

**E3 SPRING SUMMER 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
Creamy Chicken Korma	205.00g	276.50kcal	1.07g	12.26g	6.05g	17.12g	13.38g	22.98g	1.38g
<i>Creamy Vegetable Korma (v)</i>	205.00g	152.05kcal	1.00g	5.64g	4.17g	19.90g	15.36g	4.07g	2.30g
Steamed Rice (cooked)	133.00g	134.05kcal	0.00g	1.26g	0.32g	26.53g	0.03g	2.56g	0.14g
Masala Cauliflower	73.67g	67.57kcal	0.04g	5.32g	0.36g	4.07g	1.52g	1.61g	0.40g
Naan Bread	35.00g	106.05kcal	0.35g	1.93g	0.49g	18.97g	0.21g	2.77g	0.81g
Meatball Mariana Sub	238.00g	456.76kcal	2.14g	15.85g	8.00g	46.97g	7.15g	27.00g	8.87g
Raspberry Eton Mess	73.00g	43.65kcal	0.01g	0.03g	0.01g	8.25g	7.70g	0.70g	0.00g
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
Beef Enchilada	188.00g	308.69kcal	0.56g	19.46g	8.05g	12.75g	4.39g	20.56g	1.5g
<i>Five Bean Enchiladas (v)</i>	218.00g	166.11kcal	0.58g	6.95g	3.39g	19.27g	7.08g	6.50g	1.15g
<i>Baked Potatoes (60's)</i>	250.00g	232.50kcal	0.06g	0.09g	0.00g	52.87g	2.95g	6.25g	0.00g
Sweetcorn Salsa	84.50g	42.97kcal	0.05g	0.62g	0.10g	7.25g	4.26g	1.48g	1.25g
Singapore Noodles (Ve)	146.75g	195.71kcal	0.10g	2.69g	0.42g	38.03g	3.58g	4.58g	2.91g
Mexican Cocoa Cake	76.12g	410.23kcal	0.56g	15.10g	9.71g	37.06g	29.88g	2.03g	0.80g
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
Giant Yorkshire Pudding with Sausages	246.56g	604.88kcal	2.76g	43.48g	11.50g	31.34g	5.72g	22.57g	0.78g
<i>Lentil Roast (Ve)</i>	302.90g	363.50kcal	0.60g	15.29g	4.71g	41.08g	3.23g	15.25g	4.27g
Roast Potatoes ( <b>uncooked</b> )	160.00g	202.40kcal	0.03g	10.29g	1.17g	25.80g	0.90g	3.15g	0.00g
Seasonal Vegetables	80.00g	27.20kcal	0.04g	0.40g	0.10g	4.36g	3.64g	1.92g	3.16g
Gravy	89.58g	21.94kcal	0.60g	0.26g	0.12g	4.38g	0.69g	0.41g	0.15g
Sweet Chilli Chicken Wrap	160.61g	397.56kcal	0.62g	11.95g	3.75g	49.69g	5.22g	21.53g	2.20g
Lemon Drizzle Cake	60.40g	233.48kcal	0.41g	12.78g	4.31g	26.50g	15.36g	3.01g	0.00g
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
Teriyaki Chicken with Noodles	247.50g	366.34kcal	4.20g	8.53g	1.89g	48.42g	13.05g	23.49g	0.97g
<i>Vegetable Teriyaki with Noodles (Ve)</i>	187.50g	258.33kcal	4.14g	3.37g	0.45g	48.42g	13.05g	8.13g	0.97g
Soy Garlic Vegetables	106.00g	48.12kcal	0.56g	2.12g	0.17g	4.46g	3.33g	2.02g	2.53g
<i>Roasted Squash and Chickpea Salad (Ve)</i>	223.80g	166.26kcal	0.21g	5.23g	0.34g	19.60g	7.86g	4.95g	3.20g
Chewy Brookie	66.17g	279.17kcal	0.30g	12.97g	5.04g	36.33g	22.95g	3.57g	1.98g
<b>Week 1 - Friday</b>									
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
Sausages (2 each)	100g	286.00kcal	2.2g	22.7g	8.6g	9.19g	2.7g	11.8g	0.00g
Chicken Bites (4 each)	80g	164.80kcal	0.49g	10.56g	1.76g	6.16g	2.16g	10.88g	1.04g
Fish Fingers (3 each)	75g	153.00kcal	0.53g	6.15g	0.52g	14.25g	0.68g	9.75g	0.68g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
<i>Margherita Pizza (v)</i>	89.95g	184.75kcal	0.86g	7.40g	4.09g	21.80g	2.01g	8.82g	1.40g
Mushy Peas	90.00g	78.30kcal	0.41g	0.36g	0.18g	11.79g	1.26g	5.31g	3.51g
Gravy	<b>89.58g</b>	<b>21.94kcal</b>	<b>0.60g</b>	<b>0.26g</b>	<b>0.12g</b>	<b>4.38g</b>	<b>0.69g</b>	<b>0.41g</b>	<b>0.15g</b>
Curry Sauce	90.14g	46.46kcal	0.08g	3.93g	1.43g	2.54g	1.00g	0.30g	0.38g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
<i>(Topping) Bacon</i>	25.00g	59.25kcal	0.73g	5.00g	2.02g	0.00g	0.00g	3.75g	0.00g
<i>(Topping) Onion</i>	20.00g	24.28kcal	0.00g	2.02g	0.23g	1.44g	1.12g	0.18g	0.40g
<i>(Topping) Gravy</i>	<b>89.58g</b>	<b>21.94kcal</b>	<b>0.60g</b>	<b>0.26g</b>	<b>0.12g</b>	<b>4.38g</b>	<b>0.69g</b>	<b>0.41g</b>	<b>0.15g</b>
<i>(Topping) Grated Cheese</i>	30.00g	117.00kcal	0.54g	9.6g	5.94g	0.06g	0.06g	7.8g	0.00g
Raspberry Muffin	81.46g	253.08kcal	0.62g	13.88g	4.74g	28.91g	13.28g	3.35g	0.00g

**These values are correct at the time of publishing, however alterations can be made subject to product change and availability.**

## E3 SPRING SUMMER 2026

### Nutrition Analysis

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

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#### Nutritional Information Recipe List (Values per portion size )

Week 2 - 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
Keralan Chicken Curry	289.50g	300.69kcal	1.60g	17.24g	8.13g	15.87g	6.36g	21.87g	1.17g
<i>Keralan Vegetable Curry (Ve)</i>	254.50g	161.54kcal	1.56g	9.00g	4.68g	17.34g	5.69g	3.98g	1.49g
Turmeric Rice (cooked)	160.50g	244.66kcal	0.00g	0.34g	0.07g	54.62g	0.08g	5.31g	0.83g
Coconut-Scented Patta Goghi	73.47g	72.16kcal	0.02g	5.95g	1.08g	2.99g	2.84g	1.72g	2.81g
Naan Bread	35.00g	106.05kcal	0.35g	1.93g	0.49g	18.97g	0.21g	2.77g	0.81g
Falafel Burger in a Bun (Ve)	183.90g	310.06kcal	0.53g	6.84g	0.81g	43.88g	3.13g	13.42g	10.18g
Hummus	44.20g	56.91kcal	0.22g	1.67g	0.10g	5.83g	0.06g	3.05g	3.24g
Salad	80.00g	23.14kcal	0.11g	0.42g	0.07g	3.73g	2.93g	0.92g	1.45g
Oaty Apple Slice	73.75g	248.38kcal	0.18g	8.94g	3.21g	34.78g	16.84g	4.70g	2.46g
Week 2 - 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
Pork Meatball Wrap	153.00g	381.84kcal	1.82g	17.16g	5.25g	36.44g	3.45g	18.82g	3.08g
Chicken Wrap	153.00g	343.84kcal	0.96g	11.36g	2.69g	30.74g	1.74g	28.32g	2.32g
Onion Bhaji Wrap (Ve)	152.06g	339.19kcal	0.92g	10.72g	0.97g	49.47g	6.87g	9.89g	5.95g
Plant Ball Wrap (Ve)	153.00g	348.59kcal	1.72g	12.98g	1.27g	40.14g	5.07g	17.78g	6.50g
Steamed Rice (cooked)	133.00g	134.05kcal	0.00g	1.26g	0.32g	26.53g	0.03g	2.56g	0.14g
Salad	80.00g	23.14kcal	0.11g	0.42g	0.07g	3.73g	2.93g	0.92g	1.45g
Cheese Panini	155.00g	490.60kcal	2.51g	19.41g	11.27g	55.91g	2.99g	21.74g	2.52g
Cornflake Tart	60.50g	239.22kcal	0.27g	10.55g	3.89g	35.27g	13.92g	2.59g	1.04g
Custard	82.67g	71.13kcal	0.13g	2.42g	2.10g	10.18g	7.27g	2.22g	0.00g

Week 2 - 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
Honey-Roast Gammon	146.15g	675.68kcal	2.27g	8.73g	2.92g	22.50g	21.79g	18.29g	0.67g
Baby Roast Potatoes (uncooked)	160.00g	205.40kcal	0.08g	10.13g	1.21g	26.23g	1.23g	3.07g	3.15g
<i>Cheese and Potato Pie (v)</i>	294.20g	431.67kcal	1.55g	24.60g	13.14g	36.02g	2.63g	18.68g	0.22g
Seasonal Vegetables	80.00g	27.20kcal	0.04g	0.40g	0.10g	4.36g	3.64g	1.92g	3.16g
Gravy	89.58g	21.94kcal	0.60g	0.26g	0.12g	4.38g	0.69g	0.41g	0.15g
<i>Sweet Chilli Vegetable Noodles (Ve)</i>	154.00g	290.57kcal	1.54g	7.03g	0.89g	46.20g	3.61g	9.59g	1.76g
Blondie	70.58g	296.14kcal	0.28g	13.60g	5.47g	41.28g	27.27g	3.25g	0.55g
Week 2 - 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
Mac 'n' Cheese topped with Crispy Beef	232.60g	565.80kcal	1.17g	30.14g	12.13g	45.42g	6.34g	22.74g	2.76g
Mac 'n' Cheese topped with Plant Balls (v)	211.40g	437.75kcal	0.82g	16.03g	5.84g	53.09g	7.40g	20.50g	3.73g
Salad	80.00g	23.14kcal	0.11g	0.42g	0.07g	3.73g	2.93g	0.92g	1.45g
Garlic Bread	69.50g	184.74kcal	0.58g	1.68g	0.20g	35.20g	2.66g	6.03g	2.31g
BBQ Sausage Sub	105.00g	274.70kcal	1.80g	9.59g	3.50g	37.26g	4.40g	9.39g	1.83g
Toffee Cream Tart	72.92g	232.51kcal	0.37g	12.62g	4.45g	28.01g	14.45g	2.73g	0.14g
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
Sausages (2 each)	100g	286.00kcal	2.2g	22.7g	8.6g	9.19g	2.7g	11.8g	0.00g
Chicken Bites (4 each)	80g	164.80kcal	0.49g	10.56g	1.76g	6.16g	2.16g	10.88g	1.04g
Fish Fingers (3 each)	75g	153.00kcal	0.53g	6.15g	0.52g	14.25g	0.68g	9.75g	0.68g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
<i>Margherita Pizza (v)</i>	89.95g	184.75kcal	0.86g	7.40g	4.09g	21.80g	2.01g	8.82g	1.40g
Mushy Peas	90.00g	78.30kcal	0.41g	0.36g	0.18g	11.79g	1.26g	5.31g	3.51g
Gravy	89.58g	21.94kcal	0.60g	0.26g	0.12g	4.38g	0.69g	0.41g	0.15g
Curry Sauce	90.14g	46.46kcal	0.08g	3.93g	1.43g	2.54g	1.00g	0.30g	0.38g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
<i>(Topping) Bacon</i>	25.00g	59.25kcal	0.73g	5.00g	2.02g	0.00g	0.00g	3.75g	0.00g
<i>(Topping) Onion</i>	20.00g	24.28kcal	0.00g	2.02g	0.23g	1.44g	1.12g	0.18g	0.40g
<i>(Topping) Gravy</i>	89.58g	21.94kcal	0.60g	0.26g	0.12g	4.38g	0.69g	0.41g	0.15g
<i>(Topping) Grated Cheese</i>	30.00g	117.00kcal	0.54g	9.6g	5.94g	0.06g	0.06g	7.8g	0.00g
Cocoa Muffin	92.00g	277.11kcal	0.33g	14.30g	2.42g	28.76g	2.06g	6.82g	3.33g

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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
Beef Chilli	300.00g	350.14kcal	0.35g	17.14g	7.01g	18.39g	5.93g	27.42g	8.89g
<i>Vegemince Chilli (Ve)</i>	293.25g	140.30kcal	0.37g	3.10g	0.43g	13.76g	5.24g	10.95g	6.65g
Mexican Rice	140.07g	154.40kcal	0.11g	2.03g	0.38g	33.02g	0.89g	3.05g	0.25g
Salsa	78.80g	27.69kcal	0.02g	0.22g	0.02g	3.83g	2.61g	1.00g	0.82g
Guacamole	30.00g	48.30kcal	0.00g	3.63g	0.69g	2.55g	0.84g	0.51g	1.80g
Sour Cream	36.70g	67.80kcal	0.23g	6.30g	4.20g	1.29g	1.29g	1.62g	0.06g
Pulled Pork Baguette	278.33g	571.17kcal	1.65g	4.50g	0.27g	81.30g	14.27g	32.53g	5.28g
Marble Cake	51.46g	200.31kcal	0.32g	10.79g	3.92g	22.29g	12.75g	3.14g	0.82g
Custard	82.67g	71.13kcal	0.13g	2.42g	2.10g	10.18g	7.27g	2.22g	0.00g
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
BBQ Chicken Loaded Wedges	261.00g	456.09kcal	1.59g	20.78g	6.98g	35.93g	4.24g	29.22g	4.29g
<i>BBQ Plant Ball Loaded Wedges (Ve)</i>	232.00g	266.95kcal	1.15g	11.22g	4.88g	39.96g	7.06g	9.66g	6.08g
Coleslaw	65.40g	176.95kcal	0.68g	17.95g	1.52g	3.48g	3.40g	0.51g	0.63g
Chicken Tikka Wrap	<b>158.94g</b>	<b>394.29kcal</b>	<b>0.56g</b>	<b>12.40g</b>	<b>3.84g</b>	<b>47.68g</b>	<b>3.45g</b>	<b>21.71g</b>	<b>2.36g</b>
Brownie	73.28g	331.15kcal	0.21g	23.17g	3.05g	26.99g	14.89g	3.74g	0.96g
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
Sausages (2 each)	100g	286.00kcal	2.2g	22.7g	8.6g	9.19g	2.7g	11.8g	0.00g

<i>Quorn Sausages (v) (2 each)</i>	80g	103.20kcal	0.80g	2.96g	0.80g	8.00g	0.80g	9.60g	3.20g
Mashed Potato	125.20g	124.40kcal	0.19g	4.06g	1.32g	20.67g	0.75g	2.56g	0.00g
Seasonal Vegetables	80.00g	27.20kcal	0.04g	0.40g	0.10g	4.36g	3.64g	1.92g	3.16g
Gravy	89.58g	21.94kcal	0.60g	0.26g	0.12g	4.38g	0.69g	0.41g	0.15g
<i>Vegetable Teriyaki with Noodles (Ve)</i>	187.50g	258.33kcal	4.14g	3.37g	0.45g	48.42g	13.05g	8.13g	0.97g
Apple Crumble	220.42g	395.41kcal	0.33g	17.24g	5.81g	56.04g	24.93g	4.94g	1.81g
Custard	82.67g	71.13kcal	0.13g	2.42g	2.10g	10.18g	7.27g	2.22g	0.00g
<b>Week 3 - Thursday</b>									
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
Jamaican Jerk Chicken	120.86g	226.32kcal	0.33g	12.94g	2.69g	1.62g	1.27g	25.81g	0.19g
<i>Sweet Potato Stew (Ve)</i>	192.53g	143.21kcal	0.27g	5.80g	4.05g	22.23g	7.60g	1.76g	0.37g
Rice 'n' Peas	118.80g	156.52kcal	0.27g	3.76g	2.17g	37.87g	1.40g	3.77g	1.54g
Leafy Greens	80.00g	34.37kcal	0.05g	2.18g	0.18g	2.00g	1.89g	1.48g	1.91g
<i>Sweet Chilli Chicken Sub</i>	175.00g	381.30kcal	1.04g	9.72g	3.15g	48.53g	7.54g	23.54g	2.20g
Rocky Road	63.00g	296.29kcal	0.41g	16.48g	7.47g	36.66g	25.29g	2.48g	0.10g
<b>Week 3 - Friday</b>									
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
Sausages (2 each)	100g	286.00kcal	2.2g	22.7g	8.6g	9.19g	2.7g	11.8g	0.00g
Chicken Bites (4 each)	80g	164.80kcal	0.49g	10.56g	1.76g	6.16g	2.16g	10.88g	1.04g
Fish Fingers (3 each)	75g	153.00kcal	0.53g	6.15g	0.52g	14.25g	0.68g	9.75g	0.68g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
<i>Margherita Pizza (v)</i>	89.95g	184.75kcal	0.86g	7.40g	4.09g	21.80g	2.01g	8.82g	1.40g
Mushy Peas	90.00g	78.30kcal	0.41g	0.36g	0.18g	11.79g	1.26g	5.31g	3.51g
Gravy	89.58g	21.94kcal	0.60g	0.26g	0.12g	4.38g	0.69g	0.41g	0.15g
Curry Sauce	90.14g	46.46kcal	0.08g	3.93g	1.43g	2.54g	1.00g	0.30g	0.38g
Chunky Chips	150.00g	165.00kcal	0.38g	3.60g	0.45g	30.00g	0.75g	2.40g	2.55g
<i>(Topping) Bacon</i>	25.00g	59.25kcal	0.73g	5.00g	2.02g	0.00g	0.00g	3.75g	0.00g
<i>(Topping) Onion</i>	20.00g	24.28kcal	0.00g	2.02g	0.23g	1.44g	1.12g	0.18g	0.40g
<i>(Topping) Gravy</i>	89.58g	21.94kcal	0.60g	0.26g	0.12g	4.38g	0.69g	0.41g	0.15g
<i>(Topping) Grated Cheese</i>	30.00g	117.00kcal	0.54g	9.6g	5.94g	0.06g	0.06g	7.8g	0.00g
Carrot Cake Muffin	52.08g	184.35kcal	0.26g	10.23g	1.33g	21.83g	11.82g	2.03g	1.15g

**These values are correct at the time of publishing, however alterations can be made subject to product change and availability.  
We advise the contents of these reports to be checked regularly.**