

Id	Dish Title	Servings	Serving									
			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
881477	Basic Cheesecake (BIDFOOD)(Digestive Base)	36	79	852	7	11.3	5.0	23.4	14.0	0.7	2.8	0.5
723498	Carrot & Hummus Sandwich - White Mothers Pride	10	155	1471	23	12.3	0.3	49.0	6.2	5.4	10.5	1.3
723519	Carrot & Hummus Sandwich - Wholemeal	10	155	1345	21	11.1	1.4	42.3	5.0	7.8	12.3	1.2
923211	Cheese & Pickle Sandwich Brown	10	157	1738	27	19.5	10.0	39.9	6.1	5.2	20.0	1.7
923206	Cheese & Pickle Sandwich White Mothers Pride	10	157	1810	28	18.7	9.6	46.6	7.3	2.8	18.0	1.8
621301	Cheese Salad Pot 12oz	10	141	853	15	16.6	8.2	5.9	3.5	1.9	7.2	1.2
752118	Cheese Salad Sandwich Brown	10	169	1694	24	19.6	10.0	37.3	4.0	5.2	20.0	1.6
752116	Cheese Salad Sandwich White Mothers Pride	10	169	1766	25	18.7	9.6	44.0	5.2	2.9	18.0	1.7
622799	Cheese Sandwich Brown	10	142	1678	28	19.5	10.0	36.6	3.3	5.0	19.8	1.6
622788	Cheese Sandwich White Mothers Pride	10	142	1749	29	18.7	9.6	43.3	4.6	2.6	17.9	1.7
650163	Cheesecake Pot (Easiyo) 100ml (5oz)	10	34	357	25	3.9	3.9	11.0	5.2	0.4	1.9	0.2
621093	Cheesecake Pot (Easiyo) 130ml (7oz)	10	51	533	25	5.9	5.7	16.4	7.8	0.6	2.8	0.3
923174	Chicken & Stuffing Baguette	10	220	2157	24	11.4	2.8	75.3	4.3	3.8	25.6	1.9
783282	Chicken & Stuffing Wholemeal Baguette KS2 2GO	10	103	899	21	10.3	2.4	15.1	0.6	1.1	15.7	0.9
752386	Chicken BBQ Salad Sandwich White Mothers Pride	10	179	1330	18	7.6	1.8	45.2	6.0	2.9	15.8	1.5
621117	Chicken Crunch Pasta Pot 9oz	10	99	1018	25	9.1	1.2	32.7	2.0	1.6	10.1	0.1
723742	Chicken Mayo Pasta Pot 9oz	10	120	1463	29	9.5	1.2	56.9	2.4	2.3	13.4	0.3
752302	Chicken Salad Sandwich Brown	10	179	1323	18	10.2	2.4	37.3	4.0	5.5	19.0	0.9
752297	Chicken Salad Sandwich White Mothers Pride	10	179	1394	19	9.3	2.0	44.0	5.2	3.1	17.1	1.0
672960	Chocolate Yoghurt Mousse (Easiyo)5oz	80	18	89	1	1.4	2.5	1.2	0.9	0.9	0.6	0.0
672976	Chocolate Yoghurt Mousse (Easiyo)7oz	56	26	127	2	1.9	3.5	1.7	1.3	1.3	0.9	0.0
623165	Classic Cheese & Salad Wrap	10	152	1742	28	24.8	11.4	36.6	2.9	1.7	12.0	1.9
623191	Classic Cheese & Tomato Sandwich Brown	10	192	1709	21	19.6	10.0	38.1	4.8	5.5	20.1	1.6
622857	Classic Cheese & Tomato Sandwich White Mothers Pride	10	192	1781	22	18.7	9.6	44.8	6.1	3.1	18.1	1.7
622810	Classic Cheese Baguette	10	188	2455	31	25.3	14.0	61.9	3.8	2.8	25.4	2.2
722810	Classic Cheese Baguette - Wholemeal	10	71	1197	40	24.2	13.7	1.7	0.2	0.1	15.5	1.2

Id	Dish Title	Servings	Serving									
			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
622916	Classic Chesse & Pickle Baguette	10	213	2555	29	25.4	14.0	67.3	8.4	3.1	25.6	2.5
752383	Classic Chicken BBQ Salad Sandwich Brown	10	177	1258	17	8.4	2.2	38.5	4.7	5.3	17.8	1.4
622936	Classic Chicken Mayo Baguette	10	210	2013	23	14.6	2.2	63.9	4.3	3.2	21.5	1.5
723132	Classic Chicken Mayo Baguette - Wholemeal	10	93	755	19	13.5	1.8	3.7	0.7	0.5	11.5	0.5
718338	Classic Chicken Mayo Sandwich Brown	10	162	1418	21	12.8	2.5	37.3	3.5	5.3	19.0	1.1
718335	Classic Chicken Mayo Sandwich White Mothers Pride	10	162	1489	22	11.9	2.2	44.0	4.7	2.9	17.0	1.1
623199	Classic Chicken Sandwich Brown	10	152	1307	21	10.1	2.3	36.6	3.3	5.2	18.9	0.9
622863	Classic Chicken Sandwich White Mothers Pride	10	152	1378	22	9.3	2.0	43.3	4.6	2.9	16.9	1.0
621299	Classic Coleslaw -Homemade	10	120	468	9	8.2	0.7	7.2	5.4	3.6	1.7	0.4
622944	Classic Ham Baguette	10	188	1681	21	6.4	1.7	62.4	4.3	2.8	21.2	2.3
722821	Classic Ham Baguette - Wholemeal	10	71	423	14	5.2	1.3	2.2	0.7	0.2	11.3	1.3
623200	Classic Ham Sandwich Brown	10	142	1162	20	6.9	1.7	37.0	3.7	5.0	17.0	1.6
622873	Classic Ham Sandwich White Mothers Pride	10	142	1233	21	6.0	1.4	43.6	4.9	2.7	15.1	1.7
622891	Classic Savoury Cheese Sandwich Brown	10	155	1611	25	18.2	7.6	38.3	4.0	5.3	17.7	1.5
622881	Classic Savoury Cheese Sandwich White Mothers Pride	10	155	1683	26	17.3	7.2	45.0	5.2	3.0	15.7	1.6
650172	Coleslaw Salad Pot - 12oz	10	166	418	6	6.8	0.5	7.3	5.8	3.5	1.9	0.4
623359	DELI BLT Bagel	10	190	1851	23	11.7	3.2	67.3	6.2	3.7	19.9	3.1
623367	DELI BLT Baguette	10	206	1898	22	12.4	4.2	62.8	4.4	3.0	20.2	3.4
722826	DELI BLT Baguette - Wholemeal	10	89	641	17	11.3	3.8	2.6	0.8	0.3	10.3	2.4
623216	DELI BLT Sandwich Brown	10	170	1379	20	11.9	3.9	37.5	4.0	5.2	18.1	2.7
623210	DELI BLT Sandwich White Mothers Pride	10	170	1451	21	11.1	3.5	44.2	5.2	2.9	16.1	2.8
623353	DELI BLT Wrap	10	141	1389	24	15.8	6.3	33.8	2.5	1.5	13.8	2.6
742863	DELI Cheese & Salad Bagel	10	169	1805	26	11.5	5.1	67.4	6.3	3.7	17.5	1.6
622930	Deli Cheese & Tomato Baguette	10	238	2487	25	25.4	14.0	63.4	5.3	3.3	25.7	2.2
922848	Deli Cheese Salad Baguette	10	215	2472	28	25.4	14.0	62.5	4.5	3.0	25.6	2.2
623404	DELI Chicken & Bacon Caesar Baguette	10	181	1808	24	10.7	2.1	62.5	4.1	3.1	19.4	1.7

Id	Dish Title	Servings	Serving									
			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
623230	DELI Chicken & Bacon Caesar Sandwich Brown	10	145	1360	23	9.3	1.4	44.0	4.9	3.0	15.3	1.1
623225	DELI Chicken & Bacon Caesar Sandwich White	10	145	1360	23	9.3	1.4	44.0	4.9	3.0	15.3	1.1
623399	DELI Chicken & Bacon Caesar Wrap	10	126	1388	26	15.7	4.8	33.6	2.2	1.6	14.6	1.3
923141	Deli Chicken & Stuffing Sandwich Brown	10	162	1463	22	10.5	2.5	44.3	3.6	5.6	19.8	1.3
923130	Deli Chicken & Stuffing Sandwich White Mothers Pride	10	162	1534	23	9.6	2.1	51.0	4.8	3.2	17.8	1.4
722830	DELI Chicken BBQ Baguette	10	191	1749	22	8.2	1.6	63.9	5.2	2.9	19.9	1.9
784372	DELI Chicken BBQ Salad Wrap	10	136	1330	24	13.2	4.3	35.0	3.3	1.4	15.1	1.4
723299	DELI Chicken Caesar Wrap	10	116	1298	27	14.1	4.2	33.6	2.2	1.6	12.9	0.9
979781	DELI Chicken Piri Wrap	10	116	1136	24	9.1	4.0	34.0	2.2	1.5	13.5	1.1
981899	DELI Chicken Tandoori Wrap	10	126	1281	24	12.7	4.2	34.7	2.5	1.4	13.6	1.2
623379	DELI Chicken Tikka Baguette	10	191	1754	22	8.3	1.7	63.8	4.5	2.9	20.0	1.7
722828	DELI Chicken Tikka Baguette - Wholemeal	10	74	496	16	7.1	1.3	3.6	0.9	0.3	10.1	0.7
623217	DELI Chicken Tikka Sandwich Brown	10	155	1272	20	8.8	1.8	38.4	4.0	5.1	17.9	1.4
623220	DELI Chicken Tikka Sandwich White Mothers Pride	10	155	1344	21	8.0	1.4	45.0	5.3	2.8	15.9	1.4
623376	DELI Chicken Tikka Wrap	10	126	1281	24	12.7	4.2	34.7	2.5	1.4	13.6	1.2
975594	Deli Ham & Mayo Sandwich Brown	10	112	1093	23	8.2	1.5	37.3	3.5	5.0	9.8	1.0
975583	Deli Ham & Mayo Sandwich White Mothers Pride	10	112	1164	25	7.4	1.1	43.9	4.7	2.7	7.8	1.0
624226	DELI Ham & Salad Bagel	10	186	1585	20	4.8	0.5	67.8	6.7	3.8	19.0	2.0
624229	DELI Ham & Salad Baguette	10	192	1542	19	3.9	0.9	63.2	4.9	3.1	17.8	1.9
722848	DELI Ham & Salad Baguette - Wholemeal	10	75	285	9	2.8	0.5	3.0	1.3	0.4	7.8	0.9
624223	DELI Ham & Salad Wrap	10	137	1123	20	8.9	3.6	34.3	3.0	1.6	13.0	1.5
624333	Deli Ham Salad Sandwich Brown	10	169	1178	17	6.9	1.7	37.6	4.4	5.3	17.2	1.6
752212	Deli Ham Salad Sandwich White Mothers Pride	10	169	1250	18	6.1	1.4	44.3	5.6	2.9	15.2	1.7
923225	DELI Tandoori Chicken Sandwich Brown	10	155	1272	20	8.8	1.8	38.4	4.0	5.1	17.9	1.4
923224	DELI Tandoori Chicken Sandwich White Mothers Pride	10	155	1344	21	8.0	1.4	45.0	5.3	2.8	15.9	1.4
624201	DELI Tuna & Cucumber Bagel	10	211	1848	21	7.8	0.5	67.8	5.9	3.6	28.1	1.9

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			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
624209	DELI Tuna & Cucumber Baguette	10	210	1802	21	6.9	0.9	63.2	4.1	2.9	26.8	1.8
722839	DELI Tuna & Cucumber Baguette - Wholemeal	10	99	548	13	5.8	0.5	3.1	0.5	0.2	16.9	0.8
623245	DELI Tuna & Cucumber Sandwich Brown	10	190	1376	17	8.1	1.2	38.0	3.7	5.1	26.3	1.6
623239	DELI Tuna & Cucumber Sandwich White Mothers Pride	10	190	1448	18	7.3	0.8	44.7	4.9	2.8	24.4	1.6
624194	DELI Tuna & Cucumber Wrap	10	161	1386	21	12.0	3.6	34.3	2.2	1.4	22.1	1.4
742844	DELI Tuna Mayo & Sweetcorn Baguette	10	225	1862	20	7.2	0.9	65.8	4.4	3.1	27.3	1.8
721106	DELI Tuna Mayo Baguette	10	210	1802	21	6.9	0.8	63.3	4.1	2.9	26.8	2.0
722851	DELI Tuna Mayo Baguette - Wholemeal	10	93	544	14	5.8	0.5	3.0	0.5	0.2	16.9	0.8
721100	DELI Tuna Mayo Sandwich Brown	10	184	1373	18	8.1	1.2	38.0	3.6	5.1	26.3	1.6
721098	DELI Tuna Mayo Sandwich White Mothers Pride	10	184	1444	19	7.2	0.8	44.6	4.9	2.7	24.3	1.6
629494	Easiyo Yoghurt 100ml (5oz)	130	15	50	1	0.7	4.2	0.9	0.9	0.0	0.6	0.0
624344	Easiyo Yoghurt 130ml (7oz)	10	20	65	8	0.9	5.4	1.1	1.1	0.0	0.8	0.0
619724	Easiyo Yoghurt Bulk Recipe	100	20	65	1	0.9	5.4	1.1	1.1	0.0	0.8	0.0
618153	Fruit Salad 5oz	20	48	99	3	0.1	0.0	5.7	5.6	0.5	0.3	0.0
624266	Fruit Salad 7oz	14	86	189	4	0.1	0.0	10.8	10.7	1.1	0.4	0.0
666884	Homemade Pizza Sauce	10	21	25	6	0.0	0.0	1.2	0.9	0.3	0.3	0.0
815173	Jam Sandwich Brown	10	122	1205	24	5.6	1.3	49.6	14.3	5.1	9.7	0.9
815165	Jam Sandwich White Mothers Pride	10	122	1276	25	4.7	0.9	56.2	15.5	2.8	7.7	0.9
975617	Just Egg Mayo & Cress Sandwich Brown	10	179	1404	19	12.9	2.5	38.0	3.7	5.2	17.3	1.2
975607	Just Egg Mayo & Cress Sandwich White Mothers Pride	10	179	1476	20	12.1	2.1	44.7	4.9	2.8	15.3	1.3
622806	Just Egg Mayo Sandwich Brown	10	172	1400	20	12.9	2.5	38.0	3.6	5.1	17.1	1.2
622808	Just Egg Mayo Sandwich White Mothers Pride	10	172	1472	21	12.0	2.1	44.6	4.9	2.7	15.2	1.3
672959	Lemon Yoghurt Mousse (Easiyo)5oz	80	18	91	1	1.4	2.5	1.3	0.9	1.0	0.7	0.0
672975	Lemon Yoghurt Mousse (Easiyo)7oz	56	26	129	2	1.9	3.6	1.9	1.4	1.5	1.0	0.0
895950	Lime Jelly 5oz	20	10	159	19	0.0	0.0	8.8	8.7	0.0	0.7	0.1
895962	Lime Jelly 7oz	14	14	227	27	0.0	0.0	12.5	12.5	0.0	1.0	0.1

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			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
784976	Mango Easiyo Yoghurt 130ml (7oz)	10	20	65	8	0.9	5.4	1.1	1.1	0.0	0.8	0.0
784970	Mango Easiyo Yoghurt 100ml (5oz)	10	15	50	8	0.7	4.2	0.9	0.9	0.0	0.6	0.0
618169	Melon Pot 5oz	10	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
624277	Melon Pot 7oz	10	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
621355	Mixed Salad Pot 12oz	10	135	256	5	3.4	0.3	6.0	4.5	2.8	1.7	0.2
689998	Orange Jelly 5oz	20	10	157	19	0.0	0.0	8.5	8.5	0.0	0.7	0.1
689985	Orange Jelly 7oz	14	14	224	27	0.0	0.0	12.2	12.1	0.0	1.0	0.1
627292	Overnight Oats Chocolate MMB	10	160	1101	17	6.1	1.9	39.6	11.7	5.3	10.0	0.1
627270	Overnight Oats Orange MMB	10	100	841	20	4.2	0.7	32.3	4.8	4.7	6.4	0.0
627276	Overnight Oats Strawberry MMB	10	110	898	20	5.5	3.9	31.0	3.4	4.6	8.2	0.1
784986	Passionfruit Easiyo Yoghurt 100ml (5oz)	10	15	50	8	0.7	4.2	0.9	0.9	0.0	0.6	0.0
784982	Passionfruit Easiyo Yoghurt 130ml (7oz)	10	20	65	8	0.9	5.4	1.1	1.1	0.0	0.8	0.0
618170	Pineapple Pot 5oz	10	100	194	5	0.1	0.0	11.4	11.4	1.2	0.5	0.0
624281	Pineapple Pot 7oz	10	150	291	5	0.2	0.0	17.1	17.1	1.8	0.8	0.0
785010	Raspberry Easiyo Yoghurt 100ml (5oz)	10	15	50	8	0.7	4.2	0.9	0.9	0.0	0.6	0.0
785013	Raspberry Easiyo Yoghurt 130ml (7oz)	10	20	65	8	0.9	5.4	1.1	1.1	0.0	0.8	0.0
690004	Raspberry Jelly 5oz	20	10	156	19	0.0	0.0	8.5	8.3	0.0	0.7	0.1
689989	Raspberry Jelly 7oz	14	14	223	27	0.0	0.0	12.1	11.8	0.0	1.0	0.1
742870	Roasted Vegetable Bagel	1	195	1816	223	12.1	3.4	69.8	7.9	4.2	14.4	1.5
785021	Roasted Vegetable Couscous	10	127	1188	22	6.4	0.6	50.8	4.3	3.0	7.9	0.0
795318	Spinach & Egg Protein Pot MMB	10	151	659	10	10.7	3.0	0.1	0.0	0.4	15.5	0.5
784997	Strawberry Easiyo Yoghurt 100ml (5oz)	10	15	50	8	0.7	4.2	0.9	0.9	0.0	0.6	0.0
785001	Strawberry Easiyo Yoghurt 130ml (7oz)	10	20	65	8	0.9	5.4	1.1	1.1	0.0	0.8	0.0
650151	Strawberry Jelly 5oz	20	10	157	19	0.0	0.0	8.5	8.4	0.0	0.7	0.1
624337	Strawberry Jelly 7oz	14	14	224	27	0.0	0.0	12.2	11.9	0.0	1.0	0.1
650158	Strawberry Yoghurt Mousse (Easiyo)5oz	80	18	92	2	1.4	2.5	1.3	0.9	1.0	0.6	0.0

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624349	Strawberry Yoghurt Mousse (Easiyo)7oz	56	26	131	2	2.0	3.6	1.9	1.4	1.4	0.9	0.0
621131	Tomato & Cheese Pasta Pot 9oz	10	141	1571	27	11.4	6.2	59.1	3.9	2.6	13.0	0.8
621208	Tomato Pasta Pot 9oz	10	111	1096	24	1.5	0.2	57.9	3.9	2.6	8.3	0.0
621284	Tuna & Sweetcorn Pasta Pot 9oz	10	152	1522	24	7.4	0.8	60.3	2.8	2.4	18.4	0.6
621213	Tuna Crunch Pasta Pot 9oz	10	157	1517	23	8.4	0.8	58.1	3.2	2.4	18.0	0.6
621234	Tuna Mayo Pasta Pot 9oz	10	132	1442	26	7.0	0.7	56.9	2.4	2.1	17.7	0.6
621318	Tuna Salad Pot 12oz	10	157	452	7	3.7	0.4	4.3	3.5	1.9	14.2	0.6
881527	Vanilla Cheesecake (BIDFOOD)(Digestive Base)	36	79	855	7	11.3	5.0	23.4	14.0	0.7	2.8	0.5
699453	Vegetarian Strawberry Jelly 5oz	20	10	26	3	0.0	0.0	1.5	1.5	0.0	0.1	0.0
699457	Vegetarian Strawberry Jelly 7oz	14	15	38	4	0.0	0.0	2.2	2.2	0.0	0.2	0.0
783529	Watermelon Pot 5oz	10	26	35	3	0.1	0.0	1.8	1.8	0.0	0.1	0.0
783503	Watermelon Pot 7oz	10	43	58	3	0.1	0.0	2.9	3.0	0.0	0.2	0.0