

Menu: FC- AUT22 WK1

Fresh Cook Week 1 - AUT22

Item	Description	Amount																
R00040P	Creamed Potatoes (Fresh) - PRIMARY	Ptn	<p>Each Creamed Potatoes (Fresh) - PRIMARY (Ptn) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Carbohydrate</th> <th>Protein</th> </tr> </thead> <tbody> <tr> <td>133.2</td> <td>1.8</td> <td>0.8</td> <td>25.6</td> <td>3.1</td> </tr> <tr> <td>7%</td> <td>2%</td> <td>4%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	133.2	1.8	0.8	25.6	3.1	7%	2%	4%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
133.2	1.8	0.8	25.6	3.1														
7%	2%	4%	0%	0%														
R00043	Gravy - Gluten Free Vegetarian	Ptn	<p>Each Gravy - Gluten Free Vegetarian (Ptn) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Carbohydrate</th> <th>Protein</th> </tr> </thead> <tbody> <tr> <td>8.7</td> <td>0.0</td> <td>0.0</td> <td>2.0</td> <td>0.1</td> </tr> <tr> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	8.7	0.0	0.0	2.0	0.1	0%	0%	0%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
8.7	0.0	0.0	2.0	0.1														
0%	0%	0%	0%	0%														
R00088P	Vegetable Lasagne - PRIMARY	Ptn	<p>Each Vegetable Lasagne - PRIMARY (Ptn) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Carbohydrate</th> <th>Protein</th> </tr> </thead> <tbody> <tr> <td>206.5</td> <td>9.7</td> <td>5.0</td> <td>22.0</td> <td>7.5</td> </tr> <tr> <td>10%</td> <td>14%</td> <td>25%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	206.5	9.7	5.0	22.0	7.5	10%	14%	25%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
206.5	9.7	5.0	22.0	7.5														
10%	14%	25%	0%	0%														
R00107P	Daily Salad Bar	Ptn	<p>Each Daily Salad Bar (Ptn) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Carbohydrate</th> <th>Protein</th> </tr> </thead> <tbody> <tr> <td>87.4</td> <td>1.7</td> <td>0.2</td> <td>14.5</td> <td>3.8</td> </tr> <tr> <td>4%</td> <td>2%</td> <td>1%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	87.4	1.7	0.2	14.5	3.8	4%	2%	1%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
87.4	1.7	0.2	14.5	3.8														
4%	2%	1%	0%	0%														
R00208P	Peas Frozen - PRIMARY	Ptn	<p>Each Peas Frozen - PRIMARY (Ptn) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Carbohydrate</th> <th>Protein</th> </tr> </thead> <tbody> <tr> <td>24.0</td> <td>0.4</td> <td>0.2</td> <td>2.8</td> <td>1.7</td> </tr> <tr> <td>1%</td> <td>1%</td> <td>1%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 0.0</p>	Energy	Fat	Saturates	Carbohydrate	Protein	24.0	0.4	0.2	2.8	1.7	1%	1%	1%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
24.0	0.4	0.2	2.8	1.7														
1%	1%	1%	0%	0%														

R00209P Sweetcorn Frozen Primary Ptn

Each Sweetcorn Frozen Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
16.3	0.5	0.1	2.0	0.9
1%	1%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00212P Roast Potatoes - PRIMARY Ptn

Each Roast Potatoes - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
80.0	0.0	0.0	17.5	2.0
4%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00218P Potato Wedges - Primary Ptn

Each Potato Wedges - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
66.0	0.1	0.1	17.4	1.4
3%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00228P Chips - Ovenbaked - Primary Ptn

Each Chips - Ovenbaked - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
122.0	2.7	0.3	21.0	2.3
6%	4%	2%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00232P Baked Beans - PRIMARY Ptn

Each Baked Beans - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
60.2	0.4	0.1	9.8	3.0
3%	1%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00303P Rice - Primary 50g Portion Ptn

Each Rice - Primary 50g Portion (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
175.0	0.0	0.1	39.0	3.9
9%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00387J Chocolate Beet Cake (B) - Junior Ptn

Each Chocolate Beet Cake (B) - Junior (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
242.3	12.5	5.3	28.2	4.0
12%	18%	26%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00490A Strawberry and Vanilla Mousse Tub 100ml Ptn

Each Strawberry and Vanilla Mousse Tub 100ml (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
161.0	8.2	4.1	19.1	2.7
8%	12%	20%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01341P Tomato Bread - Primary Ptn

Each Tomato Bread - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
15.9	0.2	0.1	2.8	0.6
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01342P White Bread - Primary Ptn

Each White Bread - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
15.2	0.2	0.1	2.7	0.6
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01344P Herb Bread Ptn

Each Herb Bread (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
15.1	0.2	0.1	2.7	0.5
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01345P White/Brown Bread - Primary Ptn

Each White/Brown Bread - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
15.0	0.2	0.1	2.7	0.5
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01349P Fruit Platter 1 Ptn

Each Fruit Platter 1 (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
4.3	0.0	0.0	1.0	0.1
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01350P Fruit Platter 2 Ptn

Each Fruit Platter 2 (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
4.9	0.0	0.0	1.2	0.1
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00077P Roast Pork Loin with Apple sauce - PRIMARY Ptn

Each Roast Pork Loin with Apple sauce - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
124.8	8.1	3.2	1.1	12.1
6%	12%	16%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00279P Fish Finger - Primary Ptn

Each Fish Finger - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
183.6	8.2	0.7	15.3	11.7
9%	12%	4%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00058P Pizza - Cheese and Tomato - PRIMARY Ptn

Each Pizza - Cheese and Tomato - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
0.0	0.0	0.0	0.0	0.0
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00368P Pasta - Portion Primary Ptn

Each Pasta - Portion Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
189.8	1.5	0.3	3.4	8.3
9%	2%	2%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00486P Oaty Apple Crumble - Primary Ptn

Each Oaty Apple Crumble - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
388.8	16.6	7.1	53.1	4.2
19%	24%	35%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00056P Vanilla Sauce - Primary Ptn

Each Vanilla Sauce - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
34.1	0.7	0.6	6.4	0.5
2%	1%	3%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00911P Lasagne -FA Beef -
PRIMARY Ptn

Each Lasagne -FA Beef - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
222.6	7.9	4.1	26.1	11.1
11%	11%	21%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01334P Chocolate Custard Ptn

Each Chocolate Custard (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
40.4	0.9	0.8	6.8	1.0
2%	1%	4%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00085P Beefburger 60g -
PRIMARY Ptn

Each Beefburger 60g - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
172.1	12.1	6.0	0.3	15.1
9%	17%	30%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00301P Quorn Burger in a Roll -
Primary Ptn

Each Quorn Burger in a Roll - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
189.7	3.7	1.2	25.4	12.8
9%	5%	6%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00023P Choc - Ice Cream
Sponge Roll - Primary Ptn

Each Choc - Ice Cream Sponge Roll - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
102.2	3.6	1.9	15.8	2.0
5%	5%	10%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00222P Diced Potato - PRIMARY Ptn

Each Diced Potato - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
72.0	0.1	0.1	16.1	1.7
4%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01032P Vegan Coleslaw - Primary Ptn

Each Vegan Coleslaw - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
47.5	2.8	0.2	4.7	1.5
2%	4%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00206P Green Beans Frozen - PRIMARY Ptn

Each Green Beans Frozen - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
7.3	0.1	0.0	0.8	0.5
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01400 Yeo Valley Little Yeo Ptn

Each Yeo Valley Little Yeo (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
0.0	0.0	0.0	0.0	0.0
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01355 Fresh Baton Carrots - Primary Ptn

Each Fresh Baton Carrots - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
0.0	0.0	0.0	0.0	0.0
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01343P Garlic Bread - Primary Ptn

Each Garlic Bread - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
15.6	0.2	0.1	2.8	0.6
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01375 Potato Hash Rounds - Primary Ptn

Each Potato Hash Rounds - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
0.0	0.0	0.0	0.0	0.0
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00123P Broccoli - Primary Ptn

Each Broccoli - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
8.8	0.1	0.0	0.7	0.8
0%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00124P Sliced Carrots - Primary Ptn

Each Sliced Carrots - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
10.5	0.0	0.0	2.0	0.2
1%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00344P Vegetarian Sausage Roll - Primary Ptn

Each Vegetarian Sausage Roll - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
192.0	10.9	5.1	17.9	5.1
10%	16%	26%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00296P Crunchy Carrot Cookie - Ptn
Primary

Each Crunchy Carrot Cookie - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
119.4	4.9	2.1	17.5	1.3
6%	7%	10%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00292P Chicken Curry with Rice Ptn
- PRIMARY

Each Chicken Curry with Rice - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
343.6	12.2	4.4	42.4	15.2
17%	17%	22%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R01043P New Potatoes - Primary Ptn

Each New Potatoes - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
106.6	0.1	0.0	25.5	2.5
5%	0%	0%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

R00079P Quorn Roast - Primary Ptn

Each Quorn Roast - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
51.1	0.6	0.3	1.2	8.7
3%	1%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

The values for each nutrient above are per serving.