

Menu Listing with Traffic Lights

Kim

Menu: SSP22recipeswk2 Spring Summer 22 Primary week 2

Item	Description	Amount
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SSP202240 Traffic Light Pizza ptn

Each Traffic Light Pizza (119.9796g) contains

Energy 1146kJ 274kcal	Fat 9.7g	Saturates 5.3g	Sugars 2.3g	Salt 0.46g
<b>14%</b>	<b>14%</b>	<b>26%</b>	<b>3%</b>	<b>8%</b>

**of an adult's Reference Intake**

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

SSP202241 Vegetable chilli & Nachos Ptn

Each Vegetable chilli & Nachos (133.038g) contains

Energy 978kJ 234kcal	Fat 9.4g	Saturates 0.8g	Sugars 6.4g	Salt 0.60g
<b>12%</b>	<b>13%</b>	<b>4%</b>	<b>7%</b>	<b>10%</b>

**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 735kJ / 176kcal

SSP202242 Crunchy Pasta Salad ptn

Each Crunchy Pasta Salad (59.52g) contains

Energy 696kJ 166kcal	Fat 3.9g	Saturates 0.4g	Sugars 2.5g	Salt 0.17g
<b>8%</b>	<b>6%</b>	<b>2%</b>	<b>3%</b>	<b>3%</b>

**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 1169kJ / 279kcal

SSP202243 GF Margarita Pizza Ptn

Each GF Margarita Pizza (78.1521g) contains

Energy 727kJ 174kcal	Fat 7.2g	Saturates 4.9g	Sugars 2.6g	Salt 0.84g
<b>9%</b>	<b>10%</b>	<b>25%</b>	<b>3%</b>	<b>14%</b>

**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 931kJ / 222kcal

SSP202244 Jam Roly Poly Ptn

Each Jam Roly Poly (67.5g) contains

Energy 870kJ 201kcal	Fat 6.3g	Saturates 2.4g	Sugars 7.3g	Salt 0.47g
<b>10%</b>	<b>9%</b>	<b>12%</b>	<b>8%</b>	<b>8%</b>

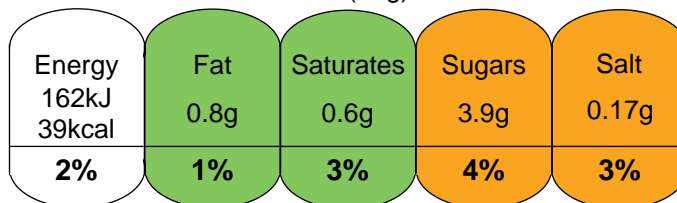
**of an adult's Reference Intake**

Typical values (as sold) per 100g: Energy 1288kJ / 298kcal

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SSP202245 Custard ptn

Each Custard (54g) contains

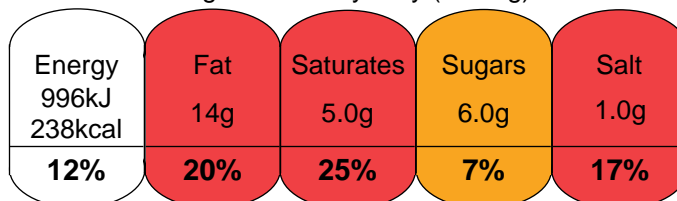


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 299kJ / 72kcal

SSP202244 GF/Vegan Jam Roly Poly Ptn

Each GF/Vegan Jam Roly Poly (67.75g) contains

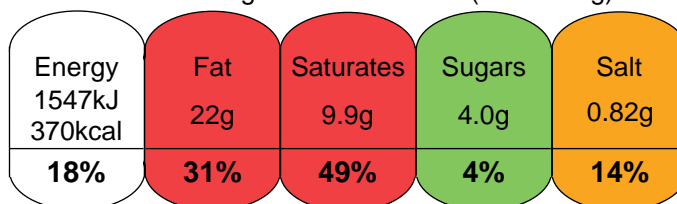


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1470kJ / 351kcal

SSP202246 Italian Beef Lasagne & Garlic bread ptn

Each Italian Beef Lasagne & Garlic bread (109.9447g) contains

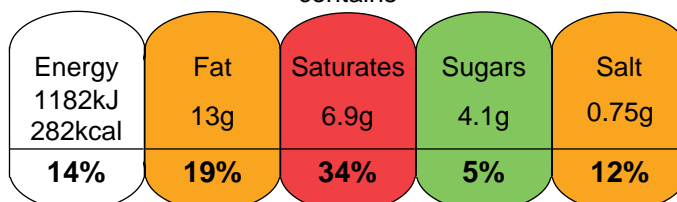


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1407kJ / 336kcal

SSP202247 Everybody's Favourite Macaroni Cheese ptn

Each Everybody's Favourite Macaroni Cheese (124.375g) contains

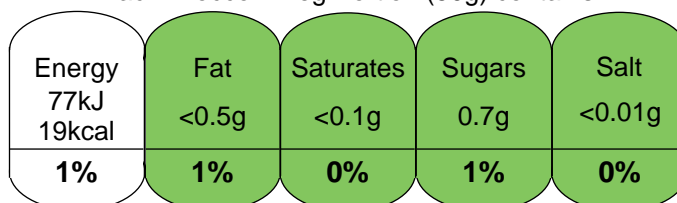


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 950kJ / 227kcal

SSP202248 Broccoli -Veg Portion ptn

Each Broccoli -Veg Portion (50g) contains



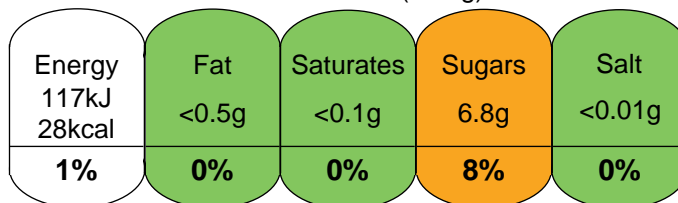
of an adult's Reference Intake

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

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SSP202229 Fresh Fruit Portion Ptn

Each Fresh Fruit Portion (64.5g) contains

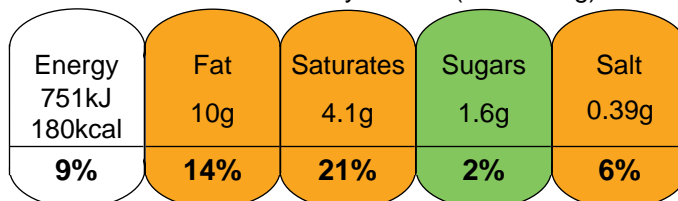


of an adult's Reference Intake

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

SSP202246 Classic Beef & Potato layer bake ptn

Each Classic Beef & Potato layer bake (126.8306g) contains

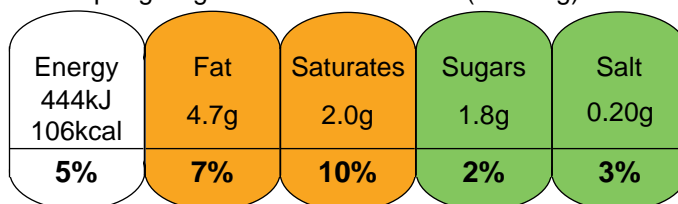


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 592kJ / 142kcal

SSP202249 Spring Vegetable & Potato Bake Ptn

Each Spring Vegetable & Potato Bake (107.84g) contains

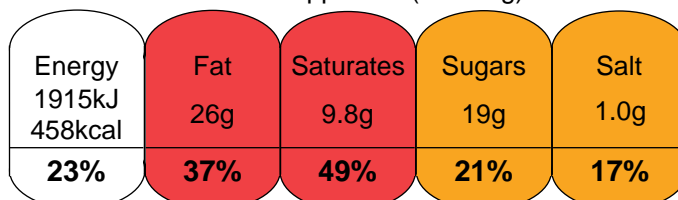


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 412kJ / 98kcal

SSP202250 All American Apple Pie ptn

Each All American Apple Pie (128.07g) contains

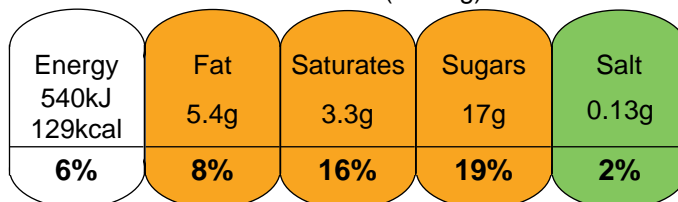


of an adult's Reference Intake

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

SSP202251 Vanilla ice cream each

Each Vanilla ice cream (83.33g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 649kJ / 155kcal

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SSP202222 Gluten free shortbread Ptn

Each Gluten free shortbread (46.55g) contains

Energy 943kJ 226kcal	Fat 12g	Saturates 4.3g	Sugars 9.1g	Salt 0.43g
<b>11%</b>	<b>17%</b>	<b>21%</b>	<b>10%</b>	<b>7%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 2027kJ / 484kcal

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

SSP202252 Roast Gammon Steak & Pineapple Ptn

Each Roast Gammon Steak & Pineapple (85.5g) contains

Energy 394kJ 94kcal	Fat 2.7g	Saturates 0.9g	Sugars 5.1g	Salt 1.1g
<b>5%</b>	<b>4%</b>	<b>4%</b>	<b>6%</b>	<b>18%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 461kJ / 110kcal

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

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

Menu Listing with Traffic Lights

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

SSP202253 Eton Mess Cheesecake Ptn

Each Eton Mess Cheesecake (104.6574g) contains

Energy 1091kJ 261kcal	Fat 11g	Saturates 6.2g	Sugars 26g	Salt 0.68g
<b>13%</b>	<b>16%</b>	<b>31%</b>	<b>28%</b>	<b>11%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1043kJ / 249kcal

SSP202254 Summer Berry Eton Mess GF Ptn

Each Summer Berry Eton Mess GF (57g) contains

Energy 447kJ 106kcal	Fat <0.5g	Saturates <0.1g	Sugars 25g	Salt 0.04g
<b>5%</b>	<b>0%</b>	<b>0%</b>	<b>27%</b>	<b>1%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 785kJ / 186kcal

SSP202255 Watermelon & Grapes Ptn

Each Watermelon & Grapes (102g) contains

Energy 228kJ 55kcal	Fat <0.5g	Saturates <0.1g	Sugars 14g	Salt <0.01g
<b>3%</b>	<b>0%</b>	<b>0%</b>	<b>15%</b>	<b>0%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 224kJ / 54kcal

SSP202256 Smokey Joe \Chicken Fillet GF ptn

Each Smokey Joe \Chicken Fillet GF (82g) contains

Energy 601kJ 144kcal	Fat 6.3g	Saturates 3.6g	Sugars 3.9g	Salt 0.95g
<b>7%</b>	<b>9%</b>	<b>18%</b>	<b>4%</b>	<b>16%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 733kJ / 175kcal

Menu Listing with Traffic Lights

SSP202257 Vegetable & Bean Loaf Ptn

Each Vegetable & Bean Loaf (175.1567g) contains

Energy 734kJ 176kcal	Fat 6.8g	Saturates 3.8g	Sugars 3.2g	Salt 0.57g
9%	10%	19%	4%	10%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 419kJ / 100kcal

SSP202258 New potatoes ptn

Each New potatoes (94.86g) contains

Energy 418kJ 100kcal	Fat 4.1g	Saturates 1.5g	Sugars 1.0g	Salt 0.16g
5%	6%	8%	1%	3%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 441kJ / 105kcal

SSP202259 Corn on the Cob (60g portion) ptn

Each Corn on the Cob (60g portion) (60g) contains

Energy 284kJ 68kcal	Fat 1.1g	Saturates 0.2g	Sugars 6.6g	Salt 0.03g
3%	2%	1%	7%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 473kJ / 113kcal

SSP202260 Green Beans Portion ptn

Each Green Beans Portion (57g) contains

Energy 78kJ 19kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.4g	Salt <0.01g
1%	0%	0%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 137kJ / 33kcal

SSP202261 BBQ Quorn Fillet (Smokey Joe) ptn

Each BBQ Quorn Fillet (Smokey Joe) (85g) contains

Energy 441kJ 105kcal	Fat 2.4g	Saturates 1.6g	Sugars 3.9g	Salt 0.22g
5%	3%	8%	4%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 518kJ / 124kcal

Menu Listing with Traffic Lights

Kim

SSP202262 Blueberry Muffin Ptn

Each Blueberry Muffin (72g) contains

Energy 781kJ 187kcal	Fat 7.4g	Saturates 2.7g	Sugars 11g	Salt 0.96g
<b>9%</b>	<b>11%</b>	<b>14%</b>	<b>12%</b>	<b>16%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1085kJ / 259kcal

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

SSP202263 Vegan / DF Pancakes Ptn

Each Vegan / DF Pancakes (64.4583g) contains

Energy 844kJ 202kcal	Fat 8.4g	Saturates 0.7g	Sugars 10g	Salt 0.63g
<b>10%</b>	<b>12%</b>	<b>4%</b>	<b>11%</b>	<b>10%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1310kJ / 313kcal

SSP202264 Crispy Battered Fish Fillet GF ptn

Each Crispy Battered Fish Fillet GF (80g) contains

Energy 733kJ 175kcal	Fat 8.2g	Saturates 0.6g	Sugars <0.5g	Salt 0.52g
<b>9%</b>	<b>12%</b>	<b>3%</b>	<b>0%</b>	<b>9%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 916kJ / 219kcal

SSP202265 Vegan Sausage roll Ptn

Each Vegan Sausage roll (100g) contains

Energy 577kJ 138kcal	Fat 8.0g	Saturates 3.3g	Sugars 1.0g	Salt 0.56g
<b>7%</b>	<b>11%</b>	<b>16%</b>	<b>1%</b>	<b>9%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 577kJ / 138kcal

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SSP202233 Chips ptn

Each Chips (90g) contains

Energy 463kJ 111kcal	Fat 2.7g	Saturates 0.4g	Sugars <0.5g	Salt 0.22g
<b>6%</b>	<b>4%</b>	<b>2%</b>	<b>0%</b>	<b>4%</b>

of an adult's Reference Intake

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

SSP202234 Baked Beans ptn

Each Baked Beans (60g) contains

Energy 206kJ 49kcal	Fat <0.5g	Saturates <0.1g	Sugars 2.2g	Salt 0.32g
<b>2%</b>	<b>0%</b>	<b>0%</b>	<b>2%</b>	<b>5%</b>

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

Energy 159kJ 38kcal	Fat <0.5g	Saturates <0.1g	Sugars 1.3g	Salt <0.01g
<b>2%</b>	<b>1%</b>	<b>0%</b>	<b>1%</b>	<b>0%</b>

of an adult's Reference Intake

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

SSP202266 Chocolate Beetroot Brownie Ptn

Each Chocolate Beetroot Brownie (67.1667g) contains

Energy 992kJ 237kcal	Fat 11g	Saturates 4.3g	Sugars 24g	Salt 0.41g
<b>12%</b>	<b>16%</b>	<b>21%</b>	<b>26%</b>	<b>7%</b>

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1476kJ / 353kcal

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

The values for each nutrient above are per serving.