

\*\*These values are aligned with Version 1.3.1 of our Winter 24/25 menus. We reserve the right to make changes to recipes and ingredients subject to supplies\*\*

<b>Chicken Katsu Curry</b>  <p style="text-align: center;"><b>per typical 100g</b></p> Energy      341kJ/81kcal  Fat            2.5g  of which Saturates      0.3g  Carbohydrate      5.0g  of which Sugars          3.1g  Protein        7.9g  Salt            0.22g	<b>Chicken Style Katsu Curry</b>  <p style="text-align: center;"><b>per typical 100g</b></p> Energy      547kJ/131kcal  Fat            6.8g  of which Saturates      1.8g  Carbohydrate      9.2g  of which Sugars          3.8g  Protein        7.5g  Salt            0.81g	<b>Chicken and Veg Curry</b>  <p style="text-align: center;"><b>per typical 100g</b></p> Energy      557kJ/135kcal  Fat            3.5g  of which Saturates      0.4g  Carbohydrate      9.2g  of which Sugars          2.4g  Protein        10g  Salt            0.32g
<b>Veg and Bean curry</b>  <p style="text-align: center;"><b>per typical 100g</b></p> Energy      603kJ/146kcal  Fat            3.9g  of which Saturates      0.3g  Carbohydrate      15g  of which Sugars          1.7g  Protein        6.4g  Salt            0.36g	<b>Rice</b>  <p style="text-align: center;"><b>per typical 100g</b></p> Energy      1452kJ/342kcal  Fat            1.1g  of which Saturates      0.2g  Carbohydrate      75g  of which Sugars          0g  Protein        7.4g  Salt            0g	<b>Naan Bread</b>  <p style="text-align: center;"><b>per typical 100g</b></p> Energy      1264kJ/299kcal  Fat            6.0g  of which Saturates      0.6g  Carbohydrate      53g  of which Sugars          0g  Protein        7.6g  Salt            0.88g

Pork Meatball Ragù	Veg Meatball Ragù	Veg Meatball Ragù A/F
per typical 100g	per typical 100g	per typical 100g
Energy 432kJ/103kcal	Energy 296kJ/71kcal	Energy 231kJ/69kcal
Fat 5.7g	Fat 2.9g	Fat 3.4g
of which Saturates 1.9g	of which Saturates 0.5g	of which Saturates 0.5g
Carbohydrate 7.7g	Carbohydrate 4.6g	Carbohydrate 4.5g
of which Sugars 3.5g	of which Sugars 3.1g	of which Sugars 3.4g
Protein 6.3g	Protein 5.3g	Protein 5.0g
Salt 0.03g	Salt 0.05g	Salt 0g
<b>Rice</b>  per typical 100g  Energy 1452kJ/342kcal  Fat 1.1g  of which Saturates 0.2g  Carbohydrate 75g  of which Sugars 0g  Protein 7.4g  Salt 0g		

<b>Beef Chilli</b>	<b>Veggie Chilli</b>	<b>Beef Chilli AF</b>
<b>per typical 100g</b>	<b>per typical 100g</b>	<b>per typical 100g</b>
Energy 442kJ/106kcal	Energy 382kJ/92kcal	Energy 384kJ/102kcal
Fat 4.6g	Fat 2.7g	Fat 4.9g
of which Saturates 1.5g	of which Saturates 0.4g	of which Saturates 1.5g
Carbohydrate 8.6g	Carbohydrate 8.3g	Carbohydrate 6.7g
of which Sugars 4.0g	of which Sugars 4.5g	of which Sugars 2.6g
Protein 6.5g	Protein 6.6g	Protein 6.8g
Salt 0.19g	Salt 0.17g	Salt 0.13g
<b>Bean Chilli AF</b>	<b>Jacket Potato</b>	
<b>per typical 100g</b>	<b>Per typical100g</b>	
Energy 269kJ/74kcal	Energy 455kJ/107kcal	
Fat 2.0g	Fat 0g	
of which Saturates 0.2g	of which Saturates 0g	
Carbohydrate 2.7g	Carbohydrate 23g	
of which Sugars 2.6g	of which Sugars 1.4g	
Protein 4.0g	Protein 2.5g	
Salt 0.13g	Salt 0g	

<p><b>Fish in Parsley Sauce</b></p> <p style="text-align: center;"><b>per typical 100g</b></p> <p>Energy 396kJ/94kcal</p> <p>Fat 2.3g</p> <p>of which Saturates 0.3g</p> <p>Carbohydrate 6.6g</p> <p>of which Sugars 3.5g</p> <p>Protein 7.1g</p> <p>Salt 0.46g</p>	<p><b>Veg and Lentils in Parsley Sauce</b></p> <p style="text-align: center;"><b>per typical 100g</b></p> <p>Energy 514kJ/122kcal</p> <p>Fat 1.1g</p> <p>of which Saturates 0.3g</p> <p>Carbohydrate 18g</p> <p>of which Sugars 5.3g</p> <p>Protein 7.7g</p> <p>Salt 0.24g</p>	<p><b>Veg and Lentils in parsley sauce AF</b></p> <p style="text-align: center;"><b>per typical 100g</b></p> <p>Energy 584kJ/139kcal</p> <p>Fat 3.1g</p> <p>of which Saturates 2.1g</p> <p>Carbohydrate 18g</p> <p>of which Sugars 3.5g</p> <p>Protein 7.1g</p> <p>Salt 0.03g</p>
<p><b>Green Beans</b></p> <p style="text-align: center;"><b>per typical 100g</b></p> <p>Energy 130kJ/31kcal</p> <p>Fat 0g</p> <p>of which Saturates 0g</p> <p>Carbohydrate 3.1g</p> <p>of which Sugars 2.2g</p> <p>Protein 2.1g</p> <p>Salt 0g</p>		

<b>Veggie Sausage and Bean Hotpot</b>	<b>Veg and Bean Hotpot A/F</b>	<b>Mashed potato</b>
<b>per typical 100g</b>	<b>per typical 100g</b>	<b>per typical 100g</b>
Energy 599kJ/144kcal	Energy 427kJ/102kcal	Energy 457kJ/110kcal
Fat 5.5g	Fat 1.1g	Fat 3.5g
of which Saturates 0.8g	of which Saturates 0.4g	of which Saturates 0.6g
Carbohydrate 6.0g	Carbohydrate 13g	Carbohydrate 16g
of which Sugars 1.3g	of which Sugars 2.6g	of which Sugars 0.9g
Protein 15g	Protein 6.1g	Protein 1.7g
Salt 2.8g	Salt 0.39g	Salt 0.65g