**Heatree Activity Centre Evening Meal**
Analyse by: Per Portion
Food Labelling: Default

Monday

| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| CYP - Macaroni Cheese, Bacon, Garlic Bread & Salad | 439.80 | 522.1 | 20.4 | 10.9 | 1.5 | 10.0 | - | 57.6 | 26.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 26.1% | 29.1% | 54.7% | 25.5% | 11.1% | - | 22.1% | 52.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Beans & Salad | 382.50 | 296.8 | 1.0 | 0.3 | 0.5 | 4.9 | - | 65.8 | 10.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 14.8% | 1.5% | 1.6% | 7.7% | 5.5% | - | 25.3% | 19.9% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Cheese & Salad | 352.50 | 372.7 | 10.7 | 6.6 | 0.0 | 4.8 | - | 58.0 | 14.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 18.6% | 15.2% | 33.0% | 0.7% | 5.3% | - | 22.3% | 29.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Cheese, Beans & Salad | 397.50 | 390.0 | 9.3 | 5.6 | 0.4 | 5.0 | - | 64.7 | 15.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 19.5% | 13.2% | 28.0% | 6.5% | 5.6% | - | 24.9% | 31.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Tuna Mayo & Salad | 372.50 | 354.6 | 8.2 | 1.1 | 0.7 | 4.9 | - | 57.9 | 15.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 17.7% | 11.7% | 5.4% | 12.0% | 5.4% | - | 22.3% | 30.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Tomato & Basil Pasta, Garlic Focaccia, Salad Stick | 216.29 | 386.1 | 10.1 | 0.8 | 0.6 | 6.8 | - | 59.3 | 14.1 | - | - | - | - | - | - | - | - | - | - | - | - |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Daily Reference Intake (%) | | 19.3% | 14.4% | 3.8% | 9.5% | 7.6% | - | 22.8% | 28.3% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| P - Carrot Cake | 55.42 | 227.8 | 13.8 | 2.2 | 0.2 | 14.1 | - | 23.8 | 2.9 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 11.4% | 19.8% | 11.1% | 3.2% | 15.7% | - | 9.1% | 5.8% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Vegetarian Jelly & Fruit | 105.00 | 60.5 | 0.0 | 0.0 | 0.0 | 14.4 | - | 14.5 | 0.2 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 3.0% | 0.0% | 0.0% | 0.5% | 16.0% | - | 5.6% | 0.3% | - | - | - | - | - | - | - | - | - | - | - | - | - |

Tuesday

| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Jacket Potato, Beans & Salad | 382.50 | 296.8 | 1.0 | 0.3 | 0.5 | 4.9 | - | 65.8 | 10.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 14.8% | 1.5% | 1.6% | 7.7% | 5.5% | - | 25.3% | 19.9% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Cheese & Salad | 352.50 | 372.7 | 10.7 | 6.6 | 0.0 | 4.8 | - | 58.0 | 14.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 18.6% | 15.2% | 33.0% | 0.7% | 5.3% | - | 22.3% | 29.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Cheese, Beans & Salad | 397.50 | 390.0 | 9.3 | 5.6 | 0.4 | 5.0 | - | 64.7 | 15.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 19.5% | 13.2% | 28.0% | 6.5% | 5.6% | - | 24.9% | 31.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Tuna Mayo & Salad | 372.50 | 354.6 | 8.2 | 1.1 | 0.7 | 4.9 | - | 57.9 | 15.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 17.7% | 11.7% | 5.4% | 12.0% | 5.4% | - | 22.3% | 30.8% | - | - | - | - | - | - | - | - | - | - | - | - |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Margherita Pizza, Wedges & Salad Sticks | 268.70 | 429.0 | 13.6 | 1.1 | 0.7 | 4.0 | - | 63.8 | 12.3 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 21.4% | 19.5% | 5.7% | 12.0% | 4.4% | - | 24.5% | 24.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Pepperoni Pizza, Wedges, Salad | 299.50 | 478.5 | 19.6 | 2.7 | 1.2 | 3.0 | - | 62.1 | 12.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 23.9% | 28.0% | 13.6% | 19.2% | 3.3% | - | 23.9% | 25.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| P - Apple & Raspberry Cake | 56.67 | 221.9 | 13.8 | 2.2 | 0.1 | 13.0 | - | 22.5 | 2.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 11.1% | 19.7% | 11.1% | 2.0% | 14.5% | - | 8.7% | 5.6% | - | - | - | - | - | - | - | - | - | - | - | - |
| Shortbread | 48.34 | 210.5 | 10.3 | 4.2 | 0.2 | 10.3 | - | 27.9 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.5% | 14.6% | 20.9% | 3.3% | 11.5% | - | 10.7% | 4.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Sticky Toffee Pudding & Custard | 106.72 | 301.1 | 14.2 | 2.5 | 0.2 | 27.7 | - | 41.2 | 3.2 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 15.1% | 20.2% | 12.6% | 2.5% | 30.8% | - | 15.9% | 6.4% | - | - | - | - | - | - | - | - | - | - | - | - |

Wednesday

| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Breaded Fish, Chips, Peas & Beans | 240.00 | 347.1 | 9.4 | 2.4 | 0.9 | 2.9 | - | 49.7 | 13.5 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 17.4% | 13.5% | 11.8% | 14.5% | 3.2% | - | 19.1% | 27.1% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Beans & Salad | 382.50 | 296.8 | 1.0 | 0.3 | 0.5 | 4.9 | - | 65.8 | 10.0 | - | - | - | - | - | - | - | - | - | - | - | - |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Daily Reference Intake (%) | | 14.8% | 1.5% | 1.6% | 7.7% | 5.5% | - | 25.3% | 19.9% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Cheese & Salad | 352.50 | 372.7 | 10.7 | 6.6 | 0.0 | 4.8 | - | 58.0 | 14.6 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 18.6% | 15.2% | 33.0% | 0.7% | 5.3% | - | 22.3% | 29.2% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Cheese, Beans & Salad | 397.50 | 390.0 | 9.3 | 5.6 | 0.4 | 5.0 | - | 64.7 | 15.9 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 19.5% | 13.2% | 28.0% | 6.5% | 5.6% | - | 24.9% | 31.7% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Tuna Mayo & Salad | 372.50 | 354.6 | 8.2 | 1.1 | 0.7 | 4.9 | - | 57.9 | 15.4 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 17.7% | 11.7% | 5.4% | 12.0% | 5.4% | - | 22.3% | 30.8% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Sweet Potato Cake, Chips, Beans, Peas | 321.12 | 321.4 | 8.7 | 2.4 | 0.7 | 13.4 | - | 49.5 | 9.6 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 16.1% | 12.4% | 11.8% | 11.5% | 14.8% | - | 19.0% | 19.3% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Apple Flapjack | 62.48 | 240.3 | 10.7 | 4.0 | 0.2 | 16.8 | - | 32.0 | 3.0 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 12.0% | 15.3% | 19.9% | 3.7% | 18.7% | - | 12.3% | 5.9% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Lemon Drizzle Cake | 60.21 | 246.1 | 13.8 | 2.2 | 0.2 | 18.9 | - | 28.5 | 2.8 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 12.3% | 19.7% | 11.1% | 3.2% | 21.0% | - | 11.0% | 5.6% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| P - Chocolate Brownie | 67.20 | 218.2 | 8.9 | 1.6 | 0.7 | 20.2 | - | 32.4 | 2.3 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.9% | 12.7% | 8.2% | 11.2% | 22.5% | - | 12.5% | 4.6% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Thursday | | | | | | | | | | | | | | | | | | | | | | |

| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Jacket Potato, Beans & Salad | 382.50 | 296.8 | 1.0 | 0.3 | 0.5 | 4.9 | - | 65.8 | 10.0 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 14.8% | 1.5% | 1.6% | 7.7% | 5.5% | - | 25.3% | 19.9% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Cheese & Salad | 352.50 | 372.7 | 10.7 | 6.6 | 0.0 | 4.8 | - | 58.0 | 14.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 18.6% | 15.2% | 33.0% | 0.7% | 5.3% | - | 22.3% | 29.2% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Cheese, Beans & Salad | 397.50 | 390.0 | 9.3 | 5.6 | 0.4 | 5.0 | - | 64.7 | 15.9 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 19.5% | 13.2% | 28.0% | 6.5% | 5.6% | - | 24.9% | 31.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| Jacket Potato, Tuna Mayo & Salad | 372.50 | 354.6 | 8.2 | 1.1 | 0.7 | 4.9 | - | 57.9 | 15.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 17.7% | 11.7% | 5.4% | 12.0% | 5.4% | - | 22.3% | 30.8% | - | - | - | - | - | - | - | - | - | - | - | - |
| Leek & Potato Bake, Potatoes, Veg & Gravy | 342.67 | 288.0 | 12.9 | 4.3 | 0.5 | 9.3 | - | 32.4 | 12.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 14.4% | 18.4% | 21.5% | 8.2% | 10.3% | - | 12.4% | 24.7% | - | - | - | - | - | - | - | - | - | - | - | - |
| P - Roast Chicken, Pots, Carrots, Cabbage & Gravy | 264.78 | 197.5 | 4.3 | 0.9 | 0.4 | 4.4 | - | 22.6 | 18.5 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 9.9% | 6.1% | 4.4% | 7.2% | 4.9% | - | 8.7% | 37.0% | - | - | - | - | - | - | - | - | - | - | - | - |
| Chocolate Orange Drizzle Cake | 41.86 | 121.4 | 1.6 | 0.6 | 0.2 | 16.3 | - | 24.6 | 2.8 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 6.1% | 2.2% | 2.8% | 2.7% | 18.1% | - | 9.5% | 5.6% | - | - | - | - | - | - | - | - | - | - | - | - |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Ice Cream Pot | 80.00 | 156.8 | 8.3 | 4.2 | 0.1 | 17.7 | - | 18.5 | 2.1 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 7.8% | 11.9% | 21.2% | 2.2% | 19.6% | - | 7.1% | 4.2% | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Oaty Cookie | 51.48 | 216.2 | 9.1 | 3.6 | 0.5 | 14.9 | - | 31.6 | 2.4 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 10.8% | 12.9% | 18.0% | 7.5% | 16.5% | - | 12.2% | 4.9% | - | - | - | - | - | - | - | - | - | - | - | - | - |

Friday

| Menu Item | Portion Weight (g) | Energy (kcal) | Fat (g) | Saturated Fat (g) | Salt (g) | Total Sugar (g) | Free Sugar (g) | Carbohydrate (g) | Protein (g) | NSP (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (mg) | Folate (µg) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Riboflavin (mg) | Vitamin D (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P - Chocolate Cookie | 52.36 | 219.6 | 9.3 | 3.7 | 0.5 | 14.9 | - | 31.7 | 2.6 | - | - | - | - | - | - | - | - | - | - | - | - |
| Daily Reference Intake (%) | | 11.0% | 13.2% | 18.6% | 7.5% | 16.5% | - | 12.2% | 5.2% | - | - | - | - | - | - | - | - | - | - | - | - |