

Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for dietary alternatives

Recipe Code	Main Dish (Sides not included)	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Primary Average)	Fat per portion (g)	Carb per portion (g)	Portion Size (Nursery)	Fat per portion (g)	Carb per portion (g)
RSO001	Carrot & Coriander Soup (ve)	1.2	4.9	200ml	2.6	10.7	160ml	2.1	8.6
RSO002	Leek & Potato Soup (ve)	0.1	4.7	200ml	0.1	10.5	160ml	2.2	17.0
RSO003	Tangy Tomato Soup (ve)	0.0	2.5	200ml	0.1	5.6	160ml	0.0	3.5
RSO004	Seaonal Veg & Rice Soup (ve)	0.0	7.1	200ml	0.0	15.0	160ml	0.0	12.0
RSO005	Seasonal Harvest Soup (ve)	0.0	2.9	200ml	0.0	6.0	160ml	0.0	4.8
RSO006	Lentil Soup (ve)	0.3	9.7	200ml	0.6	19.2	160ml	0.0	15.4
S01	Kale & Broccoli Soup (ve)	0.1	3.7	200ml	0.2	8.5	160ml	0.2	6.8
S02	Sweet Potato & Coconut Soup (ve)	1.5	6.0	200ml	3.6	14.6	160ml	2.9	11.7
M01	Chicken Curry & Rice Pot	3.1	12.1	235.0g	7.3	28.4	188.0g	5.8	22.7
M02	MSC fish fingers	5.7	20.5	120.0g (104g cooked)	6.8	24.6	90.0g(78g cooked)	4.4	16.0
M03	Baked potato with Beans (ve)	4.6	20.4	120g (1 potato)	7.9	34.6	120g (1 potato)	7.9	34.6
M04	Roast Chicken Dinner with Yorkshire Pudding	6.1	17.9	125g	7.6	22.5	/	/	/
M04N	Roast Chicken Fillets in Gravy	/	/	/	/	/	127.5g	4.9	1.3
M05	Cheesy Champion Pie (v)	17.0	23.9	167g	24.7	34.9	167g	24.7	34.9
M06	Red Tractor Ham Sandwich	4.1	30.1	113.0g	4.6	34.0	113.0g	4.6	34.0
M07	Margherita pizza	6.2	28.9	85.8g	5.3	24.8	85.8g	5.3	24.8
M08	Homemade Chickpea curry (ve)	2.0	22.6	166g	3.3	37.3	132g	2.6	29.9
M09	Cheese & Cream Cheese Bagel (v)	13.2	27.9	102g (1 bagel)	15.5	28.4	102g (1 bagel)	15.5	28.4
M10	Mexican Beef Burrito bowl	11.2	14.8	156g cooked	19.1	25.3	125g	15.3	20.2
M11	Toasted Folded Turkey Quesadilla	6.6	10.7	102g	6.8	11.0	102g	6.8	11.0
M12	Baked potato with Cheese	14.6	17.1	170g	24.9	29.0	170g	24.9	29.0
M13	Jumbo Hot Dog	13.8	21.1	125g cooked	20.7	31.6	125g cooked	20.7	31.6
M14	Red Tractor Southern-Style Chicken Wrap with Sweet Chilli Mayo	7.0	24.9	174g cooked	13.4	47.5	174g cooked	13.4	47.5
M15	Cheese sandwich (v)	10.6	32.5	103g	10.9	33.5	103g	10.9	33.5
M16	Crispy Chicken Burger	7.0	38.2	105g cooked	7.7	42.0	105g cooked	7.7	42.0
M18	Turkey & Cheese Bagel	9.7	19.6	140g	13.6	27.4	140g	13.6	27.4

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M19	Beef Lasagne	5.1	11.7	210g cooked	11.3	26.1	168g cooked	9.1	20.9
M20	MSC Breaded Fish Goujons	5.7	19.7	96g cooked	6.8	23.6	72g cooked	5.1	17.7
M22	Herby Tomato Pasta (ve)	0.6	16.3	205g	1.2	33.6	164g	0.9	26.9
M23	Cheddar Cheese Panini (v)	15.6	29.2	115g	17.9	33.6	115g	17.9	33.6
M24	Cheese & Tomato Pizzini (v)	15.6	29.2	120g	17.9	33.6	120g	17.9	33.6
M25	QMS Homemade Steak pie	8.4	10.3	155g	14.6	17.9	129g	13.1	16
M26	Free Range Foleded Omelette (v)	13	1.8	85g	13	1.8	85g	13	1.8
M27	Tuna sandwich	5.0	37.1	93g	4.7	34.3	93g	4.7	34.3
M28	MSC Salmon fingers	12.7	33.2	104g	13.2	34.6	78g	9.9	25.9
M31	QMS Beef & Cheese Burger	10.8	18.5	133g cooked	16.8	28.6	133g cooked	16.8	28.6
M32	Veggie Hero Spaghetti (ve)	3.2	18.5	163g cooked	5.4	31.5	163g cooked	5.4	31.5
M33	Baked potato with tuna mayo	7.8	17.2	173g	13.5	29.7	173g	13.5	29.7
M34	Sau'sauge Roll (ve)	15	24	73g	11	17.5	73g	11	17.5
M36	Crunchy BBQ Quorn nuggets	8.8	13.3	5 dippers (84g cooked)	9.6	14.6	/	/	/
M36N	Plain Quorn nuggets	9.6	9.9	/	/	/	4 dippers (62g cooked)	6	6.1
M37	Super Saucy Bolognese (v)	4.4	13.8	237g cooked	11.1	35.1	190g cooked	8.9	28.1
M38	Halloumi & Rainbow Veggie Orzo Tray Bake(v)	4.1	14.1	219g cooked	10.1	34.5	214g cooked	8.1	27.6
M39	Tuna Melt Panini	8.6	24.4	140g	12.1	34.2	140g	12.1	34.2
M40	Red Tractor Chicken Fajita in Pitta Pockets	2.2	20.4	159g cooked	3.7	34.5	159g cooked	3.7	34.5
M41	Mexican - Style Chilli Con Carne	2.1	6.8	134g cooked	3.2	10.7	109g cooked	2.6	8.6
M43	Tomato Sausage Pasta Bake	5.7	22.0	169g cooked	10.3	40.2	150g cooked	8.5	33.2
M45	Turkey & Cheese Sandwich	8.9	10.4	90g	8.0	9.4	90g	8.0	9.4
Lunch Meals (P6/P7 Grab & Go Option)									
M46	Hot n Spicy Chicken Burger	9.5	47	80g	7.6	37.6	/	/	/
M46	Hot n Spicy Plant-based Burger (ve)	9.2	40.7	70g	6.5	28.5	/	/	/
M47	Chicken Rollover Hot Dog	11.2	23.1	170g	19	39.3	/	/	/
M48	Pasta Arrabita	1.8	79.5	120g	1.1	47.7	/	/	/
M48	Pasta Tomato & Mascarpone (v)	4.8	81.7	120g	2	49	/	/	/
M49	Chilli Potato Dogs	8.5	19.0	20g	1.7	3.8	/	/	/
M50	Loaded Fries: Salt & Chilli Chicken	2.7	14.1	188g	17.8	35.6	/	/	/
M50	Loaded Fries: Salt & Chilli Veg (v)	5.7	30.1	88g	5.1	26.5	/	/	/

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Recipe Code	Sides Veggies	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Primary Average)	Fat per portion (g)	Carb per portion (g)	Portion Size (Nursery)	Fat per portion (g)	Carb per portion (g)
SV01	Mixed salad (ve)	3.3	3.0	98.6g	3.3	3.0	98.6g	3.3	3.0
SV02	Rainbow salad (ve)	1.3	14.0	50g	0.6	7.0	40g	0.2	2.2
SV03	Peas (ve)	1.5	11.0	40g	0.6	4.4	40g	0.6	4.4
SV04	Carrots (ve)	0.5	6.0	40g	0.2	2.4	40g	0.2	2.4
SV05	Mediterranean salad (ve)	3.4	3.2	93g	3.2	3.0	93g	3.2	3.0
SV06	Pico de gallo (ve)	5.6	7.0	49g	2.8	3.4	49g	2.8	3.4
SV07	Cucumber & Carrot sticks (ve)	7.4	4.4	80g	0.5	0.0	80g	0.5	0.0
SV08	Crunchy salad (ve)	3.8	4.4	93g	3.0	4.0	93g	3.0	4.0
SV09	Mixed pepper salad (ve)	0.2	4.3	40g	0.1	1.7	40g	0.1	1.7
Recipe Code	Sides Carbs	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Primary Average)	Fat per portion (g)	Carb per portion (g)	Portion Size (Nursery)	Fat per portion (g)	Carb per portion (g)
SC01	Oven chips (ve)	3.0	21.0	100g	3.0	21.0	80g	2.4	16.8
SC02	Mashed potatoes (ve)	4.8	16.0	102g	4.9	16.3	80g	3.9	13.0
SC03	Onion Rings (ve)	9.5	29.0	100g	9.5	29.0	80g	7.6	23.2
SC05	Potato wedges (ve)	3.0	22.0	100g	3.0	22.0	/	/	/
SC06	Herby boiled potatoes (ve)	0.2	17.0	102g	0.2	17.4	102g	0.2	17.4
SC07	Diced potatoes (ve)	0.1	16.1	100g	0.1	16.1	80g	0.1	12.9
SC08	Garlic bread (ve)	5.8	43.8	30g	1.7	13.2	30g	1.7	13.2
SC09	Baked Beans (ve)	0.6	14.0	40g	0.2	5.6	40g	0.2	5.6
SC10	Nacho Chips (ve)	21.0	63.0	40g	8.4	25.2	/	/	/
Recipe Code	Desserts	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Primary Average)	Fat per portion (g)	Carb per portion (g)	Portion Size (Nursery)	Fat per portion (g)	Carb per portion (g)
	Fruity Yoghurt (v)	1.6	11.0	1 cup	1.8	12.1	1 cup	1.8	12.1
	Jelly (ve)	0.1	15.0	65g	0.1	9.6	65g	0.1	9.6
	Vanilla Ice Cream (v)	8.2	18.0	80ml	6.6	14.4	80ml	6.6	14.4
	Fruit salad (ve)	0.2	8.8	80g	0.1	7.1	80g	0.1	7.1
	Deligh Dessert	1.7	6.5	75g or 100ml	1.2	4.9	75g or 100ml	1.2	4.9
Choice of Home Baking									
	Banana Bread (v)	8.6	41.2	60g	5.2	24.9	60g	5.2	24.9
	Carrot Cake(v)	12.0	40.5	54g	6.4	21.6	54g	6.4	21.6
	Oaty Flapjack (ve)	19.4	51.6	32g	6.2	16.6	32g	6.2	16.6
	Peach Melba Sponge (v)	5.9	37.7	50g	2.9	18.8	50g	2.9	18.8
	Chocolate Brownie (v)	17.0	54.6	43g	7.4	23.7	43g	7.4	23.7
	Cookie (v)	15.8	57.4	40g	6.3	22.9	40g	6.3	22.9
	Homemade Shortbread (ve)	27.2	58.0	60g	16.3	34.8	60g	16.3	34.8
	Sponge Cake with Filling (v)	7.2	49.1	50g	3.5	24.1	50g	3.5	24.1
	Apple Crumble with Custard (v)	0.8	34.6	100g Crumble + 30ml Custard	1.1	50.1	80g Crumble + 24ml Custard	0.9	40.1
	Rice Pudding with Jam (v)	1.4	18.8	70g	0.9	13.9	/	/	/