

## Menu Listing with Traffic Lights

Kim

## Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Item	Description	Amount											
SSP20221	Southern Fried Quorn Burger	Ptn	<p>Each Southern Fried Quorn Burger (120.3189g) contains</p> <table border="1"> <tr> <td>Energy 1333kJ 319kcal</td> <td>Fat 8.0g</td> <td>Saturates 1.7g</td> <td>Sugars 5.4g</td> <td>Salt 1.8g</td> </tr> <tr> <td><b>16%</b></td> <td><b>11%</b></td> <td><b>8%</b></td> <td><b>6%</b></td> <td><b>29%</b></td> </tr> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 1108kJ / 265kcal</p>	Energy 1333kJ 319kcal	Fat 8.0g	Saturates 1.7g	Sugars 5.4g	Salt 1.8g	<b>16%</b>	<b>11%</b>	<b>8%</b>	<b>6%</b>	<b>29%</b>
Energy 1333kJ 319kcal	Fat 8.0g	Saturates 1.7g	Sugars 5.4g	Salt 1.8g									
<b>16%</b>	<b>11%</b>	<b>8%</b>	<b>6%</b>	<b>29%</b>									
SSP20222	Vegan cumberland sausage	Ptn	<p>Each Vegan cumberland sausage (50g) contains</p> <table border="1"> <tr> <td>Energy 464kJ 111kcal</td> <td>Fat 5.0g</td> <td>Saturates 1.9g</td> <td>Sugars 1.0g</td> <td>Salt 0.76g</td> </tr> <tr> <td><b>6%</b></td> <td><b>7%</b></td> <td><b>9%</b></td> <td><b>1%</b></td> <td><b>13%</b></td> </tr> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 929kJ / 222kcal</p>	Energy 464kJ 111kcal	Fat 5.0g	Saturates 1.9g	Sugars 1.0g	Salt 0.76g	<b>6%</b>	<b>7%</b>	<b>9%</b>	<b>1%</b>	<b>13%</b>
Energy 464kJ 111kcal	Fat 5.0g	Saturates 1.9g	Sugars 1.0g	Salt 0.76g									
<b>6%</b>	<b>7%</b>	<b>9%</b>	<b>1%</b>	<b>13%</b>									
SSP20223	Baked New Potatoes	ptn	<p>Each Baked New Potatoes (86.5g) contains</p> <table border="1"> <tr> <td>Energy 452kJ 108kcal</td> <td>Fat 6.3g</td> <td>Saturates 0.6g</td> <td>Sugars 0.8g</td> <td>Salt 0.02g</td> </tr> <tr> <td><b>5%</b></td> <td><b>9%</b></td> <td><b>3%</b></td> <td><b>1%</b></td> <td><b>0%</b></td> </tr> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 523kJ / 125kcal</p>	Energy 452kJ 108kcal	Fat 6.3g	Saturates 0.6g	Sugars 0.8g	Salt 0.02g	<b>5%</b>	<b>9%</b>	<b>3%</b>	<b>1%</b>	<b>0%</b>
Energy 452kJ 108kcal	Fat 6.3g	Saturates 0.6g	Sugars 0.8g	Salt 0.02g									
<b>5%</b>	<b>9%</b>	<b>3%</b>	<b>1%</b>	<b>0%</b>									
SSP20224	Coleslaw	ptn	<p>Each Coleslaw (55.59g) contains</p> <table border="1"> <tr> <td>Energy 553kJ 132kcal</td> <td>Fat 13g</td> <td>Saturates 0.9g</td> <td>Sugars 2.4g</td> <td>Salt 0.25g</td> </tr> <tr> <td><b>7%</b></td> <td><b>19%</b></td> <td><b>5%</b></td> <td><b>3%</b></td> <td><b>4%</b></td> </tr> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 995kJ / 238kcal</p>	Energy 553kJ 132kcal	Fat 13g	Saturates 0.9g	Sugars 2.4g	Salt 0.25g	<b>7%</b>	<b>19%</b>	<b>5%</b>	<b>3%</b>	<b>4%</b>
Energy 553kJ 132kcal	Fat 13g	Saturates 0.9g	Sugars 2.4g	Salt 0.25g									
<b>7%</b>	<b>19%</b>	<b>5%</b>	<b>3%</b>	<b>4%</b>									
SSP20225	GF Beef Burger	Ptn	<p>Each GF Beef Burger (54.15g) contains</p> <table border="1"> <tr> <td>Energy 613kJ 146kcal</td> <td>Fat 11g</td> <td>Saturates 4.7g</td> <td>Sugars &lt;0.5g</td> <td>Salt 0.59g</td> </tr> <tr> <td><b>7%</b></td> <td><b>15%</b></td> <td><b>24%</b></td> <td><b>0%</b></td> <td><b>10%</b></td> </tr> </table> <p><b>of an adult's Reference Intake</b></p> <p>Typical values (as sold) per 100g: Energy 1132kJ / 271kcal</p>	Energy 613kJ 146kcal	Fat 11g	Saturates 4.7g	Sugars <0.5g	Salt 0.59g	<b>7%</b>	<b>15%</b>	<b>24%</b>	<b>0%</b>	<b>10%</b>
Energy 613kJ 146kcal	Fat 11g	Saturates 4.7g	Sugars <0.5g	Salt 0.59g									
<b>7%</b>	<b>15%</b>	<b>24%</b>	<b>0%</b>	<b>10%</b>									

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SSP20226 Crunchy Vege Sticks Ptn

Each Crunchy Vege Sticks (51.3g) contains

Energy 52kJ 13kcal	Fat <0.5g	Saturates <0.1g	Sugars 2.3g	Salt 0.02g
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>3%</b>	<b>0%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 102kJ / 24kcal

SSP20227 100% Pip Fruit Ice Lolly Ptn

Each 100% Pip Fruit Ice Lolly (40g) contains

Energy 72kJ 17kcal	Fat <0.5g	Saturates <0.1g	Sugars 4.0g	Salt <0.01g
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>4%</b>	<b>0%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 180kJ / 43kcal

SSP20228 Pasta Bolognaise Ptn

Each Pasta Bolognaise (128.9566g) contains

Energy 1450kJ 347kcal	Fat 11g	Saturates 3.3g	Sugars 4.1g	Salt 0.11g
<b>17%</b>	<b>16%</b>	<b>16%</b>	<b>5%</b>	<b>2%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1125kJ / 269kcal

SSP20229 Garlic & Herb Slice Ptn

Each Garlic & Herb Slice (30g) contains

Energy 413kJ 99kcal	Fat 5.0g	Saturates 2.5g	Sugars 1.0g	Salt 0.24g
<b>5%</b>	<b>7%</b>	<b>13%</b>	<b>1%</b>	<b>4%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1377kJ / 329kcal

SSP202210 Tomato & Basil Pinwheels Ptn

Each Tomato & Basil Pinwheels (60.3340g) contains

Energy 703kJ 168kcal	Fat 5.8g	Saturates 2.1g	Sugars <0.5g	Salt 0.53g
<b>8%</b>	<b>8%</b>	<b>10%</b>	<b>0%</b>	<b>9%</b>

of an adult's Reference Intake

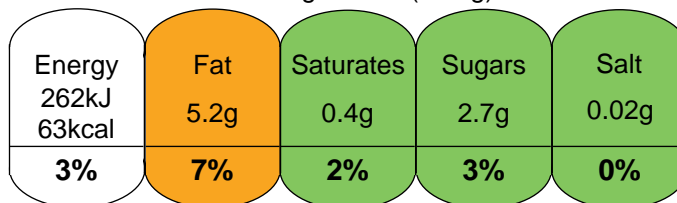
Typical values (as sold) per 100g: Energy 1165kJ / 278kcal

Menu Listing with Traffic Lights

Kim

SSP202211 Roasted Vegetables ptn

Each Roasted Vegetables (66.3g) contains

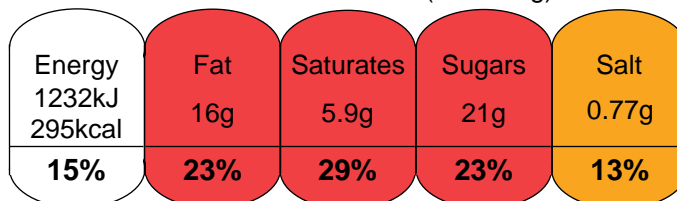


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 395kJ / 94kcal

SSP202212 Mendham's Lemon Drizzle Ptn

Each Mendham's Lemon Drizzle (63.2324g) contains

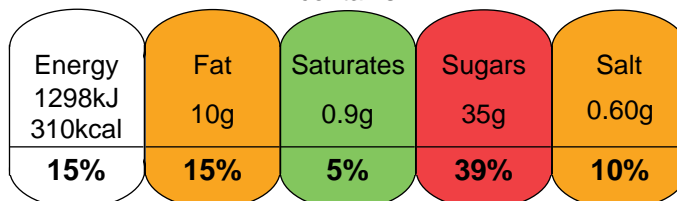


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1949kJ / 466kcal

SSP202213 Lemon Drizzle Traybake DF EG GF Vegan Ptn

Each Lemon Drizzle Traybake DF EG GF Vegan (86.86g) contains

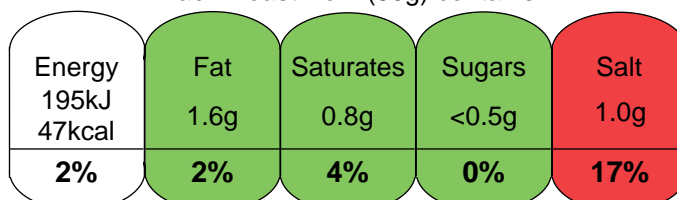


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1495kJ / 357kcal

SSP202214 Roast Pork ptn

Each Roast Pork (60g) contains

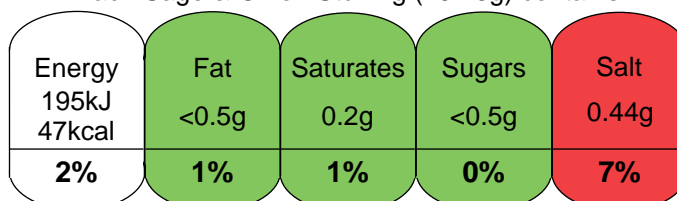


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 324kJ / 78kcal

SSP202215 Sage & Onion Stuffing ptn

Each Sage & Onion Stuffing (25.73g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 758kJ / 181kcal

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SSP202216 Gravy ptn

Each Gravy (37.125g) contains

Energy 55kJ 13kcal	Fat <0.5g	Saturates <0.1g	Sugars <0.5g	Salt 0.37g
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>6%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 148kJ / 35kcal

SSP202217 Sweet Potato & lentil Plait Ptn

Each Sweet Potato & lentil Plait (141.4237g) contains

Energy 1191kJ 285kcal	Fat 13g	Saturates 5.2g	Sugars 5.8g	Salt 0.28g
<b>14%</b>	<b>18%</b>	<b>26%</b>	<b>6%</b>	<b>5%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 842kJ / 201kcal

SSP202218 Roast Potatoes ptn

Each Roast Potatoes (88g) contains

Energy 415kJ 99kcal	Fat 3.4g	Saturates 0.3g	Sugars <0.5g	Salt 0.21g
<b>5%</b>	<b>5%</b>	<b>2%</b>	<b>0%</b>	<b>4%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 472kJ / 113kcal

SSP202219 baby carrots portion Ptn

Each baby carrots portion (50g) contains

Energy 77kJ 19kcal	Fat <0.5g	Saturates <0.1g	Sugars 2.8g	Salt 0.05g
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>3%</b>	<b>1%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 155kJ / 37kcal

SSP202220 Cabbage ptn

Each Cabbage (38.51g) contains

Energy 44kJ 10kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.5g	Salt <0.01g
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>2%</b>	<b>0%</b>

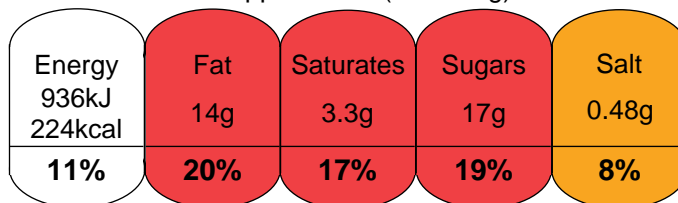
of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 113kJ / 27kcal

Menu Listing with Traffic Lights

SSP202221 Toffee Apple Muffin Ptn

Each Toffee Apple Muffin (57.0857g) contains

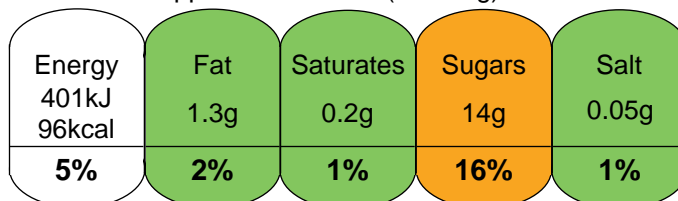


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1640kJ / 392kcal

SSP202292 Apple custard Fool Ptn

Each Apple custard Fool (115.34g) contains

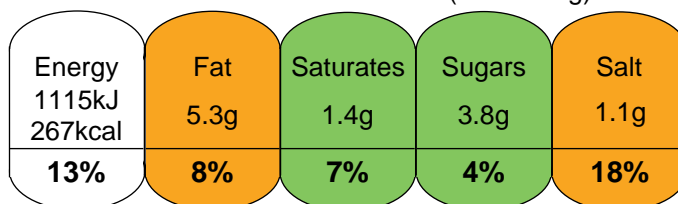


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 347kJ / 83kcal

SSP202223 Marinated Chicken & Salad Pita Ptn

Each Marinated Chicken & Salad Pita (158.8399g) contains

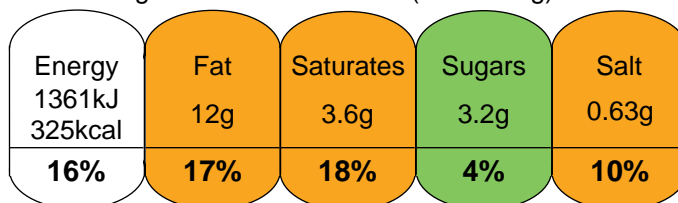


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 702kJ / 168kcal

SSP202224 Vegetable & Bean Burrito Ptn

Each Vegetable & Bean Burrito (136.3084g) contains

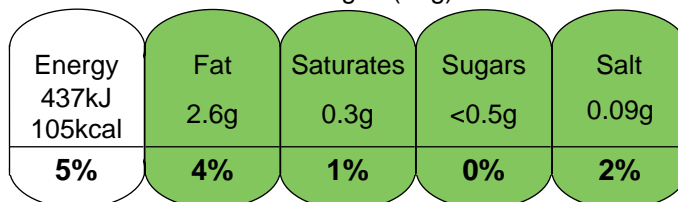


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 999kJ / 239kcal

SSP202226 Potato Wedges Ptn

Each Potato Wedges (85g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 515kJ / 123kcal

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SSP202227 Sweetcorn Portion ptn

Each Sweetcorn Portion (49.5g) contains

Energy 238kJ 57kcal	Fat 0.6g	Saturates <0.1g	Sugars 2.3g	Salt <0.01g
<b>3%</b>	<b>1%</b>	<b>0%</b>	<b>2%</b>	<b>0%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 482kJ / 115kcal

SSP202225 Ice cream Roll Ptn

Each Ice cream Roll (66.6667g) contains

Energy 632kJ 135kcal	Fat 2.4g	Saturates 1.2g	Sugars 21g	Salt 0.14g
<b>8%</b>	<b>3%</b>	<b>6%</b>	<b>23%</b>	<b>2%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 948kJ / 203kcal

SSP202228 Fruit & Ice Cream Ptn

Each Fruit & Ice Cream (98g) contains

Energy 615kJ 147kcal	Fat 5.2g	Saturates 4.6g	Sugars 16g	Salt 0.14g
<b>7%</b>	<b>7%</b>	<b>23%</b>	<b>18%</b>	<b>2%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 627kJ / 150kcal

SSP202229 Fresh Fruit Portion Ptn

Each Fresh Fruit Portion (64.5g) contains

Energy 117kJ 28kcal	Fat <0.5g	Saturates <0.1g	Sugars 6.8g	Salt <0.01g
<b>1%</b>	<b>0%</b>	<b>0%</b>	<b>8%</b>	<b>0%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 182kJ / 44kcal

SSP202230 Jelly with Fresh fruit ptn

Each Jelly with Fresh fruit (127.5g) contains

Energy 305kJ 73kcal	Fat <0.5g	Saturates <0.1g	Sugars 18g	Salt 0.04g
<b>4%</b>	<b>0%</b>	<b>0%</b>	<b>20%</b>	<b>1%</b>

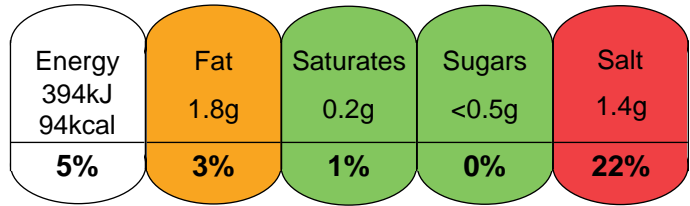
of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 239kJ / 57kcal

Menu Listing with Traffic Lights

SSP202231 Baked GF Fish Fingers ptn

Each Baked GF Fish Fingers (59.94g) contains

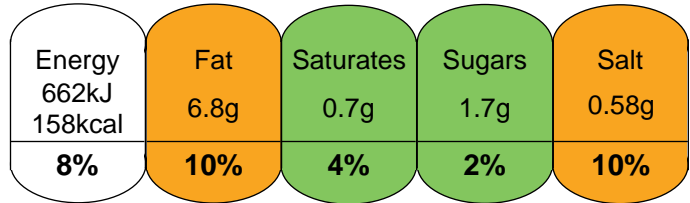


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 658kJ / 157kcal

SSP202232 Vegetable Goujons Ptn

Each Vegetable Goujons (69.3g) contains

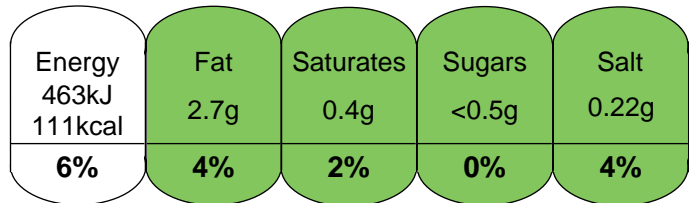


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 955kJ / 228kcal

SSP202233 Chips ptn

Each Chips (90g) contains

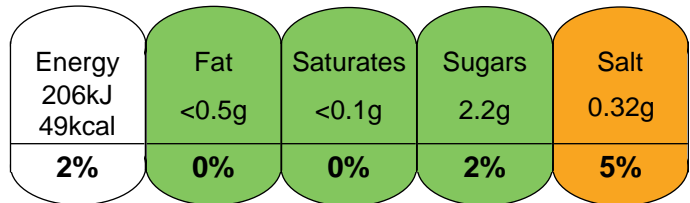


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 515kJ / 123kcal

SSP202234 Baked Beans ptn

Each Baked Beans (60g) contains

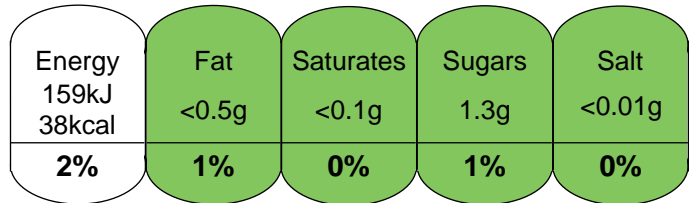


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 343kJ / 82kcal

SSP202235 Peas -Veg Portion ptn

Each Peas -Veg Portion (50g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 318kJ / 76kcal

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SSP202236 Quorn Fishless Fingers Ptn

Each Quorn Fishless Fingers (59.4g) contains

Energy 537kJ 128kcal	Fat 4.7g	Saturates 0.4g	Sugars 1.0g	Salt 0.78g
<b>6%</b>	<b>7%</b>	<b>2%</b>	<b>1%</b>	<b>13%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 904kJ / 216kcal

SSP202237 Chocolate Courgette Cake Ptn

Each Chocolate Courgette Cake (52.08g) contains

Energy 1031kJ 246kcal	Fat 15g	Saturates 1.4g	Sugars 14g	Salt 0.37g
<b>12%</b>	<b>21%</b>	<b>7%</b>	<b>16%</b>	<b>6%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1979kJ / 473kcal

SSP202238 Little town yoghurt Ptn

Each Little town yoghurt (124.875g) contains

Energy 329kJ 79kcal	Fat 1.0g	Saturates 0.5g	Sugars 12g	Salt 0.13g
<b>4%</b>	<b>1%</b>	<b>2%</b>	<b>13%</b>	<b>2%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 264kJ / 63kcal

SSP202239 Chocolate Shortbread Cookies GF DF Ptn

Each Chocolate Shortbread Cookies GF DF (41.3325g) contains

Energy 814kJ 195kcal	Fat 11g	Saturates 3.9g	Sugars 9.0g	Salt 0.39g
<b>10%</b>	<b>15%</b>	<b>20%</b>	<b>10%</b>	<b>6%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1970kJ / 471kcal

The values for each nutrient above are per serving.