

Menu Listing with Traffic Lights

Kim

Menu: SSP22recipeswk3 Spring Summer 22 Primary week 3

Item	Description	Amount
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SSP202267 Margarita Pizza ptn

Each Margarita Pizza (101.828g) contains

Energy 1194kJ 285kcal	Fat 7.6g	Saturates 4.0g	Sugars 2.2g	Salt 0.40g
14%	11%	20%	2%	7%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1172kJ / 280kcal

SSP202268 Lentil & Tomato bake Ptn

Each Lentil & Tomato bake (153.7561g) contains

Energy 1358kJ 324kcal	Fat 14g	Saturates 3.1g	Sugars 5.6g	Salt 0.92g
16%	21%	15%	6%	15%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 883kJ / 211kcal

SSP202269 Mixed rainbow Salad ptn

Each Mixed rainbow Salad (66.62g) contains

Energy 57kJ 14kcal	Fat <0.5g	Saturates <0.1g	Sugars 2.3g	Salt 0.02g
1%	0%	0%	3%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 86kJ / 20kcal

SSP20224 Coleslaw ptn

Each Coleslaw (55.59g) contains

Energy 553kJ 132kcal	Fat 13g	Saturates 0.9g	Sugars 2.4g	Salt 0.25g
7%	19%	5%	3%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 995kJ / 238kcal

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
9%	10%	25%	3%	14%

of an adult's Reference Intake

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

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SSP202270 Strawberry fruit ice smoothie Ptn

Each Strawberry fruit ice smoothie (79.992g) contains

Energy 274kJ 66kcal	Fat <0.5g	Saturates <0.1g	Sugars 14g	Salt 0.03g
3%	0%	0%	16%	0%

of an adult's Reference Intake

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

SSP202271 Wicks Manor Pork & Apple Burger Ptn

Each Wicks Manor Pork & Apple Burger (127.8071g) contains

Energy 1526kJ 365kcal	Fat 13g	Saturates 4.4g	Sugars 4.5g	Salt 1.6g
18%	19%	22%	5%	27%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1194kJ / 285kcal

SSP202272 Quorn Hot Dog with ketchup Ptn

Each Quorn Hot Dog with ketchup (115g) contains

Energy 1099kJ 263kcal	Fat 6.8g	Saturates 2.5g	Sugars 6.0g	Salt 1.4g
13%	10%	12%	7%	23%

of an adult's Reference Intake

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

SSP202273 Herby Diced Potatoes Ptn

Each Herby Diced Potatoes (124g) contains

Energy 485kJ 116kcal	Fat 3.2g	Saturates 0.4g	Sugars 0.8g	Salt 0.21g
6%	5%	2%	1%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 391kJ / 94kcal

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
3%	1%	0%	2%	0%

of an adult's Reference Intake

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

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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
2%	1%	0%	1%	0%

of an adult's Reference Intake

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

SSP20225 GF Beef Burger Ptn

Each GF Beef Burger (54.15g) contains

Energy 613kJ 146kcal	Fat 11g	Saturates 4.7g	Sugars <0.5g	Salt 0.59g
7%	15%	24%	0%	10%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1132kJ / 271kcal

SSP202274 Quorn Vegan Dippers Ptn

Each Quorn Vegan Dippers (59.4g) contains

Energy 462kJ 110kcal	Fat 5.8g	Saturates 0.6g	Sugars <0.5g	Salt 0.47g
6%	8%	3%	0%	8%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 778kJ / 186kcal

SSP202275 Sticky Gingerbread Cake Ptn

Each Sticky Gingerbread Cake (71.15g) contains

Energy 1105kJ 264kcal	Fat 8.5g	Saturates 3.1g	Sugars 28g	Salt 0.85g
13%	12%	16%	32%	14%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1553kJ / 371kcal

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
11%	17%	21%	10%	7%

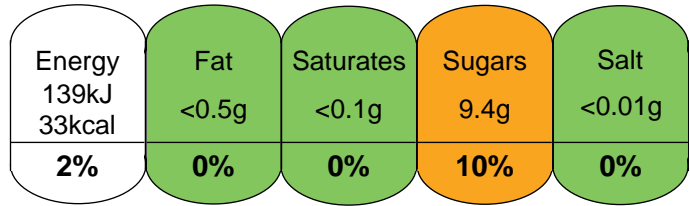
of an adult's Reference Intake

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

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SSP202276 Apple Juice Cuplet Ptn

Each Apple Juice Cuplet (85g) contains

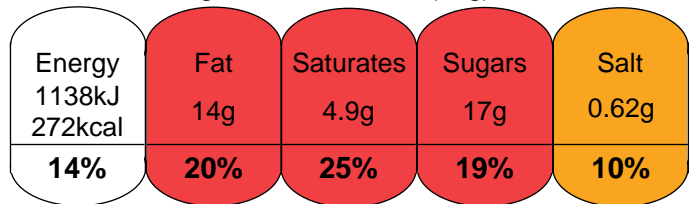


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 163kJ / 39kcal

SSP202277 Vegan DF Oat cookie Ptn

Each Vegan DF Oat cookie (57g) contains

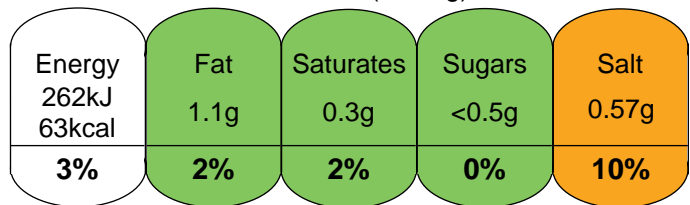


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1996kJ / 477kcal

SSP202278 Roast Chicken ptn

Each Roast Chicken (54.15g) contains

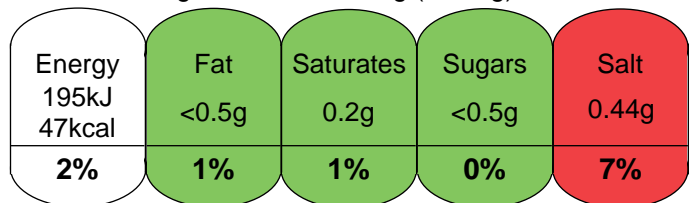


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 484kJ / 116kcal

SSP202215 Sage & Onion Stuffing ptn

Each Sage & Onion Stuffing (25.73g) contains

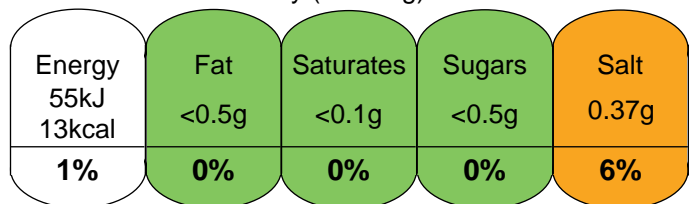


of an adult's Reference Intake

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

SSP202216 Gravy ptn

Each Gravy (37.125g) contains



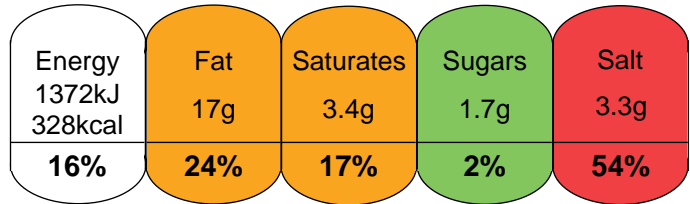
of an adult's Reference Intake

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

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SSP202279 Cumberland Vegan Toad in Hole Ptn

Each Cumberland Vegan Toad in Hole (131.4g) contains

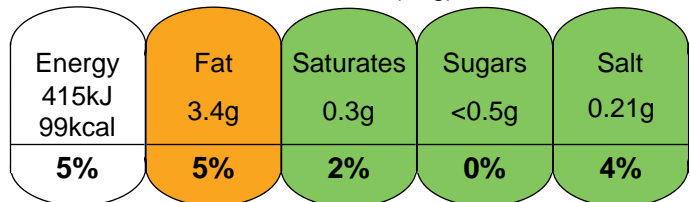


of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1044kJ / 249kcal

SSP202218 Roast Potatoes ptn

Each Roast Potatoes (88g) contains

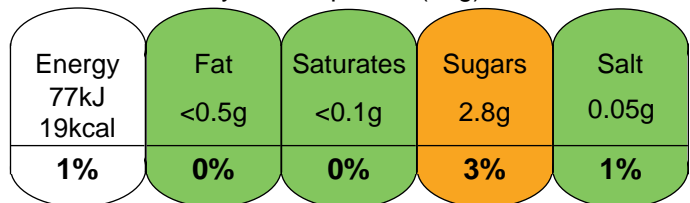


of an adult's Reference Intake

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

SSP202219 baby carrots portion Ptn

Each baby carrots portion (50g) contains

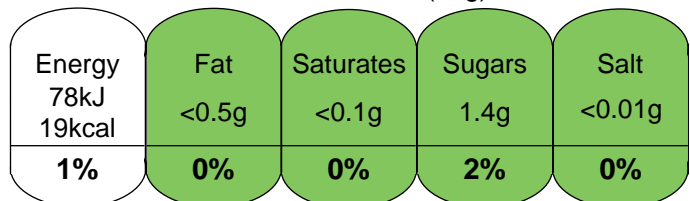


of an adult's Reference Intake

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

SSP202260 Green Beans Portion ptn

Each Green Beans Portion (57g) contains

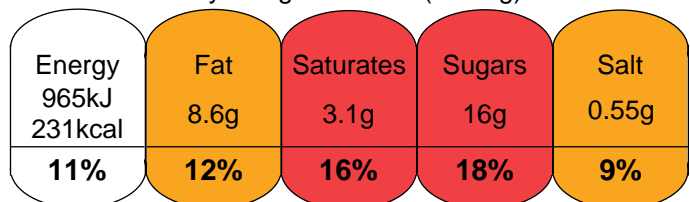


of an adult's Reference Intake

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

SSP202280 Jammy Dodger Biscuits ptn

Each Jammy Dodger Biscuits (56.25g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1715kJ / 410kcal

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SSP202281 Chicken & Broccoli Bake Ptn

Each Chicken & Broccoli Bake (126.9375g) contains

Energy 1651kJ 395kcal	Fat 13g	Saturates 5.7g	Sugars 6.7g	Salt 0.73g
20%	18%	28%	7%	12%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1300kJ / 311kcal

SSP202282 Salmon & Ketchup Fishcake Ptn

Each Salmon & Ketchup Fishcake (121.12g) contains

Energy 960kJ 229kcal	Fat 10g	Saturates 1.1g	Sugars 1.7g	Salt 0.71g
11%	14%	5%	2%	12%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 792kJ / 189kcal

SSP202283 Chicken & Broccoli Potato Bake Ptn

Each Chicken & Broccoli Potato Bake (124.4g) contains

Energy 596kJ 143kcal	Fat 5.5g	Saturates 2.6g	Sugars 1.3g	Salt 0.36g
7%	8%	13%	1%	6%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 479kJ / 115kcal

SSP202284 Ratatouille Pasta Bake ptn

Each Ratatouille Pasta Bake (122.848g) contains

Energy 586kJ 140kcal	Fat 4.3g	Saturates 2.4g	Sugars 4.7g	Salt 0.25g
7%	6%	12%	5%	4%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 477kJ / 114kcal

SSP202285 Carrot & Banana Cake Ptn

Each Carrot & Banana Cake (110.593g) contains

Energy 1954kJ 467kcal	Fat 22g	Saturates 3.9g	Sugars 46g	Salt 0.90g
23%	31%	19%	51%	15%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1767kJ / 422kcal

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SSP202286 Strawberry Mousse GF ptn

Each Strawberry Mousse GF (62.5g) contains

Energy 338kJ 81kcal	Fat 2.4g	Saturates 2.0g	Sugars 10g	Salt 0.29g
4%	3%	10%	11%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 541kJ / 129kcal

SSP202287 Banana pancakes Ptn
Vegan/Dairy free

Each Banana pancakes Vegan/Dairy free (52.02g) contains

Energy 537kJ 128kcal	Fat 3.5g	Saturates 0.3g	Sugars 14g	Salt 0.34g
6%	5%	2%	15%	6%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1032kJ / 247kcal

SSP202231 Baked GF Fish Fingers ptn

Each Baked GF Fish Fingers (59.94g) contains

Energy 394kJ 94kcal	Fat 1.8g	Saturates 0.2g	Sugars <0.5g	Salt 1.4g
5%	3%	1%	0%	22%

of an adult's Reference Intake

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

SSP202288 Quorn Vegan Nuggets Ptn

Each Quorn Vegan Nuggets (63g) contains

Energy 538kJ 129kcal	Fat 2.0g	Saturates 0.2g	Sugars 1.4g	Salt 0.95g
6%	3%	1%	2%	16%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 854kJ / 204kcal

SSP202233 Chips ptn

Each Chips (90g) contains

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

of an adult's Reference Intake

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

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SSP202234 Baked Beans ptn

Each Baked Beans (60g) contains

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

of an adult's Reference Intake

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

SSP202289 Mendham Chocolate Square Ptn

Each Mendham Chocolate Square (64g) contains

Energy 1682kJ 402kcal	Fat 25g	Saturates 13g	Sugars 24g	Salt 0.88g
20%	36%	63%	27%	15%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 2629kJ / 628kcal

SSP202290 Chocolate Mousse GF ptn

Each Chocolate Mousse GF (62.5g) contains

Energy 326kJ 78kcal	Fat 2.5g	Saturates 2.0g	Sugars 8.4g	Salt 0.28g
4%	4%	10%	9%	5%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 522kJ / 125kcal

SSP202291 Chocolate Square Vegan Dairy free ptn

Each Chocolate Square Vegan Dairy free (51g) contains

Energy 536kJ 223kcal	Fat 6.8g	Saturates 2.6g	Sugars 18g	Salt 0.68g
6%	10%	13%	20%	11%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1051kJ / 437kcal

The values for each nutrient above are per serving.