

Sample Menu

Nutritional Information

08_26_V10

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

freshtoday

Sweet & Sour Chicken



September Monthly Special!

Nutri-Score

(Per 100g)

A B C D E

Ingredients:

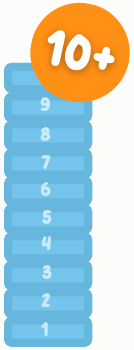
Rice (45.2%)	[Water 66%, Long Grain Parboiled Rice 34%]
Diced Chicken (28.8%)	[Chicken Breast Meat (99%), Salt]
Sweet & Sour Sauce (20.3%)	[Water, Tomato Purée From Concentrate (17%), Sugar, Pineapple Juice From Concentrate (9%), Spirit Vinegar, Modified Maize Starch, Lemon Juice From Concentrate, Salt, 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!)

freshtoday



Nutri-Score

(Per 100g)

A **B** C D E

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]

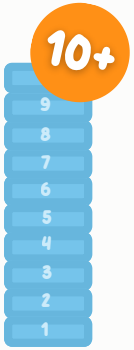
Gravy (14.8%) [Water, Modified Maize Starch, Maltodextrin, Salt, Beef Glace, Beef Stock (Beef Bone Stock, Beef Meat, Water, Beef Extract, Beef Fat), Sugar, Maize Starch, Sea Salt, Concentrated Vegetable Juices (Onion, Tomato), Tomato Powder, Palm Fat Powder, Dried Glucose Syrup, Yeast Extracts (Yeast 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

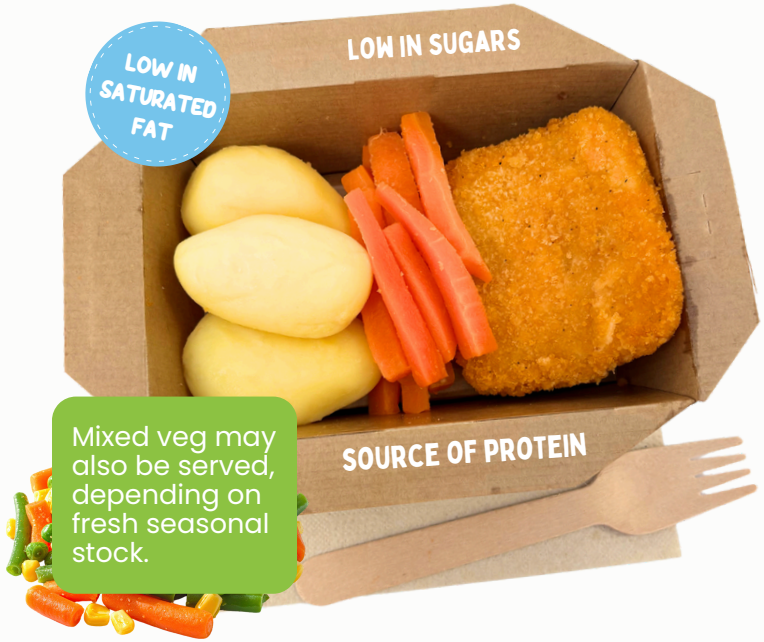
PER 100G & PER PORTION	(100g)	(270g)
Energy (kJ)	401.52	**1084.1**
Energy (Kcal)	95.96	**259.1**
Fat (g)	4.7	**12.7**
Of which saturates (g)	1.37	**3.7**
Carbohydrates (g)	10.33	**27.9**
Of which sugars (g)	2.15	**5.8**
Fibre (g)	1.44	**3.9**
Protein (g)	2.93	**7.9**
Salt (g)	0.59	**1.6**

Variety Score



Captain's Catch

freshtoday



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

Nutri-Score

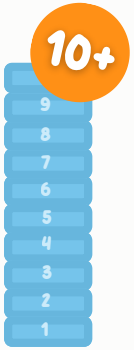
(Per 100g)

A B C D E

Nutritional Information

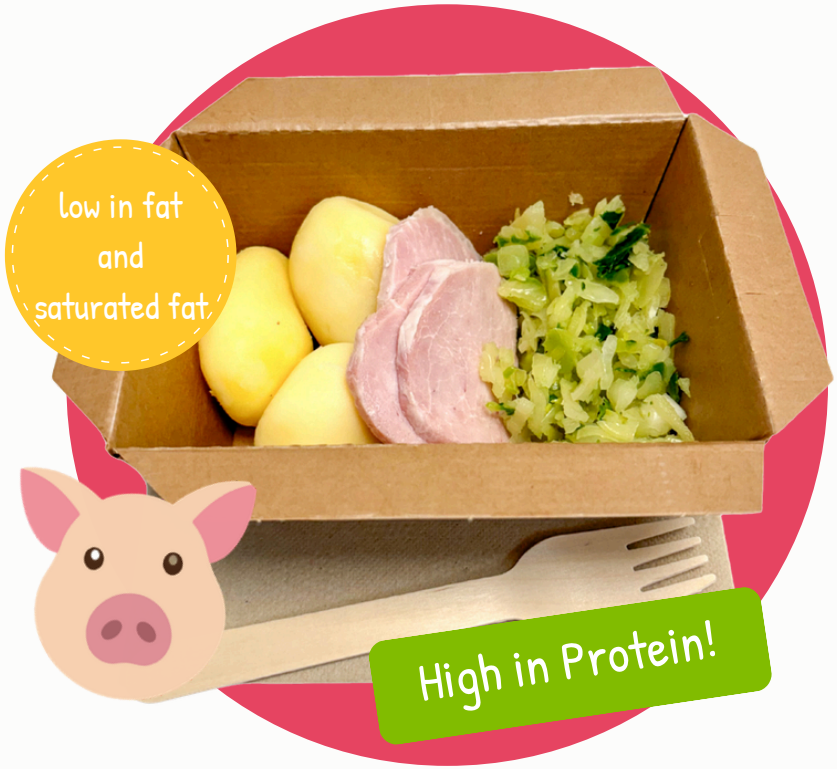
PER 100G & PER PORTION	(100g)	(260g)
Energy (kJ)	418.72	1088.67
Energy (Kcal)	100.08	260.2
Fat (g)	3.36	8.74
Of which saturates (g)	0.51	1.32
Carbohydrates (g)	12.42	32.28
Of which sugars (g)	2.04	5.3
Fibre (g)	2.08	5.4
Protein (g)	4.42	11.48
Salt (g)	0.38	1

Variety Score



Roast Gammon

freshtoday



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:

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

Variety Score:

3
2
1

Roast Chicken

freshtoday



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

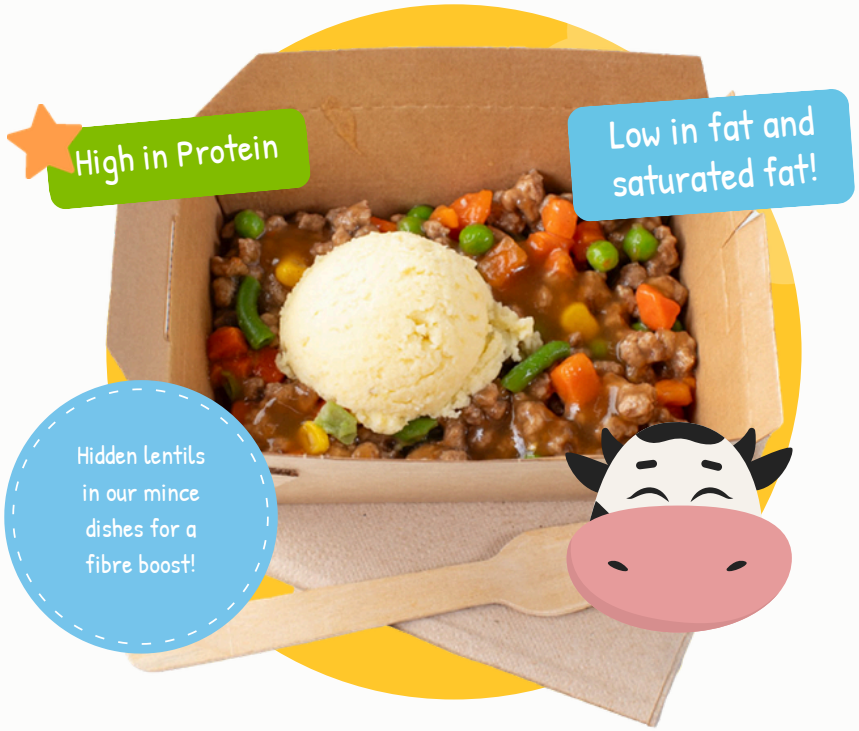
PER 100G & PER PORTION	(100g)	(251g)
Energy (kJ)	300.8	755.2
Energy (Kcal)	71.9	180.5
Fat (g)	0.7	1.8
Of which saturates (g)	0.2	0.6
Carbohydrates (g)	8.4	21.1
Of which sugars (g)	2.4	6.1
Fibre (g)	1.9	4.8
Protein (g)	7.3	18.4
Salt (g)	0.4	0.9

Variety Score

6
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Cottage Bake

freshtoday



Nutri-Score

(Per 100g)

A **B** C D E

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

10+
9
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Falafel Stir Fry

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)

Nutri-Score

(Per 100g)

A B C D E

Nutritional Information

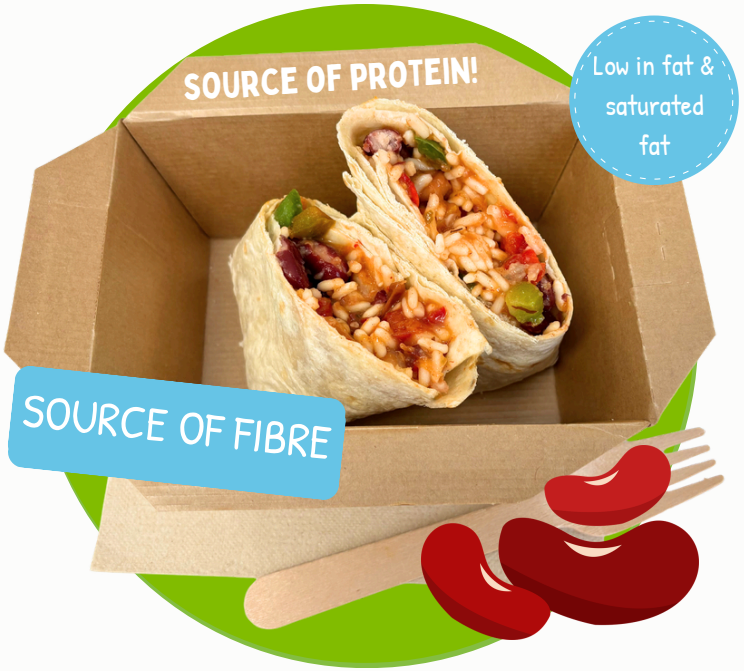
PER 100G & PER PORTION	(100g)	(184g)
Energy (kJ)	572.0	1052.7
Energy (Kcal)	136.7	251.6
Fat (g)	2.5	4.6
Of which saturates (g)	0.2	0.5
Carbohydrates (g)	25.2	46.4
Of which sugars (g)	4.7	8.7
Fibre (g)	2.4	4.4
Protein (g)	3.2	5.9
Salt (g)	0.4	0.8

Variety Score

10
9
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freshtoday

BBQ Bean Burrito



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

Nutri-Score

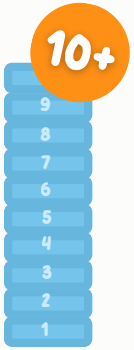
(Per 100g)

A **B** C D E

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



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Vegan Taco Tater



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!

Nutri-Score

(Per 100g)

A B C D E

Nutritional Information

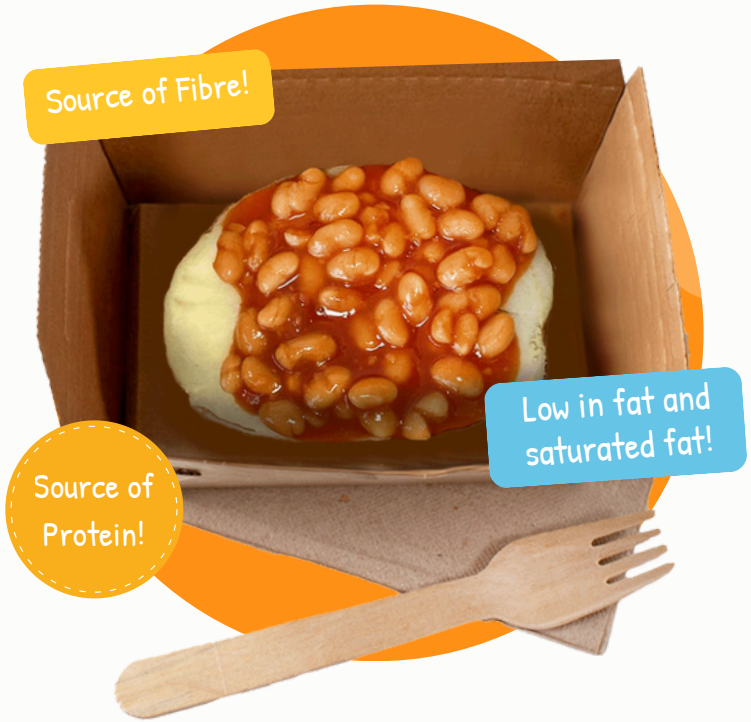
PER 100G & PER PORTION	(100g)	(270g)
Energy (kJ)	311.3	840.6
Energy (Kcal)	74.4	200.9
Fat (g)	1.2	3.2
Of which saturates (g)	0.1	0.4
Carbohydrates (g)	11.9	32.2
Of which sugars (g)	2.7	7.4
Fibre (g)	3.1	8.5
Protein (g)	2.5	6.9
Salt (g)	0.3	0.9

Variety Score

10+
9
8
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1

freshtoday

Bean Spud



Nutri-Score

(Per 100g)

A B C D E

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

10+
9
8
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2
1

Chicken Curry

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

Nutri-Score

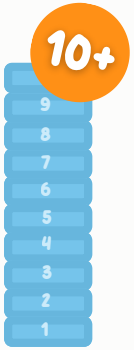
(Per 100g)

A **B** C D E

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



freshtoday

Rice Blend



Nutri-Score

(Per 100g)

A **B** C D E

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

freshtoday

Pasta di Casa



Nutri-Score

(Per 100g)

A B C D E

Ingredients:

Pasta [Water, **WHEAT DURUM** Flour]

Contains: Durum Wheat (Gluten)

Nutritional Information

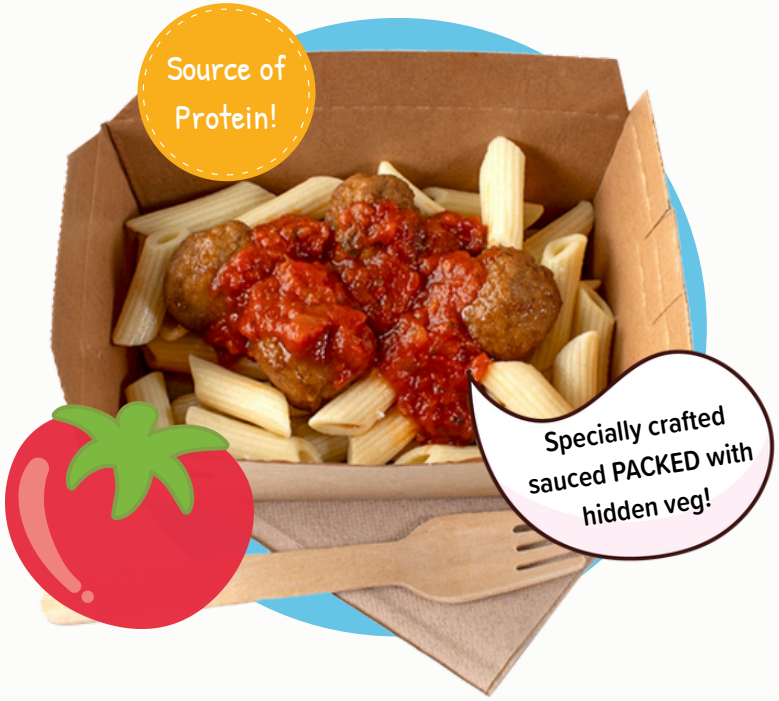
PER 100G & PER PORTION	(100g)	(155g)
Energy (kJ)	820	1270
Energy (Kcal)	194	301
Fat (g)	4.7	7.3
Of which saturates (g)	0.8	1.2
Carbohydrates (g)	31	48
Of which sugars (g)	0.6	0.9
Fibre (g)	1.8	2.9
Protein (g)	6.4	9.9
Salt (g)	0.04	0.06

Variety Score

3
2
1

freshtoday

Meatball Munch



Nutri-Score

(Per 100g)

A **B** C D E

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

10+

9 8 7 6 5 4 3 2 1

freshtoday

Bolognese Bowl



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)

Nutri-Score

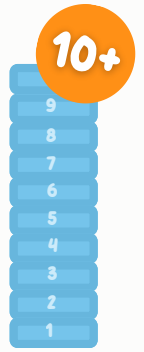
(Per 100g)

A B C D E

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



freshtoday

Carbonara King



Nutri-Score

(Per 100g)

A B C D E

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

10
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Pesto Chicken Pasta

freshtoday



Nutri-Score

(Per 100g)

A B C D E

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

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

Variety Score

10
9
8
7
6
5
4
3
2
1

Chicken Curry Wrap

freshtoday



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

Nutri-Score

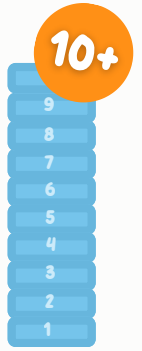
(Per 100g)

A **B** C D E

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

freshtoday



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

Nutri-Score

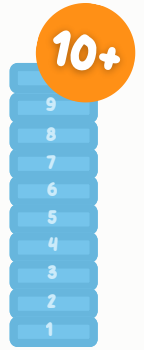
(Per 100g)

A **B** C D E

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

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]

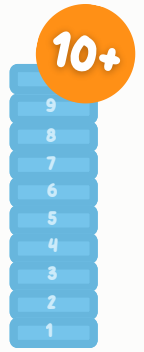
Shredded Cheese Mix (4.4%) [Mexican Mix (Red Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet, Colour (Annatto Norbixin), White Cheddar (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Dubliner (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Colour Blend (Water, Palm Oil, **MILK** Protein, Modified Potato Starch, Salt, Emulsifying Salts, Colour (Annatto Norbixin)), Potato Starch]

Contains: Wheat (Gluten) & Milk

Nutrition 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



Nutri-Score

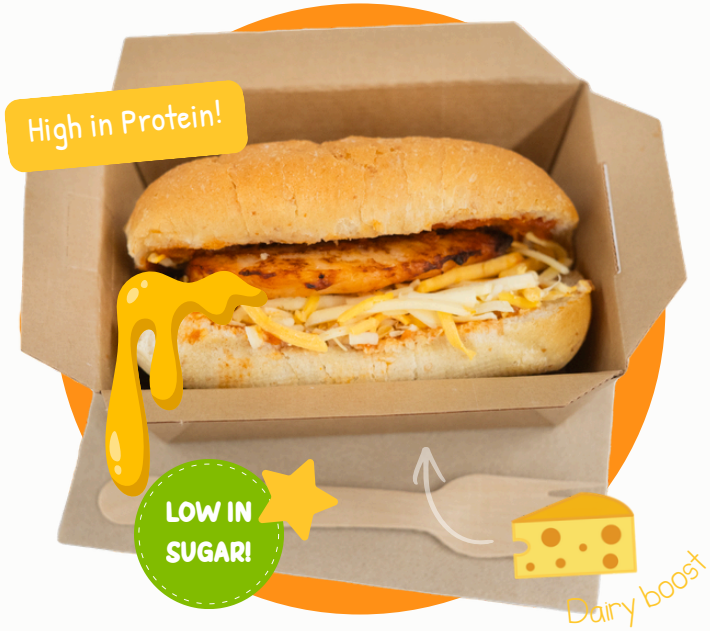
(Per 100g)

A **B** C D E

with an orange!

freshtoday

Chicken Melt



Ingredients:

Baguette (37%)
[**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]

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

Nutri-Score

(Per 100g)

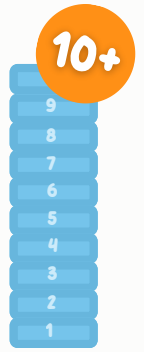
A **B** C D E

with an apple and orange!

Nutritional Information

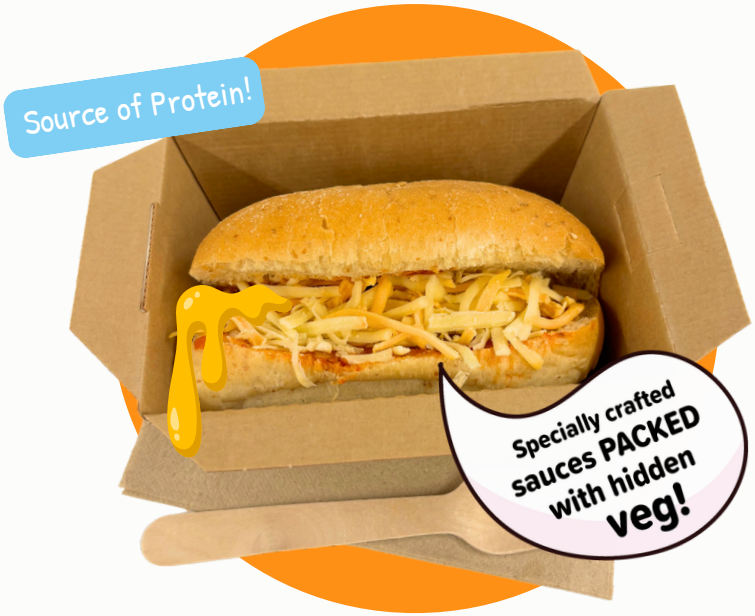
PER 100G & PER PORTION	(100g)	(135g)
Energy (kJ)	918.8	1240.6
Energy (Kcal)	219.6	296.5
Fat (g)	8.3	11.2
Of which saturates (g)	4.3	5.8
Carbohydrates (g)	21.4	28.9
Of which sugars (g)	3.1	4.2
Fibre (g)	1.6	2.2
Protein (g)	15.1	20.4
Salt (g)	1.1	1.5

Variety Score



freshtoday

Cheddar Roll



Ingredients:

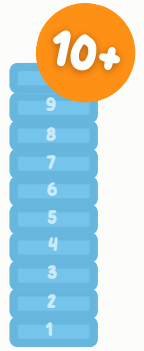
Baguette (50%)	[**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, **WHEAT**), Water, Rapeseed Oil, Sugar, Yeast, Salt, **WHEAT** Bran, Emulsifiers Sodium Stearoyl 2 Lactylate, Mono And Diglycerides Of Fatty Acids, Palm Fat, Flavouring, Colour: Beta Carotene, Antioxidant: Ascorbic 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)	1076.5	1076.5
Energy (Kcal)	257.3	257.3
Fat (g)	10.8	10.8
Of which saturates (g)	5.7	5.7
Carbohydrates (g)	28.1	28.1
Of which sugars (g)	3.6	3.6
Fibre (g)	2.2	2.2
Protein (g)	12.5	12.5
Salt (g)	1.2	1.2

Variety Score



Nutri-Score

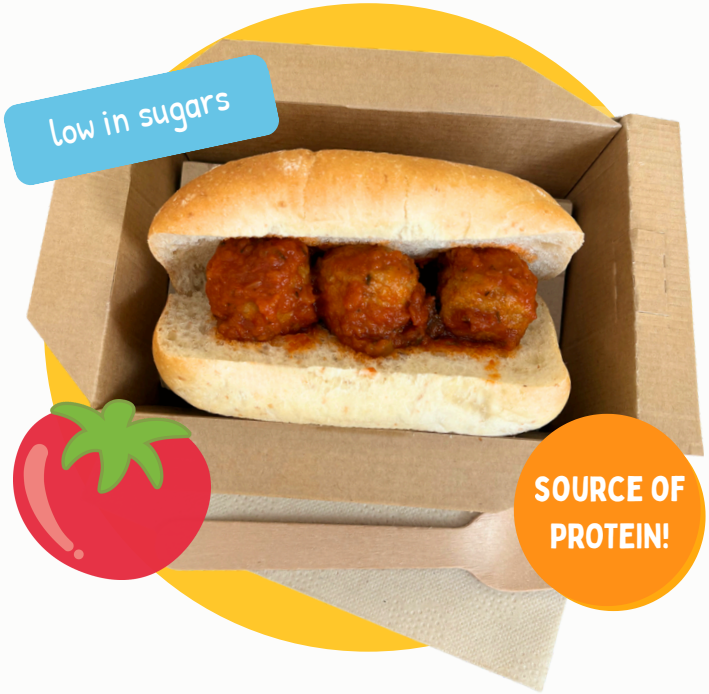
(Per 100g)

A **B** C D E

with an apple and orange!

freshtoday

Meatball Sub



Nutri-Score

(Per 100g)

A B C D E

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

10 9 8 7 6 5 4 3 2 1

freshtoday

Chargrilled Chicken



Nutri-Score

(Per 100g)

A B C D E

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

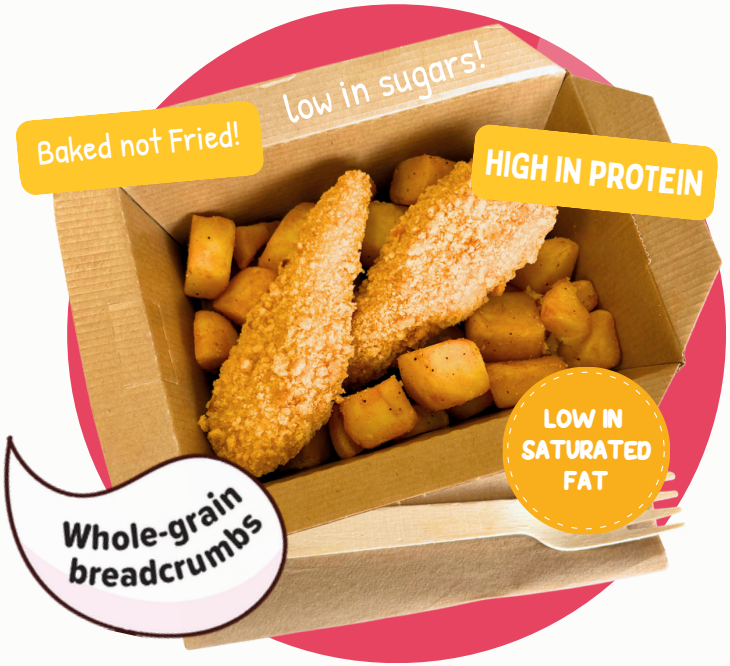
PER 100G & PER PORTION	(100g)	(171g)
Energy (kJ)	449	767.8
Energy (Kcal)	107.3	183.5
Fat (g)	2.1	3.7
Of which saturates (g)	0.4	0.6
Carbohydrates (g)	10.8	18.5
Of which sugars (g)	0.8	1.3
Fibre (g)	0.8	1.4
Protein (g)	10.6	18.1
Salt (g)	0.5	0.9

Variety Score

6
5
4
3
2
1

freshtoday

Healthy Goujons



Ingredients:

Potato Cubes (54.6%)

[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)]

Chicken Goujon (45.4%)

[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)

Nutri-Score

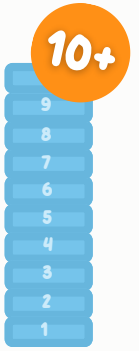
(Per 100g)

A B C D E

Nutritional Information

PER 100G & PER PORTION	(100g)	(183g)
Energy (kJ)	619.2	**1133.0**
Energy (Kcal)	148.0	**270.8**
Fat (g)	3.1	**5.6**
Of which saturates (g)	0.3	**0.5**
Carbohydrates (g)	20.6	**37.8**
Of which sugars (g)	0.5	**0.9**
Fibre (g)	0.5	**0.9**
Protein (g)	8.5	**15.6**
Salt (g)	0.5	**0.9**

Variety Score



freshtoday

Chicken Tikka Box



Nutri-Score

(Per 100g)

A B C D E

Ingredients:

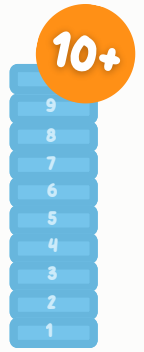
Potato Wedges (38.8%)	[Potatoes, Sunflower Oil, Seasoning (Spices, Sea Salt, Corn Starch, Smoked Paprika (Paprika, Smoke))]
Diced Chicken (20.5%)	[Chicken Breast Meat, Salt]
Mixed Peppers (20.5%)	[Green Pepper, Red Pepper, Yellow Pepper]
Tomato Sauce (16.3%)	[Tomatoes (87%), Onions, Tomato Paste (5%), 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

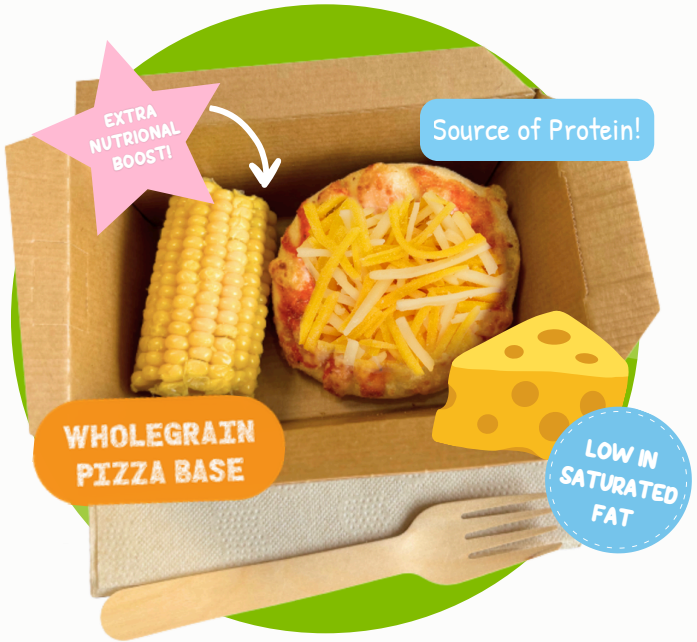
PER 100G & PER PORTION	(100g)	(263g)
Energy (kJ)	374.79	985.7
Energy (Kcal)	89.58	235.6
Fat (g)	2.09	5.5
Of which saturates (g)	0.51	1.33
Carbohydrates (g)	9.81	25.8
Of which sugars (g)	2.47	6.5
Fibre (g)	1.6	4.2
Protein (g)	6.88	18.1
Salt (g)	0.49	1.29

Variety Score



freshtoday

Veg Pizza



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

Nutri-Score

(Per 100g)

A **B** C D E

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

10
9
8
7
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4
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2
1

freshtoday

Sausage Baguette



Nutri-Score

(Per 100g)

A B C **D** E

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]

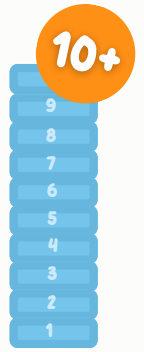
Sausage (50%) [Pork (60%), Water, **Wheat** Flour (**Wheat**), Calcium Carbonate, Iron, Niacin, Thiamin, Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts Filled Into Alginate Casing]

Contains: Wheat (Gluten)

Nutritional Information

PER 100G & PER PORTION	(100g)	(100g)
Energy (kJ)	1195	1195
Energy (Kcal)	285	285
Fat (g)	13	13
Of which saturates (g)	3.4	3.4
Carbohydrates (g)	30	30
Of which sugars (g)	2	2
Fibre (g)	1.8	1.8
Protein (g)	10	10
Salt (g)	1.4	1.4

Variety Score



freshtoday

Chicken Tender Baguette



Ingredients:

Baguette (54.3%)

[**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 Goujon (45.7%)

[Chicken Breast (64%), Water, Iron, Niacin, **Wheat** Flour (Thiamin, Calcium Carbonate, Iron, Niacin), Rapeseed Oil, Dextrose, **Wheat Gluten**, Pea Fibre, PeaStarch, Stabilisers (Diphosphates, Triphosphates), Salt, Yeast, Thiamin, Garlic Powder, Calcium Carbonate, Black Pepper, Raising Agent (E503(ii)), Paprika, Colour (Paprika Extract)]

Contains: Wheat (Gluten)

Nutri-Score

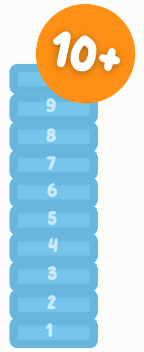
(Per 100g)

A B C D E

Nutritional Information

PER 100G & PER PORTION	(100g)	(92g)
Energy (kJ)	987	908
Energy (Kcal)	234	215
Fat (g)	3.9	3.6
Of which saturates (g)	0.7	0.6
Carbohydrates (g)	36	33
Of which sugars (g)	2.3	2.1
Fibre (g)	2.3	2.1
Protein (g)	12	11
Salt (g)	0.94	0.87

Variety Score



freshtoday

Pepperoni Sub



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

Nutri-Score

(Per 100g)

A B C **D** E

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

