30	7.4	8	36.1	72	12.6	53	4.2	70
CCM M1 NGCI Sandwich Tuna Mayo Melt Sub	694.3	35	2904.7	35	34.2	49	9.7	48	62.5	24	4.3	5	29.8	60	9.4	39	2.7	44
CCM M1 NGCI Sub Honey BBQ Chicken	740.5	37	3110.2	37	21.3	30	4.1	20	86.4	33	29.7	33	46.9	94	9.7	40	2.9	48
CCM M1 NGCI Cajun Halloumi Sub	820.5	41	3415.2	41	47.2	67	19.7	99	66.0	25	8.4	9	28.0	56	-	-	5.1	85
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	599.5	30	2501.8	30	31.6	45	19.4	97	57.6	22	6.5	7	24.4	49	8.3	35	1.9	31
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	599.5	30	2501.8	30	31.6	45	19.4	97	57.6	22	6.5	7	24.4	49	8.3	35	1.9	31
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	475.2	24	1976.9	24	28.3	40	17.8	89	35.2	14	2.4	3	17.4	35	4.5	19	1.8	29
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	214.4	11	890.4	11	16.6	24	5.9	30	5.6	2	0.8	1	10.6	21	0.4	2	1.5	25
CCM M1 Pigs in Blankets x 10	536.0	27	2226.0	26	41.4	59	14.9	74	14.0	5	1.9	2	26.6	53	1.0	4	3.7	62
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	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
CCM M1 NGCI Sunday Roast Beef	1102.0	55	4593.9	55	58.7	84	22.5	113	70.5	27	17.9	20	68.8	138	13.5	56	4.2	70
CCM M1 NGCI Sunday Roast Beef Child	455.2	23	1899.6	23	21.8	31	7.9	40	40.0	15	11.7	13	22.5	45	6.8	29	2.9	48
CCM M1 NGCI Sunday Roast Beef Large	1400.0	70	5832.5	69	79.6	114	30.6	153	70.5	27	17.9	20	96.3	193	13.5	56	4.4	73
CCM M1 Sunday Cauliflower Cheese Tart	1235.2	62	5156.9	61	66.2	95	20.3	101	123.0	47	19.4	22	34.4	69	17.4	73	5.2	86

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 Cauliflower Cheese Tart Child	1019.6	51	4254.9	51	59.5	85	17.3	87	92.5	36	13.2	15	27.9	56	10.8	45	4.1	69
CCM M1 Sunday Roast Beef	1369.9	68	5711.8	68	75.7	108	25.6	128	93.6	36	19.9	22	75.7	151	14.7	61	5.1	85
CCM M1 Sunday Roast Beef Child	856.3	43	3571.5	43	48.2	69	14.6	73	63.1	24	13.7	15	41.6	83	8.0	33	3.8	64
CCM M1 Sunday Roast Beef Large	1871.9	94	7798.8	93	112.5	161	36.2	181	104.3	40	21.5	24	108.4	217	15.2	63	5.5	92
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	362.0	18	1515.9	18	11.7	17	4.1	20	35.3	14	7.3	8	27.0	54	6.7	28	2.0	33
CCM M1 Sunday Roast Chicken Child	629.9	31	2633.9	31	28.8	41	7.2	36	58.4	22	9.3	10	33.9	68	7.8	33	2.9	48
CCM M1 NGCI Sunday Roast Chicken	1119.6	56	4675.4	56	54.7	78	18.1	91	65.1	25	12.8	14	88.3	177	14.9	62	4.8	81
CCM M1 Sunday Roast Chicken	1387.5	69	5793.3	69	71.7	102	21.2	106	88.2	34	14.8	16	95.2	190	16.1	67	5.7	95
CCM M1 Sunday Roast Turkey	984.2	49	4119.6	49	36.4	52	11.0	55	102.6	39	27.8	31	59.4	119	15.0	62	4.2	70
CCM M1 Sunday Roast Turkey Child	681.2	34	2852.6	34	25.2	36	6.5	32	70.7	27	21.4	24	42.6	85	8.2	34	2.7	45
CCM M1 Sunday Roast Turkey Large	1411.5	71	5910.9	70	54.8	78	14.2	71	113.4	44	29.4	33	114.6	229	15.5	65	5.0	83
CCM M1 Chocolate Fudge Cake	685.1	34	2872.7	34	29.8	43	6.4	32	97.3	37	78.0	87	7.8	16	-	-	0.4	7
CCM M1 NGCI Chocolate Fudge Cake	685.1	34	2872.7	34	29.8	43	6.4	32	97.3	37	78.0	87	7.8	16	-	-	0.4	7
CCM M1 Red Velvet Cake	1032.0	52	4295.6	51	73.4	105	41.6	208	84.0	32	58.5	65	-	-	1.9	8	1.3	21
CCM M1 Melt in the Middle Chocolate Pudding	774.3	39	3234.0	39	43.2	62	8.3	41	85.3	33	58.5	65	9.7	19	1.1	5	0.9	15
CCM M1 Retro Strawberry & Vanilla Lolly Slice	769.1	38	3199.3	38	56.1	80	33.8	169	59.1	23	36.1	40	-	-	1.3	5	0.2	3
CCM M1 Banoffee Cheesecake	591.1	30	2470.8	29	35.9	51	19.3	97	61.0	23	43.0	48	6.6	13	1.2	5	0.6	9
CCM M1 Smoffle	929.8	46	3901.6	46	44.9	64	19.2	96	117.3	45	79.3	88	12.0	24	-	-	1.1	18
CCM M1 Raspberry and White Chocolate Cookie Club Sandwich	638.0	32	2679.0	32	28.8	41	14.9	75	90.5	35	61.6	68	-	-	1.7	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	330.1	17	1380.4	16	11.9	17	10.4	52	48.7	19	30.2	34	-	-	8.7	36	0.1	1
CCM M1 Jam Donut Sundae	652.3	33	2732.9	33	31.9	46	18.5	92	84.0	32	54.3	60	-	-	1.7	7	0.6	11
CCM M1 Jam Donut Sundae Giant	1304.6	65	5465.9	65	63.9	91	36.9	185	168.0	65	108.6	121	-	-	3.4	14	1.3	21
CCM M1 Plain and Simple Ice Cream	252.4	13	1057.6	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
CCM M1 NGCI Plain and Simple Ice Cream	252.4	13	1057.6	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
CCM M1 Honeycomb Sundae Giant	1363.3	68	5722.4	68	61.7	88	38.4	192	185.6	71	160.0	178	14.9	30	2.1	9	1.1	18
CCM M1 NGCI Honeycomb Sundae Giant	1343.6	67	5638.6	67	61.6	88	38.4	192	181.1	70	158.0	176	14.6	29	2.0	8	1.1	18
CCM M1 NGCI Rocky Road Sundae Giant	985.6	49	4134.7	49	45.0	64	27.4	137	126.1	49	109.1	121	17.3	35	-	-	0.7	11
CCM M1 Rocky Road Sundae Giant	1254.5	63	5249.6	62	59.9	86	29.8	149	156.0	60	127.4	142	20.4	41	-	-	1.0	17

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 Honeycomb Sundae	681.7	34	2861.2	34	30.9	44	19.2	96	92.8	36	80.0	89	7.5	15	1.0	4	0.5	9
CCM M1 NGCI Honeycomb Sundae	671.8	34	2819.3	34	30.8	44	19.2	96	90.6	35	79.0	88	7.3	15	1.0	4	0.5	9
CCM M1 Rocky Road Sundae	635.4	32	2659.4	32	30.3	43	15.3	77	79.1	30	65.2	72	10.3	21	-	-	0.5	8
CCM M1 NGCI Rocky Road Sundae	500.9	25	2102.0	25	22.8	33	14.1	71	64.2	25	56.1	62	8.8	18	-	-	0.3	6
CCM M1 Mega Fish Platter	2124.9	106	6366.1	76	97.1	139	28.7	144	113.5	44	12.9	14	70.4	141	13.2	55	5.2	87
CCM M1 Mega Steak Rump 8oz	1525.1	76	6360.6	76	90.8	130	27.4	137	66.8	26	7.2	8	105.5	211	10.9	45	4.3	72
CCM M1 All Day Breakfast Mega	1519.2	76	6333.5	75	88.2	126	23.1	115	111.2	43	14.0	16	67.4	135	13.8	58	8.2	137
CCM M1 NGCI All Day Breakfast Mega	1519.2	76	6333.5	75	88.2	126	23.1	115	111.2	43	14.0	16	67.4	135	13.8	58	8.2	137
CCM M1 Mixed Grill Mega	2230.0	111	9302.4	111	133.6	191	37.7	188	91.3	35	11.6	13	162.5	325	12.1	51	12.1	202
CCM M1 NGCI Mixed Grill Mega	2105.3	105	8781.1	105	126.2	180	36.2	181	78.1	30	9.6	11	161.1	322	10.7	45	11.6	193
CCM M1 NGCI Mega Melt Stack	1252.0	63	5229.2	62	67.4	96	26.5	133	55.6	21	4.7	5	103.4	207	8.7	36	9.6	159
CCM M1 NGCI Mega Steak Rump 16oz	1400.4	70	5838.9	70	83.5	119	25.9	130	53.6	21	5.1	6	104.0	208	9.5	40	3.8	64
CCM M1 Grilled Halloumi Salad	516.4	26	2137.1	25	36.8	53	17.8	89	23.0	9	20.2	22	23.6	47	-	-	3.2	54
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	516.4	26	2137.1	25	36.8	53	17.8	89	23.0	9	20.2	22	23.6	47	-	-	3.2	54
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	34.2	49	8.6	43	135.2	52	24.5	27	39.3	79	9.6	40	3.3	55
CCM M1 Vegetable Jalfrezi	1014.3	51	4255.2	51	38.3	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	42.0	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	49.5	71	10.3	51	130.8	50	21.4	24	36.9	74	9.9	41	4.0	66
CCM M1 Chicken Pathia Curry	1039.3	52	4380.8	52	34.2	49	6.3	31	136.7	53	28.4	32	50.2	100	8.4	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	111.0	6	465.0	6	4.8	7	1.7	9	14.3	5	2.4	3	1.9	4	1.4	6	0.5	9
CCM M1 VGN Vegetable Jalfrezi	720.2	36	3024.0	36	25.0	36	2.3	11	112.5	43	28.5	32	12.1	24	9.9	41	3.2	54
CCM M1 NGCI Beef Madras	918.3	46	3855.2	46	38.0	54	9.9	50	110.6	43	27.2	30	32.5	65	8.4	35	3.9	65
CCM M1 NGCI Chicken Tikka Masala	826.5	41	3481.2	41	30.2	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	30.2	43	5.9	30	108.0	42	27.0	30	45.4	91	6.2	26	3.4	56
CCM M1 Toasties	689.1	34	2880.3	34	30.2	43	10.6	53	84.7	33	9.6	11	24.3	49	12.8	53	2.6	44
CCM M1 Jacket Potato	281.0	14	1178.3	14	11.9	17	7.2	36	40.9	16	1.5	2	5.1	10	4.1	17	0.3	5
CCM M1 Curly Fries Upgrade 150g	298.5	15	1250.4	15	16.1	23	2.9	15	35.2	14	1.7	2	3.2	6	2.4	10	1.0	16

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 Curly Fries Upgrade 227g	451.0	23	1889.6	22	24.4	35	4.4	22	53.3	21	2.5	3	4.8	10	3.6	15	1.5	25
CCM M1 Garlic Bread Upgrade Curly Fries 227g	451.0	23	1889.6	22	24.4	35	4.4	22	53.3	21	2.5	3	4.8	10	3.6	15	1.5	25
CCM M1 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
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 Dirty Chilli Extra Sharer	566.4	28	2364.8	28	29.1	42	12.2	61	47.7	18	34.2	38	27.5	55	3.8	16	2.8	46
CCM M1 Extra Baked Beans 150g	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 Extra Pork 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 Extra Jalapenos 25g	18.0	1	76.3	1	0.1	0	0.0	0	4.0	2	3.8	4	0.2	0	0.5	2	1.1	18
CCM M1 Extra Mediterranean Melt	280.5	14	1170.6	14	15.7	22	4.3	21	29.6	11	2.4	3	7.5	15	2.8	11	1.4	23
CCM M1 Sweet Chilli Sauce	54.3	3	227.4	3	0.0	0	0.0	0	13.4	5	11.2	12	0.1	0	0.2	1	0.6	11
CCM M1 Garlic Mayonnaise	157.9	8	649.6	8	15.2	22	1.2	6	4.7	2	1.4	2	0.3	1	0.1	0	1.1	18
CCM M1 Guacamole	48.2	2	200.5	2	3.1	4	2.0	10	4.1	2	1.5	2	0.6	1	0.8	3	0.7	12
CCM M1 Mango Chutney	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CCM M1 Mint & Yoghurt	151.2	8	625.0	7	14.4	21	1.2	6	4.2	2	2.2	2	0.9	2	0.1	0	0.8	14
CCM M1 Mint Sauce	67.2	3	294.0	4	0.2	0	0.0	0	14.0	5	12.9	14	1.0	2	0.2	1	1.4	23
CCM M1 Jalapenos Red	14.4	1	61.0	1	0.1	0	0.0	0	3.2	1	3.0	3	0.1	0	0.4	2	0.9	14
CCM M1 Sour Cream	68.9	3	285.0	3	5.6	8	3.5	18	3.6	1	1.1	1	1.0	2	0.0	0	0.1	1
CCM M1 Tartare Sauce	144.5	7	599.2	7	12.5	18	0.9	4	8.0	3	6.1	7	0.1	0	0.3	1	0.7	11
CCM M1 Apple Sauce	72.8	4	310.2	4	0.0	0	0.0	0	17.9	7	15.7	17	0.1	0	0.1	0	0.0	0
CCM M1 Cranberry Sauce	105.8	5	443.0	5	0.0	0	0.0	0	26.6	10	26.4	29	0.1	0	0.7	3	0.0	0
CCM M1 Fried Onions Topping	123.0	6	508.0	6	9.4	13	1.1	5	8.8	3	6.3	7	1.3	3	2.1	9	0.0	0
CCM M1 Honey Roast Ham	29.9	1	125.7	1	1.3	2	0.4	2	0.3	0	0.0	0	4.3	9	0.0	0	0.4	7
CCM M1 Mayonnaise	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CCM M1 Corn on the Cob	350.4	18	1465.9	17	21.4	31	11.5	58	34.2	13	4.2	5	7.5	15	5.1	21	0.4	6
CCM M1 Sliced Tomatoes	10.1	1	43.3	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
CCM M1 Tuna Mayonnaise	77.7	4	326.2	4	4.1	6	0.3	2	1.3	1	0.4	0	8.8	18	0.0	0	0.5	9
CCM M1 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
CCM M1 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
CCM M1 Ice Cream Scoop Vanilla 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
CCM M1 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
CCM M1 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
CCM M1 Chocolate Sauce	74.8	4	313.3	4	0.8	1	0.5	2	16.1	6	9.9	11	0.5	1	-	-	0.0	0
CCM M1 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

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 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
CCM M1 Marshmallows	48.6	2	206.6	2	0.0	0	0.0	0	11.3	4	10.8	12	0.8	2	0.0	0	0.0	0
CCM M1 Sugar Curl Wafers	19.8	1	83.9	1	0.1	0	0.0	0	4.5	2	2.1	2	0.4	1	0.1	0	0.0	0
CCM M1 Toffee Sauce	91.3	5	385.8	5	1.7	2	1.1	5	18.7	7	14.9	17	0.3	1	0.0	0	0.1	1
CCM M1 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
CCM M1 Raspberry Sauce	77.3	4	323.4	4	0.0	0	0.0	0	19.3	7	10.4	12	-	-	0.1	0	0.0	1
CCM M1 ICP Tub Two Scoop	259.1	13	1082.9	13	12.2	17	7.3	36	33.5	13	26.7	30	3.5	7	-	-	0.2	4
CCM M1 ICP Tub Three Scoop	370.0	19	1546.0	18	18.0	26	10.8	54	46.2	18	37.5	42	5.1	10	-	-	0.3	6
CCM M1 ICP Tub Four Scoop	480.9	24	2009.1	24	23.9	34	14.4	72	58.9	23	48.4	54	6.7	13	-	-	0.5	8
CCM M1 ICP Cone One Scoop	188.8	9	791.8	9	6.4	9	3.8	19	29.4	11	15.9	18	2.9	6	-	-	0.2	3
CCM M1 ICP Cone Two Scoop	330.9	17	1389.1	17	13.4	19	8.0	40	47.8	18	32.3	36	4.7	9	-	-	0.3	5
CCM M1 ICP Cone Three Scoop	435.6	22	1826.0	22	19.2	27	11.5	58	59.2	23	42.3	47	6.3	13	-	-	0.4	7
CCM M1 ICP Extra 100s and 1000s	39.8	2	169.3	2	0.0	0	0.0	0	9.9	4	8.5	9	0.0	0	0.0	0	0.0	0
CCM M1 ICP Extra Aero Peppermint	271.8	14	1136.8	14	14.8	21	8.8	44	32.0	12	31.8	35	2.2	4	0.4	2	0.1	2
CCM M1 ICP Extra Aerosol Cream 28g	89.9	4	376.6	4	8.8	13	6.1	31	2.0	1	2.2	2	0.7	1	0.0	0	0.0	0
CCM M1 ICP Extra Bounty	139.1	7	581.4	7	7.4	11	6.1	30	16.6	6	13.6	15	1.1	2	0.5	2	0.0	0
CCM M1 ICP Extra Crunchie	94.0	5	393.0	5	3.8	5	2.5	12	14.0	5	13.0	14	0.7	1	0.3	1	0.1	2
CCM M1 ICP Extra Daim Bar	74.2	4	308.7	4	4.3	6	2.2	11	8.3	3	8.2	9	0.4	1	0.2	1	0.1	2
CCM M1 ICP Extra 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
CCM M1 ICP Extra Little Bear Wafer	9.9	0	42.0	1	0.1	0	0.0	0	2.2	1	0.8	1	0.2	0	0.1	0	0.0	0
CCM M1 ICP Extra Maltesers	93.4	5	390.9	5	4.6	7	2.8	14	11.4	4	9.6	11	1.5	3	0.2	1	0.0	0
CCM M1 ICP Extra Mars Bar	114.5	6	481.4	6	4.4	6	2.1	11	17.6	7	15.2	17	1.1	2	0.3	1	0.0	1
CCM M1 ICP Extra Marshmallows	32.4	2	137.7	2	0.0	0	0.0	0	7.6	3	7.2	8	0.6	1	0.0	0	0.0	0
CCM M1 ICP Extra Oreo Cookies	56.9	3	237.7	3	2.5	4	1.3	6	7.9	3	4.8	5	0.7	1	0.5	2	0.0	0
CCM M1 ICP Extra Sauce Chocolate 28g	74.8	4	313.3	4	0.8	1	0.5	2	16.1	6	9.9	11	0.5	1	-	-	0.0	0
CCM M1 ICP Extra Sauce Raspberry 28g	77.3	4	323.4	4	0.0	0	0.0	0	19.3	7	10.4	12	-	-	0.1	0	0.0	1
CCM M1 ICP Extra Sauce Strawberry 28g	78.7	4	328.7	4	0.0	0	0.0	0	19.5	7	10.3	11	0.1	0	0.1	0	0.1	1
CCM M1 ICP Extra Sauce Toffee 28g	91.3	5	385.8	5	1.7	2	1.1	5	18.7	7	14.9	17	0.3	1	0.0	0	0.1	1
CCM M1 ICP Extra Skittles	110.6	6	468.1	6	1.2	2	0.6	3	24.8	10	24.6	27	0.0	0	0.0	0	0.0	0
CCM M1 ICP Extra Sugar Curl Wafer	9.9	0	41.9	0	0.0	0	0.0	0	2.2	1	1.0	1	0.2	0	0.1	0	0.0	0
CCM M1 ICP Belgian Waffle	1006.0	50	4219.1	50	53.8	77	31.2	156	117.4	45	69.9	78	11.0	22	-	-	1.2	20
CCM M1 ICP Belgian Waffle Plain	455.0	23	1913.0	23	22.9	33	10.9	55	55.8	21	23.9	27	5.5	11	1.8	8	1.0	16
CCM M1 ICP Banana Split	825.1	41	3463.3	41	36.3	52	23.5	117	116.8	45	91.7	102	8.8	18	-	-	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	%
CCM M1 ICP Aerosol Cream 56g	179.8	9	753.2	9	17.5	25	12.3	61	3.9	2	4.5	5	1.3	3	0.0	0	0.0	0