

E3 Autumn/Winter 2025

Nutrition Analysis

Please note this chart is for reference only. Portion sizes shown are for recipes prior to cooking (unless otherwise stated).

Weights may also vary to those stated due to losses or gains during cooking. Where the weight of portions need to be more precise, food should be weighed for accuracy.

Nutritional Information Recipe List (Values per portion size)

Week 1 - Monday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Keralan Chicken Curry	289.50g	300.69kcal	1.60g	17.24g	8.13g	15.85g	6.33g	21.85g	1.17g
<i>Keralan Vegetable Curry (v)</i>	254.50g	161.54kcal	1.56g	9.00g	4.68g	17.32g	5.66g	3.96g	1.49g
Steamed Rice (cooked)	133.00g	134.05kcal	0.00g	1.26g	0.32g	26.53g	0.04g	2.56g	0.14g
Naan Bread	35.00g	106.05kcal	0.35g	1.93g	0.49g	18.97g	0.21g	2.77g	0.81g
BBQ Sausage Wrap	201.00g	551.82kcal	3.69g	28.90g	10.12g	54.37g	16.55g	17.76g	2.59g
Black Cherry Brownie	85.57g	391.47kcal	0.29g	26.48g	3.49g	33.19g	19.23g	4.32g	1.76g
Week 1 - Tuesday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Beef Burrito	188.90g	311.39kcal	0.63g	15.91g	7.03g	22.17g	4.73g	19.41g	1.62g
<i>Vegetemince Burrito (v)</i>	191.30g	255.44kcal	1.17g	6.93g	2.97g	28.05g	6.60g	17.98g	5.47g
Mexican Rice (cooked)	140.07g	154.40kcal	0.11g	2.03g	0.38g	33.02g	0.89g	3.05g	0.25g
Mixed Salad	80.00g	23.14kcal	0.11g	0.42g	0.07g	3.73g	2.93g	0.92g	1.45g
Creamy Garlic Chicken Pasta	239.00g	512.38kcal	0.55g	20.36g	8.28g	50.37g	5.73g	31.47g	1.91g
Sticky Toffee Pudding	162.50g	415.90kcal	1.05g	16.74g	6.10g	62.90g	49.82g	3.48g	1.13g
Week 1 - Wednesday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Roast Pork	151.00g	191.23kcal	0.98g	3.27g	0.05g	2.71g	0.35g	20.43g	0.13g
<i>Vegetable Strudel (v)</i>	285.00g	378.75kcal	0.84g	13.97g	4.49g	57.63g	8.01g	8.50g	4.14g
Roast Potatoes	160.00g	202.40kcal	0.03g	10.29g	1.17g	25.80g	0.90g	3.15g	0.00g
Vegetables	80.00g	27.20kcal	0.04g	0.40g	0.10g	4.36g	3.64g	1.92g	3.16g
Gravy	35.83g	8.60kcal	0.22g	0.10g	0.04g	1.80g	0.23g	0.18g	0.12g
<i>Plant-Powered Falafel Burger (v)</i>	183.90g	310.06kcal	0.53g	6.84g	0.81g	43.88g	3.13g	13.42g	10.18g
Salsa	10.00g	4.30kcal	0.08g	0.01g	0.00g	0.90g	0.69g	0.10g	0.01g
Mixed Salad	80.00g	23.14kcal	0.11g	0.42g	0.07g	3.73g	2.93g	0.92g	1.45g
Vanilla Cheesecake	146.00g	535.26kcal	1.11g	37.15g	19.34g	42.10g	25.50g	7.01g	1.20g

Week 1 - Thursday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
BBQ Chicken Loaded Potato Cubes	261.00g	361.59kcal	0.74g	14.93g	6.53g	28.58g	4.84g	28.17g	3.09g
<i>Plant-Powered BBQ Plant Balls (v)</i>	111.00g	192.15kcal	1.26g	5.34g	0.46g	29.11g	22.52g	8.12g	2.87g
Potato Cubes	150.00g	217.50kcal	1.19g	9.00g	1.05g	28.50g	0.60g	3.45g	3.90g
Herby Bread	36.25g	80.01kcal	0.13g	0.87g	0.28g	14.60g	2.14g	2.79g	1.33g
Roasted Vegetable Skewers (v)	160.00g	63.60kcal	0.04g	0.44g	0.06g	13.76g	6.68g	1.68g	1.16g
Savoury Rice	152.50g	206.10kcal	0.08g	1.15g	0.26g	43.88g	1.15g	4.66g	1.57g
Cornflake Tart	60.50g	239.62kcal	0.27g	10.52g	3.88g	34.67g	12.60g	2.59g	1.10g
Week 1 - Friday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Sausages	2 each	320.32kcal	2.46g	25.42g	9.63g	10.30g	3.02g	13.22g	0.00g
Chicken Bites	4 each	164.80kcal	0.49g	10.56g	1.76g	6.16g	2.16g	10.88g	1.04g
<i>Margherita Pizza (v)</i>	89.95g	187.13kcal	0.87g	7.64g	4.25g	21.27g	3.41g	9.03g	1.21g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
Mushy Peas	90.00g	78.30kcal	0.41g	0.36g	0.18g	11.79g	1.26g	5.31g	3.51g
Baked Beans	90.00g	69.30kcal	0.65g	0.27g	0.18g	10.62g	2.52g	4.77g	4.68g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
<i>(Topping) Bacon</i>	25.20g	54.18kcal	0.00g	4.16g	1.56g	0.00g	0.00g	4.16g	0.00g
<i>(Topping) Onion</i>	10.00g	3.50kcal	0.00g	0.01g	0.00g	0.80g	0.62g	0.10g	0.22g
<i>(Topping) Gravy</i>	5.00g	1.22kcal	0.03g	0.01g	0.00g	0.25g	0.03g	0.02g	0.01g
<i>(Topping) Grated Cheese</i>	30.00g	123.60kcal	0.45g	10.32g	6.51g	0.00g	0.00g	7.65g	0.30g
Raspberry Muffin	81.46g	253.08kcal	0.62g	13.88g	4.74g	28.91g	13.28g	3.35g	0.00g

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E3 Autumn/Winter 2025

Nutrition Analysis

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Nutritional Information Recipe List (Values per portion size)

Week 2 - Monday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Chicken Tikka Masala	227.60g	251.29kcal	0.93g	14.76g	4.47g	8.29g	5.34g	20.63g	2.12g
<i>Vegetable Tikka Masala (v)</i>	257.50g	208.54kcal	0.92g	10.68g	3.78g	21.60g	7.20g	5.15g	4.62g
Steamed Rice (cooked)	133.00g	134.05kcal	0.00g	1.26g	0.32g	26.53g	0.04g	2.56g	0.14g
Naan Bread	35.00g	106.05kcal	0.35g	1.93g	0.49g	18.97g	0.21g	2.77g	0.81g
Plant-Powered Plant Balls in a Tomato and Basil Sauce	145.20g	132.32kcal	1.09g	6.32g	0.58g	10.54g	5.96g	8.61g	3.15g
Pasta	60.00g	204.90kcal	0.01g	1.14g	0.21g	42.45g	2.13g	7.08g	4.32g
Fruit Turnover	95.00g	230.20kcal	0.33g	13.88g	7.32g	22.37g	2.79g	3.08g	1.99g
Week 2 - Tuesday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Cottage Pie	363.00g	466.64kcal	0.63g	25.23g	9.88g	37.75g	3.37g	24.30g	1.05g
<i>Vegemince Cottage Pie (v)</i>	260.62g	299.79kcal	0.92g	11.81g	3.99g	31.27g	4.94g	15.06g	4.75g
Seasonal Vegetables	80.00g	27.20kcal	0.04g	0.40g	0.10g	4.36g	3.64g	1.92g	3.16g
Gravy	35.83g	8.60kcal	0.22g	0.10g	0.04g	1.80g	0.23g	0.18g	0.12g
Crispy Chicken Wrap with Salad	198.04g	481.84kcal	2.03g	24.75g	2.49g	48.33g	5.55g	13.84g	5.15g
Bakewell Tart	112.22g	425.52kcal	0.55g	22.87g	8.44g	49.22g	17.04g	5.82g	1.23g
Week 2 - Wednesday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Roast Chicken	80.00g	84.80kcal	0.12g	0.88g	0.24g	0.00g	0.00g	19.20g	0.00g
<i>Vegetable and Cheddar Roast (v)</i>	233.20g	424.54kcal	1.56g	19.59g	7.47g	48.21g	11.24g	17.14g	3.14g
Roast Potatoes	160.00g	202.40kcal	0.03g	10.29g	1.17g	25.80g	0.90g	3.15g	0.00g
Seasonal Vegetables	80.00g	27.20kcal	0.04g	0.40g	0.10g	4.36g	3.64g	1.92g	3.16g
Gravy	35.83g	8.60kcal	0.22g	0.10g	0.04g	1.80g	0.23g	0.19g	0.12g
<i>BBQ Quorn Loaded Wedges (v)</i>	241.00g	251.60kcal	0.92g	9.55g	5.22g	31.23g	5.75g	15.62g	8.18g
Apple Crumble	220.42g	395.14kcal	0.33g	17.24g	5.81g	56.04g	24.93g	4.94g	1.81g

Custard	82.67g	71.13kcal	0.13g	2.42g	2.10g	10.18g	7.27g	2.22g	0.00g
Week 2 - Thursday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Honey Chicken and Stir - Fried Vegetables	156.70g	210.09kcal	1.44g	9.27g	1.91g	10.96g	6.73g	19.94g	1.91g
<i>Sweet Chilli Vegetables (v)</i>	108.00g	40.94kcal	0.05g	0.45g	0.04g	6.99g	3.72g	2.65g	1.27g
Steamed Rice (cooked)	133.00g	134.05kcal	0.00g	1.26g	0.32g	26.53g	0.04g	2.56g	0.14g
Meatball Mariana Sub	238.00g	456.76kcal	2.14g	15.85g	8.00g	46.97g	7.15g	27.00g	8.87g
Rocky Road	63.00g	296.29kcal	0.41g	16.48g	7.47g	36.66g	25.29g	2.48g	0.10g
Week 2 - Friday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Sausages	2 each	320.32kcal	2.46g	25.42g	9.63g	10.30g	3.02g	13.22g	0.00g
Chicken Bites	4 each	164.80kcal	0.49g	10.56g	1.76g	6.16g	2.16g	10.88g	1.04g
<i>Sweet Potato Fritter (v)</i>	123.70g	267.36kcal	0.82g	20.17g	7.69g	14.39g	4.61g	7.38g	1.26g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
Mushy Peas	90.00g	78.30kcal	0.41g	0.36g	0.18g	11.79g	1.26g	5.31g	3.51g
Baked Beans	90.00g	69.30kcal	0.65g	0.27g	0.18g	10.62g	2.52g	4.77g	4.68g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
<i>(Topping) Bacon</i>	25.20g	54.18kcal	0.00g	4.16g	1.56g	0.00g	0.00g	4.16g	0.00g
<i>(Topping) Onion</i>	10.00g	3.50kcal	0.00g	0.01g	0.00g	0.80g	0.62g	0.10g	0.22g
<i>(Topping) Gravy</i>	5.00g	1.22kcal	0.03g	0.01g	0.00g	0.25g	0.03g	0.02g	0.01g
<i>(Topping) Grated Cheese</i>	30.00g	123.60kcal	0.45g	10.32g	6.51g	0.00g	0.00g	7.65g	0.30g
Cocoa Muffin	92.00g	277.11kcal	0.33g	14.30g	2.42g	28.76g	2.06g	6.82g	3.33g

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Week 3 - Monday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Creamy Chicken Korma	205.00g	276.50kcal	1.07g	12.26g	6.05g	17.12g	13.38g	22.98g	1.38g
<i>Creamy Vegetable Korma (v)</i>	205.00g	152.05kcal	1.00g	5.64g	4.17g	19.90g	15.36g	4.07g	2.30g
Steamed Rice (cooked)	133.00g	134.05kcal	0.00g	1.26g	0.32g	26.53g	0.04g	2.56g	0.14g
Naan Bread	35.00g	106.05kcal	0.35g	1.93g	0.49g	18.97g	0.21g	2.77g	0.81g
Sweet Chilli Chicken Sub	175.00g	381.30kcal	1.04g	9.72g	3.15g	48.53g	7.54g	23.54g	2.20g
Raspberry Eton Mess	73.00g	43.65kcal	0.01g	0.03g	0.01g	8.25g	7.70g	0.70g	0.00g
Week 3 - Tuesday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Beef Lasagne	293.10g	400.03kcal	0.69g	22.74g	9.99g	24.90g	8.83g	24.36g	2.22g
<i>Vegetable Lasagne (v)</i>	549.00g	610.65kcal	2.99g	38.08g	18.00g	39.92g	18.09g	26.59g	5.90g
Garlic Bread	69.50g	184.74kcal	0.58g	1.68g	0.20g	35.20g	2.66g	6.03g	2.31g
Mixed Salad	80.00g	23.14kcal	0.11g	0.42g	0.07g	3.73g	2.93g	0.92g	1.45g
<i>Onion Bhaji Burger with Mango Chutney (v)</i>	255.70g	361.32kcal	0.81g	3.93g	0.46g	52.92g	17.57g	9.84g	5.14g
Cocoa Banana Bread	61.50g	152.51kcal	0.26g	5.13g	1.91g	23.44g	12.97g	2.85g	1.16g
Week 3 - Wednesday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Sausage Plait	169.50g	461.36kcal	1.88g	31.33g	13.96g	29.35g	3.19g	15.04g	2.21g
Mashed Potato	130.00g	157.50kcal	0.13g	7.74g	2.80g	20.69g	0.77g	2.57g	0.00g
<i>Cheese and Potato Pie (v)</i>	294.20g	431.67kcal	1.55g	24.60g	13.14g	35.98g	2.59g	18.64g	0.22g
Seasonal Vegetables	80.00g	27.20kcal	0.04g	0.40g	0.10g	4.36g	3.64g	1.92g	3.16g
Gravy	35.83g	8.60kcal	0.22g	0.10g	0.04g	1.80g	0.23g	0.19g	0.12g

Mexican Bean Chilli with Nachos	273.70g	520.66kcal	1.00g	23.08g	2.89g	68.32g	5.64g	7.26g	1.41g
Zesty Lemon Cheesecake	68.38g	163.62kcal	0.40g	10.64g	4.91g	12.77g	5.19g	2.60g	0.56
Week 3 - Thursday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Chicken Souvlaki Flatbread	150.60g	331.73kcal	0.10g	11.44g	2.49g	30.49g	0.93g	25.08g	2.19g
Potato Wedges	150.00g	184.50kcal	0.21g	4.50g	0.45g	33.00g	0.75g	3.30g	2.85g
Mixed Salad	80.00g	23.14kcal	0.11g	0.42g	0.07g	3.73g	2.93g	0.92g	1.45g
<i>BBQ Plant Balls with Flatbread (v)</i>	141.00g	291.95kcal	0.79g	5.83g	0.55g	48.46g	14.27g	12.32g	4.53g
Mac 'n' Cheese	160.40g	343.40kcal	0.37g	10.78g	5.38g	48.02g	5.59g	13.08g	1.49g
Iced Finger Bun	169.00g	397.58kcal	0.13g	3.60g	1.33g	84.24g	45.99g	6.34g	1.55g
Week 3 - Friday									
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion
Sausages	2 each	320.32kcal	2.46g	25.42g	9.63g	10.30g	3.02g	13.22g	0.00g
Chicken Bites	4 each	164.80kcal	0.49g	10.56g	1.76g	6.16g	2.16g	10.88g	1.04g
<i>Roasted Red Pepper Quiche (v)</i>	199.60g	376.98kcal	0.40g	22.72g	10.66g	26.49g	5.29g	15.66g	1.53g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
Mushy Peas	90.00g	78.30kcal	0.41g	0.36g	0.18g	11.79g	1.26g	5.31g	3.51g
Baked Beans	90.00g	69.30kcal	0.65g	0.27g	0.18g	10.62g	2.52g	4.77g	4.68g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
<i>(Topping) Bacon</i>	25.20g	54.18kcal	0.00g	4.16g	1.56g	0.00g	0.00g	4.16g	0.00g
<i>(Topping) Onion</i>	10.00g	3.50kcal	0.00g	0.01g	0.00g	0.80g	0.62g	0.10g	0.22g
<i>(Topping) Gravy</i>	5.00g	1.22kcal	0.03g	0.01g	0.00g	0.25g	0.03g	0.02g	0.01g
<i>(Topping) Grated Cheese</i>	30.00g	123.60kcal	0.45g	10.32g	6.51g	0.00g	0.00g	7.65g	0.30g
Spiced Apple Muffin	86.30g	238.58kcal	0.63g	10.56g	3.61g	34.64g	15.10g	3.49g	0.00g

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