



Sample Menu

Nutritional Information

08_26_V14

Please note: Some meal options may vary depending on your school's menu.

Sweet & Sour Chicken



September Monthly Special!

Nutri-Score



fresh^{tomato}day

Ingredients:

Rice (45.2%)

[Water 66%, Long Grain Parboiled Rice 34%]

Diced Chicken
(28.8%)

[Chicken Breast Meat (99%), Salt]

Sweet & Sour
Sauce (20.3%)

[Water, Tomato Purée From Concentrate (17%), Sugar, Pineapple Juice From Concentrate (9%), Spirit Vinegar, Modified Maize Starch, Lemon Juice From Concentrate, Salt, Dried Garlic, Ginger Powder, Colour: Paprika Extract, Chilli Powder]

Mixed Peppers
(5.7%)

[Green Pepper, Red Pepper, Yellow Pepper]

Contains: No Added Allergens!

Nutritional Information

PER 100G & PER PORTION	(100g)	(198g)
Energy (kJ)	469.6	929.8
Energy (Kcal)	112.27	222.3
Fat (g)	0.71	1.4
Of which saturates (g)	0.3	0.6
Carbohydrates (g)	16.57	32.8
Of which sugars (g)	1.97	3.9
Fibre (g)	2.68	5.3
Protein (g)	9.29	18.4
Salt (g)	0.25	0.5

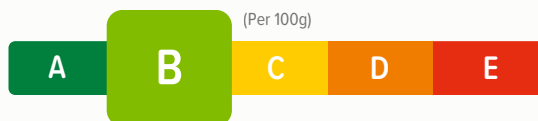
Variety Score



Healthy Sausage & Mash (with gravy!)



Nutri-Score



fresh^{tomato}day

Ingredients:

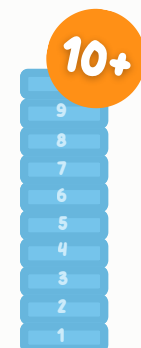
Mash (37%)	[White Potato, Water, Whole MILK, Salted Butter (Butter (MILK), Salt), Salt, Ground White Pepper]
Carrots (29.6%)	[Carrot]
Sausage (18.5%)	[Pork, Water, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts Filled Into Alginate Casing]
Gravy (14.8%)	[Water, Modified Maize Starch, Maltodextrin, Salt, Beef Glace, Beef Stock (Beef Bone Stock, Beef Meat, Water, Beef Extract, Beef Fat), Sugar, Maize Starch, Sea Salt, Concentrated Vegetable Juices (Onion, Tomato), Tomato Powder, Palm Fat Powder, Dried Glucose Syrup, Yeast Extracts (Yeast Extract, Salt), Sugar, Onion Powder, Colour: (Sulphite Ammonia Caramel), Beef Stock Powder (Yeast Extract [Yeast Extract, Salt], Rice Flour, Sugar, Dried Glucose Syrup, Salt, Natural Flavouring, Onion Powder, Dehydrated Cooked Beef, Ground Black Pepper, Ground Bay), Thickener: (Xanthan Gum), Preservative: (Potassium Sorbate)]

Contains: Milk & Wheat (Gluten)

Nutritional Information

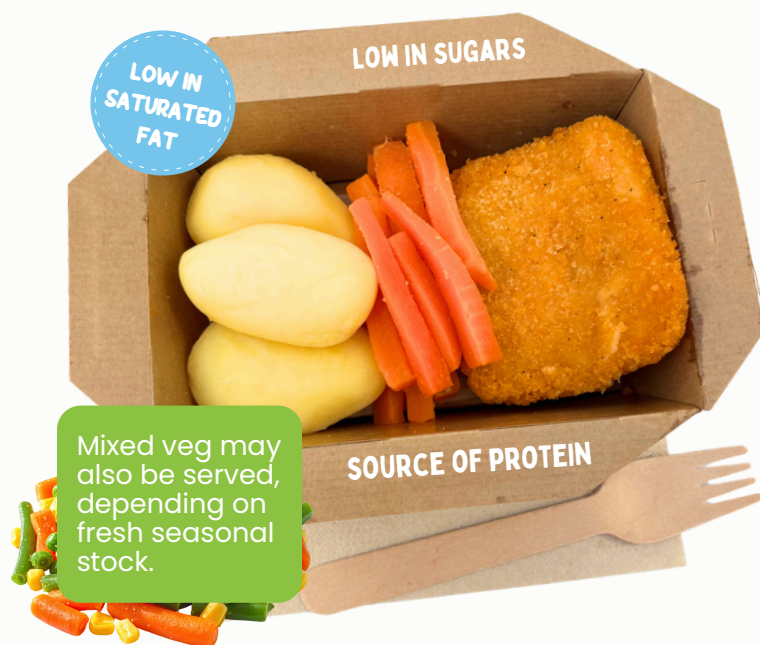
PER 100G & PER PORTION	(100g)	(270g)
Energy (kJ)	401.52	1084.1
Energy (Kcal)	95.96	259.1
Fat (g)	4.7	12.7
Of which saturates (g)	1.37	3.7
Carbohydrates (g)	10.33	27.9
Of which sugars (g)	2.15	5.8
Fibre (g)	1.44	3.9
Protein (g)	2.93	7.9
Salt (g)	0.59	1.6

Variety Score



Captain's Catch

fresht^oday



Nutri-Score



Ingredients:

Baby Potatoes (38.5%)

[Potatoes, Water, Salt, Firming Agent (Calcium Chloride)]

Fish (30.8%)

[Alaska Pollack Fillet (Approx 75%), Wheat Flour, Corn Flour, Vegetable Oil (Sunflower And/or Rapeseed, In Varying Proportions), Modified Starch (Corn, Wheat), Corn Starch, Salt, Milk Protein, Egg Yolk Powder (Free Range Egg), Dextrose, Maltodextrin, Spices (Paprika Powder, White Pepper, Turmeric, Onion Powder, Garlic Powder), Yeast Extract, Natural Flavor (Contains Wheat), Color: Paprika Extract, Raising Agent: Disodium Diphosphate]

Carrots (30.8%)

[Carrot (100%)]

Contains: Fish, Milk, Wheat (Gluten), Egg

Nutritional Information

PER 100G & PER PORTION	(100g)	(260g)
Energy (kJ)	418.72	1088.67
Energy (Kcal)	100.08	260.2
Fat (g)	3.36	8.74
Of which saturates (g)	0.51	1.32
Carbohydrates (g)	12.42	32.28
Of which sugars (g)	2.04	5.3
Fibre (g)	2.08	5.4
Protein (g)	4.42	11.48
Salt (g)	0.38	1

Variety Score



Roast Gammon

freshtoday

High in Protein!

Low in fat
and
saturated fat

Mixed veg may
also be served,
depending on
fresh seasonal
stock.

Nutri-Score

(Per 100g)

A

B

C

D

E

Ingredients:

Baby Potatoes (50%) [Potatoes, Water, Salt, Firming Agent: Calcium Chloride]

Bacon (27.8%) [Pork (92%), Water, Salt, Antioxidant: (Sodium Ascorbate), Preservatives: (Sodium Nitrite, Sodium Nitrate)]

Cabbage (22.2%) [Cabbage]

Contains: No Added Allergens!

Nutritional Information:

Variety Score:

PER 100G & PER PORTION	(100g)	(197g)
Energy (kJ)	289.5	570.7
Energy (Kcal)	69.2	136.4
Fat (g)	1	2
Of which saturates (g)	0.3	0.7
Carbohydrates (g)	8.2	16.2
Of which sugars (g)	0.8	1.6
Fibre (g)	2.0	3.9
Protein (g)	6.4	12.6
Salt (g)	0.8	1.6

3

2

1

Roast Chicken

fresht🍅**day**

Low in fat and saturated fat

HIGH IN PROTEIN!

Mixed veg may also be served, depending on fresh seasonal stock.

Nutri-Score

(Per 100g)

A

B

C

D

E

Ingredients:

Baby Potatoes (39.8%) [Potatoes, Water, Salt, Firming Agent (Calcium Chloride)]

Carrots (31.9%) [Carrot]

Chicken (28.3%) [Chicken Inner Fillet, Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers (Sodium Citrate, Sodium Carbonate)]

Contains: No Added Allergens!

Nutritional Information

PER 100G & PER PORTION

	(100g)	(251g)
Energy (kJ)	300.8	755.2
Energy (Kcal)	71.9	180.5
Fat (g)	0.7	1.8
Of which saturates (g)	0.2	0.6
Carbohydrates (g)	8.4	21.1
Of which sugars (g)	2.4	6.1
Fibre (g)	1.9	4.8
Protein (g)	7.3	18.4
Salt (g)	0.4	0.9

Variety Score

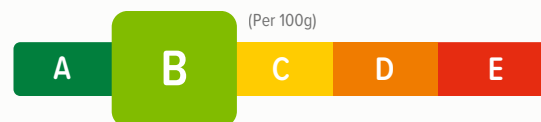
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Cottage Bake

freshtoday



Nutri-Score



Ingredients:

Willowbrook
Mash (43.3%)

[White Potato, Water, Whole Milk, Salted Butter (Butter (Milk), Salt), Salt, Ground White Pepper]

Cottage Bake Mix
(56.7%)

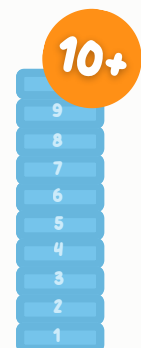
[Water, Beef Mince, Red Split Lentils, Carrot, Green Beans, Garden Peas, Modified Maize Starch, Sugar, Sweetcorn, Beef Stock (Water, Beef Bone, Tomato Paste, Onion, Carrot), Salt, Yeast Extract, Colour (Plain Caramel), Garlic Powder]

Contains: Milk

Nutritional Information

PER 100G & PER PORTION	(100g)	(231g)
Energy (kJ)	358.18	827.4
Energy (Kcal)	85.58	197.7
Fat (g)	2.55	5.9
Of which saturates (g)	1.08	2.5
Carbohydrates (g)	10.35	23.9
Of which sugars (g)	1.43	3.3
Fibre (g)	1.47	3.4
Protein (g)	5.32	12.3
Salt (g)	0.48	1.1

Variety Score



Falafel Stir Fry



Nutri-Score



freshtoday

Ingredients:

Rice (48.3%)

[Water, Long Grain Parboiled Rice]

Falafel (27.3%)

[Chickpeas, Vegetables (Courgette, Onion), WHEAT Flour, Vegetable Oils (Sunflower, Rapeseed), Water, Herbs, Cumin, Spices, Vinegar, Potato Starch, Preservative: Potassium Acetates; Salt, Lemon Juice, Raising Agent: Sodium Carbonates]

Sweet & Sour (17.7%)

[Water, Tomato Purée From Concentrate, Sugar, Pineapple Juice From Concentrate, Spirit Vinegar, Modified Maize Starch, Lemon Juice From Concentrate, Salt, Dried Garlic, Ginger Powder, Colour: Paprika Extract, Chilli Powder]

Mixed Peppers (6.7%)

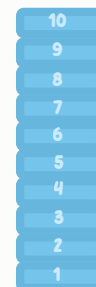
[Green Pepper, Red Pepper, Yellow Pepper]

Contains: Wheat (Gluten)

Nutritional Information

Variety Score

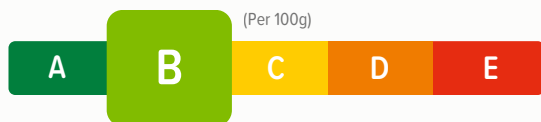
PER 100G & PER PORTION	(100g)	(184g)
Energy (kJ)	572.0	1052.7
Energy (Kcal)	136.7	251.6
Fat (g)	2.5	4.6
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	25.2	46.4
Of which sugars (g)	4.7	8.7
Fibre (g)	2.4	4.4
Protein (g)	3.2	5.9
Salt (g)	0.4	0.8



BBQ Bean Burrito



Nutri-Score



fresh^{tomato}day

Ingredients:

White Wrap (31.5%)

[Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Guar Gum, Carboxymethylcellulose), Emulsifier (Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)]

Rice (18.6%)

[Water, Long Grain Parboiled Rice]

Mixed Peppers (14.9%)

[Green Pepper, Red Pepper, Yellow Pepper]

Pinto Beans (13.8%)

[Pinto Beans, Water, Salt]

Red Kidney Beans (13.8%)

[Red Kidney Beans, Water]

BBQ Sauce (7.5%)

[Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Sugar, Water, Spirit Vinegar, Light Soy Sauce (Water, Salt, Soybeans, Sugar, Wheat Flour, Flavour Enhancers (Monosodium Glutamate, Disodium Guanylate), Tomato Paste, Modified Maize Starch, Salt, Black Pepper, Garlic Powder, Smoke Flavouring, Paprika Powder, Onion Powder, Cayenne Pepper, Oregano, Mixed Herbs (Marjoram, Parsley, Basil, Sage, Oregano, Thyme), Preservative (Potassium Sorbate)]

Contains: Wheat (Gluten), Soya

Nutritional Information

PER 100G & PER PORTION	(100g)	(174g)
Energy (kJ)	656.03	1141.5
Energy (Kcal)	156.78	272.8
Fat (g)	2.59	4.5
Of which saturates (g)	0.86	1.5
Carbohydrates (g)	27.47	47.8
Of which sugars (g)	3.22	5.6
Fibre (g)	3.51	6.1
Protein (g)	4.89	8.5
Salt (g)	0.92	1.6

Variety Score



Vegan Taco Tater



Nutri-Score



Ingredients:

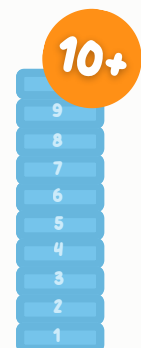
Potato (37%)	[Potato]
Tomato Sauce (25.9%)	[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]
Lentils (18.5%)	[Rehydrated Lentils, Water, Salt]
Chickpeas (18.5%)	[Chick Peas, Water]

Contains: No Added Allergens!

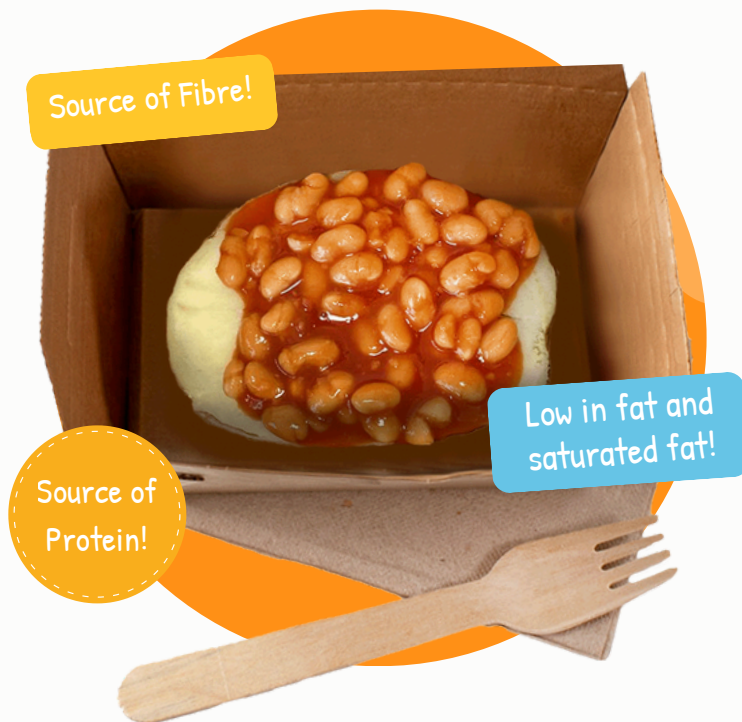
Nutritional Information

PER 100G & PER PORTION	(100g)	(270g)
Energy (kJ)	311.3	840.6
Energy (Kcal)	74.4	200.9
Fat (g)	1.2	3.2
Of which saturates (g)	0.1	0.4
Carbohydrates (g)	11.9	32.2
Of which sugars (g)	2.7	7.4
Fibre (g)	3.1	8.5
Protein (g)	2.5	6.9
Salt (g)	0.3	0.9

Variety Score



Bean Spud



Nutri-Score



Ingredients:

Baked Beans
(54.5%)

[Haricot Beans, Water, Tomatoes, Sugar, Modified Maize Starch, Glucose Fructose Syrup, Salt, Onion Powder, Paprika, Flavouring]

Potato (45.5%)

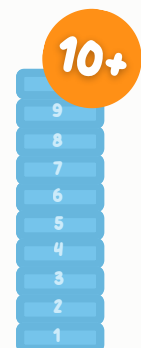
[Potato]

Contains: No Added Allergens!

Nutritional Information

PER 100G & PER PORTION	(100g)	(220g)
Energy (kJ)	321.7	707.9
Energy (Kcal)	76.9	169.2
Fat (g)	0.9	2.0
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	12.0	26.4
Of which sugars (g)	3.0	6.7
Fibre (g)	3.8	8.3
Protein (g)	3.3	7.2
Salt (g)	0.4	0.83

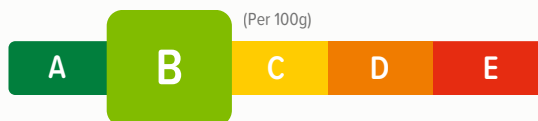
Variety Score



Chicken Curry



Nutri-Score



freshtoday

Ingredients:

Rice (45%)

[Water, Long Grain Parboiled Rice]

Curry Sauce (27.5%)

[Water, Bell Peppers (9%), Pineapple Pieces (Pineapple (10%), Water, Sugar), Onion, Sugar, Spirit Vinegar, Cream (MILK), Carrot, Sunflower Oil, Modified Maize Starch, Concentrated Pineapple Juice, Salt, Yeast Extract (Yeast Extract, Salt), Garlic Powder, Flavour Enhancer: Monosodium Glutamate, Spices (Coriander, Cumin, Turmeric, Ginger, Cinnamon, Chilli, Fennel, Fenugreek), Whey Protein Concentrate (MILK), Lactose (MILK), Red Chillies, Acidity Regulators (Lactic Acid, Calcium Lactate), Colour: Curcumin, Preservative: Potassium Sorbate, Stabiliser: Guar Gum, Ground Bay, Pepper, Natural Flavouring]

Diced Chicken (27.5%)

[Chicken Breast, Water, Salt]

Contains: Milk

Nutritional Information

PER 100G & PER PORTION	(100g)	(200g)
Energy (kJ)	506.7	1013.4
Energy (Kcal)	121.1	242.2
Fat (g)	1.85	3.7
Of which saturates (g)	0.6	1.2
Carbohydrates (g)	17.6	35.2
Of which sugars (g)	2.55	5.1
Fibre (g)	0.55	1.1
Protein (g)	9.2	18.4
Salt (g)	0.8	1.6

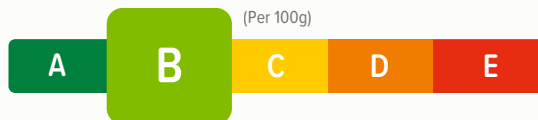
Variety Score



Rice Blend



Nutri-Score



Ingredients:

Rice [Water, Long Grain Parboiled Rice]

Contains: No Added Allergens!

Nutritional Information

PER 100G & PER PORTION	(100g)	(148g)
Energy (kJ)	595	881
Energy (Kcal)	140	207
Fat (g)	0.5	0.6
Of which saturates (g)	0	0.1
Carbohydrates (g)	31	46
Of which sugars (g)	0	0
Fibre (g)	0.5	0.7
Protein (g)	2.8	4.1
Salt (g)	0.03	0.04

Variety Score

1

Pasta di Casa



Nutri-Score



Ingredients:

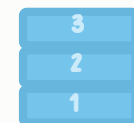
Pasta [Water, WHEAT DURUM Flour]

Contains: Durum Wheat (Gluten)

Nutritional Information

PER 100G & PER PORTION	(100g)	(155g)
Energy (kJ)	820	1270
Energy (Kcal)	194	301
Fat (g)	4.7	7.3
Of which saturates (g)	0.8	1.2
Carbohydrates (g)	31	48
Of which sugars (g)	0.6	0.9
Fibre (g)	1.8	2.9
Protein (g)	6.4	9.9
Salt (g)	0.04	0.06

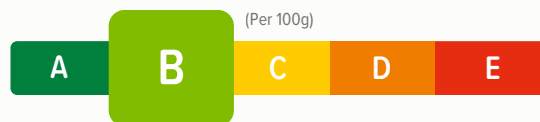
Variety Score



Meatball Munch



Nutri-Score



Ingredients:

Tomato Sauce (44.4%)

[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]

Pasta (33.3%)

[Water, WHEAT DURUM Flour]

Meatball (22.2%)

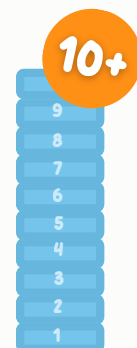
[Pork And Beef, Water, Onion, Potato, Potato Flour, Salt, Potato Fiber, Spices]

Contains: Durum Wheat (Gluten)

Nutritional Information

PER 100G & PER PORTION	(100g)	(270g)
Energy (kJ)	580.7	1567.7
Energy (Kcal)	138.8	374.7
Fat (g)	6.1	16.4
Of which saturates (g)	2.0	5.4
Carbohydrates (g)	16.8	45.3
Of which sugars (g)	4.0	10.7
Fibre (g)	2.0	5.4
Protein (g)	4.8	13.1
Salt (g)	0.6	1.5

Variety Score



Bolognese Bowl



Nutri-Score



Ingredients:

Culinary Group
Bolognese (58.9%)

[Water, Seasoned Minced Beef (Beef Meat (56%), Beef Fat, Water, Wheat Gluten, Rusk (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Onion, Salt, Citrus Fibre, Natural Flavoring, Black Pepper), Tomato, Red Split Lentils, Onion, Carrot, Red Pepper, Tomato Paste, Modified Maize Starch, Rapeseed Oil, Sugar, Salt, Garlic Puree]

Pasta (41.1%)

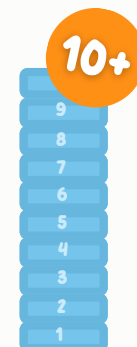
[Water, Durum Wheat Flour]

Contains: Durum Wheat (Gluten)

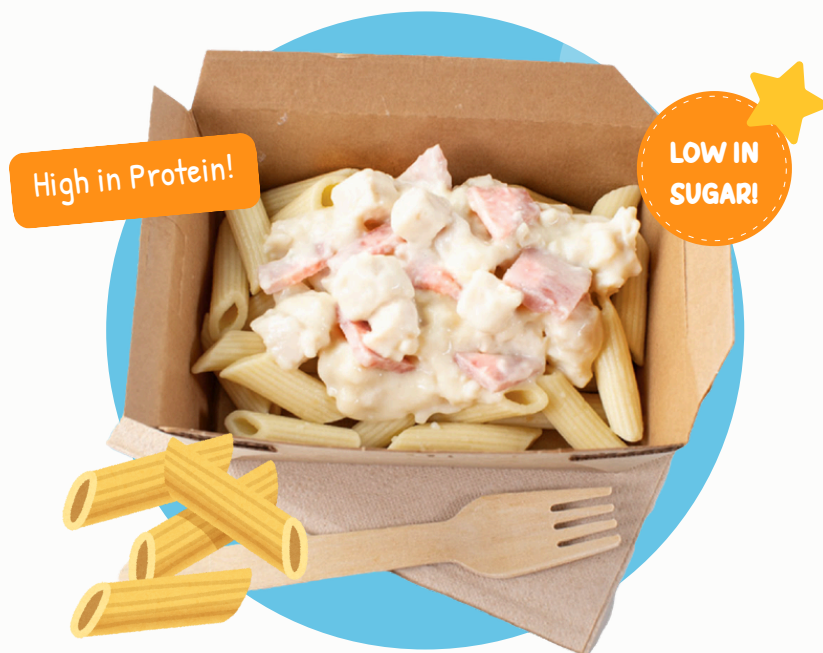
Nutritional Information

PER 100G & PER PORTION	(100g)	(219g)
Energy (kJ)	529.7	1160.06
Energy (Kcal)	126.6	277.3
Fat (g)	3.7	8.1
Of which saturates (g)	1	2.2
Carbohydrates (g)	16.9	37
Of which sugars (g)	1.8	3.9
Fibre (g)	1.1	2.5
Protein (g)	7.3	15.9
Salt (g)	0.7	1.5

Variety Score



Carbonara King



Nutri-Score



fresh^{tomato}day

Ingredients:

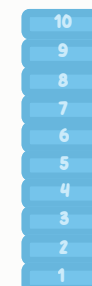
Pasta (43.1%)	[Water, Durum WHEAT Flour]
White Sauce (24.9%)	[Irish Whole MILK, Irish Cream (MILK), Irish Salted Butter (MILK), Onion Purée (Onion, Salt), Maize Starch, Rapeseed Oil, Garlic Purée, Vegetable Bouillon (Yeast Extract, Salt, Maize Starch, Carrot Powder, Onion Powder, Parsley), Preservative: (Potassium Sorbate)]
Diced Chicken (20.6%)	[Chicken Breast Meat, Salt]
Pizza Ham (8.1%)	[Irish Pork, Water, Potato Starch, Salt (Contains Preservative Sodium Nitrite), Seasoning (Salt, Sugar, Stabiliser: Polyphosphate, Antioxidant: Sodium Erythrobate, Xanthan Gum, Spice Extracts)]
Milk (3.3%)	[MILK]

Contains: Durum Wheat (Gluten) & Milk

Nutritional Information

PER 100G & PER PORTION	(100g)	(215g)
Energy (kJ)	708	1522.2
Energy (Kcal)	169.21	363.8
Fat (g)	4.93	10.6
Of which saturates (g)	2.28	4.9
Carbohydrates (g)	15.95	34.3
Of which sugars (g)	1.49	3.2
Fibre (g)	0.88	1.9
Protein (g)	10.51	22.6
Salt (g)	0.51	1.1

Variety Score



Pesto Chicken Pasta

HIGH IN
PROTEIN!

LOW IN
SATURATED
FAT



Nutri-Score

(Per 100g)

A

B

C

D

E

freshtoday

Ingredients:

Pasta (59.6%)

[Water, Durum Wheat Flour]

Diced Chicken (36.4%)

[Chicken Breast Meat, Salt]

Green Pesto (4%)

[Water, Basil, Extra Virgin Olive Oil, Parsley, Parmesan Cheese (MILK) Garlic Puree, White Cheddar Cheese (MILK), Lemon Juice, Cheese Powder (Cheese Powder (MILK), Whey Powder (MILK), Cornflour, Salt, Thickener (Xanthan Gum), White Pepper]

Contains: Durum Wheat (Gluten) & Milk

Nutritional Information

Variety Score

PER 100G & PER PORTION	(100g)	(150g)
Energy (kJ)	609.93	914.9
Energy (Kcal)	145.8	218.7
Fat (g)	1.93	2.9
Of which saturates (g)	0.67	1
Carbohydrates (g)	19.27	28.9
Of which sugars (g)	0.4	0.6
Fibre (g)	1.4	2.1
Protein (g)	13.67	20.5
Salt (g)	0.33	0.5

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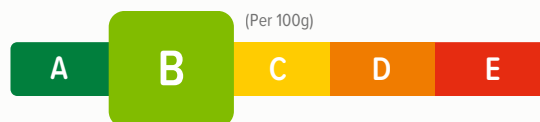
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1

Chicken Curry Wrap



Nutri-Score



fresh^{tomato}day

Ingredients:

White Wrap (31.8%)

[WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Guar Gum, Carboxymethylcellulose), Emulsifier (Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)]

Diced Chicken (29.5%)

[Chicken Breast Meat, Salt]

Rice (24.3%)

[Water, Long Grain Parboiled Rice]

Curry Sauce (11.6%)

[Water, Bell Peppers (9%), Pineapple Pieces (Pineapple (10%), Water, Sugar), Onion, Sugar, Spirit Vinegar, Cream (MILK), Carrot, Sunflower Oil, Modified Maize Starch, Concentrated Pineapple Juice, Salt, Yeast Extract (Yeast Extract, Salt), Garlic Powder, Flavour Enhancer: Monosodium Glutamate, Spices (Coriander, Cumin, Turmeric, Ginger, Cinnamon, Chilli, Fennel, Fenugreek), Whey Protein Concentrate (MILK), Lactose (MILK), Red Chillies, Acidity Regulators (Lactic Acid, Calcium Lactate), Colour: Curcumin, Preservative: Potassium Sorbate, Stabiliser: Guar Gum, Ground Bay, Pepper, Natural Flavouring]

Water (2.8%)

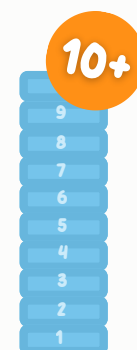
[Water]

Contains: Wheat (Gluten) & Milk

Nutritional Information

PER 100G & PER PORTION	(100g)	(165g)
Energy (kJ)	747.64	1233.61
Energy (Kcal)	178.69	294.84
Fat (g)	3.58	5.9
Of which saturates (g)	1.33	2.2
Carbohydrates (g)	23.98	39.56
Of which sugars (g)	1.5	2.48
Fibre (g)	1.45	2.4
Protein (g)	12.24	20.2
Salt (g)	1.06	1.75

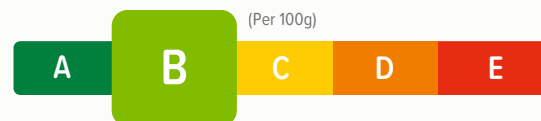
Variety Score



Mexican Wrap



Nutri-Score



fresh^{tomato}day

Ingredients:

White Wrap (30.7%)

[Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Guar Gum, Carboxymethylcellulose), Emulsifier (Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)]

Diced Chicken (24.6%)

[Chicken Breast Meat, Salt]

Rice (20.7%)

[Water, Long Grain Parboiled Rice]

Tomato Sauce (16.2%)

[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]

Mixed Peppers (3.9%)

[Green Pepper, Red Pepper, Yellow Pepper]

Shredded Cheese Mix (3.4%)

[Mexican Mix (Red Cheddar (MILK, Salt, Starter Culture, Vegetarian Rennet, Annatto Norbixin, White Cheddar (MILK, Salt, Starter Culture, Vegetarian Rennet), Dubliner (MILK, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, MILK Protein, Modified Potato Starch, Salt, Emulsifying Salts, Potato Starch)]

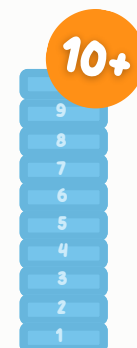
Spice Mix (0.56%)

[Spices And Herbs (Paprika, Chilli Pepper, Coriander, Turmeric, Black Pepper, Fenugreek, Cumin, Oregano, Fennel, Rosemary), Onion, Salt, Yeast Extract, Lemon Juice Powder, Sugar, Garlic, Cayenne Pepper, Anti Caking Agent (Silicon Dioxide)]

Contains: Wheat (Gluten) & Milk
Nutritional Information

PER 100G & PER PORTION	(100g)	(170g)
Energy (kJ)	773.12	1314.3
Energy (Kcal)	184.76	314.1
Fat (g)	4.71	8
Of which saturates (g)	2.06	3.5
Carbohydrates (g)	23	39.1
Of which sugars (g)	1.94	3.29
Fibre (g)	1.82	3.1
Protein (g)	11.94	20.3
Salt (g)	0.94	1.6

Variety Score



Sweet Chilli Chicken Wrap



Nutri-Score



freshtoday

Ingredients:

White Wrap (40.7%)

[Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Guar Gum, Carboxymethylcellulose), Emulsifier (Mono And Diglycerides Of Fatty Acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)]

Diced Chicken (38.2%)

[Chicken Breast Meat, Salt]

Sweet Chilli Sauce (10.3%)

[Sugar, Water, Pickled Red Chilli, Vinegar, Garlic, Salt, Stabilizer: Xanthan Gum]

Mixed Peppers (6.4%)

[Green Pepper, Red Pepper, Yellow Pepper]

Shredded Cheese Mix (4.4%)

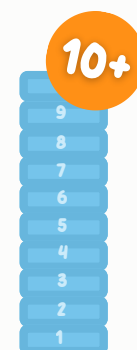
[Mexican Mix (Red Cheddar (MILK, Salt, Starter Culture, Vegetarian Rennet, Colour (Annatto Norbixin), White Cheddar (MILK, Salt, Starter Culture, Vegetarian Rennet), Dubliner (MILK, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, MILK Protein, Modified Potato Starch, Salt, Emulsifying Salts, Colour (Annatto Norbixin)), Potato Starch]

Contains: Wheat (Gluten) & Milk

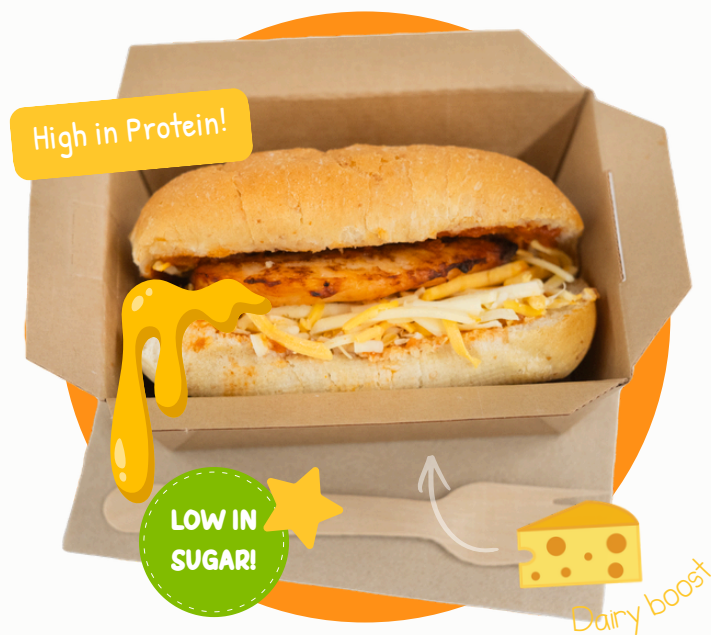
Nutritional Information

PER 100G & PER PORTION	(100g)	(137g)
Energy (kJ)	896.57	1228.3
Energy (Kcal)	214.31	293.6
Fat (g)	5.26	7.2
Of which saturates (g)	2.48	3.4
Carbohydrates (g)	27.3	37.4
Of which sugars (g)	6.64	9.1
Fibre (g)	1.61	2.2
Protein (g)	13.36	18.3
Salt (g)	1.16	1.59

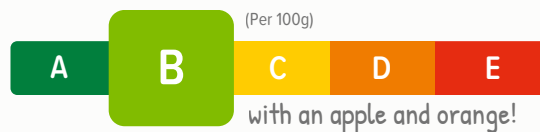
Variety Score



Chicken Melt



Nutri-Score



freshtoday

Ingredients:

Baguette (37%)

[Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Wheat), Water, Rapeseed Oil, Sugar, Yeast, Salt, Wheat Gluten, Wheat Bran, Emulsifiers (Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids), Palm Fat, Flavouring, Colour (Beta Carotene), Antioxidant (Ascorbic Acid), Starter Culture]

Chicken (25.9%)

[Chicken Inner Fillet, Water, Salt, Tapioca Starch, D Xylose, Dextrose, Sodium Citrate, Sodium Bicarbonate]

Shredded Cheese Mix (23.7%)

[Mexican Mix (Red Cheddar (MILK, Salt, Starter Culture, Vegetarian Rennet, Annatto Norbixin, White Cheddar (MILK, Salt, Starter Culture, Vegetarian Rennet), Dubliner (MILK, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, MILK Protein, Modified Potato Starch, Salt, Emulsifying Salts, Potato Starch)]

Tomato Sauce (13.3%)

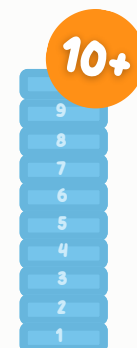
[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]

Contains: Wheat (Gluten) & Milk

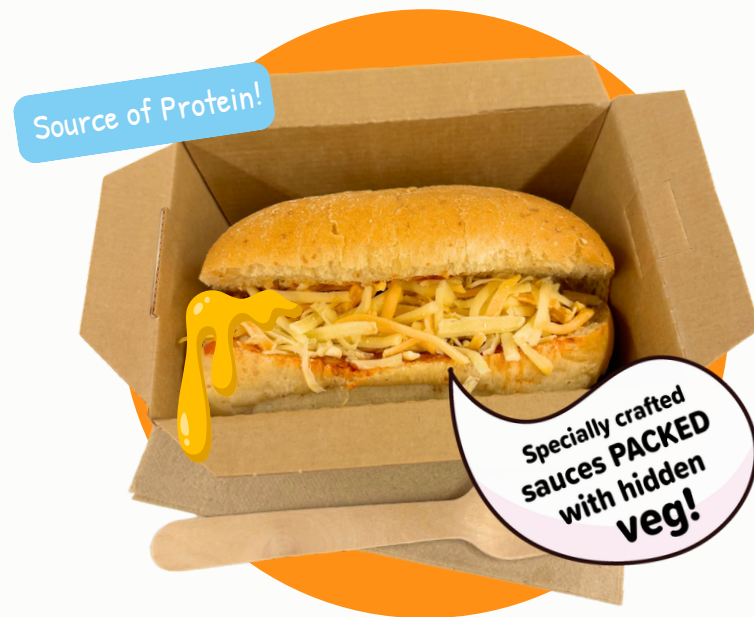
Nutritional Information

PER 100G & PER PORTION	(100g)	(135g)
Energy (kJ)	918.8	1240.6
Energy (Kcal)	219.6	296.5
Fat (g)	8.3	11.2
Of which saturates (g)	4.3	5.8
Carbohydrates (g)	21.4	28.9
Of which sugars (g)	3.1	4.2
Fibre (g)	1.6	2.2
Protein (g)	15.1	20.4
Salt (g)	1.1	1.5

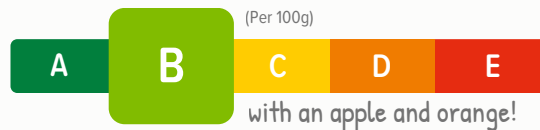
Variety Score



Cheddar Roll



Nutri-Score



Ingredients:

Baguette (50%)

[WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, WHEAT), Water, Rapeseed Oil, Sugar, Yeast, Salt, WHEAT Bran, Emulsifiers Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids, Palm Fat, Flavouring, Colour: Beta Carotene, Antioxidant: Ascorbic Acid, Starter Culture]

Shredded Cheese Mix (32%)

[Mexican Mix (Red Cheddar (MILK, Salt, Starter Culture, Vegetarian Rennet, Annatto Norbixin, White Cheddar (MILK, Salt, Starter Culture, Vegetarian Rennet), Dubliner (MILK, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, MILK Protein, Modified Potato Starch, Salt, Emulsifying Salts, Potato Starch)]

Tomato Sauce (18%)

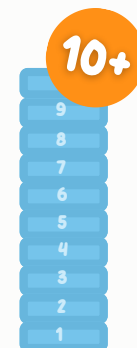
[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]

Contains: Wheat (Gluten) & Milk

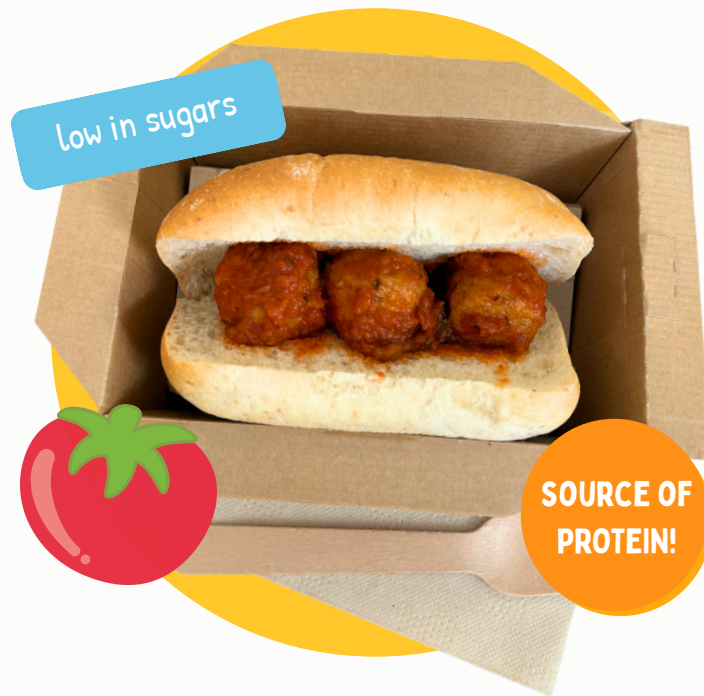
Nutritional Information

PER 100G & PER PORTION	(100g)	(100g)
Energy (kJ)	1088.5	1088.5
Energy (Kcal)	260.16	260.16
Fat (g)	11	11
Of which saturates (g)	6	6
Carbohydrates (g)	27.5	27.5
Of which sugars (g)	3.39	3.39
Fibre (g)	2.16	2.16
Protein (g)	12.97	12.97
Salt (g)	1.2	1.2

Variety Score



Meatball Sub



Nutri-Score



Ingredients:

Meatball (46.2%)

[Pork And Beef, Water, Onion, Potato, Potato Flour, Salt, Potato Fiber, Spices]

Baguette (38.5%)

[Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Wheat), Water, Rapeseed Oil, Sugar, Yeast, Salt, Wheat Gluten, Wheat Bran, Emulsifiers (Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids), Palm Fat, Flavouring, Colour (Beta Carotene), Antioxidant (Ascorbic Acid), Starter Culture]

Tomato Sauce (15.4%)

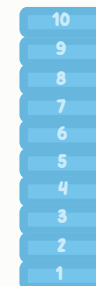
[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]

Contains: Wheat (Gluten)

Nutritional Information

PER 100G & PER PORTION	(100g)	(130g)
Energy (kJ)	940.1	1222.1
Energy (Kcal)	224.7	292.1
Fat (g)	10.9	14.2
Of which saturates (g)	4.1	5.4
Carbohydrates (g)	24.6	32.0
Of which sugars (g)	3.1	4.0
Fibre (g)	1.7	2.2
Protein (g)	8.0	10.3
Salt (g)	1.2	1.6

Variety Score



Chargrilled Chicken



Nutri-Score



Ingredients:

Potato Wedges (58.5%)

[Potatoes, Sunflower Oil, Seasoning (Spices, Sea Salt, Corn Starch, Smoked Paprika (Paprika, Smoke))]

Chicken (41.5%)

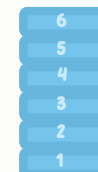
[Chicken Inner Fillet, Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers (Sodium Citrate, Sodium Carbonate)]

Contains: No Added Allergens!

Nutritional Information

PER 100G & PER PORTION	(100g)	(171g)
Energy (kJ)	449	767.8
Energy (Kcal)	107.3	183.5
Fat (g)	2.1	3.7
Of which saturates (g)	0.4	0.6
Carbohydrates (g)	10.8	18.5
Of which sugars (g)	0.8	1.3
Fibre (g)	0.8	1.4
Protein (g)	10.6	18.1
Salt (g)	0.5	0.9

Variety Score



Healthy Goujons



Nutri-Score



Ingredients:

Potato Wedges
(39.8%)

[Potatoes, Sunflower Oil, Seasoning (Spices, Sea Salt, Corn Starch, Smoked Paprika (Paprika, Smoke))]

Broccoli (31.9%)

Broccoli

Chicken Goujon
(28.3%)

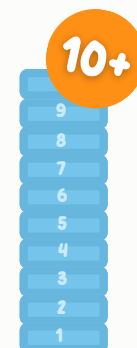
[Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT Gluten, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (Ammonium Bicarbonate), Colour (Paprika Extract)]

Contains: Wheat (Gluten)

Nutritional Information

PER 100G & PER PORTION	(100g)	(251g)
Energy (kJ)	437	1097
Energy (Kcal)	104	260
Fat (g)	2.2	5.6
Of which saturates (g)	0.3	0.7
Carbohydrates (g)	13	33
Of which sugars (g)	0.8	2
Fibre (g)	2.2	5.4
Protein (g)	6.6	17
Salt (g)	0.31	0.78

Variety Score



Chicken Tikka Box



Nutri-Score



fresh^{tomato}day

Ingredients:

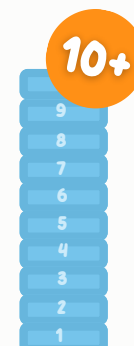
Potato Wedges (38.8%)	[Potatoes, Sunflower Oil, Seasoning (Spices, Sea Salt, Corn Starch, Smoked Paprika (Paprika, Smoke))]
Diced Chicken (20.5%)	[Chicken Breast Meat, Salt]
Mixed Peppers (20.5%)	[Green Pepper, Red Pepper, Yellow Pepper]
Tomato Sauce (16.3%)	[Tomatoes (87%), Onions, Tomato Paste (5%), Sunflower Oil, Spring Onions, Condiment Vinegar (White Wine Vinegar, Grape Must), Sugar, Thyme, Sea Salt, Rowan Berry Extract, Pepper, Red Peppers, Garlic]
Yoghurt (3.1%)	[Whole Milk, Skim Milk Powder, Stabiliser (Modified Maize Starch), Lactic Cultures, Preservative (Potassium Sorbate)]
Tikka Sauce (0.78%)	[Spices (Cumin, Coriander, Ginger, Turmeric, Cardamom, Black Pepper, Cinnamon, Cloves, Cayenne Pepper), Salt, Paprika, Tomato, Sugar, Onion, Coriander Leaf, Anti Caking Agent (Silicon Dioxide), Natural Flavouring]

Contains: Milk

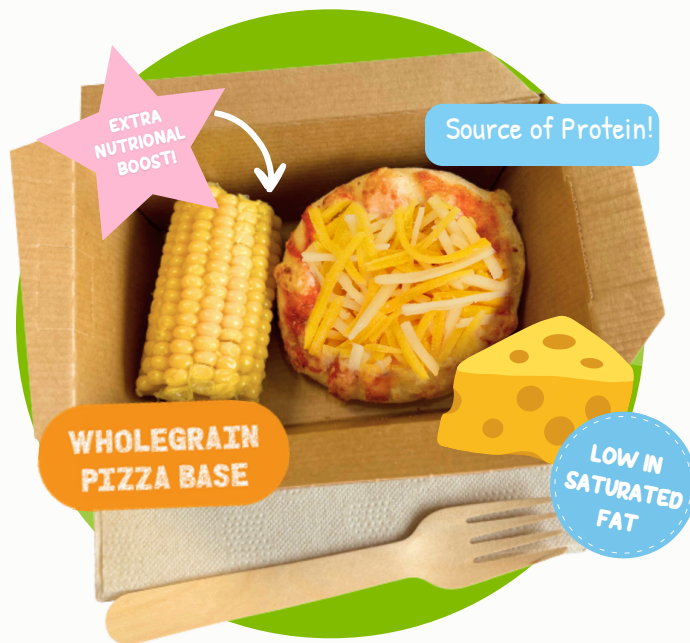
Nutritional Information

PER 100G & PER PORTION	(100g)	(263g)
Energy (kJ)	374.79	985.7
Energy (Kcal)	89.58	235.6
Fat (g)	2.09	5.5
Of which saturates (g)	0.51	1.33
Carbohydrates (g)	9.81	25.8
Of which sugars (g)	2.47	6.5
Fibre (g)	1.6	4.2
Protein (g)	6.88	18.1
Salt (g)	0.49	1.29

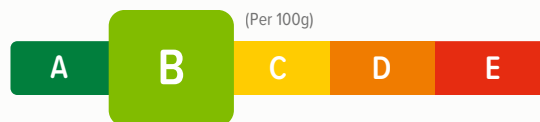
Variety Score



Veg Pizza



Nutri-Score



Ingredients:

Corn (69.1%)

[Corn On The Cob]

Pizza (30.9%)

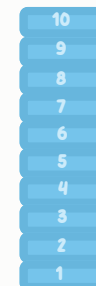
[Whole WHEAT Flour, Mozzarella Cheese (MILK) (MILK, Salt, Microbial Rennet), Tomato Puree, Water, Extra Virgin Olive Oil, Olive Oil, Salt, Yeast, Oregano, Sugar]

Contains: Wheat (Gluten) & Milk

Nutritional Information

PER 100G & PER PORTION	(100g)	(162g)
Energy (kJ)	502.2	813.6
Energy (Kcal)	120.0	194.5
Fat (g)	3.3	5.4
Of which saturates (g)	1.2	1.9
Carbohydrates (g)	17.0	27.6
Of which sugars (g)	1.4	2.2
Fibre (g)	0.4	0.6
Protein (g)	5.1	8.2
Salt (g)	0.6	0.9

Variety Score



Sausage Baguette



Nutri-Score



Ingredients:

Roll (60%)

[Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Salt, Vegetable Oils (Palm, Rapeseed, Sunflower), Soya Flour, Wheat Gluten, Dextrose Monohydrate, Whey Powder (Milk), Skimmed Milk Powder, Malted Wheat Flour, Flour Treatment Agent (Ascorbic Acid)]

Sausage (40%)

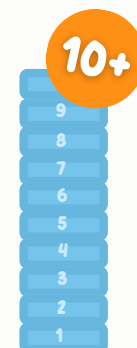
[Pork (60%), Water, Wheat Flour (Wheat), Calcium Carbonate, Iron, Niacin, Thiamin, Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts Filled Into Alginate Casing]

Contains: Wheat (Gluten), Milk & Soya

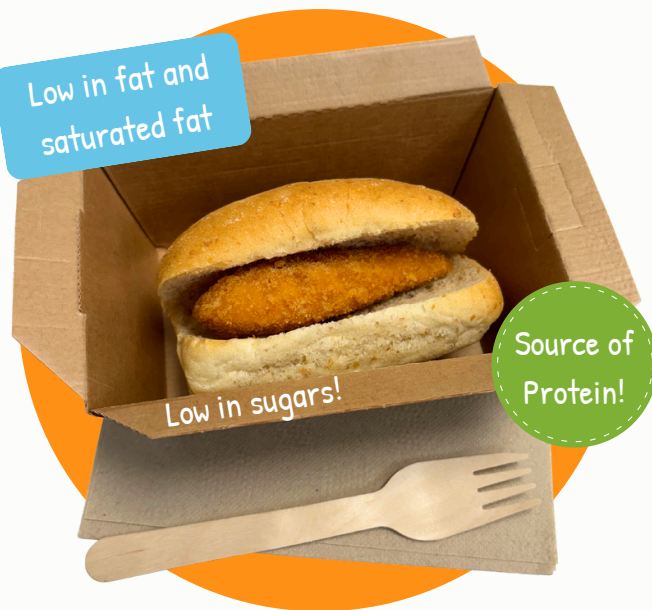
Nutritional Information

PER 100G & PER PORTION	(100g)	(125g)
Energy (kJ)	1104	1380
Energy (Kcal)	263	328
Fat (g)	9.5	12
Of which saturates (g)	2.4	3
Carbohydrates (g)	34	43
Of which sugars (g)	2.1	2.6
Fibre (g)	1.7	2.1
Protein (g)	9.4	12
Salt (g)	1.5	1.8

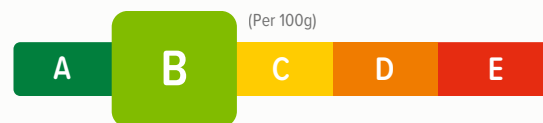
Variety Score



Chicken Tender Baguette



Nutri-Score



Ingredients:

Roll (64.1%)

[Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Salt, Vegetable Oils (Palm, Rapeseed, Sunflower), Soya Flour, Wheat Gluten, Dextrose Monohydrate, Whey Powder (Milk), Skimmed Milk Powder, Malted Wheat Flour, Flour Treatment Agent (Ascorbic Acid)]

Chicken Goujon (35.9%)

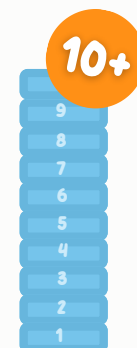
[Chicken Breast (64%), Water, Iron, Niacin, Wheat Flour (Thiamin, Calcium Carbonate, Iron, Niacin), Rapeseed Oil, Dextrose, Wheat Gluten, Pea Fibre, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Salt, Yeast, Thiamin, Garlic Powder, Calcium Carbonate, Black Pepper, Raising Agent (Magnesium Oxide), Paprika, Colour (Paprika Extract)]

Contains: Wheat (Gluten), Soya & Milk

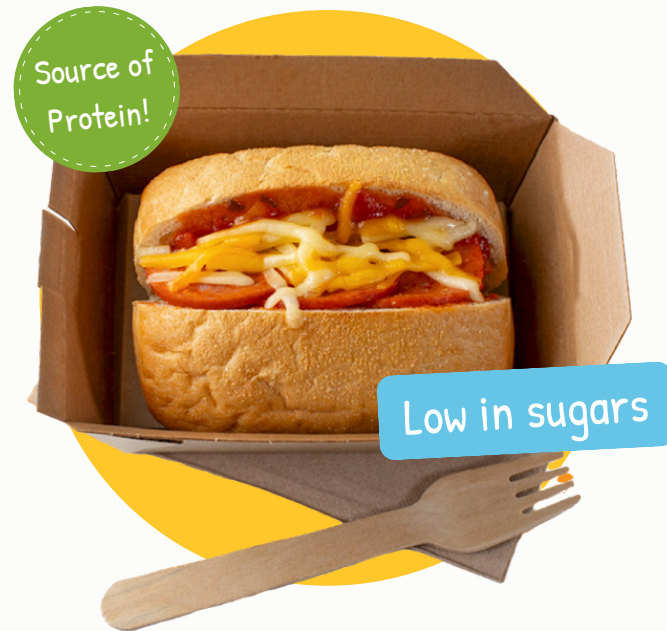
Nutritional Information

PER 100G & PER PORTION	(100g)	(117g)
Energy (kJ)	934	1093
Energy (Kcal)	221	258
Fat (g)	2	2.3
Of which saturates (g)	0.2	0.3
Carbohydrates (g)	39	45
Of which sugars (g)	2.3	2.7
Fibre (g)	2.1	2.4
Protein (g)	11	13
Salt (g)	1.2	1.3

Variety Score



Pepperoni Sub



Nutri-Score

(Per 100g)



Ingredients:

Baguette (50%)

[Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Wheat), Water, Rapeseed Oil, Sugar, Yeast, Salt, Wheat Gluten, Wheat Bran, Emulsifiers (Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids), Palm Fat, Flavouring, Colour (Beta Carotene), Antioxidant (Ascorbic Acid), Starter Culture]

Pepperoni (25%)

[Pork (75%), Water, Potato Starch, Salt, Dextrose, Ginger, Onion Powder, Paprika, Coriander, Stabiliser (Sodium Polyphosphate), Antioxidant (Sodium Ascorbate), Onion Extract, Preservative (Sodium Nitrite)]

Shredded Cheese

Mix (20%)

[Mexican Mix 99% (Red Cheddar (Milk, Salt, Starter Culture, Vegetarian Rennet, Colour (Annatto Norbixin), White Cheddar (Milk, Salt, Starter Culture, Vegetarian Rennet), Dubliner (Milk, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, Milk Protein, Modified Potato Starch, Salt, Emulsifying Salts, Colour (Annatto Norbixin)), Potato Starch 1%]

Tomato Pasta

Sauce (5%)

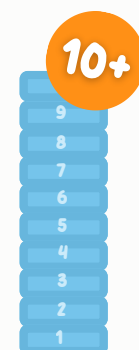
[Water, Tomatoes (24%), Tomato Paste (20%), Onions, Sugar, Glucose Fructose Syrup, Modified Corn Starch, Basil(1%), Sunflower Oil, Natural Basil Flavouring, Garlic (0.2%), Lemon Juice Concentrate, Salt]

Contains: Wheat (Gluten) & Milk

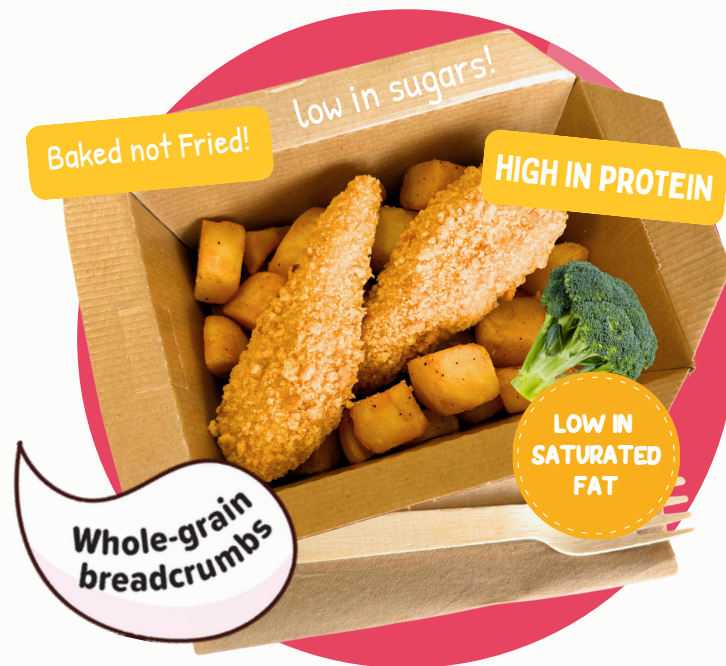
Nutritional Information

PER 100G & PER PORTION	(100g)	(100g)
Energy (kJ)	1119	1119
Energy (Kcal)	267	267
Fat (g)	11	11
Of which saturates (g)	5.2	5.2
Carbohydrates (g)	28	28
Of which sugars (g)	2.6	2.6
Fibre (g)	1.8	1.8
Protein (g)	13	13
Salt (g)	1.4	1.4

Variety Score



Healthy Goujons



Nutri-Score



Ingredients:

Potato Cubes
(39.8%)

[Potatoes 92%, Sunflower Oil 4%, Seasoning 4% [Modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Salt, Spices (Bell Pepper, Black Pepper), Potato Dextrin, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Natural Flavouring Preparation of Paprika, Thickener (Xanthan Gum)]

Broccoli (31.9%)

Broccoli

Chicken Goujon
(28.3%)

[Chicken Breast (57%), WHEAT Flour (WHEAT Flour, Thiamin, Iron, Niacin, Calcium Carbonate), Water, Rapeseed Oil, Salt, Pea Fibre, Dextrose, WHEAT Gluten, Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Paprika, Black Pepper, Colour (Paprika Extract), Raising Agent (Ammonium Bicarbonate), Colour (Paprika Extract)]

Contains: Wheat (Gluten)

Nutritional Information

PER 100G & PER PORTION	(100g)	(251g)
Energy (kJ)	475	1191
Energy (Kcal)	113	282
Fat (g)	2.3	5.7
Of which saturates (g)	0.2	0.6
Carbohydrates (g)	15	39
Of which sugars (g)	0.9	2.2
Fibre (g)	1.6	4
Protein (g)	6.8	17
Salt (g)	0.32	0.79

Variety Score

