

| Id      | Dish Title                                     | Servings | Serving               |      |      |      |           |              |        |       |         |      |
|---------|--|----------|-----------------------|------|------|------|-----------|--------------|--------|-------|---------|------|
|         |  |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 695828  | American Mustard & Crispy Onion Hot Dog SEC    | 10       | 189                   | 1523 | 364  | 14.9 | 4.8       | 36.9         | 4.1    | 4.0   | 18.5    | 3.6  |
| 627720  | American Mustard Slaw                          | 10       | 105                   | 278  | 67   | 4.4  | 0.4       | 5.6          | 4.3    | 2.4   | 1.2     | 0.4  |
| 719436  | ANCHO JACKFRUIT BURRITO PP                     | 10       | 259                   | 1928 | 461  | 10.9 | 3.6       | 80.2         | 19.4   | 4.7   | 10.9    | 1.0  |
| 695756  | Asian Cucumber Salad SEC                       | 10       | 83                    | 250  | 60   | 4.6  | 0.3       | 4.2          | 3.9    | 0.6   | 1.0     | 0.3  |
| 627439  | Avocado & Butternut Smash Bagel MMB            | 10       | 173                   | 932  | 223  | 4.4  | 1.0       | 40.8         | 7.2    | 4.9   | 7.2     | 0.6  |
| 703244  | BABA GHANOUSH                                  | 10       | 73                    | 283  | 68   | 6.4  | 0.5       | 1.8          | 1.5    | 1.6   | 0.8     | 0.0  |
| 761344  | BAKED BEAN & SAUSAGE HASH POT SEC              | 10       | 269                   | 1362 | 325  | 12.2 | 3.8       | 35.7         | 6.1    | 5.8   | 16.1    | 1.3  |
| 786018  | Baked Beans SEC                                | 10       | 100                   | 347  | 83   | 0.4  | 0.1       | 12.8         | 3.6    | 4.1   | 4.8     | 0.6  |
| 1058675 | Baked Vada Pav Burger SEC                      | 10       | 182                   | 1164 | 278  | 4.0  | 0.4       | 50.4         | 9.4    | 4.9   | 9.8     | 0.9  |
| 683571  | Baked Wedges                                   | 10       | 200                   | 680  | 163  | 0.2  | 0.1       | 35.8         | 1.8    | 4.0   | 3.8     | 0.0  |
| 703268  | BASIL & PARMESAN PISTOU                        | 20       | 15                    | 405  | 97   | 10.6 | 1.3       | 0.6          | 0.0    | 0.1   | 0.1     | 0.0  |
| 785786  | Battered Sausage SEC                           | 10       | 132                   | 1195 | 286  | 12.2 | 4.0       | 28.5         | 1.5    | 2.7   | 15.3    | 2.8  |
| 785792  | Battered Saveloy SEC                           | 10       | 1039                  | 7720 | 1845 | 81.9 | 31.7      | 151.4        | 15.4   | 17.1  | 117.9   | 28.6 |
| 715561  | BBQ Baked Bean & Veggie Sausage Cowboy Pie SEC | 10       | 410                   | 1595 | 381  | 5.5  | 1.0       | 68.0         | 11.9   | 10.7  | 11.1    | 1.1  |
| 683772  | BBQ Beans                                      | 10       | 113                   | 395  | 94   | 0.4  | 0.1       | 15.5         | 5.8    | 4.2   | 4.9     | 0.7  |
| 735435  | BBQ MANDARIN PORK                              | 10       | 119                   | 1036 | 248  | 16.4 | 5.4       | 6.8          | 5.9    | 0.7   | 18.6    | 0.7  |
| 691035  | Bechamel Sauce                                 | 10       | 108                   | 561  | 134  | 8.4  | 3.6       | 10.9         | 4.3    | 0.3   | 4.1     | 0.1  |
| 695919  | Beef & Onion Stew SEC                          | 10       | 164                   | 848  | 203  | 10.1 | 3.3       | 10.3         | 5.5    | 2.1   | 17.8    | 0.8  |
| 677736  | Beef Brisket Dhansak SEC                       | 10       | 181                   | 995  | 238  | 8.0  | 2.1       | 21.1         | 8.0    | 5.2   | 21.2    | 0.8  |
| 703450  | Beef Pepperpot Stew                            | 10       | 183                   | 871  | 208  | 11.3 | 5.7       | 8.8          | 2.8    | 1.4   | 18.3    | 0.5  |
| 627626  | Beetroot Orange & Lentil Salad                 | 10       | 118                   | 711  | 170  | 6.8  | 0.5       | 19.9         | 4.5    | 5.1   | 8.5     | 0.1  |
| 683739  | Beggar's Noodles                               | 10       | 78                    | 960  | 229  | 1.7  | 0.6       | 44.5         | 0.8    | 0.1   | 7.3     | 1.2  |
| 681441  | Bengali Pork Shoulder SEC                      | 10       | 185                   | 1083 | 259  | 17.6 | 4.7       | 8.8          | 5.9    | 1.6   | 16.4    | 0.3  |
| 761126  | Boiled Potatoes SEC                            | 10       | 200                   | 580  | 139  | 0.2  | 0.1       | 32.2         | 2.6    | 3.6   | 3.4     | 0.0  |
| 713914  | Bombay Potatoes SEC                            | 10       | 223                   | 715  | 171  | 1.8  | 0.2       | 34.6         | 3.8    | 4.2   | 3.9     | 0.1  |
| 761144  | Braised Red Cabbage SEC                        | 10       | 92                    | 209  | 50   | 2.7  | 0.2       | 5.9          | 5.4    | 2.2   | 0.8     | 0.0  |

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|---------|---|----------|-----------------------|------|------|------|-----------|--------------|--------|-------|---------|------|
|         |   |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 695814  | Breaded Chicken Katsu SEC                         | 10       | 143                   | 1174 | 281  | 9.5  | 2.2       | 29.0         | 3.1    | 1.0   | 21.6    | 1.0  |
| 719551  | Burnt Broccoli PP                                 | 10       | 76                    | 114  | 27   | 0.6  | 0.1       | 2.7          | 1.8    | 3.2   | 3.4     | 0.0  |
| 696017  | Butter bean & Roots Stew SEC                      | 10       | 266                   | 389  | 93   | 3.0  | 0.3       | 20.7         | 8.7    | 8.6   | 8.0     | 0.8  |
| 677752  | Butter Chicken SEC                                | 10       | 218                   | 928  | 222  | 13.7 | 4.0       | 9.9          | 6.5    | 1.7   | 15.1    | 0.8  |
| 695979  | Buttered Cabbage SEC                              | 10       | 75                    | 169  | 40   | 2.3  | 0.5       | 2.9          | 2.8    | 1.7   | 1.2     | 0.1  |
| 710404  | Butternut Squash & Chickpea Passanda SEC          | 10       | 283                   | 853  | 204  | 5.9  | 0.7       | 26.9         | 9.9    | 5.8   | 9.1     | 0.1  |
| 719448  | Butternut Squash, Chilli & Mozzarella Gnocchi SEC | 10       | 212                   | 1145 | 274  | 8.3  | 4.6       | 39.2         | 3.4    | 2.6   | 10.1    | 1.1  |
| 711155  | Cabbage Thoran (Sauteed Coconut Cabbage) SEC      | 10       | 58                    | 216  | 52   | 3.9  | 2.0       | 3.1          | 2.6    | 1.8   | 1.1     | 0.0  |
| 741526  | Cajun Baked Wedges SEC                            | 10       | 201                   | 687  | 164  | 0.2  | 0.1       | 36.1         | 1.9    | 4.1   | 3.9     | 0.1  |
| 741865  | CAJUN ONION RINGS SEC                             | 10       | 260                   | 856  | 205  | 0.8  | 0.1       | 62.7         | 6.8    | 3.8   | 5.4     | 0.8  |
| 683782  | Callaloo  | 10       | 97                    | 224  | 54   | 3.5  | 0.3       | 2.7          | 1.9    | 2.3   | 2.1     | 0.0  |
| 703752  | CARIBBEAN BEEF PATTIES SEC                        | 10       | 203                   | 1957 | 468  | 28.9 | 13.6      | 30.1         | 2.4    | 2.7   | 22.3    | 0.6  |
| 712517  | CARIBBEAN SAUSAGE ROLL                            | 10       | 154                   | 1893 | 452  | 29.2 | 13.0      | 34.8         | 2.3    | 4.8   | 13.6    | 1.1  |
| 713975  | CARIBBEAN STEWED TOMATOES & BEANS CF              | 10       | 207                   | 591  | 141  | 2.2  | 0.2       | 25.7         | 6.1    | 7.1   | 8.3     | 0.1  |
| 713960  | CARRIBEAN MIXED GREENS CF                         | 10       | 72                    | 166  | 40   | 2.1  | 0.2       | 2.5          | 2.0    | 2.1   | 1.9     | 0.0  |
| 628559  | Carrots SEC                                       | 10       | 85                    | 111  | 27   | 0.4  | 0.1       | 5.0          | 4.7    | 2.0   | 0.6     | 0.1  |
| 1078801 | Cauliflower Cheese SEC                            | 10       | 218                   | 990  | 237  | 15.5 | 7.7       | 14.2         | 6.2    | 1.5   | 9.8     | 0.7  |
| 761166  | Cauliflower Cheese Side Dish SEC                  | 10       | 112                   | 462  | 110  | 6.9  | 3.3       | 7.1          | 3.2    | 0.8   | 4.7     | 0.3  |
| 1056759 | Chana Masala SEC                                  | 10       | 170                   | 656  | 157  | 5.7  | 0.5       | 18.4         | 4.1    | 4.8   | 6.7     | 0.0  |
| 710402  | Chana Saag SEC                                    | 10       | 168                   | 632  | 151  | 5.9  | 0.5       | 16.3         | 2.2    | 4.6   | 7.4     | 0.1  |
| 1055562 | Cheesy Chive Mash SEC                             | 10       | 223                   | 1033 | 247  | 8.0  | 3.9       | 36.5         | 1.8    | 4.0   | 6.5     | 0.5  |
| 701882  | CHERMOULA ROASTED VEGETABLE KHOBEZ                | 10       | 195                   | 1140 | 273  | 10.3 | 1.0       | 37.1         | 4.9    | 5.6   | 7.5     | 0.2  |
| 1095047 | Chicken Jambalaya SEC                             | 10       | 191                   | 1406 | 336  | 9.6  | 1.8       | 46.0         | 3.3    | 3.7   | 15.7    | 0.7  |
| 710422  | Chicken Kathi Roll SEC                            | 10       | 275                   | 1768 | 423  | 16.3 | 5.4       | 46.6         | 12.4   | 3.2   | 22.8    | 1.7  |
| 640359  | Chicken Korma SEC                                 | 10       | 219                   | 935  | 223  | 14.4 | 4.6       | 9.3          | 5.9    | 1.6   | 14.6    | 0.8  |
| 1077414 | Chicken Nuggets SEC                               | 10       | 88                    | 828  | 198  | 9.7  | 1.1       | 15.0         | 0.4    | 0.4   | 13.2    | 0.6  |

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|         |   |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 734918  | CHICKEN PAD THAI SEC  | 10       | 198                   | 1551 | 371  | 10.0 | 2.5       | 45.7         | 4.0    | 1.5   | 22.5    | 1.7  |
| 734730  | Chicken Rendang SEC   | 10       | 171                   | 995  | 238  | 16.3 | 6.9       | 7.1          | 6.0    | 2.5   | 16.2    | 0.5  |
| 685066  | Chicken Shawarma  | 10       | 172                   | 1120 | 268  | 10.2 | 2.2       | 26.0         | 2.2    | 3.0   | 17.5    | 0.9  |
| 1079200 | Chicken Shawarma (No tahini)                                | 10       | 177                   | 1172 | 280  | 12.3 | 2.1       | 26.2         | 3.1    | 2.0   | 16.2    | 1.1  |
| 684263  | Chicken Style Strips Jambalaya & Cornbread                  | 10       | 255                   | 2328 | 557  | 19.5 | 6.8       | 74.4         | 8.1    | 6.3   | 19.7    | 1.8  |
| 681349  | Chicken Tikka Masala SEC                                    | 10       | 204                   | 787  | 188  | 10.8 | 4.4       | 9.7          | 6.5    | 1.6   | 13.5    | 0.7  |
| 735361  | CHINESE CHICKEN CURRY SEC                                   | 10       | 127                   | 694  | 166  | 9.0  | 1.8       | 4.2          | 1.7    | 2.2   | 16.5    | 0.2  |
| 786089  | Chip Shop Curry Sauce SEC                                   | 10       | 6                     | 24   | 6    | 0.0  | 0.0       | 0.7          | 0.0    | 0.4   | 0.4     | 0.0  |
| 1079184 | Chipotle, Squash & Lime Tacos SEC                           | 10       | 158                   | 1291 | 309  | 19.6 | 6.8       | 24.3         | 4.9    | 2.4   | 7.2     | 1.4  |
| 683212  | Chips   | 10       | 150                   | 722  | 172  | 4.7  | 2.4       | 27.9         | 0.3    | 2.7   | 3.5     | 0.4  |
| 734835  | CHOW MEIN   | 10       | 196                   | 1578 | 377  | 9.7  | 2.3       | 50.1         | 5.0    | 0.9   | 20.5    | 2.3  |
| 684292  | Classic American Cheeseburger SEC                           | 10       | 94                    | 962  | 230  | 8.9  | 2.8       | 29.1         | 3.8    | 1.9   | 9.1     | 1.5  |
| 741416  | CLASSIC AMERICAN MEATLOAF SEC                               | 16       | 166                   | 1366 | 326  | 14.4 | 4.1       | 29.0         | 8.5    | 0.6   | 22.0    | 1.0  |
| 786075  | Classic Fish Fingers Sandwich SEC                           | 10       | 163                   | 1578 | 377  | 11.4 | 1.7       | 50.8         | 4.5    | 3.1   | 16.3    | 1.5  |
| 695648  | Coconut Green Beans SEC                                     | 10       | 88                    | 281  | 67   | 5.2  | 1.9       | 3.5          | 2.0    | 3.2   | 2.0     | 0.0  |
| 735695  | Coconut Sticky Rice SEC                                     | 10       | 112                   | 1257 | 300  | 6.8  | 4.1       | 54.1         | 2.3    | 2.5   | 6.4     | 0.0  |
| 741536  | Corn on the Cob SEC   | 10       | 65                    | 181  | 43   | 2.7  | 0.5       | 2.7          | 0.7    | 1.7   | 1.2     | 0.1  |
| 683976  | Cornbread SEC   | 18       | 79                    | 899  | 215  | 10.0 | 4.3       | 25.0         | 4.6    | 0.8   | 6.1     | 0.5  |
| 640361  | Cottage Pie & Sweet Potato Top SEC                          | 10       | 300                   | 1753 | 419  | 14.5 | 3.9       | 57.0         | 9.5    | 10.4  | 17.4    | 1.1  |
| 1056692 | Creamy Chicken & Leek Pie SEC                               | 10       | 164                   | 1508 | 360  | 15.7 | 4.2       | 36.8         | 2.7    | 6.7   | 18.4    | 0.4  |
| 1078690 | Crispy Topped Mac N Cheese SEC                              | 10       | 145                   | 2410 | 576  | 22.3 | 11.2      | 81.9         | 12.1   | 2.3   | 16.6    | 1.1  |
| 1056159 | Crispy Topped Mac N Cheese with BBQ Drizzle & Crispy Onions | 10       | 159                   | 2464 | 589  | 22.5 | 11.2      | 84.5         | 14.2   | 2.5   | 16.7    | 1.3  |
| 1056310 | Cumin Chickpea & Veg Bake in Baharat Tomato Sauce SEC       | 10       | 224                   | 640  | 153  | 4.3  | 0.4       | 20.4         | 6.2    | 5.8   | 7.6     | 0.1  |
| 703214  | CUMIN ROASTED CARROTS WITH LEMON & HONEY                    | 10       | 93                    | 283  | 68   | 2.9  | 0.3       | 10.4         | 10.0   | 3.2   | 0.5     | 0.1  |
| 705436  | CURRIED CHICKPEA & KALE CHANA CF                            | 10       | 174                   | 702  | 168  | 5.4  | 0.5       | 20.2         | 3.6    | 6.1   | 8.1     | 0.8  |
| 1055579 | Curried Coconut Chilli Chicken SEC                          | 10       | 192                   | 813  | 194  | 11.7 | 4.3       | 6.7          | 4.6    | 2.0   | 16.0    | 0.5  |

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|         |  |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 714248  | CURRIED JACKFRUIT RUNDOWN CF               | 10       | 239                   | 695  | 166  | 5.1  | 2.7       | 28.9         | 26.2   | 1.9   | 2.5     | 0.4  |
| 702962  | EGYPTIAN FALAFEL PITTA SEC                 | 10       | 251                   | 1648 | 394  | 11.3 | 1.0       | 56.2         | 7.3    | 7.2   | 15.0    | 0.9  |
| 683619  | Egyptian Koshari with Crispy Onions        | 10       | 252                   | 1625 | 388  | 7.0  | 0.8       | 66.9         | 7.6    | 7.3   | 14.9    | 0.1  |
| 719443  | FALAFEL KHOBEZ WRAP PP                     | 10       | 138                   | 1303 | 312  | 9.9  | 0.9       | 41.3         | 5.1    | 8.8   | 10.4    | 1.4  |
| 712220  | FATTOUSH SALAD                             | 10       | 106                   | 338  | 81   | 4.5  | 0.3       | 8.2          | 2.5    | 1.3   | 1.8     | 0.1  |
| 684622  | Fennel Seed Roasties                       | 10       | 160                   | 792  | 189  | 8.0  | 0.6       | 27.5         | 1.4    | 3.0   | 3.2     | 0.1  |
| 640304  | Feta & Beetroot Burger in a bun SEC        | 10       | 182                   | 1214 | 290  | 9.3  | 2.7       | 42.4         | 10.4   | 3.2   | 11.4    | 1.5  |
| 785752  | Fiery Battered Fish SEC                    | 10       | 101                   | 543  | 130  | 1.8  | 0.5       | 15.1         | 0.3    | 0.8   | 13.6    | 0.7  |
| 1058682 | Fish Finger & Lemon Mayo Bap SEC           | 10       | 138                   | 1306 | 312  | 10.7 | 1.1       | 39.7         | 2.7    | 2.4   | 14.7    | 1.3  |
| 703335  | FLATBREAD - FLOUR TORTILLA                 | 10       | 0                     | 6    | 1    | 0.0  | 0.0       | 0.2          | 0.0    | 0.0   | 0.0     | 0.0  |
| 703332  | FLATBREAD PITA                             | 10       | 60                    | 662  | 158  | 1.1  | 0.2       | 30.3         | 2.4    | 1.7   | 5.4     | 0.5  |
| 712257  | FLATBREAD PIZZA                            | 10       | 279                   | 2171 | 519  | 15.7 | 8.0       | 69.5         | 3.8    | 3.9   | 23.2    | 1.0  |
| 705534  | FRY BODI (CARIBBEAN GREEN BEANS) CF        | 10       | 108                   | 187  | 45   | 2.3  | 0.2       | 4.0          | 3.0    | 3.2   | 1.9     | 0.0  |
| 713905  | Gajar Matar (Spiced Carrots & Peas) SEC    | 10       | 89                    | 254  | 61   | 2.1  | 0.2       | 8.7          | 4.4    | 3.2   | 2.3     | 0.0  |
| 685116  | Gammon & Parsnip Yorkshire Pudding Wrap    | 10       | 143                   | 625  | 149  | 4.8  | 1.5       | 15.5         | 6.0    | 3.8   | 11.6    | 1.4  |
| 701810  | Garlic & Herb Baked Wedges SEC             | 10       | 201                   | 684  | 164  | 0.2  | 0.1       | 36.0         | 1.8    | 4.2   | 3.9     | 0.1  |
| 640283  | Glazed Gammon SEC                          | 10       | 88                    | 571  | 136  | 6.0  | 2.0       | 6.5          | 6.5    | 0.0   | 14.0    | 1.8  |
| 629731  | Gravy SEC                                  | 10       | 4                     | 50   | 12   | 0.1  | 0.0       | 2.7          | 0.2    | 0.1   | 0.1     | 0.5  |
| 684842  | Gravy SEC                                  | 10       | 4                     | 50   | 12   | 0.1  | 0.0       | 2.7          | 0.2    | 0.1   | 0.1     | 0.5  |
| 628562  | Green Beans SEC                            | 10       | 80                    | 82   | 20   | 0.3  | 0.1       | 2.5          | 1.8    | 2.7   | 1.7     | 0.0  |
| 629847  | Guacamole SEC                              | 20       | 31                    | 159  | 38   | 3.2  | 0.9       | 1.7          | 0.8    | 1.9   | 0.6     | 0.1  |
| 1056319 | Halal Battered Sausage SEC                 | 10       | 132                   | 1445 | 345  | 18.2 | 6.3       | 32.7         | 1.0    | 3.2   | 12.4    | 2.8  |
| 956872  | Halal Beef Brisket Dhansak SEC             | 10       | 181                   | 995  | 238  | 8.0  | 2.1       | 21.1         | 8.0    | 5.2   | 21.2    | 0.8  |
| 1055543 | Halal Beef Cottage Pie with Chive Mash SEC | 10       | 293                   | 1694 | 405  | 11.1 | 3.5       | 55.0         | 5.0    | 11.2  | 21.5    | 1.0  |
| 1078913 | HALAL CARIBBEAN SAUSAGE ROLL               | 10       | 154                   | 1431 | 342  | 16.3 | 8.2       | 29.6         | 0.7    | 3.2   | 19.4    | 0.6  |
| 850853  | Halal Chicken Shawarma                     | 10       | 172                   | 1051 | 251  | 8.5  | 1.9       | 26.1         | 2.2    | 2.7   | 17.0    | 1.0  |

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|         |  |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 1079204 | Halal Chicken Shawarma (No tahini)                           | 10       | 177                   | 1172 | 280  | 12.3 | 2.1       | 26.2         | 3.1    | 2.0   | 16.2    | 1.1  |
| 1079140 | HALAL CHINESE CHICKEN CURRY SEC                              | 10       | 127                   | 694  | 166  | 9.0  | 1.8       | 4.2          | 1.7    | 2.2   | 16.5    | 0.2  |
| 1079229 | Halal Cottage Pie & Sweet Potato Top SEC                     | 10       | 300                   | 1753 | 419  | 14.5 | 3.9       | 57.0         | 9.5    | 10.4  | 17.4    | 1.1  |
| 1056710 | Halal Creamy Chicken & Leek Pie SEC                          | 10       | 164                   | 1508 | 360  | 15.7 | 4.2       | 36.8         | 2.7    | 6.7   | 18.4    | 0.4  |
| 1055594 | Halal Curried Coconut Chilli Chicken SEC                     | 10       | 192                   | 813  | 194  | 11.7 | 4.3       | 6.7          | 4.6    | 2.0   | 16.0    | 0.5  |
| 956432  | Halal Lemon & Herb Roast Chicken SEC                         | 10       | 106                   | 662  | 158  | 9.1  | 2.1       | 1.2          | 0.2    | 0.7   | 18.6    | 0.3  |
| 923827  | Halal Lemon & Thyme Roast Chicken SEC                        | 10       | 106                   | 667  | 159  | 9.1  | 2.1       | 1.3          | 0.2    | 0.7   | 18.6    | 0.2  |
| 1056818 | Halal Loaded Chips, Crispy Onion Bits with BBQ Sauce, Chees  | 10       | 210                   | 1279 | 306  | 14.8 | 8.4       | 33.1         | 3.6    | 3.1   | 8.4     | 1.5  |
| 1055453 | Halal Low Salt & Chilli Crispy Chicken Thigh SEC             | 10       | 114                   | 554  | 132  | 4.9  | 1.5       | 8.8          | 2.2    | 0.6   | 13.8    | 1.0  |
| 1056293 | Halal Meatballs in Baharat Tomato Sauce SEC                  | 10       | 184                   | 705  | 168  | 5.3  | 1.6       | 13.5         | 6.1    | 1.9   | 17.4    | 0.9  |
| 1079071 | Halal Minted Yoghurt & Meatball Flatbread SEC                | 10       | 215                   | 1078 | 258  | 7.0  | 1.6       | 32.1         | 4.8    | 2.3   | 16.3    | 1.2  |
| 1058761 | Halal NY Deli Open Chicken Bagel with American Mustard Slaw  | 10       | 190                   | 1228 | 294  | 7.8  | 1.5       | 38.3         | 6.0    | 3.0   | 19.1    | 1.7  |
| 1055953 | Halal Spicy Chicken Dhansak SEC                              | 10       | 161                   | 965  | 231  | 10.2 | 1.5       | 20.3         | 7.6    | 5.1   | 15.4    | 0.7  |
| 1056282 | Halal Sticky Red Onion Bangers SEC                           | 10       | 196                   | 1100 | 263  | 10.3 | 3.0       | 33.4         | 8.3    | 2.0   | 9.7     | 2.3  |
| 1056542 | Halal Turkey Laab Moo (Spicy Thai Turkey & Lettuce Cups) SEC | 10       | 125                   | 481  | 115  | 2.7  | 0.5       | 5.8          | 4.9    | 0.8   | 16.6    | 0.5  |
| 630656  | Hand Battered Fish & Frickle                                 | 10       | 131                   | 578  | 138  | 1.7  | 0.5       | 17.0         | 0.2    | 1.3   | 14.1    | 1.2  |
| 701874  | Hand Battered Fish SEC                                       | 10       | 99                    | 524  | 125  | 1.6  | 0.5       | 14.7         | 0.1    | 0.7   | 13.6    | 0.6  |
| 701849  | HARISSA ROASTED CAULIFLOWER & CHICKPEAS SALAD SEC            | 10       | 224                   | 803  | 192  | 8.4  | 0.8       | 18.2         | 3.8    | 5.8   | 9.0     | 0.2  |
| 701741  | HARISSA SPICED CHICKEN- STREATERIES SEC                      | 10       | 163                   | 807  | 193  | 12.0 | 2.1       | 7.0          | 5.8    | 1.3   | 15.7    | 0.3  |
| 726949  | Healthy Brunch Bean Pot MMB                                  | 10       | 200                   | 492  | 118  | 4.2  | 0.9       | 11.8         | 4.5    | 4.2   | 8.6     | 0.6  |
| 728337  | Herby Diced Potatoes SEC                                     | 10       | 155                   | 624  | 149  | 3.2  | 0.3       | 26.9         | 1.4    | 3.1   | 2.9     | 0.0  |
| 857130  | HOISIN CHICKEN STIR FRY SEC                                  | 10       | 150                   | 839  | 200  | 7.8  | 1.8       | 16.9         | 16.1   | 1.6   | 16.4    | 2.2  |
| 1055989 | Homemade Baharat Spice Mix                                   | 50       | 1                     | 6    | 1    | 0.1  | 0.0       | 0.4          | 0.1    | 0.3   | 0.1     | 0.0  |
| 785809  | Homemade Baked Breaded Fish SEC                              | 10       | 124                   | 821  | 196  | 2.9  | 0.8       | 26.8         | 1.6    | 0.2   | 17.4    | 0.9  |
| 786106  | Homemade Cajun Bean Burger SEC                               | 10       | 239                   | 1574 | 376  | 6.8  | 0.8       | 63.7         | 4.8    | 11.8  | 17.6    | 1.2  |
| 671564  | Homemade Curry Sauce KS1 & KS2                               | 10       | 114                   | 255  | 61   | 3.3  | 0.2       | 6.9          | 5.0    | 1.5   | 1.5     | 0.0  |

| Id      | Dish Title   | Servings | Serving               |      |      |      |           |              |        |       |         |      |
|---------|--|----------|-----------------------|------|------|------|-----------|--------------|--------|-------|---------|------|
|         |  |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 685363  | Homemade Fishless Cake with Lemon Yoghurt              | 10       | 176                   | 1043 | 249  | 8.9  | 4.5       | 32.0         | 3.0    | 4.4   | 11.6    | 0.9  |
| 712176  | HOMEMADE RAS EL HANOUT                                 | 10       | 2                     | 8    | 2    | 0.2  | 0.0       | 1.0          | 0.1    | 0.5   | 0.2     | 0.1  |
| 1046712 | Homemade Spicy Falafel Flatbread SEC                   | 10       | 236                   | 1288 | 308  | 7.1  | 0.7       | 48.0         | 5.1    | 6.7   | 12.2    | 0.6  |
| 685253  | Homemade Sweet Potato Burger with BBQ Pulled Jackfruit | 10       | 215                   | 1522 | 364  | 3.1  | 0.4       | 71.2         | 13.8   | 6.4   | 11.4    | 0.6  |
| 979793  | Homemade Sweet Potato Burger with BBQ Sauce            | 10       | 195                   | 1462 | 349  | 3.1  | 0.4       | 67.8         | 10.3   | 6.4   | 11.2    | 0.7  |
| 715681  | Homemade Tartare Sauce SEC                             | 12       | 28                    | 197  | 47   | 4.5  | 0.3       | 1.6          | 0.5    | 0.3   | 0.3     | 0.3  |
| 628672  | Homemade Tomato Sauce KS1                              | 10       | 84                    | 167  | 40   | 1.2  | 0.1       | 6.2          | 3.9    | 1.4   | 1.6     | 0.3  |
| 623194  | House Salad SEC  | 10       | 31                    | 19   | 5    | 0.1  | 0.0       | 0.7          | 0.7    | 0.3   | 0.2     | 0.0  |
| 703310  | HUMMUS   | 10       | 96                    | 1540 | 368  | 34.5 | 2.8       | 10.5         | 0.4    | 3.1   | 5.4     | 0.3  |
| 712192  | IMAM BAYILDI (TOMATO STUFFED AUBERGINES)               | 10       | 309                   | 260  | 62   | 1.0  | 0.2       | 10.7         | 8.8    | 5.8   | 3.2     | 0.0  |
| 741263  | JALAPENO LOADED MAC N CHEESE SEC                       | 10       | 149                   | 2295 | 548  | 22.8 | 11.6      | 73.8         | 11.7   | 2.5   | 15.7    | 1.2  |
| 1055602 | Jamaican Black Eyed Peas Stew SEC                      | 10       | 208                   | 922  | 220  | 2.6  | 0.4       | 38.1         | 7.1    | 8.8   | 14.3    | 0.1  |
| 713982  | Jamaican Cabbage CF                                    | 10       | 108                   | 192  | 46   | 1.8  | 0.2       | 5.6          | 5.1    | 3.5   | 1.7     | 0.1  |
| 760687  | Jamaican Ginger Cake SEC                               | 55       | 75                    | 926  | 221  | 7.2  | 2.7       | 36.2         | 23.6   | 0.8   | 3.3     | 0.6  |
| 713910  | Jeera Aloo (Cumin Spiced Potatoes) SEC                 | 10       | 155                   | 559  | 134  | 3.3  | 0.3       | 24.8         | 2.0    | 2.9   | 2.7     | 0.0  |
| 713999  | JERK BAKED BEANS CF                                    | 10       | 105                   | 355  | 85   | 0.4  | 0.1       | 13.3         | 3.8    | 4.2   | 4.9     | 0.7  |
| 705488  | JERK BEEF BURGER WITH PINEAPPLE SALSA                  | 10       | 173                   | 1837 | 439  | 25.2 | 11.3      | 35.2         | 3.3    | 1.6   | 19.1    | 2.4  |
| 872381  | JERK CHICKEN DRUMSTICKS CF                             | 10       | 200                   | 914  | 219  | 4.2  | 1.2       | 0.0          | 0.0    | 0.0   | 44.6    | 0.4  |
| 703765  | JERK CHICKEN THIGH BURGER                              | 10       | 202                   | 1139 | 272  | 7.5  | 1.7       | 33.9         | 9.4    | 2.1   | 18.4    | 1.6  |
| 683970  | Jerk Chicken Wings                                     | 10       | 285                   | 2123 | 508  | 30.8 | 8.6       | 7.7          | 6.6    | 0.9   | 50.7    | 1.8  |
| 705428  | JERK PULLED PORK BAGUETTE CF                           | 10       | 235                   | 2126 | 508  | 14.9 | 4.9       | 64.9         | 6.0    | 3.5   | 26.2    | 1.4  |
| 710434  | Kachumber Salad SEC                                    | 10       | 86                    | 60   | 14   | 0.3  | 0.0       | 2.0          | 1.9    | 0.9   | 0.7     | 0.0  |
| 695809  | Katsu Curry Sauce SEC                                  | 10       | 13                    | 52   | 12   | 0.1  | 0.0       | 2.1          | 1.4    | 0.4   | 0.6     | 0.3  |
| 786053  | Katsu Fish Dog SEC                                     | 10       | 95                    | 519  | 124  | 1.4  | 0.4       | 15.8         | 0.8    | 0.9   | 12.4    | 0.6  |
| 681700  | Keralan Egg Molee SEC                                  | 10       | 296                   | 1228 | 294  | 19.5 | 7.5       | 13.2         | 5.5    | 2.1   | 16.8    | 0.8  |
| 786047  | 'KFC' Cauliflower Wings with Chilli Hummus SEC         | 10       | 237                   | 922  | 220  | 7.2  | 0.8       | 24.9         | 6.8    | 6.9   | 11.9    | 0.8  |

| Id      | Dish Title  | Servings | Serving               |      |      |      |           |              |        |       |         |      |
|---------|---|----------|-----------------------|------|------|------|-----------|--------------|--------|-------|---------|------|
|         |   |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 703328  | KHOBEZ  | 10       | 45                    | 432  | 103  | 0.4  | 0.1       | 22.2         | 0.6    | 1.1   | 2.7     | 0.1  |
| 684765  | Korean Bibimbap Rice with Fried Egg INDIGO                  | 10       | 208                   | 1647 | 394  | 11.0 | 2.3       | 56.7         | 5.0    | 1.6   | 14.2    | 2.2  |
| 735521  | KUNG PO CHICKEN STYLE STRIPS SEC                            | 10       | 28                    | 167  | 40   | 0.8  | 0.1       | 6.3          | 0.9    | 0.4   | 2.3     | 0.1  |
| 1056509 | Laab Moo (Spicy Thai Pork & Lettuce Cups) SEC               | 10       | 135                   | 719  | 172  | 9.4  | 3.0       | 5.8          | 4.9    | 0.8   | 16.1    | 0.5  |
| 761204  | Lemon & Herb Roast Chicken SEC                              | 10       | 106                   | 662  | 158  | 9.1  | 2.1       | 1.2          | 0.2    | 0.7   | 18.6    | 0.3  |
| 701783  | LEMON CHICKEN TAGINE- STREATERIES                           | 10       | 180                   | 708  | 169  | 8.0  | 1.8       | 10.3         | 7.8    | 3.9   | 15.7    | 0.8  |
| 710408  | Lemon Rice SEC  | 10       | 72                    | 1047 | 250  | 2.4  | 0.6       | 49.6         | 0.2    | 0.3   | 4.8     | 0.0  |
| 703061  | LENTIL, BEETROOT & ORANGE SALAD SEC                         | 10       | 82                    | 436  | 104  | 3.0  | 0.2       | 14.5         | 3.4    | 3.8   | 5.9     | 0.1  |
| 695749  | Lime and Coriander Rice SEC                                 | 10       | 74                    | 1049 | 251  | 2.4  | 0.6       | 49.5         | 0.3    | 0.3   | 4.8     | 0.0  |
| 1055767 | Lime Dressed Slaw SEC                                       | 10       | 98                    | 144  | 34   | 0.4  | 0.2       | 5.3          | 5.0    | 2.6   | 1.9     | 0.1  |
| 1056802 | Loaded Chips, Crispy Bacon & Onion Bits with BBQ Sauce, Che | 10       | 225                   | 1406 | 336  | 17.4 | 8.5       | 32.7         | 3.6    | 3.1   | 10.8    | 2.1  |
| 873046  | Low Salt & Chilli Crispy Chicken Thigh                      | 10       | 114                   | 554  | 132  | 4.9  | 1.5       | 8.8          | 2.2    | 0.6   | 13.8    | 1.0  |
| 871877  | Low Salt & Chilli Seasoning                                 | 306      | 1                     | 6    | 1    | 0.1  | 0.0       | 0.4          | 0.0    | 0.3   | 0.1     | 0.1  |
| 683967  | Macaroni Pie  | 10       | 219                   | 2021 | 483  | 19.5 | 10.7      | 61.6         | 6.3    | 2.1   | 19.1    | 1.2  |
| 713921  | Mango Chutney SEC   | 10       | 20                    | 172  | 41   | 0.0  | 0.0       | 10.0         | 9.2    | 0.1   | 0.0     | 0.5  |
| 702968  | MAPLE AND CUMIN ROASTED BUTTERNUT WEDGES                    | 10       | 86                    | 205  | 49   | 0.2  | 0.1       | 10.5         | 7.4    | 1.3   | 1.0     | 0.1  |
| 761252  | Marmalade Glazed Bangers & Mash SEC                         | 10       | 314                   | 1836 | 439  | 15.1 | 4.6       | 57.1         | 10.1   | 5.9   | 17.0    | 3.3  |
| 683155  | Masala Roasted Cauliflower                                  | 10       | 86                    | 296  | 71   | 5.5  | 0.5       | 2.8          | 1.6    | 1.1   | 2.4     | 0.1  |
| 695974  | Mash SEC  | 10       | 207                   | 785  | 188  | 3.0  | 0.6       | 35.8         | 1.8    | 4.0   | 3.8     | 0.1  |
| 1056291 | Meatballs in Baharat Tomato Sauce SEC                       | 10       | 184                   | 705  | 168  | 5.3  | 1.6       | 13.5         | 6.1    | 1.9   | 17.4    | 0.9  |
| 681724  | Meen Molee SEC ININ   | 10       | 223                   | 720  | 172  | 9.7  | 4.7       | 6.9          | 5.1    | 1.6   | 14.2    | 0.8  |
| 719504  | Mexican Burrito Bowl  | 10       | 283                   | 2007 | 480  | 10.7 | 3.4       | 82.2         | 6.1    | 6.2   | 11.9    | 0.4  |
| 685045  | Mezze Salad   | 10       | 41                    | 29   | 7    | 0.1  | 0.0       | 1.2          | 1.0    | 0.4   | 0.3     | 0.0  |
| 703341  | MIDDLE EASTERN LEMONADE                                     | 10       | 33                    | 153  | 37   | 0.1  | 0.0       | 9.0          | 8.5    | 0.4   | 0.3     | 0.0  |
| 713928  | Mint Yoghurt SEC  | 10       | 32                    | 76   | 18   | 0.3  | 0.2       | 2.4          | 2.3    | 0.0   | 1.5     | 0.0  |
| 786007  | Minted Crushed Peas SEC                                     | 10       | 88                    | 307  | 73   | 1.9  | 0.4       | 7.2          | 2.1    | 4.1   | 4.7     | 0.0  |

| Id      | Dish Title  | Servings | Serving               |      |      |      |           |              |        |       |         |      |
|---------|---|----------|-----------------------|------|------|------|-----------|--------------|--------|-------|---------|------|
|         |   |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 1068072 | Minted Yoghurt & Meatball Flatbread SEC                   | 10       | 215                   | 1078 | 258  | 7.0  | 1.6       | 32.1         | 4.8    | 2.3   | 16.3    | 1.2  |
| 683746  | Mongolian Lions Head Meatballs                            | 10       | 158                   | 1222 | 292  | 15.5 | 5.7       | 20.6         | 4.7    | 1.1   | 19.2    | 1.6  |
| 1061173 | Moorish Couscous SEC                                      | 10       | 79                    | 1124 | 269  | 6.3  | 0.6       | 47.8         | 1.6    | 2.3   | 7.3     | 0.0  |
| 703368  | MORROCAN ICED TEA   | 10       | 31                    | 84   | 20   | 0.0  | 0.0       | 4.7          | 4.0    | 0.0   | 0.2     | 0.0  |
| 711146  | Mushroom Bhaji (Sauteed Mushrooms) SEC                    | 10       | 88                    | 119  | 28   | 1.8  | 0.2       | 2.6          | 1.5    | 1.1   | 1.1     | 0.1  |
| 736108  | MUSHROOM FOO YUNG SEC                                     | 10       | 184                   | 640  | 153  | 10.3 | 2.4       | 1.9          | 0.8    | 1.3   | 13.3    | 1.0  |
| 628557  | Mushy Peas SEC  | 10       | 80                    | 302  | 72   | 0.3  | 0.1       | 13.5         | 1.0    | 2.2   | 4.7     | 0.4  |
| 761131  | Mustard Mash SEC  | 10       | 212                   | 825  | 197  | 3.4  | 0.7       | 36.9         | 2.4    | 4.1   | 4.1     | 0.5  |
| 735554  | Noodles   | 10       | 70                    | 946  | 226  | 1.6  | 0.6       | 44.2         | 0.6    | 0.0   | 6.9     | 0.7  |
| 1056334 | NY Deli Open Chicken Bagel with American Mustard Slaw SEC | 10       | 190                   | 1228 | 294  | 7.8  | 1.5       | 38.3         | 6.0    | 3.0   | 19.1    | 1.7  |
| 785771  | Onion Bhaji Battered Fish SEC                             | 10       | 120                   | 570  | 136  | 1.7  | 0.5       | 16.7         | 1.3    | 1.6   | 13.9    | 0.6  |
| 715717  | Oven Baked Wholemeal Breadcrumbed Fish SEC                | 10       | 129                   | 698  | 167  | 3.2  | 0.9       | 17.2         | 1.1    | 1.8   | 17.3    | 0.7  |
| 735708  | PAK CHOY STIR FRY SEC                                     | 10       | 47                    | 108  | 26   | 2.1  | 0.2       | 1.0          | 0.7    | 0.8   | 0.9     | 0.5  |
| 695891  | Paprika Wedges SEC  | 10       | 201                   | 683  | 163  | 0.3  | 0.1       | 36.1         | 2.1    | 4.2   | 3.9     | 0.1  |
| 715676  | Parsley and Lemon Crushed New Potatoes SEC                | 10       | 213                   | 773  | 185  | 5.2  | 0.5       | 32.4         | 2.8    | 3.8   | 3.5     | 0.0  |
| 703042  | PEARL BARLEY & COURGETTE RIBBON SALAD                     | 10       | 63                    | 889  | 213  | 3.9  | 0.2       | 42.1         | 0.3    | 0.1   | 4.1     | 0.0  |
| 628547  | Peas SEC  | 10       | 80                    | 257  | 61   | 0.7  | 0.2       | 7.0          | 2.0    | 4.1   | 4.6     | 0.0  |
| 703004  | PERSIAN GREEN RICE (SABZI POLOW)                          | 10       | 89                    | 1131 | 270  | 4.5  | 0.4       | 52.0         | 0.7    | 1.7   | 6.1     | 0.0  |
| 703767  | Pineapple Slaw SEC CF                                     | 10       | 98                    | 333  | 80   | 4.8  | 1.9       | 6.7          | 5.8    | 2.9   | 2.0     | 0.2  |
| 703499  | PINEAPPLE & COCONUT CHICKEN RUNDOWN                       | 10       | 234                   | 883  | 211  | 11.7 | 4.3       | 11.9         | 9.7    | 2.2   | 15.3    | 0.6  |
| 705465  | Pineapple Salsa CF  | 10       | 72                    | 197  | 47   | 2.0  | 0.2       | 7.1          | 6.9    | 0.5   | 0.4     | 0.0  |
| 703213  | PIYAZ (TURKISH WHITE BEAN SALAD) SEC                      | 10       | 95                    | 341  | 82   | 6.5  | 0.7       | 10.4         | 2.8    | 3.5   | 4.5     | 0.3  |
| 710406  | Plain Rice SEC  | 10       | 65                    | 1041 | 249  | 2.3  | 0.6       | 49.3         | 0.1    | 0.3   | 4.7     | 0.0  |
| 1032779 | Plant Based Creamy Green Pasta SEC                        | 10       | 236                   | 1912 | 457  | 7.8  | 5.3       | 81.3         | 5.2    | 8.4   | 20.3    | 0.2  |
| 701834  | POMEGRANATE CHICKEN & JEWELLED COUSCOUS SEC               | 10       | 206                   | 1627 | 389  | 11.0 | 1.9       | 53.9         | 5.0    | 2.7   | 20.6    | 0.8  |
| 685032  | Pomegranate Couscous                                      | 10       | 86                    | 1141 | 273  | 6.4  | 0.6       | 48.5         | 2.4    | 2.3   | 7.4     | 0.0  |



| Id      | Dish Title                                     | Servings | Serving               |      |      |      |           |              |        |       |         |      |
|---------|--|----------|-----------------------|------|------|------|-----------|--------------|--------|-------|---------|------|
|         |  |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 736080  | PORK BANH MI SEC                               | 10       | 230                   | 2070 | 495  | 13.9 | 3.8       | 68.4         | 9.0    | 3.8   | 21.5    | 1.6  |
| 701813  | PORK SOUVLAKI KEBABS- STREATERIES              | 10       | 90                    | 819  | 196  | 14.8 | 4.4       | 1.6          | 1.0    | 0.0   | 14.5    | 0.1  |
| 1078988 | Pre Coated Battered Fish (125g) SEC            | 10       | 125                   | 1040 | 249  | 13.8 | 1.3       | 20.0         | 0.6    | 0.9   | 11.9    | 0.8  |
| 785833  | Pre Coated Battered Fish (95g) SEC             | 10       | 95                    | 788  | 188  | 10.0 | 0.6       | 15.5         | 0.5    | 1.2   | 8.5     | 0.8  |
| 785840  | Pre Coated Breaded Fish SEC                    | 10       | 125                   | 380  | 91   | 0.8  | 0.1       | 0.0          | 0.0    | 0.0   | 20.8    | 0.4  |
| 785855  | Prepared Fishcakes SEC                         | 10       | 113                   | 1216 | 291  | 16.0 | 1.7       | 26.6         | 0.6    | 1.6   | 9.3     | 1.4  |
| 1033077 | Pulled Pork Cottage Pie & Chive Mash Top SEC   | 10       | 282                   | 1531 | 366  | 16.7 | 4.8       | 37.3         | 4.2    | 4.5   | 17.8    | 1.4  |
| 685022  | Quorn Roast & Stuffing Bap with Gravynaise     | 10       | 142                   | 1073 | 256  | 4.6  | 0.8       | 35.9         | 2.4    | 5.6   | 16.6    | 1.6  |
| 696568  | Quorn Roast & Stuffing SEC                     | 10       | 94                    | 508  | 121  | 1.2  | 0.6       | 12.1         | 0.6    | 4.7   | 13.3    | 1.4  |
| 683688  | Rainbow Slaw                                   | 10       | 98                    | 294  | 70   | 4.9  | 0.4       | 5.1          | 4.0    | 2.7   | 1.3     | 0.3  |
| 681740  | Rajasthan Watermelon Curry SEC                 | 10       | 163                   | 228  | 55   | 0.7  | 0.1       | 11.6         | 9.3    | 1.6   | 1.6     | 0.1  |
| 741532  | Ranch Slaw SEC                                 | 8        | 103                   | 327  | 78   | 5.3  | 0.4       | 5.8          | 4.2    | 3.0   | 1.4     | 0.3  |
| 695904  | Red Slaw SEC                                   | 10       | 96                    | 274  | 65   | 5.3  | 0.4       | 7.9          | 5.3    | 0.8   | 1.2     | 0.2  |
| 683828  | Rice and Peas                                  | 10       | 123                   | 1293 | 309  | 5.3  | 2.0       | 56.2         | 1.7    | 2.0   | 6.9     | 0.1  |
| 1055568 | Roast Carrots & Parsnips SEC                   | 10       | 83                    | 301  | 72   | 2.2  | 0.2       | 12.7         | 5.5    | 4.2   | 0.9     | 0.1  |
| 710405  | Roast Cauliflower & Chick Pea Korma SEC        | 10       | 280                   | 842  | 201  | 7.5  | 2.1       | 23.2         | 7.7    | 5.9   | 9.1     | 0.1  |
| 684788  | Roast Chicken & Stuffing Bap with Gravynaise   | 10       | 172                   | 1459 | 349  | 13.0 | 2.5       | 34.5         | 2.4    | 2.4   | 24.2    | 1.4  |
| 761522  | Roast Chicken Yorkshire Pudding Wrap SEC       | 10       | 143                   | 526  | 126  | 6.0  | 1.4       | 6.5          | 5.6    | 2.0   | 11.7    | 0.2  |
| 761228  | Roast Pork & Stuffing Baguette SEC             | 10       | 225                   | 2233 | 534  | 14.4 | 4.8       | 72.6         | 7.0    | 3.3   | 25.6    | 1.5  |
| 761209  | Roast Pork Shoulder SEC                        | 10       | 100                   | 908  | 217  | 16.0 | 5.3       | 0.0          | 0.0    | 0.0   | 18.0    | 0.2  |
| 684326  | Roasted Carrots                                | 10       | 83                    | 192  | 46   | 2.3  | 0.2       | 6.2          | 5.8    | 3.2   | 0.4     | 0.1  |
| 684633  | Roasted Roots                                  | 10       | 85                    | 366  | 88   | 5.2  | 0.4       | 10.0         | 5.5    | 3.3   | 1.0     | 0.1  |
| 725911  | Roasties SEC                                   | 10       | 158                   | 788  | 188  | 7.7  | 0.6       | 26.9         | 1.4    | 3.0   | 2.9     | 0.0  |
| 629690  | Sage n Onion Ring VP XM19                      | 10       | 386                   | 1338 | 320  | 1.3  | 0.3       | 85.4         | 6.7    | 5.3   | 8.9     | 0.9  |
| 703216  | SALAD SHIRAZI (PERSIAN TOMATO & CUCMBER SALAD) | 10       | 97                    | 80   | 19   | 0.3  | 0.0       | 3.3          | 2.8    | 0.8   | 0.8     | 0.0  |
| 785748  | Salt & Vinegar Battered Fish SEC               | 10       | 102                   | 526  | 126  | 1.6  | 0.5       | 14.8         | 0.1    | 0.7   | 13.6    | 1.1  |

| Id      | Dish Title   | Servings | Serving               |      |      |      |           |              |        |       |         |      |
|---------|--|----------|-----------------------|------|------|------|-----------|--------------|--------|-------|---------|------|
|         |  |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 785796  | Saveloy SEC  | 10       | 1020                  | 7446 | 1780 | 81.6 | 31.6      | 136.7        | 15.3   | 16.3  | 116.3   | 28.5 |
| 736075  | SESAME & GARLIC GREEN BEANS SEC                    | 10       | 86                    | 203  | 49   | 3.8  | 0.4       | 2.9          | 1.8    | 2.9   | 1.9     | 0.0  |
| 690676  | Shortcrust Pastry                                  | 10       | 33                    | 610  | 146  | 7.8  | 2.9       | 16.6         | 0.3    | 0.7   | 2.3     | 0.0  |
| 618001  | Smoked Carrot Bagel VK                             | 10       | 87                    | 733  | 175  | 1.2  | 0.0       | 36.3         | 5.6    | 2.8   | 6.2     | 1.2  |
| 761214  | Smoked Cheese & Onion Puff Pastry Slice SEC        | 12       | 190                   | 1712 | 409  | 23.4 | 12.9      | 37.4         | 1.5    | 3.8   | 11.1    | 1.1  |
| 741394  | SMOKEY BBQ PULLED PORK BURGER SEC                  | 10       | 177                   | 1422 | 340  | 14.8 | 4.7       | 30.8         | 6.5    | 2.9   | 20.9    | 0.8  |
| 684630  | Smokey Roasties                                    | 10       | 159                   | 807  | 193  | 7.8  | 0.6       | 27.1         | 1.5    | 3.5   | 3.1     | 0.0  |
| 702607  | SMOKY AUBERGINE & APRICOT TAGINE SEC               | 10       | 223                   | 711  | 170  | 5.8  | 0.6       | 22.7         | 9.2    | 6.2   | 7.0     | 0.7  |
| 761511  | Somerset Stew with Cheddar & Parsley Mash SEC      | 10       | 445                   | 1500 | 359  | 11.0 | 4.3       | 55.6         | 9.9    | 10.5  | 13.3    | 1.0  |
| 736073  | SOY GLAZED MUSHROOMS                               | 10       | 88                    | 97   | 23   | 1.7  | 0.2       | 0.7          | 0.3    | 0.6   | 1.3     | 0.8  |
| 681493  | Spicy Andhra Chicken Curry SEC                     | 10       | 192                   | 960  | 229  | 16.0 | 4.6       | 6.2          | 4.0    | 1.6   | 16.1    | 0.4  |
| 1055923 | Spicy Chicken Dhansak SEC                          | 10       | 161                   | 965  | 231  | 10.2 | 1.5       | 20.3         | 7.6    | 5.1   | 15.4    | 0.7  |
| 686654  | Spinach and Coconut Slaw                           | 10       | 99                    | 327  | 78   | 5.0  | 2.0       | 5.7          | 4.6    | 3.2   | 2.3     | 0.2  |
| 1033034 | Sticky Red Onion Bangers SEC                       | 10       | 196                   | 1134 | 271  | 12.1 | 4.0       | 25.0         | 8.5    | 2.7   | 14.5    | 3.2  |
| 736071  | Stir Fried Greens SEC                              | 10       | 85                    | 250  | 60   | 3.8  | 0.3       | 2.7          | 2.2    | 2.7   | 2.5     | 0.0  |
| 640345  | Street Corn SEC                                    | 10       | 93                    | 319  | 76   | 1.3  | 0.3       | 14.0         | 3.1    | 1.2   | 2.6     | 0.0  |
| 710429  | Sundal (Chick pea, coconut & green bean salad) SEC | 10       | 94                    | 571  | 137  | 8.2  | 1.9       | 10.3         | 1.2    | 3.2   | 4.5     | 0.0  |
| 728348  | Superfood Quinoa & Feta Salad SEC                  | 10       | 164                   | 928  | 222  | 11.6 | 2.8       | 22.8         | 5.5    | 4.6   | 8.2     | 0.5  |
| 683729  | Sweet Chilli Broccoli                              | 10       | 85                    | 138  | 33   | 0.5  | 0.1       | 3.6          | 2.5    | 3.2   | 3.5     | 0.1  |
| 696029  | Sweet Chilli Jackfruit ' Crabless' Cakes SEC       | 10       | 178                   | 684  | 163  | 3.4  | 0.3       | 31.2         | 19.6   | 1.8   | 2.6     | 0.2  |
| 1055513 | Sweet Chilli Sticky Greens SEC                     | 10       | 88                    | 265  | 63   | 3.8  | 0.3       | 3.6          | 3.1    | 2.7   | 2.4     | 0.1  |
| 734802  | SWEET N SOUR CHICKEN SEC                           | 10       | 180                   | 763  | 182  | 8.4  | 1.8       | 13.6         | 11.9   | 1.5   | 15.6    | 0.6  |
| 701765  | SWEET PAPRIKA CHICKEN KEBABS- STREATERIES          | 10       | 119                   | 718  | 172  | 10.7 | 2.1       | 3.3          | 3.1    | 1.0   | 16.5    | 0.2  |
| 979804  | SWEET POTATO & APRICOT TAGINE SEC                  | 10       | 221                   | 869  | 208  | 4.2  | 0.5       | 36.0         | 11.8   | 7.0   | 7.3     | 0.7  |
| 695643  | Sweet Potato & Chickpea Rogan Josh SEC             | 8        | 303                   | 1045 | 250  | 6.7  | 0.6       | 38.5         | 11.1   | 7.7   | 8.6     | 0.1  |
| 703772  | SWEET POTATO & COCONUT BEAN STEW                   | 10       | 212                   | 505  | 121  | 5.4  | 2.8       | 23.1         | 6.2    | 5.7   | 6.5     | 0.9  |

| Id      | Dish Title                                    | Servings | Serving               |      |      |      |           |              |        |       |         |      |
|---------|---|----------|-----------------------|------|------|------|-----------|--------------|--------|-------|---------|------|
|         |   |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 1078714 | Sweet Potato Chana Masala SEC                 | 10       | 190                   | 704  | 168  | 5.3  | 0.5       | 22.9         | 6.0    | 5.0   | 6.0     | 0.1  |
| 741432  | SWEET POTATO GUMBO SEC                        | 10       | 212                   | 442  | 106  | 2.7  | 0.3       | 23.4         | 7.4    | 5.6   | 5.6     | 1.0  |
| 741529  | SWEET POTATO Wedges SEC                       | 10       | 200                   | 732  | 175  | 0.6  | 0.2       | 39.4         | 11.0   | 4.3   | 2.4     | 0.2  |
| 628569  | Sweetcorn SEC                                 | 10       | 80                    | 322  | 77   | 1.4  | 0.3       | 13.7         | 1.5    | 1.2   | 2.7     | 0.0  |
| 703019  | Tabbouleh SEC                                 | 10       | 74                    | 529  | 126  | 0.8  | 0.1       | 27.1         | 1.7    | 2.7   | 3.9     | 0.0  |
| 702977  | TAHINI CHICKPEA MUSHROOMS SEC                 | 10       | 231                   | 1185 | 283  | 20.8 | 2.1       | 14.1         | 1.0    | 5.6   | 9.2     | 0.0  |
| 728437  | Tahini Sauce (Tarator) SEC                    | 10       | 26                    | 628  | 150  | 15.3 | 1.5       | 1.9          | 1.8    | 1.0   | 1.7     | 0.0  |
| 677758  | Tandoori Chicken Drumsticks SEC               | 10       | 240                   | 1457 | 348  | 19.2 | 5.0       | 6.5          | 4.1    | 0.2   | 39.1    | 1.7  |
| 710400  | Tarka Dhal SEC                                | 8        | 197                   | 1458 | 348  | 8.9  | 3.7       | 47.5         | 6.0    | 14.6  | 20.9    | 0.6  |
| 703262  | TARRATOR                                      | 100      | 18                    | 230  | 55   | 5.1  | 0.7       | 0.7          | 0.2    | 1.1   | 1.6     | 0.1  |
| 713924  | Teardrop Naan Bread SEC                       | 10       | 50                    | 599  | 143  | 1.8  | 0.2       | 27.0         | 0.3    | 1.2   | 3.9     | 0.5  |
| 734863  | TERIYAKI CHICKEN STIR FRY SEC                 | 10       | 142                   | 677  | 162  | 7.5  | 1.8       | 8.8          | 6.1    | 1.7   | 17.0    | 2.2  |
| 1056419 | Tex Mex Chipotle Sweet Potato & Lime Taco SEC | 10       | 158                   | 1404 | 336  | 19.7 | 6.8       | 32.0         | 5.6    | 3.3   | 7.3     | 1.3  |
| 785755  | Thai Coconut Battered Fish SEC                | 10       | 116                   | 580  | 139  | 2.6  | 1.4       | 15.6         | 0.6    | 0.8   | 13.8    | 0.9  |
| 623183  | Thai Slaw- SEC                                | 10       | 92                    | 141  | 34   | 0.3  | 0.1       | 5.9          | 5.2    | 2.7   | 1.3     | 0.2  |
| 703251  | TOASTED SEED MIX                              | 10       | 10                    | 233  | 56   | 4.6  | 0.6       | 1.8          | 0.1    | 1.1   | 2.7     | 0.0  |
| 695873  | Tomato Pie SEC                                | 8        | 239                   | 1780 | 425  | 30.0 | 12.2      | 29.0         | 5.6    | 2.7   | 10.1    | 1.3  |
| 683643  | Tomato Salsa SEC                              | 10       | 55                    | 41   | 10   | 0.1  | 0.0       | 1.9          | 1.8    | 0.5   | 0.4     | 0.0  |
| 703283  | TSATSIKI                                      | 10       | 40                    | 66   | 16   | 0.3  | 0.1       | 2.0          | 1.7    | 0.1   | 1.3     | 0.1  |
| 683125  | Turmeric Rice SEC                             | 10       | 66                    | 1043 | 249  | 2.4  | 0.6       | 49.6         | 0.1    | 0.3   | 4.8     | 0.0  |
| 713932  | Vada Pav Burger SEC                           | 10       | 199                   | 1405 | 336  | 4.8  | 0.5       | 59.6         | 9.8    | 6.6   | 13.4    | 1.0  |
| 728507  | Vegan Banana & Chocolate Shake                | 10       | 212                   | 522  | 125  | 4.0  | 1.1       | 13.5         | 9.2    | 5.6   | 7.8     | 0.1  |
| 629780  | Vegan Cajun Onion Rings PBB                   | 10       | 260                   | 866  | 207  | 0.9  | 0.2       | 65.0         | 6.6    | 4.1   | 4.8     | 1.2  |
| 629461  | Vegan Slaw                                    | 10       | 90                    | 200  | 48   | 2.8  | 0.2       | 4.0          | 3.8    | 3.0   | 1.3     | 0.1  |
| 727731  | Vegan Sweet Potato Coconut Curry SEC          | 10       | 225                   | 842  | 201  | 6.5  | 2.9       | 29.2         | 7.4    | 5.9   | 6.7     | 0.7  |
| 1055564 | Veggie Bangers & Gravy SEC                    | 10       | 116                   | 608  | 145  | 0.7  | 0.3       | 28.3         | 2.1    | 3.5   | 4.1     | 1.2  |

| Id      | Dish Title  | Servings | Serving               |      |      |      |           |              |        |       |         |      |
|---------|---|----------|-----------------------|------|------|------|-----------|--------------|--------|-------|---------|------|
|         |   |          | Weight (raw weight g) | KJ   | Kcal | Fat  | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
| 1056323 | Veggie Battered Sausage SEC                                 | 10       | 75                    | 553  | 132  | 0.6  | 0.2       | 27.6         | 1.1    | 2.5   | 3.7     | 0.5  |
| 683662  | Veggie Chilli Nachos & Salsa                                | 10       | 247                   | 1529 | 366  | 11.9 | 1.9       | 48.0         | 6.7    | 6.3   | 13.7    | 1.1  |
| 1079141 | Veggie Chinese Curry SEC                                    | 10       | 132                   | 469  | 112  | 5.5  | 0.6       | 7.9          | 4.3    | 5.4   | 7.7     | 0.0  |
| 851198  | Veggie Finger & Cheese Wrap SEC                             | 10       | 162                   | 1903 | 455  | 23.4 | 9.6       | 48.4         | 3.4    | 2.8   | 12.1    | 2.0  |
| 1055807 | Veggie Finger Wrap with Lemon Mayo SEC                      | 10       | 134                   | 1430 | 342  | 13.5 | 3.6       | 47.3         | 3.5    | 2.8   | 7.4     | 1.3  |
| 1079162 | Veggie Fingers SEC  | 10       | 85                    | 671  | 160  | 6.9  | 0.5       | 20.4         | 2.1    | 2.1   | 2.9     | 0.8  |
| 1056719 | Veggie Lentil & Onion Pie SEC                               | 10       | 168                   | 1549 | 370  | 11.6 | 3.3       | 52.3         | 6.1    | 8.9   | 15.3    | 1.1  |
| 1056785 | Veggie Loaded Chips, Bean Chilli, Cheese & Crispy Onion SEC | 10       | 263                   | 1311 | 313  | 11.8 | 5.6       | 42.1         | 3.5    | 6.4   | 9.9     | 0.8  |
| 761506  | Veggie Meatballs, Pasta & Homemade Tomato Sauce SEC         | 10       | 234                   | 1649 | 394  | 6.3  | 2.5       | 67.6         | 6.5    | 5.9   | 19.9    | 1.4  |
| 685085  | Veggie Mince and Pea Slice                                  | 12       | 186                   | 1526 | 365  | 17.5 | 8.8       | 28.8         | 4.5    | 6.9   | 18.2    | 0.7  |
| 629904  | Veggie Sausage & Mash SEC                                   | 10       | 298                   | 1309 | 313  | 3.7  | 1.0       | 59.7         | 3.7    | 7.0   | 7.4     | 1.3  |
| 685237  | Veggie Sausage Toad in the Hole SEC                         | 10       | 181                   | 976  | 233  | 3.5  | 1.3       | 39.0         | 3.6    | 3.9   | 9.4     | 1.4  |
| 695650  | Veggie Thai Green Curry SEC                                 | 10       | 157                   | 950  | 227  | 9.9  | 4.7       | 20.6         | 5.1    | 5.9   | 14.4    | 1.8  |
| 1056625 | Veggie Thai Style Noodles SEC                               | 10       | 221                   | 1451 | 347  | 7.1  | 1.1       | 56.1         | 9.4    | 4.5   | 13.4    | 1.3  |
| 629468  | VP Wings Vegan Buffalo                                      | 10       | 119                   | 662  | 158  | 1.6  | 0.3       | 32.3         | 7.3    | 1.9   | 6.5     | 1.4  |
| 850961  | Wholegrain Rice and Peas                                    | 10       | 123                   | 1222 | 292  | 4.8  | 1.8       | 59.7         | 2.5    | 3.0   | 6.5     | 0.1  |
| 671581  | Wholegrain Rice KS2   | 8        | 56                    | 840  | 201  | 1.6  | 0.4       | 45.7         | 0.7    | 1.1   | 3.8     | 0.0  |
| 695647  | Wholegrain Rice SEC   | 10       | 65                    | 971  | 232  | 1.8  | 0.5       | 52.8         | 0.8    | 1.2   | 4.4     | 0.0  |
| 1056586 | Wok Fried Oriental Veggies SEC                              | 10       | 82                    | 212  | 51   | 3.2  | 0.3       | 3.7          | 2.9    | 1.7   | 2.4     | 0.0  |
| 1032836 | Yakisoba Stir Fried Noodles SEC                             | 10       | 248                   | 1535 | 367  | 7.4  | 1.1       | 59.1         | 12.1   | 6.1   | 13.9    | 1.1  |
| 703219  | ZA'ATAR ROASTED COURGETTE SEC                               | 10       | 83                    | 129  | 31   | 2.4  | 0.2       | 1.9          | 1.8    | 0.5   | 1.2     | 0.0  |