

Primary

FISH FILLET, MASH WITH PEAS & SWEETCORN

INGREDIENT INFORMATION

Mashed Potatoes (42%)	[73% Potatoes, Whey (Milk) Permeate (Milk), 8, 8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract]
Breaded Fish (25%)	[Pollock (Fish) (60%)(Pollock (Theragra Chalcogramma, Fish) (Fish), Water, Stabiliser: Polyphosphate, Salt), Coating (Water, Wheat Flour, Corn Starch, Tapioca Starch, Salt, Garlic, Sugar, Yeast Extract, Yeast, Rice Flour, Natural Color: Paprika Extract, Egg White Powder, Stabiliser: Xanthan Gum), Palm Oil]
Vegetables (33%)	[Green Peas (16.7%) [100% Green Peas], Sweetcorn (16.7%)]

NUTRITIONAL INFORMATION

PER PORTION	(240g)
Energy (kJ)	1071
Energy (Kcal)	256
Fat (g)	10
Of which saturates (g)	5.4
Carbohydrates (g)	27
Of which sugars (g)	3.9
Fibre (g)	4.7
Protein (g)	11
Salt (g)	1.3

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

CHEESY BBQ CHICKEN JACKET POTATO

INGREDIENT INFORMATION

Potato (59%)	[Potato]
Diced Chicken (22%)	[Chicken Breast (98%), Salt]
Cheddar Cheese (11%)	[Pasteurized Milk, Salt, Starterculture, Microbial Rennet, Colour (E160b)],
BBQ Sauce (8%)	[Water, Sugar, Vinegar, Tomato Paste, Cane Molasses, Modified Maize Starch, Salt, Smoke Flavour, Spices, Maltodextrin, Colouring: Caramel E150D, Preservative: Potassium Sorbate]

NUTRITIONAL INFORMATION

PER PORTION

(232g)

Energy (kJ)	1179
Energy (Kcal)	281
Fat (g)	9.8
Of which saturates (g)	6
Carbohydrates (g)	27
Of which sugars (g)	6.3
Fibre (g)	3.5
Protein (g)	19
Salt (g)	0.87

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

VEGAN BEAN CHILLI WITH RICE

INGREDIENT INFORMATION

Bolognese Sauce (31%)	[Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]
Red Kidney Beans (10%)	[Red Kidney Beans(60%), Water, Salt]
Pinto Beans (10%)	[Pinto Beans, Water, Salt]
Mixed Peppers (8%)	[Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%)]
Sweet Chilli Sauce (3%)	[Water, Sugar, Glucose Syrup, Thickener (Modified Starch), Spirit Vinegar, Chilli Flakes 1%, Salt, Colour (Paprika Extract), Flavouring, Spices, Preservatives (Potassium Sorbate)]
Fajita Spice Mix (Less than 1%)	[Spices and Herbs (33%) (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)]
Rice (38%)	[White Rice]

NUTRITIONAL INFORMATION

PER PORTION

	(238g)
Energy (kJ)	953
Energy (Kcal)	225
Fat (g)	1.2
Of which saturates (g)	0.2
Carbohydrates (g)	45
Of which sugars (g)	10
Fibre (g)	3.7
Protein (g)	6.4
Salt (g)	1.6

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

CLASSIC CHEDDAR MELT WITH TOMATO SAUCE

INGREDIENT INFORMATION

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 (26%)

[Mozzarella Cheese (Milk) 50%, Red Mild Cheddar Cheese (Milk) 24%, White Mild Cheddar Cheese (Milk) 24%, Potato Starch 2%]

Bolognese Sauce (24%)

[Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]

NUTRITIONAL INFORMATION

PER PORTION

(103g)

Energy (kJ)	994
Energy (Kcal)	237
Fat (g)	8.8
Of which saturates (g)	4.7
Carbohydrates (g)	27
Of which sugars (g)	3.8
Fibre (g)	2
Protein (g)	11
Salt (g)	1.2

Nutri-Score (Per 100g)

A

B

C

D

E



HEALTHY SCHOOL MEALS

Primary

BOMBAY CURRY CHICKEN WRAP

INGREDIENT INFORMATION

White Wrap
(38%)

[Fortified Wheat Flour, Water, Veg Oils (rapeseed, Palm Oil), Glycerine, Malic Acid E296, Di Sodium Diphosphate E450, Sodium Bicarbonate E500, Guar Gum, Carboxymethylcellulose, Mono And Diglycerides Of Fatty Acids E471, Salt, Potassium Propionate, Calcium Propionate, L Cystine E920],

Diced Chicken
Breast (29%)

[Chicken Breast Meat (98%), Salt]

White Rice
(21%)

[White Rice]

Curry Sauce
(12%)

[Water, Bell Peppers, Pineapple Pieces (Pineapple, Water, Sugar), Onion, Sugar, Spirit Vinegar, Cream (MILK), Carrot, Sunflower Oil, Modified Maize Starch, Concentrated Pineapple Juice, Salt, Yeast Extract, Salt, Garlic Powder, Monosodium Glutamate, Spices (Coriander, Cumin, Turmeric, Ginger, Cinnamon, Chilli, Fennel, Fenugreek), Whey (MILK) Protein Concentrate, Lactose (MILK), Red Chillies, Lactic Acid, Calcium Lactate, Curcumin, Potassium Sorbate, Guar Gum, Ground Bay, Pepper, Natural Flavouring]

NUTRITIONAL INFORMATION

PER PORTION

(170g)

Energy (kJ)	1346
Energy (Kcal)	319
Fat (g)	7
Of which saturates (g)	2.6
Carbohydrates (g)	46
Of which sugars (g)	3
Fibre (g)	2.8
Protein (g)	17
Salt (g)	1.8

Nutri-Score (Per 100g)

A

B

C

D

E

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HEALTHY SCHOOL MEALS

Primary

CHARGRILLED CHICKEN & POTATO CUBES WITH VEG

INGREDIENT INFORMATION

Chicken (33%)	[Chicken Fillets (96%), Water, Starch, Dextrose, Salt, Xylose, Acidity Regulators: Sodium Citrates, Sodium Carbonates]
Potato Cubes (30%)	Potato (98.1%), Salt, Potato Starch, Vegetables (Paprika, Garlic, Onion), Spices, Sugar, Maltodextrin, Sunflower Oil]
Vegetables (37%)	Carrot (12.4%) [100% Diced Carrot], Green Peas (12.4%) [100% Green Peas], Sweetcorn (12.4%)

NUTRITIONAL INFORMATION

PER PORTION	(215g)
Energy (kJ)	745
Energy (Kcal)	176
Fat (g)	1.7
Of which saturates (g)	0.4
Carbohydrates (g)	19
Of which sugars (g)	3.7
Fibre (g)	2.3
Protein (g)	20
Salt (g)	1.4

Nutri-Score (Per 100g)

A

B

C

D

E



HEALTHY SCHOOL MEALS

Primary

CHICKEN CURRY WITH RICE

INGREDIENT INFORMATION

Rice (43%)

[White Rice]

Curry Sauce (33%)

[Water, Bell Peppers, Pineapple Pieces (Pineapple, 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 (Milk) Protein Concentrate (Milk), Lactose (Milk), Red Chillies, Acidity Regulators: (Lactic Acid, Calcium Lactate), Colour: (Curcumin), Preservative: (Potassium Sorbate), Thickener: (Guar Gum), Ground Bay, Pepper, Natural Flavouring],

Cooked, Diced,
Chicken Breast (24%)

[Chicken Breast 98%, Salt]

NUTRITIONAL INFORMATION

PER PORTION

(210g)

Energy (kJ)	1077
Energy (Kcal)	255
Fat (g)	4.4
Of which saturates (g)	1.5
Carbohydrates (g)	39
Of which sugars (g)	6.5
Fibre (g)	1.3
Protein (g)	14
Salt (g)	1.8

Nutri-Score (Per 100g)

A

B

C

D

E



HEALTHY SCHOOL MEALS

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

CHARGRILLED CHICKEN FILLET MASH & VEG WITH GRAVY

INGREDIENT INFORMATION

Mashed Potatoes, (36%)	[Potatoes, whey permeate (milk), cream (milk), skimmed milk, salt, spices, pepper extract]
Chicken (26%)	[Chicken Fillets (96%), Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers: Sodium Citrate, Sodium Bicarbonate]
Gravy (9%)	[Water, Gravy Mix (modified Starch, Milled Corn, Yeast Extracts, Salt, Maltodextrin, Tomato Powder, Colour (plain Caramel), Sugar, Flavourings, Rice Flour, Onion Powder, Rapeseed Oil, Acidity Regulator (citric Acid), Beef Extract, Black Pepper), Tomato Paste, Modified Maize Starch, Beef Bouillon (salt, Potato Starch, Maltodextrin, Yeast Extract, Sugar, Flavouring, Vegetable Fat (palm), Beef Fat 3, 3%, Flavour Enhancer (disodium 5' Ribonucleotides), Spices, Onion Juice And Pulp, Colour (ammonia Caramel), Acidity Regulator), Garlic Powder]
Vegetables (29%)	Carrot (9.7%) [100% Diced Carrot], Green Peas (9.7%) [100% Green Peas Sweetcorn (9.7%)

NUTRITIONAL INFORMATION

PER PORTION

(275g)

Energy (kJ)	976
Energy (Kcal)	232
Fat (g)	5.5
Of which saturates (g)	3.2
Carbohydrates (g)	22
Of which sugars (g)	5.4
Fibre (g)	4.8
Protein (g)	21
Salt (g)	1.8

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HEALTHY SCHOOL MEALS

Primary

CHICKEN TENDERS, POTATO CUBES & VEG

INGREDIENT INFORMATION

Chicken Goujons
Baked (36%)

[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 (E503(iii)), Colour (Paprika Extract)]

Potato Cubes
(29%)

[Potato (98.1%), Salt, Potato Starch, Vegetables (Paprika, Garlic, Onion), Spices, Sugar, Maltodextrin, Sunflower Oil]

Vegetables
(35%)

Carrot (11.9%) [100% Diced Carrot], Green Peas (11.9%) [100% Green Peas], Sweetcorn (11.9%)

NUTRITIONAL INFORMATION

PER PORTION

(224g)

Energy (kJ)	1013
Energy (Kcal)	240
Fat (g)	3.5
Of which saturates (g)	0.4
Carbohydrates (g)	33
Of which sugars (g)	3.5
Fibre (g)	3.2
Protein (g)	17
Salt (g)	0.89

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

CHICKEN TIKKA BOX WITH SWEET PEPPERS

INGREDIENT INFORMATION

Chicken Breast (16%)	[Chicken Breast (98%), Salt]
Potato Cubes (37%)	[Potato (98.1%), Salt, Potato Starch, Vegetables (Paprika, Garlic, Onion), Spices, Sugar, Maltodextrin, Sunflower Oil]
Bolognese Sauce (31%)	[Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]
Mixed Peppers (8%)	[Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%)]
Natural Yogurt (6%)	[Cows Milk, Skim Milk Powder, Live Cultures]
Santa Maria Indian Spices Tikka Masala (2%)	[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]

NUTRITIONAL INFORMATION

PER PORTION	(270g)
Energy (kJ)	846
Energy (Kcal)	200
Fat (g)	2.5
Of which saturates (g)	1.1
Carbohydrates (g)	29
Of which sugars (g)	10
Fibre (g)	2.7
Protein (g)	14
Salt (g)	2.3

Nutri-Score (Per 100g)

A

B

C

D

E



HEALTHY SCHOOL MEALS

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

CHARGRILLED CHICKEN FILLET MASH & VEG NO GRAVY

INGREDIENT INFORMATION

Mashed Potatoes, (40%) [Potatoes, whey permeate (milk), cream (milk), skimmed milk, salt, spices, pepper extract]

Chicken (28%) [Chicken Fillets (96%), Water, Salt, Tapioca Starch, D Xylose, Dextrose, Stabilisers: Sodium Citrate, Sodium Bicarbonate]

Vegetables (32%) Carrot (9.7%) [100% Diced Carrot], Green Peas (9.7%) [100% Green Peas], Sweetcorn (9.7%)

NUTRITIONAL INFORMATION

PER PORTION

(250g)

Energy (kJ) 928

Energy (Kcal) 221

Fat (g) 5.4

Of which saturates (g) 3.1

Carbohydrates (g) 20

Of which sugars (g) 5.5

Fibre (g) 4.5

Protein (g) 21

Salt (g) 1.5



HEALTHY SCHOOL MEALS

Primary

MARGHERITA PIZZA WITH CORN ON THE COB

INGREDIENT INFORMATION

Corn (68%)

[100% Sweetcorn]

Pizza (32%)

[Whole Wheat Flour, Mozzarella Cheese (Milk) 22, 4% (Milk, Salt, Microbial Rennet), Tomato Puree 21, 5%, Water, Extra Virgin Olive Oil, Olive Oil, Salt, Yeast, Oregano, Sugar]

NUTRITIONAL INFORMATION

PER PORTION

(155g)

Energy (kJ)	755
Energy (Kcal)	180
Fat (g)	5.3
Of which saturates (g)	1.9
Carbohydrates (g)	24
Of which sugars (g)	2.2
Fibre (g)	2.7
Protein (g)	7.7
Salt (g)	0.65

Nutri-Score (Per 100g)

A

B

C

D

E

100%
COMPOSTABLE

Primary

HOMEMADE LASAGNE & POTATO CUBES

INGREDIENT INFORMATION

Beef Lasagne (64%)

Bolognese Sauce NEW (65.4%) [Chopped Tomatoes (43.4%), Beef, Mince, (29.3%), Water (10.8%), Diced Onions (10.8%), Tomato Paste (10.8%) (Tomato), Wheat Flour, White, Plain (2.2%), Garlic (1.1%), Salt (0.43%), Sugar (0.43%), Mixed Herbs, Dried (0.33%), Beef (0.22%) [Beef Stock 50% (Beef Bones, Water, Salt), Yeast Extract (Yeast Extract, Salt), Water, Salt]], Nugent Foods White Sauce NEW (27.6%) [Water (85%), Wheat Flour, White, Plain (9.9%), Whole Milk Powder (5.7%) [Whole Milk], Butter (1.4%, Milk (Milk), Salt (0.57%), Corn Flour (0.28%), Beef (0.28%) [Beef Stock 50% (Beef Bones, Water, Salt), Yeast Extract (Yeast Extract, Salt), Water, Salt]], Lasagne Sheets (8.5%) [100% Drum Wheat Semolina (Wheat)], Grated Cheese (Milk) [98% Mild Cheddar Contains Lactose (Milk) 2% Potato Starch]]

Potato Cubes (36%)

[Potato (98.1%), Salt, Potato Starch, Vegetables (Paprika, Garlic, Onion), Spices, Sugar, Maltodextrin, Sunflower Oil]

Nutri-Score (Per 100g)

A

B

C

D

E

NUTRITIONAL INFORMATION

PER PORTION

(280g)

Energy (kJ)	1335
Energy (Kcal)	317
Fat (g)	8.1
Of which saturates (g)	4
Carbohydrates (g)	40
Of which sugars (g)	6.5
Fibre (g)	1.6
Protein (g)	20
Salt (g)	2.1



HEALTHY SCHOOL MEALS

Primary

CHEESY BEAN JACKET POTATO

INGREDIENT INFORMATION

Potato (46%)

[Potato]

Baked Beans
(46%)

[Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose Fructose Syrup, Modified Maize Starch, Salt, Onion " Flavouring, Paprika Powder]

Shredded
Cheese Mix
(8%)

[Mozzarella Cheese (Milk) 50%, Red Mild Cheddar Cheese (Milk) 24%, White Mild Ch Cheese (Milk) 24%, Potato Starch 2%]

NUTRITIONAL INFORMATION

PER PORTION

(301g)

Energy (kJ)	1323
Energy (Kcal)	314
Fat (g)	6.5
Of which saturates (g)	4.1
Carbohydrates (g)	44
Of which sugars (g)	11
Fibre (g)	9
Protein (g)	15
Salt (g)	1.4

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

CHICKEN CARBONARA KING

INGREDIENT INFORMATION

Pasta (37%)	[Water (61%), Drum WHEAT Flour (39%)]
White Sauce (40%)	[Milk (Milk), Cream (Milk), Onion, Butter (Milk), Flour (Wheat), Water, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot, Powder, White Onion Powder, Garlic Powder, Ground Cumin, Acid (Citric Acid), Ground Black Pepper, Rubbed Parsley, Turmeric Powder), Modified Maize Starch, Fresh Garlic]
Diced Chicken (19%)	[Chicken Breast Meat (98%), Salt]
Pizza Ham (4%)	[Irish Pork (75%), Water, Potato Starch, Salt (Contains Preservative Sodium Nitrite), Seasoning (Salt, Sugar, Stabiliser: Polyphosphate, Antioxidant: Sodium Erythrobate, Xanthan Gum, Spice Extracts)]

NUTRITIONAL INFORMATION

PER PORTION	(270g)
Energy (kJ)	1695
Energy (Kcal)	404
Fat (g)	16
Of which saturates (g)	8.9
Carbohydrates (g)	42
Of which sugars (g)	4.9
Fibre (g)	2.2
Protein (g)	22
Salt (g)	1.7

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

CHICKEN PAELLA

INGREDIENT INFORMATION

Bolognese Sauce (38%) [Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]

Rice (35%) [White Rice]

Diced Chicken (19%) [Chicken Breast Meat (99%), Salt]

Mixed Peppers (7%) [Green Pepper, Red Pepper, Yellow Pepper]

Spice Mix (1%) [Spices And Herbs (33%) (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)]

NUTRITIONAL INFORMATION

PER PORTION

(261g)

Energy (kJ)	1090
Energy (Kcal)	257
Fat (g)	2.2
Of which saturates (g)	0.8
Carbohydrates (g)	42
Of which sugars (g)	9.7
Fibre (g)	3.4
Protein (g)	15
Salt (g)	1.8

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

PORK MEATBALLS PASTA & TOMATO SAUCE

INGREDIENT INFORMATION

Bolognese Sauce (43%)	Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring
Pasta (36%)	[Water, WHEAT DRUM Flour]
Meatball (21%)	[Pork And Beef (62%), Water, Onion, Potato, Potato Flour, Salt, Potato Fiber, Spices]

NUTRITIONAL INFORMATION

PER PORTION

	(280g)
Energy (kJ)	1621
Energy (Kcal)	386
Fat (g)	14
Of which saturates (g)	5.1
Carbohydrates (g)	49
Of which sugars (g)	11
Fibre (g)	4.7
Protein (g)	14
Salt (g)	2.4

Nutri-Score (Per 100g)

A

B

C

D

E

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HEALTHY SCHOOL MEALS

Primary

PENNE PASTA BOLOGNESE

INGREDIENT INFORMATION

Bolognese Sauce (39%)	(Tomatoes (59%), Tomato Purée (4%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Purée, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring)
Pasta (38%)	(Water (63%), Durum WHEAT Flour (39%))
Mince (15%)	(Beef (95%), Potato Starch, Salt)
Lentils (8%)	(Rehydrated Lentils, Water, Salt)

NUTRITIONAL INFORMATION

PER PORTION	(261g)
Energy (kJ)	1424
Energy (Kcal)	338
Fat (g)	8.5
Of which saturates (g)	2.9
Carbohydrates (g)	46
Of which sugars (g)	9.2
Fibre (g)	5
Protein (g)	17
Salt (g)	1.6

Nutri-Score (Per 100g)

A

B

C

D

E



HEALTHY SCHOOL MEALS

Primary

MEXICAN CHICKEN WRAP

INGREDIENT INFORMATION

White Wrap (42%)	Fortified Wheat Flour, Water, Veg Oils (rapeseed, Palm Oil), Glycerine, Malic Acid E296, Di Sodium Diphosphate E450, Sodium Bicarbonate E500, Guar Gum, Carboxymethylcellulose, Mono And Diglycerides Of Fatty Acids E471, Salt, Potassium Propionate, Calcium Propionate, L Cystine E920,
Diced Chicken (26%)	[Chicken Breast Meat (98%), Salt]
Pasta Sauce (13%)	[Tomatoes (87%), Onions, Tomato Puree, Spring Onions, Sunflower Oil, Sugar, Red Peppers, White Wine Vinegar, Thyme, Sea Salt, Pepper, Chillies, Garlic, Rowan Berry Extract]
Shredded Cheese Mix 8%	[Mozzarella Cheese (Milk) 50%, Red Mild Cheddar Cheese (Milk) 24%, White Mild Cheddar Cheese (Milk) 24%, Potato Starch 2%]
Mixed Peppers (10%)	[Green Pepper, Red Pepper, Yellow Pepper]
Fajita Mix (Less than 1%)	[Spices And Herbs (33%) (Paprika, Chili 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)]

NUTRITIONAL INFORMATION

PER PORTION	(154g)
Energy (kJ)	1265
Energy (Kcal)	301
Fat (g)	9.6
Of which saturates (g)	4.5
Carbohydrates (g)	35
Of which sugars (g)	3.4
Fibre (g)	3
Protein (g)	17
Salt (g)	1.8

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

PORK BANGERS, MASH, DICED CARROT & SWEDE NO GRAVY

INGREDIENT INFORMATION

Mashed Potatoes (38%)	[73% Potatoes, Whey (Milk) Permeate (Milk), 8, 8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract]
Sausage (17%)	[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]
Gravy (15%)	[Water, Gravy Mix (modified Starch, Milled Corn, Yeast Extracts, Salt, Maltodextrin, Tomato Powder, Colour (plain Caramel), Sugar, Flavourings, Rice Flour, Onion Powder, Rapeseed Oil, Acidity Regulator (citric Acid), Beef Extract, Black Pepper), Tomato Paste, Modified Maize Starch, Beef Bouillon (salt, Potato Starch, Maltodextrin, Yeast Extract, Sugar, Flavouring, Vegetable Fat (palm), Beef Fat 3,3%, Flavour Enhancer (disodium 5 Ribonucleotides), Spices, Onion Juice And Pulp, Colour (ammonia Caramel), Acidity Regulator), Garlic Powder]
Vegetables (30%)	[100% Diced Carrot (10%), 100% Diced Swede (10%), Garden Peas (10%)]

NUTRITIONAL INFORMATION

PER PORTION	(265g)
Energy (kJ)	1161
Energy (Kcal)	278
Fat (g)	14
Of which saturates (g)	5.4
Carbohydrates (g)	26
Of which sugars (g)	6.1
Fibre (g)	5.1
Protein (g)	9.5
Salt (g)	1.7

Nutri-Score (Per 100g)

A

B

C

D

E



HEALTHY SCHOOL MEALS

Primary

ROAST BEEF, MASH & GREEN BEANS WITH GRAVY

INGREDIENT INFORMATION

Mashed Potatoes (37%)	[[Potatoes, whey permeate (milk), cream (milk), skimmed milk, salt, spices, pepper extract]
Sliced Beef (19%)	[Beef (100%), Water, Salt, Dried Glucose, Emulsifier: [E451], Stabiliser [E412], Yeast Extract]
Green Beans (29%)	[100% Green Beans]
Gravy (15%)	[Water, Gravy Mix (modified Starch, Milled Corn, Yeast Extracts, Salt, Maltodextrin, Tomato Powder, Colour (plain Caramel), Sugar, Flavourings, Rice Flour, Onion Powder, Rapeseed Oil, Acidity Regulator (citric Acid), Beef Extract, Black Pepper), Tomato Paste, Modified Maize Starch, Beef Bouillon (salt, Potato Starch, Maltodextrin, Yeast Extract, Sugar, Flavouring, Vegetable Fat (palm), Beef Fat 3, 3%, Flavour Enhancer (disodium 5' Ribonucleotides), Spices, Onion Juice And Pulp, Colour (ammonia Caramel), Acidity Regulator), Garlic Powder]

NUTRITIONAL INFORMATION

PER PORTION	(272g)
Energy (kJ)	832
Energy (Kcal)	198
Fat (g)	6.1
Of which saturates (g)	3.4
Carbohydrates (g)	18
Of which sugars (g)	4.1
Fibre (g)	4.4
Protein (g)	16
Salt (g)	1.3

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

ROAST CHICKEN BABY POTATO & VEG NO GRAVY

INGREDIENT INFORMATION

Baby Potatoes (40%) [91% Potatoes, Water, Salt, Firming Agent: (Calcium Chloride)]

Vegetables (32%) [Sweetcorn (10.6%) [Sweetcorn, Water, Salt], Carrot (10.6%) [100% Diced Carrot], Green Peas (10.6%) [100% Green Peas]]

Chicken Fillet (28%) [Chicken Fillets (96%), Water, Starch, Dextrose, Salt, Xylose, Acidity Regulators: Sodium Citrates, Sodium Carbonates]

NUTRITIONAL INFORMATION

PER PORTION

(250g)

Energy (kJ)	830
Energy (Kcal)	196
Fat (g)	1.6
Of which saturates (g)	0.4
Carbohydrates (g)	22
Of which sugars (g)	4.7
Fibre (g)	5.3
Protein (g)	20
Salt (g)	1.4

Nutri-Score (Per 100g)

A

B

C

D

E

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HEALTHY SCHOOL MEALS

Primary

ROAST HAM, BABY POTATO & VEG

INGREDIENT INFORMATION

Baby Potatoes (43%) [91% Potatoes, Water, Salt, Firming Agent: Calcium Chloride]
Ham (21%) [Pork (92%), Water, Salt, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Sodium Nitrate (E251)]
Vegetables (36%) [Brussel Sprouts (10.6%) (100% Brussel Sprouts), Sweetcorn (12.8%) (Sweetcorn, Water, Salt), Green Peas (12.8%) (100% Green Peas)]

NUTRITIONAL INFORMATION

PER PORTION

(235g)

Energy (kJ)	779
Energy (Kcal)	185
Fat (g)	2.8
Of which saturates (g)	0.8
Carbohydrates (g)	21
Of which sugars (g)	3.1
Fibre (g)	6.1
Protein (g)	16
Salt (g)	1.8

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

ROAST BEEF, MASH & GREEN BEANS NO GRAVY

INGREDIENT INFORMATION

Mashed Potatoes
(43%)

[Potatoes, whey permeate (milk), cream (milk), skimmed milk, salt, spices, pepper extract]

Sliced Beef
(22%)

[Beef (100%), Water, Salt, Dried Glucose, Emulsifier: [E451], Stabiliser [E412], Yeast Extract]

Green Beans (35%)

[100% Green Beans]

NUTRITIONAL INFORMATION

PER PORTION

(232g)

Energy (kJ)	775
Energy (Kcal)	185
Fat (g)	6.1
Of which saturates (g)	3.4
Carbohydrates (g)	15
Of which sugars (g)	3.7
Fibre (g)	4
Protein (g)	15
Salt (g)	0.79

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

ROAST CHICKEN BABY POTATO & VEG WITH GRAVY

INGREDIENT INFORMATION

Baby Potatoes (36%) [91% Potatoes, Water, Salt, Firming Agent: (Calcium Chloride)]

Vegetables (30%) [Sweetcorn (10.6%) [Sweetcorn, Water, Salt], Carrot (10.6%) [100% Diced Carrot], Green Peas (10.6%) [100% Green Peas]]

Chicken Fillet (25%) [Chicken Fillets (96%), Water, Starch, Dextrose, Salt, Xylose, Acidity Regulators: Sodium Citrates, Sodium Carbonates]

Gravy (9%) [Water, Gravy Mix (modified Starch, Milled Corn, Yeast Extracts, Salt, Maltodextrin, Tomato Powder, Colour (plain Caramel), Sugar, Flavourings, Rice Flour, Onion Powder, Rapeseed Oil, Acidity Regulator (citric Acid), Beef Extract, Black Pepper), Tomato Paste, Modified Maize Starch, Beef Bouillon (salt, Potato Starch, Maltodextrin, Yeast Extract, Sugar, Flavouring, Vegetable Fat (palm), Beef Fat 3, 3%, Flavour Enhancer (disodium 5' Ribonucleotides), Spices, Onion Juice And Pulp, Colour (ammonia Caramel), Acidity Regulator), Garlic Powder]

NUTRITIONAL INFORMATION

PER PORTION

(275g)

Energy (kJ)	865
Energy (Kcal)	205
Fat (g)	1.6
Of which saturates (g)	0.5
Carbohydrates (g)	24
Of which sugars (g)	4.9
Fibre (g)	5.5
Protein (g)	21
Salt (g)	1.7

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

PORK BANGERS, MASH, DICED CARROT & SWEDE NO GRAVY

INGREDIENT INFORMATION

Mashed Potatoes (45%) [73% Potatoes, Whey (Milk) Permeate (Milk), 8, 8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract]

Sausage (20%) [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]

Vegetables (35%) [100% Diced Carrot (10%), 100% Diced Swede (10%), Garden Peas (10%)]

NUTRITIONAL INFORMATION

PER PORTION

(225g)

Energy (kJ)	1104
Energy (Kcal)	264
Fat (g)	14
Of which saturates (g)	5.4
Carbohydrates (g)	23
Of which sugars (g)	5.8
Fibre (g)	4.7
Protein (g)	9.2
Salt (g)	1.1

Nutri-Score (Per 100g)

A

B

C

D

E

Primary

CLASSIC SHEPHERD'S PIE WITH DICED CARROT & SWEDE

INGREDIENT INFORMATION

Shepherd's Pie (78%)

Shepherds Pie Mix (65.1%) [Water, Beef, Mince, (25.8%), Carrots, Peas, Onions, Wheat Flour (Wheat), White, Plain, Tomato Puree, Salt, Schwartz Dark, Rich Gravy Browning (Colour (Ammonia Caramel), Salt), Lion Brown Sauce (Water, Glucose Fructose Syrup, Bramley Apple Puree (Contains Preservative (SODIUM Metabisulphite)), Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Salt, Tomato Paste, Rye Flour, Caramelised Sugar Syrup, Apple Juice Concentrate, Dried Coriander, Dried Ginger, Preservative (Potassium Sorbate), Cloves, Cinnamon, Sweetener (Sodium Saccharin), Black Pepper], Beef (0.38%) [Beef Stock 50% (Beef Bones, Water, Salt), Yeast Extract (Yeast Extract, Salt), Water, Salt]], Mashed Potato (43.4%) [Rooster Exples, Water, Whole Milk, Butter (Milk), Salt, Pepper, Black],

Vegetables (22%)

Carrot (10.9%) [100% Diced Carrot], Swede (10.9%) [100% Diced Swede]

NUTRITIONAL INFORMATION

PER PORTION

(230g)

Energy (kJ)	917
Energy (Kcal)	218
Fat (g)	6.5
Of which saturates (g)	2.7
Carbohydrates (g)	23
Of which sugars (g)	7.2
Fibre (g)	4
Protein (g)	15
Salt (g)	1.2

Nutri-Score (Per 100g)

A

B

C

D

E



HEALTHY SCHOOL MEALS

Primary

VEGAN SAUSAGES WITH VEG & BABY POTATO

INGREDIENT INFORMATION

Baby Potatoes (43%)

[91% Potatoes, Water, Salt, Firming Agent (calcium Chloride)]

Vegan Sausages (22%)

[Water, Soya, Sunflower Oil, Potato Starch, Maize Semolina, Rice Semolina (Wheat), Cellulose, Tomato Puree, Spices, Salt, Rusk (Wheat Flour (Wheat Flour, calcium Carbonate, iron, niacin, thiamin, Wheat), Salt), Maltodextrin, Tapioca Starch, Stabilisers: Sodium Triphosphate, Sodium Diphosphate; Yeast Extract, Barley Malt Extract, Spice Extracts, Rape Oil, Preservative: Sodium Sulphite; Beetroot Juice Powder, Natural Flavourings, Antioxidant: Sodium Ascorbate; Thickener: Guar Gum; Smoke Flavouring Filled In Alginate Casing]

Vegetables (35%)

Swede (11.6%) [100% Diced Swede], Carrot (11.6%) [100% Diced Carrot], Choice Garden Peas (11.6%) [Garden Peas]

Nutri-Score (Per 100g)

A

B

C

D

E

NUTRITIONAL INFORMATION

PER PORTION

(230g)

Energy (kJ)	836
Energy (Kcal)	199
Fat (g)	3.7
Of which saturates (g)	0.5
Carbohydrates (g)	29
Of which sugars (g)	6.2
Fibre (g)	8.4
Protein (g)	7.6
Salt (g)	1.3

Primary

TOASTED CHICKEN & CHEESE MELT

INGREDIENT INFORMATION

Baguette (35%)	[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 (26%)	[Chicken Fillets (96%), Water, Salt, Tapioca Starch, D Xylose, Dextrose, Sodium Citrate, Sodium Bicarbonate]
Shredded Cheese Mix (22%)	[Mozzarella Cheese (Milk) 50%, Red Mild Cheddar Cheese (Milk) 24%, White Mild Cheddar Cheese (Milk) 24%, Potato Starch 2%]
Bolognese Sauce (17%)	[Tomatoes (59%) Tomato Puree (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Puree, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator: Citric Acid, Thyme, Herb, Flavouring]

NUTRITIONAL INFORMATION

PER PORTION	(136g)
Energy (kJ)	1221
Energy (Kcal)	291
Fat (g)	10
Of which saturates (g)	5.6
Carbohydrates (g)	28
Of which sugars (g)	4.1
Fibre (g)	1.9
Protein (g)	20
Salt (g)	1.7

Nutri-Score (Per 100g)

A

B

C

D

E



Primary

ITALIAN PASTA IN RICH TOMATO SAUCE

INGREDIENT INFORMATION

Bolognese
Sauce (54%)

[Tomatoes (59%), Tomato Purée (14%), Onions, Tomato Paste (4.8%), Carrots (4.4%), Sugar, Garlic Paste, Spices, Salt, Basil, Extra Virgin Olive Oil, Concentrated Lemon Juice, Acidity Regulator Citric Acid, Thyme, Herbs, Flavouring]

Pasta
(46%)

[Water, WHEAT DURLIN Flour]

NUTRITIONAL INFORMATION

PER PORTION

(220g)

Energy (kJ)	1027
Energy (Kcal)	243
Fat (g)	2.3
Of which saturates (g)	0.4
Carbohydrates (g)	45
Of which sugars (g)	11
Fibre (g)	4.1
Protein (g)	8.9
Salt (g)	1.5

Nutri-Score (Per 100g)

A

B

C

D

E