

Menu Nutrition Breakdown

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Menu: NPO1BO24W1D1 No Pork O1 Bronze O24 W1D1

Group	Recipe Description	Recipe Code	Portion Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Of Which Saturated Fat (g)	Total Protein (g)	Total Carbohydrate (g)
Main Vegetarian Choice 1	Margherita Pizza (Yeast dough base)	PBB-10091	108	243	8.0	4.4	9.3	32.4
(None)	White Margherita Pizza	PBB-09115	89	213	9.3	4.4	8.1	23.7
Main Vegetarian Choice 1	Garlic & Herb Wedges	PBB-08621	152	126	0.2	0.1	3.0	29.8
Main Vegetarian Choice 2	Quorn Dipper Katsu Curry	PBB-14421	118	158	8.7	2.2	7.5	10.4
Main Vegetarian Choice 2	Plain White Rice	PBB-08825	50	175	0.0	0.1	3.9	39.0
Vegetables 1	Sweetcorn	PBB-08838	30	20	0.5	0.1	1.0	2.4
Vegetables 2	Mixed House Salad 25g	PBB-14468	22	5	0.1	0.0	0.2	0.8
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Pear & Berry Crumble (RS)	PBB-10716	71	191	8.8	3.0	2.8	24.0
Dessert Choice 1	Custard	PBB-08888	86	60	1.3	0.8	2.7	9.4
Dessert Choice 2	Strawberry Jelly (vegetarian)	PBB-08892	88	9	0.1	0.0	0.1	2.2
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W1D2 No Pork O1 Bronze O24 W1D2

Group	Recipe Description	Recipe Code	Portion Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Of Which Saturated Fat (g)	Total Protein (g)	Total Carbohydrate (g)
Main Vegetarian Choice 1	Macaroni Cheese	PBB-08772	227	483	20.9	11.2	20.9	52.5
Accompaniment 2	Vegetable Bean Chilli - Macaroni Topper	PBB-14339	58	30	1.1	0.1	1.2	3.3
Accompaniment 3	Tomato & Herb Sauce - Macaroni Topper	PBB-14340	65	24	1.0	0.1	0.8	2.5
Main Meat Choice 1	Chicken Fajitas	PBB-05283	152	209	5.5	2.0	16.1	23.7

Menu: NPO1BO24W1D2 No Pork O1 Bronze O24 W1D2

Group	Recipe Description	Recipe Code	Portion	Calories (K/Cal)	Of Which		Total Protein (g)	Total Carbohydrate (g)
			Weight (g/ml)		Total Fat (g)	Saturated Fat (g)		
Main Meat Choice 1	Mexican Rice	PBB-14691	155	194	1.2	0.2	4.2	40.7
Main Halal Meat Choice 1	Chicken Fajitas Halal	PBB-09736	152	210	5.9	2.1	15.3	23.7
Main Halal Meat Choice 1	Mexican Rice	PBB-14691	155	194	1.2	0.2	4.2	40.7
Vegetables 1	Green Beans	PBB-08841	30	9	0.0	0.0	0.6	0.9
Vegetables 2	Salad Bar Coleslaw 10g	PBB-08843	14	22	2.2	0.2	0.1	0.6
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Coconut & Pineapple Upside Down Sponge (Eggs)	PBB-14696	96	203	10.9	4.9	3.3	23.2
Dessert Choice 2	Vanilla Sponge (Using Eggs)	PBB-14588	46	166	9.0	3.3	3.0	18.3
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W1D3 No Pork O1 Bronze O24 W1D3

Group	Recipe Description	Recipe Code	Portion	Calories (K/Cal)	Of Which		Total Protein (g)	Total Carbohydrate (g)
			Weight (g/ml)		Total Fat (g)	Saturated Fat (g)		
Main Vegetarian Choice 1	Baked Bean and Cheese Puff	PBB-13084	113	313	19.5	10.4	9.0	23.5
Main Vegetarian Choice 1	Roast Potatoes	PBB-08831	90	115	5.1	0.4	1.6	16.7
Main Meat Choice 1	Roast Chicken Drumsticks	PBB-01151	125	137	3.5	1.0	26.1	0.0
Main Meat Choice 1	Roast Potatoes	PBB-08831	90	115	5.1	0.4	1.6	16.7
Main Meat Choice 1	Gravy	PBB-08852	27	6	0.1	0.0	0.1	1.4
Main Meat Choice 1	Yorkshire Pudding	PBB-08832	18	46	1.3	0.1	1.5	6.7
Main Halal Meat Choice 1	Roast Chicken Drumstick Halal	PBB-14263	125	137	3.5	1.0	26.1	0.0
Main Halal Meat Choice 1	Roast Potatoes	PBB-08831	90	115	5.1	0.4	1.6	16.7
Main Halal Meat Choice 1	Gravy	PBB-08852	27	6	0.1	0.0	0.1	1.4
Main Halal Meat Choice 1	Yorkshire Pudding	PBB-08832	18	46	1.3	0.1	1.5	6.7
Vegetables 1	Peas	PBB-08839	30	29	0.5	0.2	2.1	3.3
Vegetables 2	Carrots	PBB-08837	30	10	0.1	0.0	0.2	2.3

Menu: NPO1BO24W1D3 No Pork O1 Bronze O24 W1D3

Group	Recipe Description	Recipe Code	Portion	Calories (K/Cal)	Of Which		Total Protein (g)	Total Carbohydrate (g)
			Weight (g/ml)		Total Fat (g)	Saturated Fat (g)		
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Fruity Flapjack	PBB-08873	29	124	6.3	2.1	1.6	14.7
Dessert Choice 2	Chocolate Sponge (Using Eggs)	PBB-14589	43	164	8.8	3.2	2.7	18.3
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W1D4 No Pork O1 Bronze O24 W1D4

Group	Recipe Description	Recipe Code	Portion	Calories (K/Cal)	Of Which		Total Protein (g)	Total Carbohydrate (g)
			Weight (g/ml)		Total Fat (g)	Saturated Fat (g)		
Plant Based Vegan Choice 1	Chickpea & Vegetable Jollof	PBB-14689	263	207	2.4	0.3	6.4	38.2
Plant Based Vegan Choice 1	Flatbread (Breadmix)	PBB-03437	44	94	0.6	0.2	2.5	18.8
Main Meat Choice 1	Beef Burger (RT 80% Gluten Free)	PBB-10734	57	146	10.7	4.7	10.0	2.7
Accompaniment 2	Bun/Bap	PBB-08929	77	141	1.7	0.5	4.5	26.0
Main Meat Choice 1	Jacket Wedges	PBB-08916	150	123	0.2	0.1	2.9	29.4
Main Halal Meat Choice 1	Beef Burger (Halal)	PBB-08702	57	146	10.7	4.7	10.0	2.7
Accompaniment 3	Bun/Bap	PBB-08929	77	141	1.7	0.5	4.5	26.0
Main Halal Meat Choice 1	Jacket Wedges	PBB-08916	150	123	0.2	0.1	2.9	29.4
Vegetables 1	Broccoli (Frozen)	PBB-09763	30	11	0.3	0.1	1.3	0.5
Vegetables 2	Sweetcorn	PBB-08838	30	20	0.5	0.1	1.0	2.4
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Chocolate Tiffin	PBB-14704	49	219	10.7	4.5	2.2	28.0
Dessert Choice 2	Oat Dream Cookie	PBB-02468	30	144	8.1	2.9	1.7	15.9
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1

Menu: NPO1BO24W1D4 No Pork O1 Bronze O24 W1D4

Group	Recipe Description	Recipe Code	Portion Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Of Which Saturated Fat (g)	Total Protein (g)	Total Carbohydrate (g)
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W1D5 No Pork O1 Bronze O24 W1D5

Group	Recipe Description	Recipe Code	Portion Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Of Which Saturated Fat (g)	Total Protein (g)	Total Carbohydrate (g)
Plant Based Vegan Choice 1	Vegetable & Lentil Bolognese Sauce	PBB-03217	113	101	2.5	0.2	6.1	13.1
Plant Based Vegan Choice 1	Plain Spaghetti Pasta	PBB-08913	50	177	0.8	0.2	6.3	36.1
Main Fish Choice 1	Fish Fingers (x 4 per portion)	PBB-08767	100	204	8.2	0.6	13.0	19.0
Main Fish Choice 1	Oven Chips	PBB-08830	85	104	1.9	0.9	2.0	18.7
Main Fish Choice 1	Portion Ketchup (brakes)	PBB-09363	0	0	0.0	0.0	0.0	0.0
Main Fish Choice 2	Salmon Fish Fingers	PBB-08765	75	179	9.0	1.5	8.3	15.0
Main Fish Choice 2	Oven Chips	PBB-08830	85	104	1.9	0.9	2.0	18.7
Main Fish Choice 2	Portion Ketchup (brakes)	PBB-09363	0	0	0.0	0.0	0.0	0.0
Vegetables 1	Baked Beans	PBB-08840	60	51	0.0	0.1	3.1	7.8
Vegetables 2	Peas	PBB-08839	30	29	0.5	0.2	2.1	3.3
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	St Clements Sponge (Eggs)	PBB-09476	59	170	8.8	3.2	2.8	20.1
Dessert Choice 1	Custard	PBB-08888	86	60	1.3	0.8	2.7	9.4
Dessert Choice 2	Strawberry Jelly (vegetarian)	PBB-08892	88	9	0.1	0.0	0.1	2.2
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W2D1 No Pork O1 Bronze O24 W2D1

Group	Recipe Description	Recipe Code	Portion Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Of Which Saturated Fat (g)	Total Protein (g)	Total Carbohydrate (g)
Main Vegetarian Choice 1 (None)	Margherita Pizza (Yeast dough base)	PBB-10091	108	243	8.0	4.4	9.3	32.4
	White Margherita Pizza	PBB-09115	89	213	9.3	4.4	8.1	23.7
Main Vegetarian Choice 1	Garlic & Paprika Potato Wedges	PBB-10267	152	126	0.2	0.1	3.0	29.8
Main Vegetarian Choice 2	Korean BBQ Quorn Balls	PBB-14687	128	116	3.2	0.7	8.4	11.9
Main Vegetarian Choice 2	Plain White Rice	PBB-08825	50	175	0.0	0.1	3.9	39.0
Vegetables 1	Sweetcorn	PBB-08838	30	20	0.5	0.1	1.0	2.4
Vegetables 2	Salad Bar Coleslaw 10g	PBB-08843	14	22	2.2	0.2	0.1	0.6
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Ice Cream Vanilla Scoop	PBB-07581	60	106	5.0	4.2	2.8	12.0
Dessert Choice 1	Cake Topper - Sprinkles	PBB-14223	1	4	0.0	0.0	0.0	1.0
Accompaniment 2	Chocolate Sauce - Dessert Topper	PBB-14335	18	19	0.4	0.2	0.8	3.0
Accompaniment 3	Berry Coulis - Dessert Topper	PBB-14336	16	11	0.0	0.0	0.1	2.5
Dessert Choice 2	Coconut Cookie	PBB-13981	33	135	8.1	4.3	2.1	13.1
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W2D2 No Pork O1 Bronze O24 W2D2

Group	Recipe Description	Recipe Code	Portion Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Of Which Saturated Fat (g)	Total Protein (g)	Total Carbohydrate (g)
Main Vegetarian Choice 1	Mushroom Carbonara	PBB-14701	233	201	14.4	7.3	7.6	10.5
Main Vegetarian Choice 1	Plain Spaghetti Pasta	PBB-08913	50	177	0.8	0.2	6.3	36.1
Main Vegetarian Choice 1	50/50 Homemade Garlic Bread (No Oil)	PBB-03550	35	75	0.5	0.2	2.0	15.1
Main Meat Choice 1	Chicken Sausages 16s (2 x 16) (contains beef)	PBB-08734	56	103	6.6	2.6	7.2	3.8
Main Meat Choice 1	Mashed Potato	PBB-08828	130	103	0.3	0.1	2.6	24.0
Main Meat Choice 1	Gravy	PBB-08852	27	6	0.1	0.0	0.1	1.4
Main Halal Meat Choice 1	Chicken Sausages Halal (2x16) (contains beef)	PBB-08744	56	103	6.6	2.6	7.2	3.8

Menu: NPO1BO24W2D2 No Pork O1 Bronze O24 W2D2

Group	Recipe Description	Recipe Code	Portion	Calories (K/Cal)	Of Which		Total Protein (g)	Total Carbohydrate (g)
			Weight (g/ml)		Total Fat (g)	Saturated Fat (g)		
Main Halal Meat Choice 1	Mashed Potato	PBB-08828	130	103	0.3	0.1	2.6	24.0
Main Halal Meat Choice 1	Gravy	PBB-08852	27	6	0.1	0.0	0.1	1.4
Vegetables 1	Peas	PBB-08839	30	29	0.5	0.2	2.1	3.3
Vegetables 2	Mixed House Salad 25g	PBB-14468	22	5	0.1	0.0	0.2	0.8
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Peach Crumble (RS)	PBB-10715	77	195	8.7	3.0	2.9	25.3
Dessert Choice 1	Custard	PBB-08888	86	60	1.3	0.8	2.7	9.4
Dessert Choice 2	Chocolate Sponge (Using Eggs)	PBB-14589	43	164	8.8	3.2	2.7	18.3
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W2D3 No Pork O1 Bronze O24 W2D3

Group	Recipe Description	Recipe Code	Portion	Calories (K/Cal)	Of Which		Total Protein (g)	Total Carbohydrate (g)
			Weight (g/ml)		Total Fat (g)	Saturated Fat (g)		
Plant Based Vegan Choice 1	Chickpea & Lentil Curry	PBB-14795	180	110	2.8	0.3	5.7	14.2
Plant Based Vegan Choice 1	Coriander Rice	PBB-14690	52	175	0.0	0.1	3.9	39.0
Main Meat Choice 1	Roast Chicken Drumsticks	PBB-01151	125	137	3.5	1.0	26.1	0.0
Main Meat Choice 1	Roast Potatoes	PBB-08831	90	115	5.1	0.4	1.6	16.7
Main Meat Choice 1	Gravy	PBB-08852	27	6	0.1	0.0	0.1	1.4
Main Meat Choice 1	Yorkshire Pudding	PBB-08832	18	46	1.3	0.1	1.5	6.7
Main Halal Meat Choice 1	Roast Chicken Drumstick Halal	PBB-14263	125	137	3.5	1.0	26.1	0.0
Main Halal Meat Choice 1	Roast Potatoes	PBB-08831	90	115	5.1	0.4	1.6	16.7
Main Halal Meat Choice 1	Gravy	PBB-08852	27	6	0.1	0.0	0.1	1.4
Main Halal Meat Choice 1	Yorkshire Pudding	PBB-08832	18	46	1.3	0.1	1.5	6.7
Vegetables 1	Broccoli (Frozen)	PBB-09763	30	11	0.3	0.1	1.3	0.5
Vegetables 2	Carrots	PBB-08837	30	10	0.1	0.0	0.2	2.3

Menu: NPO1BO24W2D3 No Pork O1 Bronze O24 W2D3

Group	Recipe Description	Recipe Code	Portion	Calories	Of Which		Total Protein	Total Carbohydrate
			Weight (g/ml)		Total	Saturated		
				(K/Cal)	Fat (g)	Fat (g)	(g)	(g)
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Apple & Berry Cookie	PBB-14385	36	127	5.8	2.0	1.9	16.5
Dessert Choice 2	Vanilla Sponge (Using Eggs)	PBB-14588	46	166	9.0	3.3	3.0	18.3
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W2D4 No Pork O1 Bronze O24 W2D4

Group	Recipe Description	Recipe Code	Portion	Calories	Of Which		Total Protein	Total Carbohydrate
			Weight (g/ml)		Total	Saturated		
				(K/Cal)	Fat (g)	Fat (g)	(g)	(g)
Plant Based Vegan Choice 1	Singapore Vegetable Stir Fry	PBB-14688	172	135	8.0	4.9	4.0	10.6
Plant Based Vegan Choice 1	Plain White Rice	PBB-08825	50	175	0.0	0.1	3.9	39.0
Main Meat Choice 1	RM Beef Pastitsio	PBB-14709	268	449	13.4	6.4	26.7	54.4
Main Meat Choice 1	Focaccia Bread (Garlic & Oregano)	PBB-11077	36	90	2.0	0.3	2.0	15.3
Main Halal Meat Choice 1	RM Beef Pastitsio (Halal)	PBB-14710	268	468	15.9	7.4	25.9	54.4
Main Halal Meat Choice 1	Focaccia Bread (Garlic & Oregano)	PBB-11077	36	90	2.0	0.3	2.0	15.3
Vegetables 1	Green Beans	PBB-08841	30	9	0.0	0.0	0.6	0.9
Vegetables 2	Sweetcorn	PBB-08838	30	20	0.5	0.1	1.0	2.4
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Pear & Banana Sponge (Using Eggs)	PBB-14705	108	201	9.0	3.3	2.9	26.7
Dessert Choice 1	Custard	PBB-08888	86	60	1.3	0.8	2.7	9.4
Dessert Choice 2	Strawberry Jelly (vegetarian)	PBB-08892	88	9	0.1	0.0	0.1	2.2
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W2D5 No Pork O1 Bronze O24 W2D5

Group	Recipe Description	Recipe Code	Portion		Of Which		Total	Total
			Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)
Plant Based Vegan Choice 1	Quorn Dippers	PBB-14467	65	120	6.2	0.7	7.5	6.4
Plant Based Vegan Choice 1	Oven Chips	PBB-08830	85	104	1.9	0.9	2.0	18.7
Plant Based Vegan Choice 1	Portion Ketchup (brakes)	PBB-09363	0	0	0.0	0.0	0.0	0.0
Main Fish Choice 1	Harry Ramsden J Battered Pollock Fillet	PBB-14855	50	124	5.9	0.5	5.3	12.0
Main Fish Choice 1	Oven Chips	PBB-08830	85	104	1.9	0.9	2.0	18.7
Main Fish Choice 1	Portion Ketchup (brakes)	PBB-09363	0	0	0.0	0.0	0.0	0.0
Vegetables 1	Baked Beans	PBB-08840	60	51	0.0	0.1	3.1	7.8
Vegetables 2	Peas	PBB-08839	30	29	0.5	0.2	2.1	3.3
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Chocolate & Beetroot Brownie	PBB-14646	59	177	9.0	1.4	4.9	18.5
Dessert Choice 2	Chocolate Sponge (Using Eggs)	PBB-14589	43	164	8.8	3.2	2.7	18.3
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W3D1 No Pork O1 Bronze O24 W3D1

Group	Recipe Description	Recipe Code	Portion		Of Which		Total	Total
			Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)
Main Vegetarian Choice 1	Margherita Pizza (Yeast dough base)	PBB-10091	108	243	8.0	4.4	9.3	32.4
(None)	White Margherita Pizza	PBB-09115	89	213	9.3	4.4	8.1	23.7
Main Vegetarian Choice 1	Cajun Potato Wedges	PBB-06072	152	126	0.3	0.1	3.0	29.7
Main Vegetarian Choice 2	Quorn Burger	PBB-08801	50	53	1.4	0.5	8.0	2.0
Accompaniment 2	Bun/Bap	PBB-08929	77	141	1.7	0.5	4.5	26.0
Main Vegetarian Choice 2	Cajun Potato Wedges	PBB-06072	152	126	0.3	0.1	3.0	29.7
Vegetables 1	Sweetcorn	PBB-08838	30	20	0.5	0.1	1.0	2.4
Vegetables 2	Salad Bar Coleslaw 10g	PBB-08843	14	22	2.2	0.2	0.1	0.6
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6

Menu: NPO1BO24W3D1 No Pork O1 Bronze O24 W3D1

Group	Recipe Description	Recipe Code	Portion	Calories	Of Which		Total Protein	Total Carbohydrate
			Weight (g/ml)		Total	Saturated		
				(K/Cal)	Fat (g)	Fat (g)	(g)	(g)
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Toffee Apple Crumble	PBB-04507	108	283	14.5	5.7	2.8	33.5
Dessert Choice 1	Custard	PBB-08888	86	60	1.3	0.8	2.7	9.4
Dessert Choice 2	Oat Dream Cookie	PBB-02468	30	144	8.1	2.9	1.7	15.9
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W3D2 No Pork O1 Bronze O24 W3D2

Group	Recipe Description	Recipe Code	Portion	Calories	Of Which		Total Protein	Total Carbohydrate
			Weight (g/ml)		Total	Saturated		
				(K/Cal)	Fat (g)	Fat (g)	(g)	(g)
Plant Based Vegan Choice 1	Chickpea & Vegetable Tagine	PBB-08796	156	88	2.2	0.3	4.0	11.6
Plant Based Vegan Choice 1	Herb Couscous	PBB-14694	154	182	1.1	0.2	6.7	35.5
Main Meat Choice 1	RM Beef & Vegetable Pie (Puff Pastry)	PBB-14707	166	240	13.1	5.8	12.4	16.9
Main Meat Choice 1	Mashed Potato	PBB-08828	130	103	0.3	0.1	2.6	24.0
Main Halal Meat Choice 1	RM Beef & Vegetable Pie (Puff Pastry) Halal	PBB-14708	166	259	15.6	6.8	11.6	16.9
Main Halal Meat Choice 1	Mashed Potato	PBB-08828	130	103	0.3	0.1	2.6	24.0
Vegetables 1	Green Beans	PBB-08841	30	9	0.0	0.0	0.6	0.9
Vegetables 2	Carrots	PBB-08837	30	10	0.1	0.0	0.2	2.3
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Lemon & Courgette Muffin (Eggs)	PBB-14695	66	196	9.0	1.0	3.6	25.1
Dessert Choice 2	Coconut Cookie	PBB-13981	33	135	8.1	4.3	2.1	13.1
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W3D3 No Pork O1 Bronze O24 W3D3

Group	Recipe Description	Recipe Code	Portion	Calories	Of Which		Total Protein	Total Carbohydrate
			Weight (g/ml)		(K/Cal)	Total Fat (g)		
Plant Based Vegan Choice 1	Sticky Quorn Sausage	PBB-14693	72	140	6.0	2.3	8.4	11.6
Plant Based Vegan Choice 1	Roast Potatoes	PBB-08831	90	115	5.1	0.4	1.6	16.7
Plant Based Vegan Choice 1	Gravy	PBB-08852	27	6	0.1	0.0	0.1	1.4
Plant Based Vegan Choice 1	Yorkshire Pudding	PBB-08832	18	46	1.3	0.1	1.5	6.7
Main Meat Choice 1	Roast Chicken Drumsticks	PBB-01151	125	137	3.5	1.0	26.1	0.0
Main Meat Choice 1	Roast Potatoes	PBB-08831	90	115	5.1	0.4	1.6	16.7
Main Meat Choice 1	Gravy	PBB-08852	27	6	0.1	0.0	0.1	1.4
Main Meat Choice 1	Yorkshire Pudding	PBB-08832	18	46	1.3	0.1	1.5	6.7
Main Halal Meat Choice 1	Roast Chicken Drumstick Halal	PBB-14263	125	137	3.5	1.0	26.1	0.0
Main Halal Meat Choice 1	Roast Potatoes	PBB-08831	90	115	5.1	0.4	1.6	16.7
Main Halal Meat Choice 1	Gravy	PBB-08852	27	6	0.1	0.0	0.1	1.4
Main Halal Meat Choice 1	Yorkshire Pudding	PBB-08832	18	46	1.3	0.1	1.5	6.7
Vegetables 1	Cauliflower (Frozen)	PBB-09794	30	10	0.3	0.1	0.6	1.1
Vegetables 2	Peas	PBB-08839	30	29	0.5	0.2	2.1	3.3
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Strawberry Jelly (vegetarian)	PBB-08892	88	9	0.1	0.0	0.1	2.2
Dessert Choice 2	Vanilla Sponge (Using Eggs)	PBB-14588	46	166	9.0	3.3	3.0	18.3
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W3D4 No Pork O1 Bronze O24 W3D4

Group	Recipe Description	Recipe Code	Portion	Calories	Of Which		Total Protein	Total Carbohydrate
			Weight (g/ml)		(K/Cal)	Total Fat (g)		
Plant Based Vegan Choice 1	Vegetable & Bean Chilli	PBB-14692	214	102	2.0	0.2	4.9	14.2
Plant Based Vegan Choice 1	Plain White Rice	PBB-08825	50	175	0.0	0.1	3.9	39.0
Main Meat Choice 1	Chicken & Sweetcorn Meatballs In Tomato Sauce	PBB-10677	106	135	8.9	1.9	9.8	5.4

Menu: NPO1BO24W3D4 No Pork O1 Bronze O24 W3D4

Group	Recipe Description	Recipe Code	Portion Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Of Which Saturated Fat (g)	Total Protein (g)	Total Carbohydrate (g)
Main Meat Choice 1	Plain Spaghetti Pasta	PBB-08913	50	177	0.8	0.2	6.3	36.1
Main Halal Meat Choice 1	Chicken & Sweetcorn Meatballs In Sauce - Halal	PBB-10752	106	135	8.9	1.9	9.8	5.4
Main Halal Meat Choice 1	Plain Spaghetti Pasta	PBB-08913	50	177	0.8	0.2	6.3	36.1
Vegetables 1	Green Beans	PBB-08841	30	9	0.0	0.0	0.6	0.9
Vegetables 2	Sweetcorn	PBB-08838	30	20	0.5	0.1	1.0	2.4
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Pear & Chocolate Sponge (Using Eggs)	PBB-14657	108	192	9.1	3.3	2.7	23.8
Dessert Choice 1	Custard	PBB-08888	86	60	1.3	0.8	2.7	9.4
Dessert Choice 2	Strawberry Jelly (vegetarian)	PBB-08892	88	9	0.1	0.0	0.1	2.2
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8

Menu: NPO1BO24W3D5 No Pork O1 Bronze O24 W3D5

Group	Recipe Description	Recipe Code	Portion Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Of Which Saturated Fat (g)	Total Protein (g)	Total Carbohydrate (g)
Main Vegetarian Choice 1	Cheese & Onion Flan/Quiche	PBB-08775	152	346	21.5	8.9	12.8	24.7
Main Vegetarian Choice 1	Oven Chips	PBB-08830	85	104	1.9	0.9	2.0	18.7
Main Fish Choice 1	Mini Battered Fish	PBB-10977	98	208	11.7	0.9	8.4	17.6
Main Fish Choice 1	Oven Chips	PBB-08830	85	104	1.9	0.9	2.0	18.7
Main Fish Choice 1	Portion Ketchup (brakes)	PBB-09363	0	0	0.0	0.0	0.0	0.0
Vegetables 1	Baked Beans	PBB-08840	60	51	0.0	0.1	3.1	7.8
Vegetables 2	Peas	PBB-08839	30	29	0.5	0.2	2.1	3.3
Accompaniment 1	Homemade Bread (breadmix 50/50)	PBB-08824	52	112	0.7	0.3	3.0	22.6
Salad 1	Primary salad bar - basic mixed salad 50g portion	PBB-10636	9	2	0.0	0.0	0.1	0.4
Dessert Choice 1	Coconut Golden Rice Crispy Cake	PBB-14697	33	134	3.8	2.4	1.0	23.4
Dessert Choice 2	Chocolate Sponge (Using Eggs)	PBB-14589	43	164	8.8	3.2	2.7	18.3

Menu: NPO1BO24W3D5 No Pork O1 Bronze O24 W3D5

Group	Recipe Description	Recipe Code	Portion Weight (g/ml)	Calories (K/Cal)	Total Fat (g)	Of Which Saturated Fat (g)	Total Protein (g)	Total Carbohydrate (g)
Dessert Choice 3	Fruit Salad Portion	PBB-08902	37	15	0.1	0.0	0.2	3.5
Dessert Choice 4	Strawberry/Peach Yoghurt	PBB-08898	100	69	1.3	0.8	4.2	10.3
Drinks Choice 1	Hydration Station (Mint & Cucumber)	PBB-10684	504	1	0.0	0.0	0.1	0.1
Salad 2	FEED Snack Station	PBB-13039	18	4	0.1	0.0	0.2	0.8