

Chatwells Primary Menu Nutrient Counts – Spring/Summer 2019

MEAT MAINS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
CHICKEN					
CHICKEN, PEA AND POTATO BAKE	240	263	11	13	27
	100	109	5	6	11
ROAST TURKEY	44	68	1	15	0
	100	153	2	34	0
CHINESE CHICKEN RICE	171	229	6	12	30
	100	134	3	7	18
CHICKEN & SWEETCORN PIZZA	125	297	9	15	36
	100	237	7	12	29
CHICKEN TIKKA MASALA	104	98	4	9	4
	100	95	4	9	4
ROAST CHICKEN	85	150	7	21	0
	100	176	9	24	0
CHINESE CHICKEN NOODLES	164	262	5	15	41
	100	160	3	9	25
CHICKEN SAUSAGES	62	95	6	11	0
	100	153	9	18	0
CHICKEN AND SWEETCORN PIE	187	354	18	16	29
	100	190	10	8	16
CHICKEN SAUSAGE ALL DAY BREAKFAST	108	142	8	16	1
	100	132	8	14	0
BEEF & LAMB					
BEEF BOLOGNAISE SAUCE	114	97	4	10	4
	100	85	4	8	4
BBQ BEEF MEATBALLS	138	180	11	10	9
	100	131	8	8	6
ROAST BEEF	59	103	3	19	0
	100	175	5	32	0
ROAST LAMB	41	97	5	12	0
	100	236	13	30	0
BEEF LASAGNE	166	226	9	13	24
	100	136	5	8	14
BEEF & POTATO HASH	127	130	7	9	8
	100	102	5	7	6
BURGER IN BUN	107	291	13	14	29
	100	272	12	13	27

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MEAT MAINS (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
PORK					
ROAST PORK (WITH GLAZED APPLE RING)	63	122	7	12	2
	100	199	12	20	3
ROAST HAM	50	90	4	8	4
	100	178	9	17	8
PORK SAUSAGES	103	281	20	12	7
	100	274	20	12	7
BACON ALL DAY BREAKFAST	62	95	7	8	0
	100	153	10	13	1
FISH					
FISH FINGERS (COD)	70	139	6	8	12
	100	199	9	12	17
SALMON FISH FINGERS	70	138	6	10	11
	100	198	8	14	16
CRISPY FISH (POLLOCK)	67	139	8	7	10
	100	207	12	10	15
CAJUN SALMON WRAP	116	210	11	14	15
	100	182	9	12	13
CRISPY SALMON FILLET	57	72	1	8	6
	100	126	2	15	12
FISHERMAN'S PIE	114	170	4	9	8
	100	148	4	8	7
BAKED FISH WITH HERB AND LEMON CRUST	78	89	2	16	2
	100	114	2	20	3

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VEGETARIAN MAINS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
CHEESE AND TOMATO PIZZA	96	248	8	10	34
	100	258	8	11	36
VEGETARIAN SAUSAGES	100	129	4	12	10
	100	129	4	12	10
MACARONI CHEESE	159	183	8	9	18
	100	115	5	6	11
VEGETABLE KORMA	135	117	3	6	17
	100	87	2	5	13
VEGGIE HOTDOG	110	239	9	12	26
	100	217	8	11	24
QUORN ROAST	50	53	1	8	2
	100	106	2	15	4
VEGETABLE BOLOGNESE SAUCE	157	101	2	6	15
	100	64	1	4	10
MILD CHICKPEA CURRY	161	85	2	5	13
	100	53	1	3	8
CAULIFLOWER & CREAMED CORN BAKE	150	168	10	9	10
	100	112	7	6	7
SWEET POTATO & CHICKPEA ROAST	85	114	2	5	20
	100	135	2	6	24
BAKED BEAN AND CHEESE QUESADILLA	73	167	7	8	16
	100	228	10	10	22
CHEESY BUBBLE & SQUEAK	117	153	9	7	11
	100	131	8	6	9
SWEET POTATO & CHICKPEA BURGER	159	288	6	10	47
	100	182	4	6	30
CHINESE STYLE VEGGIE RICE	158	196	4	8	33
	100	124	2	5	21
SWEETCORN TORTILLA PIE	118	150	8	7	13
	100	127	7	6	11
BBQ QUORN BURGER	123	210	4	11	30
	100	170	4	9	24
MEDITERRANEAN TART	105	216	15	7	14
	100	205	14	7	13
CREAMY PESTO PASTA	212	313	12	12	41
	100	148	6	6	19
BAKED BEAN OMELETTE	89	102	6	8	4
	100	115	7	9	4
TOMATO AND BASIL PASTA	287	287	3	14	54
	100	100	1	5	19

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VEGETARIAN MAINS (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
CREAMY TOMATO & BASIL PASTA	254	299	7	13	48
	100	118	3	5	19
VEGETABLE SUPREME PIZZA	154	270	8	11	38
	100	176	5	7	24
CHINESE VEGGIE NOODLES	170	256	7	13	40
	100	151	4	8	24
COUNTRY VEGETABLE PIE	192	261	12	9	31
	100	136	6	5	16
QUORN DIPPERS	84	171	9	10	10
	100	203	11	12	12
MILD YELLOW VEGETABLE CURRY	164	174	10	6	16
	100	106	6	4	10
VEGETABLE BIRYANI	193	212	5	7	38
	100	110	2	4	20
QUORNBALLS IN TOMATO SAUCE	178	89	2	9	9
	100	50	1	5	5
QUORN CHILLI	115	85	3	7	6
	100	74	2	6	6
VEGETABLE & CHICKPEA WRAP	128	259	9	9	36
	100	202	7	7	28
CHEESE AND POTATO BAKE	207	186	9	8	17
	100	90	4	4	9
VEGETABLE LASAGNE	158	216	9	9	24
	100	137	6	6	15
VEGETARIAN SAUSAGE ALL DAY BREAKFAST	95	111	5	10	6
	100	116	5	11	6
BEAN AND POTATO TORTILLA WRAP	170	288	9	11	39
	100	170	5	6	23
VEGETARIAN PAELLA	225	206	4	9	35
	100	92	2	4	15
SHEPHERDESS PIE	195	134	4	7	17
	100	69	2	3	8
ROASTED VEG & BUTTERBEAN CRUMBLE	122	130	6	5	14
	100	107	5	4	11

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KEY STAGE 2 OPTIONS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
CHICKEN TIKKA MASALA POT	233	259	5	12	40
	100	111	2	5	17
TOMATO AND CHEESE PASTA POT	370	403	9	20	65
	100	109	2	5	17
MEXICAN CHICKEN MAC POT	268	312	16	15	27
	100	116	6	6	10
QUORN MEATBALL & TOMATO SUB ROLL	162	200	4	11	29
	100	123	2	7	18
MARINATED CHICKEN FLATBREAD	173	398	13	20	48
	100	230	8	12	27
CHEESY BAKED BEAN MASH POT	152	168	9	7	15
	100	110	6	4	10
BAGEL PIZZA	120	242	8	11	31
	100	202	6	9	26
CHICKEN PIZZADILLA	100	200	10	11	15
	100	201	10	11	15
ROAST LAMB IN A BAP	91	233	7	17	23
	100	255	8	19	26
ROAST TURKEY IN A BAP	94	203	3	20	23
	100	216	3	21	25
ROAST PORK IN A BAP	94	250	9	17	23
	100	265	10	18	25
ROAST BEEF IN A BAP	109	238	5	24	23
	100	219	5	22	21
ROAST HAM IN A BAP	100	225	7	13	28
	100	224	6	13	27
ROASTED CHICKEN IN A BAP	135	286	9	25	24
	100	211	7	19	17
MAC N CHEESE POT WITH BBQ BEANS	229	320	18	12	28
	100	139	8	5	12
CHICKEN NOODLE POT	194	308	5	17	50
	100	159	3	9	26
PESTO BAGEL MELT	85	238	9	10	29
	100	282	10	12	34
BEEF CHILLI TORTILLA WRAP	245	298	10	15	35
	100	122	4	6	14

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CARBOHYDRATE SIDES	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
OVEN BAKED WEDGES	90	123	0	4	28
	100	136	0	4	31
OVEN BAKED WEDGES (1/2 PORTION)	45	61	0	2	14
	100	136	0	4	31
WHOLEGRAIN RICE	79	111	1	2	25
	100	139	1	3	31
CREAMED POTATOES	96	67	2	2	10
	100	70	3	2	11
WHOLEMEAL PASTA	142	225	2	9	45
	100	159	1	7	32
ROAST POTATOES	50	56	3	1	5
	100	105	6	1	11
CHIPS	75	122	3	2	22
	100	162	4	3	30
GARLIC AND HERB BREAD WEDGE	53	112	1	5	23
	100	211	2	9	43

ADDITIONAL ITEMS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
GRAVY	38	7	0	0	1
	100	18	0	0	4
MILK	151	62	2	5	7
	100	41	1	4	5
POTATO SALAD	47	46	3	1	4
	100	100	6	1	9
SAVOURY RICE SALAD	105	133	1	3	29
	100	126	1	2	28
APPLE SLAW	65	31	1	1	4
	100	48	1	2	7
ASIAN SLAW	33	35	3	0	2
	100	105	8	1	7
PASTA SALAD	77	115	2	4	21
	100	150	3	6	27
PESTO PASTA	105	169	3	5	33
	100	161	3	5	31

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VEGETABLE SIDES	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
BROCCOLI	58	14	0	2	0
	100	24	1	3	1
CABBAGE	43	12	0	1	1
	100	27	1	2	4
CARROTS	40	10	0	0	2
	100	24	0	1	5
GREEN BEANS	51	13	0	1	2
	100	25	0	2	4
PEAS	56	44	1	4	5
	100	79	2	7	10
SWEETCORN	56	65	1	2	10
	100	116	2	4	18
BAKED BEANS	70	44	0	3	6
	100	63	0	4	9
SEASONAL VEGETABLES	56	47	4	1	3
	100	83	6	1	6
CUCUMBER AND TOMATO SALAD	52	7	0	0	1
	100	13	0	1	2
ROASTED SUMMER VEGETABLE MEDLEY	52	36	3	1	2
	100	70	5	1	5
ROASTED SWEETCORN AND PEPPERS	62	83	4	2	9
	100	134	6	4	15
MEDITERRANEAN VEGETABLES	56	34	3	1	1
	100	61	5	2	2
CRUNCHY COLESLAW	43	37	3	0	2
	100	86	7	1	4

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DESSERTS	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
CUSTARD	83	81	1	2	16
	100	97	1	2	19
BERRY CHILL	69	66	1	1	12
	100	96	2	2	18
OATIE BISCUIT	31	138	6	2	19
	100	443	20	5	60
LEMON DRIZZLE CAKE	47	150	8	2	18
	100	319	17	4	38
MANGO FROZEN YOGHURT	80	90	1	3	17
	100	113	1	4	22
BLUEBERRY FROZEN YOGHURT	80	90	1	3	17
	100	113	1	4	22
FLAPJACK	37	161	7	2	20
	100	438	20	6	55
PEACH SLICE	43	125	6	2	15
	100	287	15	4	35
BROWNIE CAKE	43	140	6	2	19
	100	325	15	5	44
CARROT & APPLE SLICE	74	174	8	2	24
	100	235	11	3	33
CHOCOLATE SHORTBREAD	34	152	8	2	18
	100	446	24	6	54
PEAR UPSIDE DOWN CAKE	65	140	6	2	19
	100	215	10	2	30
CHOCOLATE SPONGE CAKE	51	200	12	3	19
	100	389	24	6	37
STRAWBERRY SWIRL SPONGE	52	184	10	2	21
	100	355	20	5	40
CHEESE AND BISCUITS	37	126	7	5	11
	100	340	19	14	29
APPLE & BERRY CRUMBLE	74	187	8	3	26
	100	253	11	4	35
YOGHURT	90	70	1	4	12
	100	78	1	4	13
FRESH FRUIT SLICES (DESSERT ACCOMPANIMENT)	26	12	0	0	3
	100	47	0	0	12
SEASONAL FRUIT PLATTER	63	29	0	0	7
	100	47	0	1	11
SHORTBREAD BISCUIT	34	154	8	2	19
	100	452	24	5	57

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DESSERTS (Continued)	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
ICE CREAM VANILLA	80	108	4	3	14
	100	135	5	3	18
ICE CREAM CHOCOLATE	80	117	5	3	15
	100	146	6	3	19
PEACH AND PINEAPPLE CRUMBLE	101	207	8	3	31
	100	204	8	3	30
FRUITY APRICOT BAR	46	113	4	2	16
	100	247	9	5	35
BANANA & APRICOT FLAPJACK	33	121	7	2	13
	100	373	20	6	40
CRUNCHY CHOCOLATE BISCUIT	36	159	8	2	19
	100	447	23	5	54
MELON AND ORANGE WEDGES	46	14	0	0	3
	100	30	0	1	7
STRAWBERRY FROZEN YOGHURT	80	90	1	3	17
	100	113	1	4	22
ORANGE SHORTBREAD	35	145	8	2	17
	100	412	23	4	50
FRUITY YOGHURT CRUNCH	92	88	1	4	16
	100	96	1	4	17
BERRY FLAPJACK	31	125	7	1	14
	100	402	21	4	46
CARROT AND PINEAPPLE SLICE	59	174	9	2	21
	100	296	16	4	35
FRUITY APRICOT BAR	46	113	4	2	16
	100	247	9	5	35
BANANA, APPLE AND OAT CRUMBLE	75	166	7	2	24
	100	220	10	3	31
PEAR & GINGER CRUMBLE	80	187	8	3	26
	100	234	10	3	33

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ASSORTED SANDWICHES	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
CHEESE AND PICKLE SANDWICH	105	306	14	14	30
	100	292	13	13	28
CHICKEN MAYO SANDWICH	118	257	7	16	27
	100	217	6	13	23
CREAM CHEESE AND CUCUMBER BAGUETTE	83	187	6	7	28
	100	227	7	9	34
HAM SANDWICH	117	235	6	15	27
	100	201	6	13	23
TUNA SANDWICH	121	230	5	18	23
	100	190	4	15	22
EGG MAYO SANDWICH	122	247	9	13	27
	100	202	7	11	22
ASSORTED JACKET POTATOES	Portion (g)	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrates (g)
OVEN BAKED JACKET POTATO	146	225	4	5	44
	100	155	3	4	30
JACKET POTATO WITH CHEESE	171	315	11	13	45
	100	185	6	8	26
JACKET POTATO WITH BAKED BEANS	224	244	0	9	52
	100	109	0	4	23
JACKET POTATO WITH TUNA	190	254	3	15	45
	100	134	1	8	23
JACKET POTATO WITH CHEESE AND BEANS	193	275	5	11	48
	100	143	3	6	25
JACKET POTATO WITH SALMON AND TUNA	190	283	6	15	45
	100	149	3	8	23
VEGETABLE CHILLI TOPPING	162	96	1	6	15
	100	59	0	4	9

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