

Portion Sizes, Carb & Fat Counts

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

Recipe Code	Breakfast/Morning Break	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Secondary Average)	Fat per portion (g)	Carb per portion (g)
RBF001	Roll And Bacon	25.1	8.7	143	35.9	12.4
RBF002	Roll and Chicken Links	30.7	3.7	137	42	5
RBF003	Roll and Turkey Lorne	29.6	4.5	145	42.9	6.5
RBF004	Roll and Vegan Lorne (ve)	34	5.8	145	49.3	8.4
RBF005	Roll and Potato Scone (v)	42.6	7.5	130	55.4	9.7
RBF006	Toasts (v)	41.9	2.2	80	33.5	1.8
RBF007	Toasted Bagel (v)	57.8	1.8	80	46.2	1.4
RBF008	Cereal Bars (v)	Please refer to individual packaging for nutritional labelling				
Recipe Code	Lunch - Soup	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Secondary Average)	Fat per portion (g)	Carb per portion (g)
RSO001	Carrot & Coriander Soup (ve)	1.2	4.9	250ml	3.2	13.4
RSO002	Leek & Potato Soup (ve)	0.1	4.7	250ml	0.2	13.1
RSO003	Tangy Tomato Soup (ve)	0.0	2.5	250ml	0.1	7.0
RSO004	Seaonal Veg & Rice Soup (ve)	0.0	7.1	250ml	0.1	18.7
RSO005	Seasonal Harvest Soup (ve)	0.0	2.9	250ml	0.1	7.5
RSO006	Lentil Soup (ve)	0.3	9.7	250ml	0.7	24.0
S01	Kale & Broccoli Soup (ve)	0.1	3.7	250ml	0.4	10.6
S02	Sweet Potato & Coconut Soup (ve)	1.5	6.0	250ml	4.5	18.3
M01	Chicken Curry & Rice Pot	3.1	12.1	235.0g	7.3	28.4
M02	MSC fish fingers	5.7	20.5	130g cooked	8.6	30.8
M04	Roast Chicken Dinner with Yorkshire Pudding	6.1	17.9	186g cooked	10.3	23.5
M05	Cheesy Champion Pie (v)	17.0	23.9	167g	24.7	34.9
M07	Margherita pizza	6.2	28.9	85.8g	5.3	24.8
M08	Homemade Chickpea curry (ve)	2.0	22.6	206g	0.4	41.9
M10	Mexican Beef Burrito bowl	11.2	14.8	196g cooked	23.9	31.6

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Recipe Code	Main Dish (Sides not included)	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Secondary Average)	Fat per portion (g)	Carb per portion (g)
M11	Toasted Folded Turkey Quesadilla	6.6	10.7	102g	6.8	11.0
M13	Jumbo Hot Dog	13.8	21.1	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
M16	Crispy Chicken Burger	7.0	38.2	105g cooked	7.7	42.0
M19	Beef Lasagne	5.1	11.7	350g cooked	19.0	43.4
M20	MSC Breaded Fish Goujons	5.7	19.7	120g cooked	8.6	29.6
M22	Herby Tomato Pasta (ve)	0.6	16.3	257g	1.5	42
M23	Cheddar Cheese Panini (v)	15.6	29.2	230g	35.9	67.2
M25	QMS Homemade Steak pie	8.4	10.3	187g cooked	16.4	20.2
M26	Free Range Foleded Omelette (v)	13	1.8	85g	13	1.8
M28	MSC Salmon fingers	12.7	33.2	5 pieces (130g cooked)	16.5	43.2
M31	QMS Beef & Cheese Burger	10.8	18.5	133g cooked	16.8	28.6
M32	Veggie Hero Spaghetti (ve)	3.2	18.5	204g cooked	6.7	39.4
M34	Sau'sauge Roll (ve)	15	24	73g	11	17.5
M37	Super Saucy Bolognese (v)	4.4	13.8	296g cooked	13.9	43.9
M38	Halloumi & Rainbow Veggie Orzo Tray Bake(v)	4.1	14.1	219g cooked	10.1	34.5
M40	Red Tractor Chicken Fajita in Pitta Pockets	2.2	20.4	159g cooked	3.7	34.5
M41	Mexican - Style Chilli Con Carne	2.1	6.8	166g cooked	4.1	13.4
M43	Tomato Sausage Pasta Bake	5.7	22.0	198g cooked	12.8	49.1
Lunch Meals - 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
M51	BBQ Chicken Quesadilla	11.6	30.6	137g	15.3	41.9
M51	BBQ Cheese Quesadilla (v)	15.9	48.1	87g	13.9	41.9
M52	Cheesy Mex Nacho Box: with Tomato Salsa (v)	29.1	10.8	160	46.6	17.3
M52	Cheesy Mex Nacho Box: with BBQ Pulled Pork	28.8	12.7	160	46.1	20.3
M53	Greek Chicken Gyros Wrap	4.2	21.8	152g	6.5	33.2
M53	Greek Falafel Gyros Wrap	4.4	30.3	132g	3.2	40
M54	Pizzini: Cheese & Tomato (v)	15.6	29.2	120g	17.9	33.6

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Recipe Code	Main Dish (Sides not included)	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Secondary Average)	Fat per portion (g)	Carb per portion (g)
Carbs	Wrap	7.8	48	1 wrap (62g)	4.8	29.8
	Baking Potato	6.6	23.4	1 potato (120g)	7.9	28.1
	Rice	0.0	78.0	30g	0.0	23.4
Protein	Red kidney beans	0.6	15.4	40g	0.2	6.2
	Diced Chciken (Halal)	2.8	0.0	50g	1.4	0.0
	Grated Cheddar Cheese	34	1.7	25g	8.5	0.4
	Falafel	10.2	22.8	3 pieces (90g)	3.1	6.8
	Mozarella	16.0	1.0	30g	4.8	0.3
	Tuna	1.0	0	40g	0.4	0.0
	Chickpeas	0.0	14.0	40g	0.0	5.6
Fresh Vegetables	Pico de gallo (Homemade)	5.7	7.0	30g	1.7	2.1
	Jalapeños	0.0	3.8	5g	0.0	0.2
	Tomatoes	0.3	3.1	25g	0.1	0.8
	Rocket	0.7	3.7	15g	0.1	0.6
	Cucumber	0.1	1.5	25g	0.0	0.4
	Sweetcorn	1.2	11.0	20g	0.2	2.2
	Lettuce	0.3	1.9	20g	0.1	0.4
Salsa	SourCream	18.5	4.8	10ml	1.9	0.5
	Guacamole salsa	12.3	3.6	10ml	1.2	0.4
	Spicy Cheese Salsa	15.0	7.5	10ml	1.5	0.8
	Spicy Chipotle BBQ sauce	0.8	22.0	10ml	0.1	2.2
	Arabiatta	0.5	7.5	10ml	0.1	0.8
	Caesar Dressing	65.5	1.9	10ml	6.6	0.2
	Houmous	23.0	11.0	20g	4.6	2.2
	Honey-Mustard-Dressing	54.0	9.3	10ml	5.4	0.9

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Recipe Code	Deli Bar	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Secondary Average)	Fat per portion (g)	Carb per portion (g)
Carbs	Toastie	2.2	41.9	80g	1.8	33.5
	Panini Baguette	2.4	46	130g	3.1	59.8
Fillings	Grated Triple Cheese (v)	26	2.3	40g	10.4	0.9
	Vegan Grated Cheese	24	21	40g	9.6	8.4
	Tuna Mayo	30.9	46.5	45g	5.5	1.7
	Chicken Tikka	27	7.2	40g	3.7	2.9
	Piri Piri Chicken	31.5	69	41g	5.6	2.4
	Chicken Mayo	31.2	48	45g	5.6	2.4
	Cheese & Ham	37.5	1.5	60g	7.8	0.5
Sauce	Sachets:Tomato Ketchup (v)	0	11	10ml	0	1.1
	Sachets: Mayonnaise (v)	26	6.4	10ml	2.6	0.6
	Sachets: Brown Sauce (v)	0	25	10ml	0	2.5
	Sachets: Salad Cream (v)	26	18	10ml	2.6	1.8
	Sachets: English Mustard (v)	6.9	12	10ml	0.7	1.2
	Sachets: BBQ Sauce (v)	0	42	10ml	0	4.2
	Sachets: Vinegar (v)	0.5	0.5	10ml	0.1	0.1
	Squeezy: Tomato Ketchup (ve)	1.4	40	10ml	0.1	4
	Squeezy: Mayonnaise (v)	34	11	10ml	3.4	1.1
	Squeezy: Brown Sauce (ve)	1.1	17	10ml	0.1	1.7
	Squeezy: American-Style Mustard (ve)	5.5	31	10ml	0.6	3.1
	Squeezy: BBQ Sauce (ve)	0	37	10ml	0	3.7
	Squeezy: Sweet & Chilli (ve)	0	50	10ml	0	5
	Dressing: Vinaigrette (ve)	33	4.5	10ml	3.3	0.5
	Dressing:Caesar	27	4.8	10ml	2.7	0.5

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Recipe Code	Sides Veggies	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Primary Average)	Fat per 100g (g)	Carb per 100g (g)	Portion Size (Nursery)	Fat per 100g (g)	Carb per 100g (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 100g (g)	Carb per 100g (g)	Portion Size (Nursery)	Fat per 100g (g)	Carb per 100g (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 100g (g)	Carb per 100g (g)	Portion Size (Nursery)	Fat per 100g (g)	Carb per 100g (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	/	/	/