

Menu: FCAUT22 Wk 2

Fresh Cook Autumn Week 2

Item	Description	Amount																
R00032P	Macaroni Cheese - PRIMARY	Ptn	<p>Each Macaroni Cheese - 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>365.1</td> <td>13.6</td> <td>7.3</td> <td>45.4</td> <td>14.6</td> </tr> <tr> <td>18%</td> <td>19%</td> <td>36%</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	365.1	13.6	7.3	45.4	14.6	18%	19%	36%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
365.1	13.6	7.3	45.4	14.6														
18%	19%	36%	0%	0%														
R00037P	Roast Chicken Breast - Primary	Ptn	<p>Each Roast Chicken Breast - 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>63.6</td> <td>0.7</td> <td>0.2</td> <td>0.0</td> <td>14.4</td> </tr> <tr> <td>3%</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	63.6	0.7	0.2	0.0	14.4	3%	1%	1%	0%	0%
Energy	Fat	Saturates	Carbohydrate	Protein														
63.6	0.7	0.2	0.0	14.4														
3%	1%	1%	0%	0%														
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%														
R00094P	Sausages GF 37g - Primary	Ptn	<p>Each Sausages GF 37g - Primary (64g) contains</p> <table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>133kcal</td> <td>6.7g</td> <td>2.3g</td> <td>1.9g</td> <td>0.78g</td> </tr> <tr> <td>7%</td> <td>10%</td> <td>11%</td> <td>2%</td> <td>13%</td> </tr> </tbody> </table> <p>of an adult's Reference Intake</p> <p>Typical values (as sold) per 100g: Energy 208kcal</p>	Energy	Fat	Saturates	Sugars	Salt	133kcal	6.7g	2.3g	1.9g	0.78g	7%	10%	11%	2%	13%
Energy	Fat	Saturates	Sugars	Salt														
133kcal	6.7g	2.3g	1.9g	0.78g														
7%	10%	11%	2%	13%														

R00107P Daily Salad Bar Ptn

Each Daily Salad Bar (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
87.4	1.7	0.2	14.5	3.8
4%	2%	1%	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

R00204P Ice Cream Portion - PRIMARY Ptn

Each Ice Cream Portion - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
77.5	4.7	2.5	7.5	1.2
4%	7%	12%	0%	0%

of an adult's Reference Intake

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

R00208P Peas Frozen - PRIMARY Ptn

Each Peas Frozen - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
24.0	0.4	0.2	2.8	1.7
1%	1%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 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

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

R00241P 1/2 Jacket Potato - PRIMARY Ptn

Each 1/2 Jacket Potato -PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
118.8	2.6	0.2	21.3	2.5
6%	4%	1%	0%	0%

of an adult's Reference Intake

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

R00324P Jelly with Tinned Fruit - Primary Ptn

Each Jelly with Tinned Fruit - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
79.6	0.1	0.0	19.4	0.3
4%	0%	0%	0%	0%

of an adult's Reference Intake

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

R00437J Fish Finger Wrap Ptn

Each Fish Finger Wrap (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
197.0	9.9	0.7	23.5	3.3
10%	14%	3%	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

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

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

R01346P Brown Bread - Primary Ptn

Each Brown Bread - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
14.3	0.2	0.0	2.6	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

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

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

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

R00373P Meatballs in Tomato Sauce with Pasta - Primary Ptn

Each Meatballs in Tomato Sauce with Pasta - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
182.7	4.3	1.2	5.9	10.8
9%	6%	6%	0%	0%

of an adult's Reference Intake

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

R00981P Pasta Bolognese - FA Beef Primary Ptn

Each Pasta Bolognese - FA Beef Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
278.9	1.9	0.4	16.8	14.4
14%	3%	2%	0%	0%

of an adult's Reference Intake

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

R00026J Carrot Cake Homemade Jun Ptn

Each Carrot Cake Homemade Jun (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
254.2	13.9	5.8	28.7	3.9
13%	20%	29%	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

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

R00551P Roast Parsnips - Primary Ptn

Each Roast Parsnips - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
22.8	1.0	0.1	2.2	0.4
1%	1%	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

R00057 Fish Cake 60g - PRIMARY Ptn

Each Fish Cake 60g - PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
33.2	1.3	0.2	3.9	1.1
2%	2%	1%	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

R00383P Salmon & Sweet Potato Fish Cake 65g - Primary Ptn

Each Salmon & Sweet Potato Fish Cake 65g - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
129.4	4.9	0.7	15.2	4.4
6%	7%	4%	0%	0%

of an adult's Reference Intake

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

R01352 Vanilla/Chocolate Cookie - Primary Ptn

Each Vanilla/Chocolate Cookie - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
96.3	5.1	2.2	11.4	1.0
5%	7%	11%	0%	0%

of an adult's Reference Intake

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

R01405 Sweet Potato Mash Primary Ptn

Each Sweet Potato Mash Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
9401.2	31.8	10.8	2148.6	122.3
470%	45%	54%	0%	0%

of an adult's Reference Intake

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

R01406 Fruit Topped Cheesecake - Primary Ptn

Each Fruit Topped Cheesecake - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
133.0	6.6	3.3	15.7	2.5
7%	9%	17%	0%	0%

of an adult's Reference Intake

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

R00399P Iced Sponge - Primary Ptn

Each Iced Sponge - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
215.4	8.9	3.7	31.6	2.4
11%	13%	19%	0%	0%

of an adult's Reference Intake

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

R00211P Cauliflower - Frozen- PRIMARY Ptn

Each Cauliflower - Frozen- PRIMARY (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
9.5	0.2	0.1	0.8	0.9
0%	0%	0%	0%	0%

of an adult's Reference Intake

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

R00935P Vegetable Cottage Pie - Primary Ptn

Each Vegetable Cottage Pie - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
262.2	3.0	1.2	45.4	11.6
13%	4%	6%	0%	0%

of an adult's Reference Intake

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

R01289P Vegetable Fajitas - Primary Ptn

Each Vegetable Fajitas - Primary (Ptn) contains

Energy	Fat	Saturates	Carbohydrate	Protein
264.4	9.1	4.0	36.7	3.1
13%	13%	20%	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.