

**Nutritional Composition**

**Recipes**

Id	Dish Title	Servings	Serving									
			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
627720	American Mustard Slaw	10	105	278	67	4.4	0.4	5.6	4.3	2.4	1.2	0.4
629828	Avocado Salsa SEC	20	36	119	28	1.8	0.4	2.6	2.4	0.7	0.4	0.0
622746	Baked Beans Portion HD	10	100	347	8	0.4	0.1	12.8	3.6	4.1	4.8	0.6
683772	BBQ Beans	10	113	395	94	0.4	0.1	15.5	5.8	4.2	4.9	0.7
691035	Bechamel Sauce	10	108	561	134	8.4	3.6	10.9	4.3	0.3	4.1	0.1
622756	Beef Chilli HD	10	94	458	109	6.6	2.2	5.8	2.3	1.5	7.5	0.1
777927	Beef Empanada SEC	10	205	1782	21	25.1	11.3	31.9	3.2	3.3	17.6	0.7
723468	Beef Lasagne SEC	8	308	1961	19	21.7	10.0	42.7	10.8	2.7	25.5	1.0
627626	Beetroot Orange & Lentil Salad	10	118	711	170	6.8	0.5	19.9	4.5	5.1	8.5	0.1
723974	Bolognese Sauce SEC	10	126	596	11	9.1	3.0	6.2	3.9	1.4	9.5	0.4
628170	Breakfast Quesadillas SEC	8	116	923	24	12.1	5.6	15.1	2.3	2.4	11.9	2.0
623261	Burrito Mexican Chicken - SEC	10	259	2059	19	19.5	8.3	60.1	7.3	2.9	18.5	2.0
623373	Burrito Mexican Chicken Halal - SEC	10	259	2059	19	19.5	8.3	60.1	7.3	2.9	18.5	2.0
623355	Burrito Mexican Spicy Veggie Mince - SEC	10	254	2062	19	18.1	8.7	61.5	7.5	5.0	18.4	1.7
623362	Burrito Mexican Vegetable and Bean - SEC	10	254	1937	18	17.3	7.5	62.8	6.3	5.3	13.8	1.4
724033	Carbonara Sauce SEC	10	124	771	15	12.5	6.2	9.6	3.8	0.2	8.9	0.6
1150178	Cheese & Tomato Melt Wrap HD	1	130	1671	307	22.8	13.0	35.3	2.3	1.5	13.3	1.9
1150143	Cheese Melt Wrap HD	1	115	1661	345	22.7	13.0	34.9	1.8	1.3	13.2	1.9
724039	Cheese Sauce SEC	10	109	762	17	13.2	6.8	9.5	3.6	0.2	6.5	0.6
723512	Cheesy Garlic Slice (Tugo base) MMB	8	79	778	30	5.2	2.3	26.1	0.3	1.2	7.9	0.2
723427	Chicken Caesar Salad SEC	10	225	1072	11	16.3	3.2	12.6	4.1	2.6	15.3	0.7
623228	Chicken Curry HD	10	114	396	8	4.5	1.0	5.1	3.0	1.1	8.8	0.5
1146739	Chicken Tikka Mayonnaise Portion Jacket TAS	10	90	593	16	9.4	1.6	3.0	0.7	0.2	11.4	0.9
819892	Chickpea Curry HD	10	114	399	8	3.1	0.3	12.0	3.0	3.1	4.4	0.0
628588	Chilli & Lime Potatoes SEC	10	132	432	8	3.2	0.3	17.4	2.4	1.9	2.0	0.0
1150485	Chinese Chicken Mayonnaise Portion	10	90	589	16	9.3	1.6	3.2	1.3	0.2	11.3	1.0

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			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
1056117	Chipotle Chicken Burrito SEC	10	229	1933	462	17.6	7.2	58.7	6.4	2.7	16.7	1.9
777994	Cumin Beef & Beans Chilli SEC	10	167	869	12	10.3	4.2	14.3	3.7	4.0	16.3	0.2
624698	Dough Balls SEC	12	128	1214	19	5.4	1.1	47.8	0.4	2.0	10.9	0.1
1150509	Egg Mayonnaise Portion	10	117	809	17	15.8	2.8	2.1	0.5	0.2	11.2	0.7
778060	Fajita Chicken SEC	10	143	616	10	7.7	1.6	6.4	4.9	1.3	13.2	1.0
629797	Firecracker Rice SEC	10	70	1097	262	2.5	0.6	51.9	0.5	0.6	5.0	0.8
955442	FORK - Mac Cheese Pasta Pot	1	200	2058	492	12.0	6.9	77.2	3.8	3.1	17.2	1.1
955229	FORK - Meatball Pasta Pot	1	200	1902	455	6.1	1.5	83.2	8.2	4.0	14.8	1.0
1004532	FORK - Tomato & Mascarpone Pasta Pot	1	200	2085	249	12.6	7.6	80.7	8.0	3.8	14.3	0.9
955432	FORK - Vegan Tomato & Herb Pasta Pot	1	200	1785	427	4.7	0.8	81.8	8.6	4.2	12.2	1.0
955254	FORK - Volcano Chicken Pasta Pot	1	200	1827	218	3.9	0.8	80.6	7.8	3.9	17.7	1.3
627395	Fresh Hot Chicken Shawarma	10	232	1680	17	9.6	2.3	58.1	7.9	4.1	20.4	1.0
629757	Garlic Slice (Tugo base) SEC	8	66	618	148	2.0	0.4	25.7	0.2	1.1	5.9	0.0
622743	Grated Cheese HD	10	40	633	38	13.2	8.0	1.6	0.0	0.0	6.2	1.0
811495	Grated Cheese Topping For Pasta SEC	10	40	633	38	13.2	8.0	1.6	0.0	0.0	6.2	1.0
629847	Guacamole SEC	20	31	159	38	3.2	0.9	1.7	0.8	1.9	0.6	0.1
723488	Halal Beef Lasagne SEC	8	308	1961	19	21.7	10.0	42.7	10.8	2.7	25.5	1.0
1056130	Halal Chipotle Chicken Burrito SEC	10	229	1933	462	17.6	7.2	58.7	6.4	2.7	16.7	1.9
1056141	Halal Spicy Beef Burrito SEC	10	229	2095	501	21.8	9.3	57.3	5.5	2.7	18.4	1.5
724047	Homemade Focaccia	10	57	1039	44	10.5	0.9	33.7	1.0	2.3	6.5	0.5
628672	Homemade Tomato Sauce KS1	10	84	167	40	1.2	0.1	6.2	3.9	1.4	1.6	0.3
622738	House Slaw	10	100	338	81	5.5	0.5	5.5	4.2	2.8	1.5	0.3
723447	Italian Side Salad SEC	10	120	214	4	0.4	0.0	9.9	3.0	1.7	1.9	0.1
627664	Jacket Potato HD	10	300	1047	8	0.3	0.1	58.8	2.7	6.0	5.7	0.0
724012	Meatball Sauce SEC	10	119	573	137	7.8	3.1	8.8	4.5	1.4	8.3	0.8
628582	Mexican Slaw SEC	10	106	293	70	5.4	0.4	4.7	4.2	2.4	1.0	0.0

Id	Dish Title	Servings	Serving									
			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
777934	Mexican Beef Meatballs SEC	10	185	1262	16	15.7	5.8	22.5	5.1	1.7	19.5	0.6
777930	Mexican Carriers SEC	10	39	574	35	4.9	1.7	20.3	1.0	0.9	3.0	0.3
777926	Mexican Chicken Wings SEC	10	288	2225	19	36.7	11.6	0.7	0.4	0.7	50.1	1.6
801568	Mexican Chocolate Cake SEC	15	98	1561	25	16.3	6.2	53.7	39.2	1.8	3.9	0.4
778077	Mexican Chopped Salad SEC	10	81	323	10	3.4	0.3	9.9	4.4	1.8	2.2	0.0
777946	Mexican Pulled Pork SEC	10	143	985	17	16.2	5.3	3.6	2.8	1.2	18.7	0.2
629783	Mexican Rice SEC	10	124	972	232	3.7	0.5	48.4	3.6	2.0	4.6	0.0
629832	Mixed Bean Salsa SEC	40	26	98	2	1.6	0.3	1.6	0.4	0.8	0.8	0.0
723395	Nicoise Salad SEC	10	304	1194	285	18.4	2.6	14.1	3.7	3.4	17.8	0.8
723944	Pasta - Penne SEC	10	27	140	34	0.7	0.2	5.5	0.5	0.6	1.2	0.1
723945	Pasta - Spaghetti SEC	10	70	1046	36	1.5	0.2	55.5	2.0	2.0	7.7	0.0
1150193	Pepperoni & Cheese Melt Wrap HD	1	130	1822	335	24.3	13.6	39.3	2.1	1.6	15.2	2.1
811497	Pesto Topping For Pasta SEC	10	20	383	46	9.7	1.4	1.5	0.4	0.4	0.2	0.2
801532	Pineapple Empanada SEC	10	163	1136	17	10.1	5.1	43.0	26.6	2.2	3.9	0.2
1150471	Piri Piri Chicken Mayonnaise Portion	10	90	593	16	9.4	1.6	2.9	0.8	0.3	11.4	0.9
1150246	Piri Piri Chicken Melt Wrap HD	10	140	1422	24	14.6	7.1	35.1	2.6	1.4	17.3	1.7
1150499	Plain Chicken Portion	10	100	742	18	12.6	2.1	1.5	0.4	0.5	14.9	0.4
723422	Pollo Salad SEC	10	241	1178	12	19.4	2.5	12.9	4.2	3.0	15.2	0.5
724019	Roasted Vegetable Sauce SEC	10	134	220	4	1.3	0.1	8.1	5.6	2.3	2.4	0.3
629851	Sour Cream SEC	10	30	250	20	5.6	3.5	1.6	1.2	0.0	0.9	0.0
777933	Spiced Butternut & Courgette SEC	10	99	238	6	3.4	0.3	5.7	4.0	1.4	1.4	0.1
1056135	Spicy Beef Burrito SEC	10	229	2095	501	21.8	9.3	57.3	5.5	2.7	18.4	1.5
724025	Spicy Chicken Sauce SEC	10	124	379	7	3.5	0.8	7.0	4.1	1.6	8.1	0.7
1150260	Spicy Sriracha Cheese Melt Wrap HD	1	125	1720	329	22.9	13.0	37.7	4.0	1.3	13.4	2.6
640345	Street Corn SEC	10	93	319	76	1.3	0.3	14.0	3.1	1.2	2.6	0.0
777992	Sweet Potato & Lentil Stew SEC	10	191	738	9	2.5	0.3	32.6	8.0	7.7	8.3	0.1

Id	Dish Title	Servings	Serving									
			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
699349	Theos Hot Chicken Wrap - BBQ	10	180	1475	20	15.4	4.7	35.7	3.8	1.6	18.4	1.7
699356	Theos Hot Chicken Wrap - Cajun	10	180	1477	20	15.4	4.8	35.2	3.1	1.7	18.5	1.7
699351	Theos Hot Chicken Wrap - Chinese	10	180	1477	20	15.4	4.8	35.8	3.6	1.6	18.4	1.7
699358	Theos Hot Chicken Wrap - Mediterranean	10	180	1485	20	15.4	4.7	36.1	3.1	1.6	18.4	1.6
699357	Theos Hot Chicken Wrap - Original	10	180	1484	20	15.4	4.8	35.6	3.4	1.7	18.6	1.5
622888	Theos Hot Chicken Wrap - Piri	10	180	1482	354	15.4	4.8	35.5	3.1	1.8	18.5	1.6
699354	Theos Hot Chicken Wrap - Tikka	10	180	1482	20	15.4	4.8	35.6	3.0	1.7	18.5	1.5
1150238	Tikka Chicken Melt Wrap HD	10	140	1426	24	14.7	7.1	34.9	2.1	1.4	17.4	1.5
629853	Tomato Rice SEC	10	81	1113	33	2.5	0.6	52.3	1.7	1.2	5.4	1.4
683643	Tomato Salsa SEC	10	55	41	10	0.1	0.0	1.9	1.8	0.5	0.4	0.0
723314	Tugo Individual Pizza Calzone - Margherita	10	235	2128	22	15.1	7.9	68.6	3.3	3.1	23.2	0.8
723317	Tugo Individual Pizza Calzone - Spinach	10	250	2146	21	15.2	7.9	68.7	3.4	3.6	23.7	0.8
723281	Tugo Individual Pizza Flat - Fiorentina	10	318	2474	19	20.5	9.4	68.8	3.4	3.9	31.3	1.0
723268	Tugo Individual Pizza Flat - La Reine	10	273	2263	20	16.7	8.3	69.7	3.6	3.4	26.6	1.1
723302	Tugo Individual Pizza Flat - Margherita	10	235	2128	22	15.1	7.9	68.6	3.3	3.1	23.2	0.8
723296	Tugo Individual Pizza Flat - Piri Chicken	10	260	2261	21	16.5	8.3	69.2	3.5	3.2	27.2	1.1
723217	Tugo Pizza Slice - 12.5 Round Americano - Pepperoni	8	98	914	218	6.0	2.9	30.6	1.1	1.5	10.1	0.4
723222	Tugo Pizza Slice - 12.5 Round BBQ Pepperoni	8	98	944	29	5.9	2.9	32.5	3.0	1.5	10.0	0.4
723228	Tugo Pizza Slice - 12.5 Round Chicken Sizzler	8	98	845	26	5.1	2.6	27.4	1.0	1.2	10.9	0.3
723229	Tugo Pizza Slice - 12.5 Round Chicken Tikka	8	100	849	203	4.9	2.5	27.5	1.1	1.3	11.4	0.5
723230	Tugo Pizza Slice - 12.5 Round Ham & Mushroom	8	107	850	24	5.4	2.7	27.2	1.1	1.3	11.0	0.4
723231	Tugo Pizza Slice - 12.5 Round Hawaiian	8	101	849	25	5.4	2.7	27.2	1.1	1.2	10.9	0.4
622768	Tugo Pizza Slice - 12.5 Round Margherita HD	8	85	780	186	4.7	2.4	27.0	0.9	1.2	8.4	0.2
723218	Tugo Pizza Slice - 12.5 Round Meat Feast	8	112	901	24	6.6	3.3	29.0	2.6	1.6	10.0	0.4
723225	Tugo Pizza Slice - 12.5 Round Meatball	8	101	961	29	7.7	3.8	28.1	1.2	1.2	11.4	0.5
923559	Tugo Pizza Slice - 12.5 Round Spicy Tomato & Basil HD	8	89	786	26	4.7	2.4	27.1	1.0	1.2	8.5	0.2

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			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
723215	Tugo Pizza Slice - 12.5 Round Veggie Supreme	8	110	790	22	4.7	2.4	27.9	1.8	1.6	8.7	0.2
723343	Tugo Sicilian Pizza - Bianca	8	105	900	26	6.7	3.3	28.8	1.3	1.3	9.3	0.3
723337	Tugo Sicilian Pizza - Rosso	8	85	780	27	4.7	2.4	27.0	0.9	1.2	8.4	0.2
723329	Tugo Stromboli - Meat Feast	8	108	1001	28	7.7	3.7	31.0	2.1	1.6	11.2	0.5
623167	Tuna Crunch HD	10	95	434	11	3.2	0.4	2.1	0.7	0.3	16.8	0.7
1150214	Tuna Melt Wrap HD	1	140	1356	232	11.6	6.2	33.5	1.8	1.3	21.8	1.5
1150404	Tuna Sweetcorn Mayo HD	10	95	461	12	3.3	0.4	3.3	0.5	0.3	17.0	0.7
820123	Vegan Chilli HD	10	94	357	9	2.6	1.0	7.9	3.2	3.1	6.7	0.2
777955	Vegan Mexican Chilli SEC	10	163	619	9	3.4	1.6	16.2	5.5	6.1	12.1	0.3
629461	Vegan Slaw	10	90	200	48	2.8	0.2	4.0	3.8	3.0	1.3	0.1
723495	Vegetable Lasagne SEC	8	408	1705	13	15.3	7.7	52.0	17.1	5.1	15.5	1.3
724009	Veggie Bolognese Sauce SEC	10	126	462	9	3.8	1.3	9.0	5.0	3.5	8.5	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
627297	Voulez Drumstick	10	24	125	12	0.3	0.1	7.4	5.9	0.6	0.4	0.3
802376	Voulez Thigh BBQ	10	260	1333	12	13.7	4.1	10.6	7.6	0.3	38.2	2.9
802381	Voulez Thigh Original	10	260	1355	13	13.7	4.1	12.7	9.0	0.3	37.3	3.1
627342	Voulez Thigh Piri Piri	10	200	1060	13	11.6	3.6	4.4	1.4	0.6	32.2	2.0
802380	Voulez Thigh Tandoori	10	260	1352	12	14.0	4.3	10.1	4.9	0.5	38.7	2.4
627638	VP- Cheesy Beans	10	115	584	12	5.3	3.1	13.4	3.6	4.1	7.2	0.9
627453	VP- Chips -SEC	10	150	722	12	4.7	2.4	27.9	0.3	2.7	3.5	0.4
627469	VP Dusted Cajun Wedges	10	201	690	165	0.3	0.1	36.1	1.9	4.2	3.9	0.3
627463	VP Dusted Garlic and Herb Wedges -SEC	10	201	694	8	0.2	0.1	36.2	1.9	4.3	4.0	0.0
627473	VP- Dusted Paprika Wedges	10	201	683	8	0.3	0.1	36.1	2.1	4.2	3.9	0.1
627337	VP Hoi Sin Brush	10	20	147	18	0.6	0.1	6.9	5.7	0.2	0.3	0.3
627422	VP- Hot Folded Tikka Naan- SEC	10	194	1291	16	10.4	2.0	34.5	2.1	2.0	17.8	2.0
627308	VP House Rub	200	4	44	1	0.3	0.0	2.8	2.2	0.6	0.3	0.0

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			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
627632	VP- Kale and Mango Salad	20	79	135	2	0.6	0.1	5.4	5.3	1.1	1.2	0.0
627641	VP- Minted Crushed Peas	10	88	301	8	1.8	0.4	7.2	2.1	4.2	4.7	0.0
627338	VP Piri Piri Brush	10	20	48	6	0.4	0.0	1.3	0.4	0.4	0.2	1.2
627648	VP- Red Cajun Slaw	10	107	331	79	5.7	0.4	6.2	4.5	2.3	1.0	0.5
627454	VP- Spicy Rice SEC	10	69	1086	260	2.4	0.6	51.4	0.5	0.6	5.0	0.6
627332	VP Sweet Chilli Brush	10	20	80	10	0.0	0.0	4.6	3.7	0.1	0.1	0.3
627461	VP- Tomato Rice SEC	10	78	1089	33	2.4	0.6	51.5	1.5	0.9	5.3	0.4
802473	VP- Voulez Thigh Premium Burger BBQ SEC	10	171	1056	252	6.6	1.8	27.9	3.7	1.8	20.9	1.8
802488	VP- Voulez Thigh Premium Burger Cajun SEC	10	171	1058	15	6.7	1.9	27.3	2.8	1.9	21.1	1.8
802491	VP- Voulez Thigh Premium Burger Chinese SEC	10	171	1058	15	6.6	1.9	28.0	3.4	1.8	20.9	1.8
802498	VP- Voulez Thigh Premium Burger Mediterranean SEC	10	171	1068	15	6.6	1.8	28.4	2.8	1.8	20.9	1.7
802484	VP- Voulez Thigh Premium Burger Original SEC	10	171	1065	15	6.6	1.8	28.8	4.3	1.8	20.5	1.9
627353	VP- Voulez Thigh Premium Burger Piri Piri - SEC	10	171	1064	15	6.7	1.9	27.6	2.8	2.0	21.1	1.7
802485	VP- Voulez Thigh Premium Burger Tikka SEC	10	171	1064	15	6.7	1.9	27.7	2.6	1.9	21.1	1.6
627612	VP-Char Grilled Corn	10	107	225	54	2.2	0.3	4.8	1.4	2.9	2.1	0.0
627383	VP-Memphis Chicken Dog- SEC	10	223	1755	19	20.0	6.9	41.3	4.6	5.5	16.1	3.4