

E3 AUTUMN WINTER 2026

Nutrition Analysis

Please note this chart is for reference only. Portion sizes shown are for recipes prior to cooking (unless otherwise stated).

Weights may also vary to those stated due to losses or gains during cooking. Where the weight of portions need to be more precise, food should be weighed for accuracy.

These values should be used in conjunction with a reference book such as "Carbs and Cals - A Visual Guide"

Nutritional Information Recipe List (Values per portion size)

Week 1 - Monday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Chicken Jalfrezi	189g	225.72	0.57	9.95	2.14	11.90	8.08	21.90	1.62	6.30
<i>Watermelon Curry (v)</i>	260.50g	100.11	0.43	2.74	0.17	18.82	14.7	2.24	2.14	7.22
Steamed Rice	180g	212.40	0.02	1.08	0.24	46.14	0.48	4.44	1.02	25.63
Naan Bread	1 each	106.05	0.35	1.93	0.49	18.97	0.21	2.77	0.81	54.2
Fragrant Green Beans	129g	137.57	0.03	11.12	3.31	5.16	3.52	2.67	3.73	4.00
Meatball Mariana Sub	238g	456.76	2.14	15.85	8.00	46.97	7.15	27.00	8.87	19.74
Chicken Fajita Wrap	191.50g	352.88	1.40	19.56	7.23	11.52	2.98	32.52	1.48	6.02
Banana Cake	81.15g	252.31	0.42	12.44	4.53	32.19	20.37	3.17	0.47	39.66
Week 1 - Tuesday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Mexican Beef and Bean Taco	232.50g	377.42	0.15	18.15	4.87	37.57	5.75	15.97	2.52	16.16
<i>Vegemince and Bean Taco (v)</i>	242.50g	336.42	0.42	9.94	1.02	44.22	8.12	14.4	6.03	18.24
Sweetcorn Salsa	84.50g	42.97	0.05	0.62	0.10	7.25	4.26	1.48	1.25	8.58
Sour Cream	36.70g	67.80	0.23	6.30	4.20	1.29	1.29	1.62	0.06	3.51
Guacamole	30.00g	48.30	0.00	3.63	0.69	2.55	0.84	0.51	1.80	8.5
<i>Pizza Selection - Margherita Pizza</i>	112.69g	231.94	1.07	9.25	5.11	27.51	2.76	11.02	1.75	24.41
<i>Pizza Selection - Ham and Mushroom</i>	124.94g	241.19	1.31	9.42	5.17	27.63	2.79	12.03	1.82	22.11
<i>Pizza Selection - Pepperoni</i>	116.19g	251.66	1.22	10.64	5.60	27.69	2.91	11.77	1.75	23.83
Sticky Toffee Pudding	162.50g	521.23	1.08	27.41	13.77	64.16	50.69	4.14	1.29	39.49
Week 1 - Wednesday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Toad in the Hole	162.50g	372.25	2.31	25.17	9.45	20.36	4.30	16.62	0.39	12.53
<i>Quorn Toad in the Hole</i>	162.50g	257.25	0.69	9.27	1.75	18.56	4.90	19.52	5.99	11.42
Roast Potatoes	160.00g	202.40	0.03	10.29	1.17	25.80	0.90	3.15	0.00	16.13
Vegetables	100.00g	44.5	0.03	0.62	0.15	6.72	3.99	3.48	2.77	6.72
Gravy	89.58g	21.94	0.60	0.26	0.13	4.38	0.69	0.41	0.15	4.88
Vegetable Chow Mein	226.00g	332.4	2.23	2.5	0.34	62.84	5.85	13.3	3.05	27.81
Beefburger	168.40g	466.84	1.36	29.07	12.29	26.86	2.93	23.79	2.08	15.95
Lemon Drizzle Cake	60.40g	316.53	0.35	12.57	4.55	31.5	20.36	3.01	0.00	52.15
Custard	82.67g	71.13	0.13	2.42	2.10	10.18	7.27	2.22	0.00	12.31
Week 1 - Thursday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g

Loaded Mac 'n' Cheese with Chopped Cheeseburger	232.60g	565.15	1.15	30.07	12.21	45.42	6.34	22.74	2.76	19.53
Mac 'n' Cheese (Ve)	160.40g	338.45	0.67	9.41	4.89	55.39	4.98	7.46	1.57	34.53
Salad	80.00g	23.14	0.11	0.42	0.07	3.73	2.93	0.92	1.45	4.67
Garlic Bread	69.50g	184.74	0.58	1.68	0.20	35.20	2.66	6.03	2.31	50.65
Chicken Tikka Wrap	158.94g	394.29	0.56	12.40	3.84	47.68	3.45	21.71	2.36	30.00
Tomato Mozzarella Panni (v)	205.00g	398.00	1.79	12.41	7.20	51.90g	2.13	18.05	3.75	25.32
Brookie	66.17g	279.17	0.30	12.97	5.04	36.33	22.95	3.57	1.98	54.91
Week 1 - Friday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Sausages (2 each)	100g	286.00	2.20	22.70	8.60	9.20	2.70	11.80	0.00	9.20
Chicken Bites (4 each)	80g	164.80	0.49	10.56	1.76	6.16	2.16	10.88	1.04	7.70
Fish Fingers (3 each)	75g	153.00	0.53	6.15	0.52	14.25	0.68	9.75	0.68	19.00
Chunky Chips	150.00g	165.00	0.38	3.60	0.45	30.00	0.75	2.40	2.55	20.00
Margherita Pizza (v)	112.69g	231.94	1.07	9.25	5.11	27.51	2.76	11.02	1.75	24.41
Mushy Peas	90.00g	78.30	0.41	0.36	0.18	11.79	1.26	5.31	3.51	13.10
Gravy	89.58g	21.94	0.60	0.26	0.13	4.38	0.69	0.41	0.15	4.88
Curry Sauce	90.14g	46.46	0.08	3.93	1.43	2.54	1.00	0.30	0.38	2.82
(Topping) Bacon	25.00g	59.25	0.73	5.00	2.02	0.00	0.00	3.75	0.00	0.00
(Topping) Onion	20.00g	24.28	0.00	2.02	0.23	1.44	1.12	0.18	0.40	7.20
(Topping) Gravy	89.58g	21.94	0.60	0.26	0.13	4.38	0.69	0.41	0.15	4.88
(Topping) Grated Cheese	30.00g	117.00	0.54	9.60	5.94	0.06	0.06	7.80	0.00	0.20
Raspberry Muffin	81.46g	250.92	0.56	13.64	5.01	28.99	13.36	3.43	0.00	35.59

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Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Beef Lasagne	293.10g	399.25	0.67	22.66	10.09	24.93	8.86	24.39	2.22	8.51
<i>Roasted Vegetable Lasagne (Ve)</i>	429.20g	441.02	2.42	25.73	13.81	42.13	13.45	9.74	4.38	9.81
Garlic Focaccia	55.20g	194.16	1.12	1.65	0.18	38.5	0.71	5.01	1.77	69.74
Salad	80.00g	23.14	0.11	0.42	0.07	3.73	2.93	0.92	1.45	4.67
Cheese and Onion Bake (v)	168.00g	473.76	1.7	28.56	14.95	44.69	2.52	11.09	2.35	27.00
BBQ Chicken Burger	79.00g	181.7	0.61	7.75	1.17	15.89	6.91	8.74	1.26	20.12
Tiramisu	86.40g	290.98	0.28	20.99	14.65	21.11	13.59	2.96	0.65	24.44
Week 2 - Friday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Sausages (2 each)	100g	286.00	2.20	22.70	8.60	9.20	2.70	11.80	0.00	9.20
Chicken Bites (4 each)	80g	164.80	0.49	10.56	1.76	6.16	2.16	10.88	1.04	7.70
Fish Fingers (3 each)	75g	153.00	0.53	6.15	0.52	14.25	0.68	9.75	0.68	19.00
Chunky Chips	150.00g	165.00	0.38	3.60	0.45	30.00	0.75	2.40	2.55	20.00
<i>Margherita Pizza (v)</i>	112.69g	231.94	1.07	9.25	5.11	27.51	2.76	11.02	1.75	24.41
Mushy Peas	90.00g	78.30	0.41	0.36	0.18	11.79	1.26	5.31	3.51	13.10
Gravy	89.58g	21.94	0.60	0.26	0.13	4.38	0.69	0.41	0.15	4.88
Curry Sauce	90.14g	46.46	0.08	3.93	1.43	2.54	1.00	0.30	0.38	2.82
<i>(Topping) Bacon</i>	25.00g	59.25	0.73	5.00	2.02	0.00	0.00	3.75	0.00	0.00
<i>(Topping) Onion</i>	20.00g	24.28	0.00	2.02	0.23	1.44	1.12	0.18	0.40	7.20
<i>(Topping) Gravy</i>	89.58g	21.94	0.60	0.26	0.13	4.38	0.69	0.41	0.15	4.88
<i>(Topping) Grated Cheese</i>	30.00g	117.00	0.54	9.60	5.94	0.06	0.06	7.80	0.00	0.20
Cocoa Muffin	92.00g	277.11	0.33	14.30	2.42	28.76	2.06	6.82	3.33	31.26

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Nutritional Information Recipe List (Values per portion size)

Week 3 - Monday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Sweet and Sour Chicken	152.00g	210.27	0.50	9.42	2.09	10.37	7.84	21.18	0.53	6.82
<i>Sweet and Sour Quorn (v)</i>	152.00g	143.88	0.99	3.82	0.41	12.21	8.08	13.50	4.61	8.03
Lemon and Coriander Rice	58.80g	197.03	1.04	0.76	0.12	41.92	0.44	3.70	1.14	71.30
Soya-tossed Cabbage	120.00g	83.40	2.52	5.28	0.38	5.33	4.41	3.63	4.10	4.44
Korean Vegetable and Glass Noodle Wrap (v)	218.00g	360.24	2.71	3.56	0.52	71.43	8.11	8.46	3.97	32.77
Hot Dog	195.00g	522.40	2.98	25.44	9.54	55.30	8.57	19.38	1.90	28.36
Ginger Cake	61.71g	188.97	0.51	5.84	2.15	32.25	20.59	2.59	0.69	52.27
Week 3 - Tuesday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Currywurst	154.00g	356.98	2.65	12.76	4.47	46.42	8.21	12.75	2.52	30.14
<i>Quorn Currywurst (v)</i>	204.00g	442.49	2.94	16.16	4.92	50.12	9.86	20.10	5.32	24.57
Potato Salad	161.00g	145.21	0.19	2.87	0.37	27.36	1.51	3.23	3.20	16.99
Braised Red Cabbage	120.00g	59.02	0.00	2.75	0.17	7.75	4.82	1.07	1.02	6.46
<i>Pizza Selection - Margherita Pizza</i>	112.69g	231.94	1.07	9.25	5.11	27.51	2.76	11.02	1.75	24.41
<i>Pizza Selection - Ham and Mushroom</i>	124.94g	241.19	1.31	9.42	5.17	27.63	2.79	12.03	1.82	22.11
<i>Pizza Selection - Pepperoni</i>	116.19g	251.66	1.22	10.64	5.60	27.69	2.91	11.77	1.75	23.83
Cornflake Tart	60.50g	239.22	0.27	10.55	3.89	35.27	13.92	2.59	1.04	58.29
Custard	82.67g	71.13	0.13	2.42	2.10	10.18	7.27	2.22	0.00	12.31
Week 3 - Wednesday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Beef and Onion Pie	254.50g	625.30	2.31	33.45	12.99	58.00	3.40	26.72	0.93	22.79
<i>Quorn and Onion Pie (v)</i>	253.50g	522.10	2.63	22.49	8.32	58.96	4.04	22.00	6.45	23.26
Rosemary Roast Potatoes	161.00g	204.17	0.03	10.35	1.20	26.01	0.90	3.18	0.14	16.15
Vegetables	100.00g	44.50	0.03	0.62	0.15	6.72	3.99	3.48	2.77	6.72
Gravy	89.58g	21.93	0.60	0.26	0.13	4.38	0.69	0.41	0.15	4.88
<i>Teriyaki Vegetable Noodles (v)</i>	187.50g	258.33	4.14	3.37	0.45	48.42	13.05	8.13	0.97	25.82
Chicken Tikka Bake	185.00g	579.05	2.22	37.00	20.35	42.55	2.96	15.17	3.70	23.00

Cocoa Cake	48.54g	181.21	0.36	9.03	3.33	22.09	10.85	2.87	0.43	45.50
Cocoa Sauce	115.00g	99.30	0.12	2.28	1.40	14.89	9.74	4.65	1.71	12.95
Week 3 - Thursday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Lemon Parsley Chicken	274.60g	446.26	0.32	9.36	2.21	48.12	4.73	37.11	2.80	17.53
<i>Falafel Wrap (v)</i>	207.00g	388.98	1.59	13.40	4.69	52.72	9.55	9.92	7.95	25.47
Pomegrante Couscous	145.30g	279.44	0.07	4.27	0.44	48.33	5.11	8.20	3.00	33.26
Mediterranean Salad - Fattosh	145.80g	92.21	0.06	3.30	0.24	10.99	4.27	2.27	1.13	7.54
<i>Cheese and Tomato Quesadilla</i>	159.90g	327.87	1.65	19.51	11.73	21.35	3.90	15.98	1.89	13.35
Beefburger	168.40g	466.84	1.36	29.07	12.29	26.86	2.93	23.79	2.08	15.95
Baked Churros	78.00g	211.41	0.44	12.72	4.01	21.31	6.58	4.07	1.06	27.33
Week 3 - Friday										
Menu Item	Portion	Energy (Kcal) Per Portion	Salt (g) Per Portion	Fat (g) Per Portion	Saturated Fat (g) Per Portion	Carbohydrate (g) Per Portion	Sugar (g) Per Portion	Protein (g) Per Portion	Fibre (g) Per Portion	Carbohydrate (g) Per 100g
Sausages (2 each)	100g	286.00	2.20	22.70	8.60	9.20	2.70	11.80	0.00	9.20
Chicken Bites (4 each)	80g	164.80	0.49	10.56	1.76	6.16	2.16	10.88	1.04	7.70
Fish Fingers (3 each)	75g	153.00	0.53	6.15	0.52	14.25	0.68	9.75	0.68	19.00
Chunky Chips	150.00g	165.00	0.38	3.60	0.45	30.00	0.75	2.40	2.55	20.00
<i>Margherita Pizza (v)</i>	112.69g	231.94	1.07	9.25	5.11	27.51	2.76	11.02	1.75	24.41
Mushy Peas	90.00g	78.30	0.41	0.36	0.18	11.79	1.26	5.31	3.51	13.10
Gravy	89.58g	21.94	0.60	0.26	0.13	4.38	0.69	0.41	0.15	4.88
Curry Sauce	90.14g	46.46	0.08	3.93	1.43	2.54	1.00	0.30	0.38	2.82
<i>(Topping) Bacon</i>	25.00g	59.25	0.73	5.00	2.02	0.00	0.00	3.75	0.00	0.00
<i>(Topping) Onion</i>	20.00g	24.28	0.00	2.02	0.23	0.44	1.12	0.18	0.40	7.20
<i>(Topping) Gravy</i>	89.58g	21.94	0.60	0.26	0.13	4.38	0.69	0.41	0.15	4.88
<i>(Topping) Grated Cheese</i>	30.00g	117.00	0.54	9.60	5.94	0.06	0.06	7.80	0.00	0.20
Blueberry Muffin	65.00g	242.98	0.43	13.33	4.92	27.54	12.60	3.00	0.62	42.36

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